



California State University East Bay American College Health Association

CALIFORNIA STATE UNIVERSITY EAST BAY

Executive Summary

Spring 2024

American College Health Association National College Health Assessment III

ACHA-NCHA III

The ACHA-NCHA III supports the health of the campus community by fulfilling the academic mission, supporting short- and long-term healthy behaviors, and gaining a current profile of health trends within the campus community.



AMERICAN COLLEGE HEALTH ASSOCIATION

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ACHA, the nation's principal advocate and leadership organization for college and university health, represents and provides and supports the delivery of health care and prevention and wellness services for the nation's 20 million college information about the association's programs and services, visit www.acha.org, and www.acha.org/NCHA.

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Introduction and Notes

The ACHA-National College Health Assessment (ACHA-NCHA) is a national research survey organized by the American College Health Association (ACHA) to assist college health service providers, health educators, counselors, and administrators in collecting data about student behaviors on the most prevalent health topics. The ACHA-NCHA now provides the largest known comprehensive data base on the health of students, providing the college health and higher education fields with a vast spectrum of information on student health.

ACHA initiated the original ACHA-NCHA in 2000 and the instrument was used nationwide through the Spring 2008 data collection period. The ACHA-NCHA-II, was in use from Fall 2008 - Spring 2019 data collection periods. The survey was redesigned again with the ACHA-NCHA III began in Fall 2019.

Please note that it is not appropriate to compare trends between versions of the survey. Directly comparing the Original ACHA between NCHA, the ACHA-NCHA II, and the ACHA-NCHA III can lead to an erroneous conclusion and is not recommended.

Notes about this report:

1. Missing values have been excluded from analysis and only valid percents are included in this document unless otherwise noted.
2. **The ACHA-NCHA III is programmed differently than earlier versions of the survey.** Rather than asking the respondents to answer every question (and offering a "not applicable" option), display logic was used throughout the survey to determine whether based on the question, the student saw a follow-up question. This makes the valid percents of certain questions impossible to apply to the entire sample as was limited to only the number of students that saw the question. When appropriate, results are also presented using the numerator to show the proportion of the overall sample that experienced a particular issue. These differences in presentation throughout the document and will often explain differences observed between this document and the full data report. Results are fully presented in each table, as well as any footnotes included.
3. **About the use of sex and gender in this report:** Survey results are reported by sex based on the responses to questions 67A, 67B, and 67C. Responses to these questions are used to create a new variable called RSEX. RSEX is used for organizing results reported to ACHA NCHA. Respondents are reported as cis men or cis women only when their responses to 67A, 67B, and 67C are consistent with their gender identity. If a respondent selects "yes" for transgender OR their sex at birth is not consistent with their gender identity, then the respondent is designated as trans. A respondent that selects "intersex" for sex at birth, "no" for transgender, and mandatorily is designated as trans. A respondent that selects "intersex" for sex at birth, "yes" for transgender, and mandatorily is designated as trans. A respondent that selects another gender identity is designated as missing in RSEX. A respondent that skips any of the three questions is designated as missing in RSEX. Totals displayed in this report are based on the RSEX variable. Please see the ACHA-NCHA III survey codebook for more information about how data on sex and gender are coded.
4. **Changes from NCHA III to NCHA IIIb** To be more inclusive of online learning, N3Q2 (sense of community/belonging) wording was changed and "does not apply" option was added to N3Q21 (sense of safety on/near campus).
 - A follow-up question N3Q40B was added to learn if a pregnancy negatively impacted academic performance in the last 12 months.
 - N3Q47A13A18 were reworded to clarify that the respondent experienced bullying, cyberbullying, hazing, microaggression, or sexual harassment, discrimination, and was not the perpetrator.
 - N3QM1-6 were added to the mental health section to measure history of medication and therapy use.
 - N3Q54C and N3Q55B (where student received medical and mental health care) were removed.
 - COVID-19 vaccine (COVIDVAX) questions changed to reflect endemic.
 - "Asexual" was added to N3Q68 as a standalone response option (to date, it had been recoded from write-in responses).
 - Questions N3Q73B and C were added to the demographic section to learn more about dropout intention and risk.
 - N3Q74 was revised to be clearer about visa and international student status.
 - N3Q79 Cng a geci nfr

For additional information about the survey's development, design, and methodology, email Mary T Hoban, PhD, MCHES, (mhoban@acha.org), or visit www.acha-ncha.org.

We need to draw your attention to anor pbT 9 0 09 as

I. What we've done to date

The ACHA-NCHA has asked respondents about their gender identity for 12 years.

We have been trying to find the right balance between protecting students' privacy and making the results accessible to surveyors who may not use the statistical software that would be required to extract this information directly from the data files. Until now, we've been on the side of protecting student privacy.

II. Why change?

The number of TGNC students in our samples has been increasing over the years. Between 2008 and 2015, the number of identifying as TGNC was very small (less than 0.05%). We've learned over the years that gender identity is complex and fluid. To better capture this complexity, we began asking separate questions about sex at birth and gender identity in Fall 2015. Now TGNC students tend to represent the 3-4% of all sample.

With greater number of students identifying as TGNC on the ACHA-NCHA in recent years, we have a better opportunity to understand their needs and behaviors than we have in years past.

A number of health disparities between TGNC students and their cisgender peers have been well documented[1], and schools need equitable access to this data in order to better address the needs of TGNC students

III. What's different about the way we are reporting?

First – a note about how we have been reporting ACHA-NCHA results to date. RSEX is a variable we create based on the responses on sex at birth, whether or not a student identifies as transgender, and their gender identity. The RSEX variable has allowed respondents into 4 groups for reporting purposes: male, female, non-binary, and missing. (Details about this variable can be found in our documents.)

The value labels for RSEX have been revised to better represent gender identity rather than sex. A value of "1" has been changed from "Male" to "Cis Men[2]." A "2" has been changed from "Female" to "Cis Women[3]." The value "3" has been changed from "non-binary" to "Transgender and Gender-Nonconforming" (TGNC), as it's a more accurate and inclusive term. The value "4" on RSEX remains "missing/unknown" and is for students who do not answer all three questions

The "missing/unknown" column in the Data Report document has been replaced with a "Trans/Gender-Nonconforming" column. Because space limitations in the report prevent us from displaying all 4 categories plus a total column in the same document, it's now the "missing/unknown" column that is not displayed. Now when the Total of any given row is higher than the sum of the cis men, cis women, and TGNCs, the difference can be attributed to "missing/unknown" respondents that selected the response option presented in that row. A column for "Trans/Gender-Nonconforming" has been added to the Executive Summary Report document.

IV. Important considerations with this new format

Percentages in the Executive Summary may represent a very small number of TGNC students and can limit the generalizability of findings. To assist with the interpretation of the percentages displayed in the Executive Summary, the total sample size for each group is added to every page.

We encourage ACHA-NCHA surveyors to carefully review their report documents, particularly among the student demographics, and to consider students who may be inadvertently identified in the results based on a unique combination of the demographic characteristics before sharing the documents widely or publicly. This is especially true for very small schools, as well as schools that lack the student population.

Think about the implication of working with and documenting very small samples – from the perspective of making meaningful findings, as well as the privacy of respondents. This is true of all demographic variables, and not limited to gender identity. You may want to consider a minimum cell size or another threshold by which you make decisions about making your Institutional Data Report publicly available. It is a decision in your Institutional Executive Summary as we only display the percentages with the overall sample size

[1] Greathouse M, BrckaLorenz A, Hoban M, Huseman R, Rankin S, Stolzenberg EB. (2018). Queer-spectrum and trans-spectrum experiences in American higher education: The analysis of national survey findings. New Brunswick, NJ: Tyler Clementi Center, Rutgers University.

[2] Cisgender refers to people whose gender identity matches their sex assigned at birth. Cis men is short for "cisgendered men" and is a term used to describe persons who identify as men and were assigned male at birth.

[3] Cis women is short for "cisgender women" and is a term used to describe persons who identify as women and were assigned female at birth.

This Executive Summary highlights results of the ACHA-NCHA III Spring 2024 survey for California State University East Bay respondents. The response rate was 10.2%.

Findings

Cis Men n =	200
Cis Women n =	467
Trans/GNC n =	27

A. General Health and Campus Climate

48.1 % of college students surveyed (58.5 % cis men, 43.6 % cis women, and 40.0 % transgender/gender non-conforming) described their health as **very good or excellent**.

85.3 % of college students surveyed (93.6 % cis men, 81.8 % cis women, and 80.0 % transgender/gender non-conforming) described their health as **good, very good or excellent**.

Proportion of college students who reported they agree or strongly agree that:

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
I feel that I belong at my college/university	67.8	69.6	59.3	68.6
I feel that students' health and well-being is a priority of my college/university	61.4	63.9	48.1	62.5
I feel that the climate of my college/university encourages free and open discussion about students' health and well-being	65.7	67.8	51.9	66.2
We are a college/university where we look out for each other	56.6	60.6	46.2	58.9

B. Nutrition, BMI, Physical Activity, and Food Security

College students reported:

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Drinking 0 sugar-sweetened beverages (per day), on average, in the last 7 days	31.2	26.5	34.6	28.4
Drinking 1 or more sugar-sweetened beverages (per day), on average, in the last 7 days	68.8	73.5	65.4	71.6
Drinking energy drinks or shots on 0 of the past 30 days	62.9	79.8	69.2	74.4
Drinking energy drinks or shots on 1-4 of the past 30 days	16.8	12.1	19.2	13.9
Drinking energy drinks or shots on 5 or more of the past 30 days	20.3	8.0	11.5	11.7
Eating 3 or more servings of fruits (per day), on average, in the last 7 days	25.0	24.2	11.5	24.0
Eating 3 or more servings of vegetables (per day), on average, in the last 7 days	33.0	31.2	25.0	31.2

Estimated Body Mass Index (BMI): This figure incorporates reported height and weight to form a general indicator of physical health. Categories defined by the World Health Organization (WHO) 2000, reprinted 2004. Obesity: Preventing and Managing the Global Epidemic, WHO 2004 Report

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
BMI				
<18.5 Underweight	4.6	4.4	3.8	4.4
18.5-24.9 Healthy Weight	41.8	38.8	61.5	40.5
25-29.9 Overweight	36.7	26.0	11.5	28.7
30-34.9 Class I Obesity	10.7	15.6	11.5	14.0
35-39.9 Class II Obesity	2.0	8.8	3.8	6.6
•40 Class III Obesity	4.1	6.4	7.7	5.7
Mean	26.06	27.62	26.55	27.12
Median	25.10	25.77	24.24	25.58
Std Dev	6.62	7.21	8.70	7.12

Students meeting the recommended guidelines for physical activity

Based on: US Dept of Health and Human Services Physical Activities Guidelines for Americans 2nd edition.
Washington, DC: US Dept of Health and Human Services; 2018

Cis Men n = 200
Cis Women n = 467
Trans/GNC n = 27

Definitions:

Active Adults meet the recommendation for strength AND aerobic activity

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
	71.1	61.1	51.9	63.7
	55.8	35.2	25.9	40.9
	42.6	26.1	25.9	30.6

Food Security

Based on responses to the

Cis Men n = 200
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College students reported:

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
	43.2	46.3	70.4	46.1
	26.1	25.8	7.4	25.0
	2.0	2.4	11.1	2.7
	37.7	40.3	63.0	40.5
	34.2	31.5	18.5	31.8
		53.3	40.7	
	61.0	68.9	55.6	65.8
	10.1	13.9	29.6	13.3
	11.1	16.7	18.5	15.0
	20.0	56.0	44.4	44.8
	18.9	29.3	33.3	26.5208 (Perce

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Percent (%)	Trans/ Gender Non- conforming				Cis Men	Cis Women	Trans/ Gender Non- conforming			
	Cis Men	Cis Women	Gender Non- conforming	Total			Cis Men	Cis Women	Gender Non- conforming	Total
	0.5	1.1	3.7	1.0	100.0	50.0	100.0	58.3		
	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
	12.5	10.3	18.5	11.1	56.8	48.0	71.4	52.0		
	0.5	0.6	3.7	0.7	50.0	75.0	100.0	71.4		
	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
	5.5	7.5	18.5	7.2	47.8	50.7	100.0	52.6		
	0.0	0.0	3.7	0.1	0.0	0.0	100.0	33.3		
	0.0	0.6	3.7	0.6	0.0	100.0	100.0	80.0		
	2.5	2.1	11.1	2.5	45.5	41.7	75.0	46.2		
	0.0	0.2	0.0	0.1	0.0	100.0	0.0	100.0		
	0.0	0.6	0.0	0.4	0.0	60.0	0.0	60.0		
	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
	2.5	5.1	11.1	4.5	29.4	54.5	60.0	48.5		
	0.5	3.0	3.7	2.4	100.0	29.2	20.0	30.9		

Percent (%)	Trans/ Gender Non- conforming				Cis Men	Cis Women	Trans/ Gender Non- conforming			
	Cis Men	Cis Women	Gender Non- conforming	Total			Cis Men	Cis Women	Gender Non- conforming	Total
	15.0	22.5	55.6	21.1	29.4	31.5	62.5	32.5		
	0.5	0.9	0.0	0.7	33.3	33.3	0.0	26.3		
	0.0	1.5	3.7	1.1	0.0	36.8	20.0	29.6		
	2.0	4.9	3.7	4.1	7.4	13.8	8.3	12.3		
	19.5	24.2	29.6	22.8	40.6	40.5	34.8	40.0		
	7.0	7.9	18.5	7.9	66.7	59.7	50.0	60.2		
	0.5	0.2	7.4	0.7	33.3	14.3	66.7	35.7		
	15.0	16.7	40.7	16.9	51.7	47.3	61.1	49.4		
	2.0	1.7	3.7	1.8	33.3	17.4	14.3	19.7		
	5.5	11.6	18.5	9.8	21.6	30.2	41.7	28.9		
	3.0	5.1	11.1	4.6	28.6	38.7	42.9	36.7		
	3.0	1.9	14.8	2.8	28.6	26.5	57.1	31.7		
	0.0	11.8	14.8	8.3	0.0	35.7	36.4	35.5		
	1.0	2.6	22.2	2.8	33.3	35.3	60.0	40.0		
	2.0	4.1	7.4	3.5	23.5	46.3	25.0	37.9		
	4.5	7.3	14.8	6.6	33.3	38.2	40.0	37.3		
	16.5	17.8	29.6	17.6	44.0	37.4	44.4	39.6		
	23.0	.7								

Cis Men n =	200
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E. Violence, Abusive Relationships, and Personal Safety

Within the last 12 months, college students reported experiencing:

	Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
A physical fight		2.0	1.5	3.8	1.7
A physical assault (not sexual assault)		2.0	1.7	4.0	1.9
A verbal threat		9.0	7.6	25.0	8.6
Sexual touching without their consent		3.5	3.0	16.0	3.6
Sexual penetration attempt without their consent		1.5	1.7	0.0	1.6
Sexual penetration without their consent		1.0	1.5	0.0	1.3
Being a victim of stalking		2.0	3.7	20.0	3.7
A partner called me names, insulted me, or put me down to make me feel bad		6.0	8.6	19.2	8.3
A partner often insisted on knowing who I was with and where I was or tried to limit my contact with family or friends		3.5	4.1	4.0	4.0
A partner pushed, grabbed, shoved, slapped, kicked, bit, choked or hit me without my consent		1.5	2.8	0.0	2.3
A partner forced me into unwanted sexual contact by holding me down or hurting me in some way		0.5	1.9	0.0	1.3
A partner pressured me into unwanted sexual contact by threatening me, coercing me, or using alcohol or other drugs		0.5	1.7	0.0	1.3

College students reported feeling safe*:

	Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
On their campus (daytime)		86.2	82.9	77.3	83.5
On their campus (nighttime)		55.2	29.0	26.3	37.1
In the community surrounding their campus (daytime)		54.8	50.1	42.9	51.0
In the community surrounding their campus (nighttime)		33.9	19.4	11.1	23.8

*Note: "Does not apply" responses were removed from the total in the denominator

Cis Men n = 200
 Cis Women n = 467
 Trans/GNC n = 27

F. Tobacco, Alcohol, and Other Drug Use

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total		Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
	26.0	21.5	50.0	23.7		16.5	10.3	14.8	12.1
	52.0	58.3	69.2	56.5		46.5	51.8	59.3	49.3
	33.7	36.8	57.7	36.5		21.5	21.6	37.0	21.9

Cis Men n = 200
 Cis Women n = 467
 Trans/GNC n = 27

*Proportion of students who were prescribed a medication and used more than prescribed or more often than prescribed in the past 30 months

Percent (%)	Trans/ Gender Non- conforming			Total
	Cis Men	Cis Women	Gender Non- conforming	
Prescription stimulants	0.5	1.1	0.0	0.8
Prescription sedatives or sleeping pills	0.5	0.2	0.0	0.3
Prescription opioids	0.5	0.2	0.0	0.3

*These figures use all students in the sample as the denominator, rather than just those students who reported having a prescription. Note that the title of this table was changed in Fall 2022, but the figures remain the same.

Percent (%)	Trans/ Gender Non- conforming			Total
	Cis Men	Cis Women	Gender Non- conforming	
Cigarettes	9.0	3.4	0.0	4.8
	9.5	6.2	11.1	7.2
	0.5	2.1	0.0	1.5
	2.5	0.0	7.4	1.0
	1.5	0.2	3.7	0.7
	0.5	0.0	3.7	0.3

Students in Recovery

2.6 % of college students surveyed (4.8 % cis men, 0.9 % cis women, and 15.0 % transgender/gender non-conforming) indicated they were in recovery from alcohol or other drug use.

When, if ever, was the last time you:

Percent (%)	Drank Alcohol Trans/ Gender Non- conforming			*Used Cannabis/Marijuana Trans/ Gender Non- conforming				
	Cis Men	Cis Women	Gender Non- conforming	Cis Men	Cis Women	Gender Non- conforming	Total	
	36.7	31.8	18.5	32.8	59.6	57.3	30.8	57.1
	30.2	32.6	40.7	32.2	15.7	13.9	34.6	15.3
	9.0	9.4	7.4	9.1	2.5	2.6	3.8	2.7
	8.0	11.6	11.1	10.6	4.5	3.0	3.8	3.4
	9.5	8.8	7.4	8.8	3.5	6.4	11.5	5.7
	6.5	5.8	14.8	6.4	14.1	16.7	15.4	15.7

Driving under the influence

12.1 % of college students reported driving after alcohol in the last 30 days.*

*Only students who reported driving in the last 30 days and drinking alcohol in the last 30 days were asked this question.

32.0 % of college students reported driving within 6 hours of using cannabis/marijuana in the last 30 days.*

*Only students who reported driving in the last 30 days and using cannabis in the last 30 days were asked this question.

Percent (%)	Trans/ Gender Non- conforming			Total
	Cis Men	Cis Women	Gender Non- conforming	
Estimated BAC	92.5	91.0	93.3	91.5
	95.7	93.9	93.3	94.3
	0.03	0.03	0.04	0.03
	0.01	0.01	0.04	0.01
	0.06	0.05	0.03	0.05

Cis Men n =	200
Cis Women n =	467
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*Reported number of drinks consumed the last time students drank alcohol in a social setting.

Number of drinks	Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
4 or fewer		83.0	88.4	93.3	86.7
5		3.2	6.8	0.0	5.8
6		2.1	2.0	6.7	2.2
7 or more		11.7	2.8	0.0	5.2
Mean		3.1	2.4	2.3	2.6
Median		2.0	2.0	2.0	2.0
Std Dev		3.1	1.9	1.5	2.3

*Only students who reported drinking alcohol in the last three months were asked this question.

Reported number of times college students consumed five or more drinks a sitting within the last two weeks:

Among all students surveyed					
	Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Did not drink alcohol in the last two weeks (includes non-drinkers)		69.8	67.4	59.3	67.8
None		17.1	21.7	29.6	20.5
1-2 times		10.1	9.0	7.4	9.4
3-5 times		1.5	1.5	3.7	1.6
6 or more times		1.5	0.4	0.0	0.7

*Only students who reported drinking alcohol in the last two weeks were asked this question.

*Among those who reported drinking alcohol within the last two weeks

Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
56.7	66.4	72.7	63.7
33.3	27.6	18.2	29.2
5.0	4.6	9.1	4.9
5.0	1.3	0.0	2.2

*College students who drank alcohol reported experiencing the following in the last 12 months when drinking alcohol:

	Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Did something I later regretted		8.9	10.3	5.6	9.9
Blackout (forgot where I was or what I did for a large period of time and cannot remember even when someone reminds me)		3.6	7.2	16.7	6.6
Brownout (forgot where I was or what I did for short periods of time, but can remember once someone reminds me)		4.5	9.7	16.7	8.6
Got in trouble with the police		0.0	0.3	0.0	0.2
Got in trouble with college/university authorities		0.0	0.3	5.6	0.5
Someone had sex with me without my consent		0.0	1.0	11.1	1.2
Had sex with someone without their consent		0.0	0.3	5.6	0.5
Had unprotected sex		7.2	6.5	11.1	6.8
Physically injured myself		2.7	3.1	5.6	3.1
Physically injured another person		0.0	0.7	5.6	0.7
Seriously considered suicide		0.9	1.0	0.0	0.9
Needed medical help		0.0	0.3	5.6	0.5
Reported two or more of the above		7.0	11.1	14.3	10.0

*Only students who reported drinking alcohol in the last 12 months were asked these questions.

Cis Men n = 200
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G. Sexual Behavior

When, if ever, was the last time you had:

Percent (%)	Trans/ Gender Non- conforming				Cis Men	Cis Women	Trans/ Gender Non- conforming			
	Cis Men	Cis Women	Gender Non- conforming	Total			Cis Men	Cis Women	Gender Non- conforming	Total
	45.5	45.2	33.3	44.8			49.0	38.9	37.0	41.0
	26.3	25.7	29.6	26.0			27.3	35.2	40.7	33.0
	7.1	6.4	3.7	6.5			4.0	5.0	3.7	4.9
	2.5	6.8	7.4	5.7			4.5	6.6	3.7	5.8
	9.1	6.4	11.1	7.3			5.6	6.1	0.0	5.7
	9.6	9.6	14.8	9.7			9.6	8.1	14.8	8.7

Percent (%)	Trans/ Gender Non- conforming			
	Cis Men	Cis Women	Gender Non- conforming	Total
	79.2	85.9	73.1	83.4
	4.6	1.1	3.8	2.3
	1.5	0.4	7.7	1.0
	3.0	1.3	0.0	1.7
	2.5	1.8	3.8	2.0
	9.1	9.5	11.5	9.5

Percent (%)	Trans/ Gender Non- conforming			
	Cis Men	Cis Women	Gender Non- conforming	Total
	0.0	0.0	0.0	0.0
	73.1	87.2	57.1	82.7
	14.0	7.8	14.3	9.5
	1.1	3.1	0.0	2.4
	11.8	1.9	28.6	5.4
	2.0	1.3	2.5	1.5
	1.0	1.0	1.0	1.0
	2.6	1.2	2.4	1.8

Percent (%)	Trans/ Gender Non- conforming			
	Cis Men	Cis Women	Gender Non- conforming	Total
	9.1	6.8	0.0	7.1
	37.1	33.2	33.3	33.6
	75.0	14.3	33.3	47.8

Percent (%)	Trans/ Gender Non- conforming			
	Cis Men	Cis Women	Gender Non- conforming	Total
	78.0	70.2	69.2	71.8
	7.3	4.5	15.4	5.9
	13.4	24.8	15.4	21.4

Cis Men n = 200
 Cis Women n = 467
 Trans/GNC n = 27

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Percent (%)				
Birth control pills (monthly or extended cycle)	20.3	24.1	33.3	23.3
Birth control shots	1.6	1.8	11.1	2.0
Birth control implants	10.9	11.8	0.0	11.0
Birth control patch	4.7	1.2	0.0	2.0
The ring	3.1	1.8	0.0	2.0
Emergency contraception ("morning after pill" or "Plan B")	7.8	7.6	0.0	7.3
	14.1	17.6	22.2	16.7
	43.8	42.4	33.3	42.0
	0.0	1.2	0.0	0.8
	0.0	0.0	0.0	0.0
	0.0	0.0	0.0	0.0
	10.9	11.2	22.2	12.2
	3.1	4.7	0.0	4.1
	0.0	4.7	22.2	4.1
	1.6	1.8	0.0	1.6
	17.2	21.8	11.1	20.0
	7.8	8.8	22.2	9.0

*Only students who reported they or their partner used a method the last time they had vaginal intercourse were asked this question. This question was select all that apply.

Yes (24.7 % cis men, 15.4 % cis women, 30.8 % trans/gender non-conforming)

Yes (3.7 % cis men, 2.5 % cis women, 15.4 % trans/gender non-conforming)

H. Mental Health and Wellbeing

Kessler 6 (K6) Non-Specific Psychological Distress Score (Range is 0-24)

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Percent (%)				
	79.1	81.7	57.7	80.0
	20.9	18.3	42.3	20.0
	8.00	8.14	12.46	8.28
	7.00	7.00	12.00	7.00
	5.55	5.42	6.15	5.54

UCLA Loneliness Scale (ULS3) Score (Range is 3-9)

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Percent (%)				
	53.0	55.3	40.7	54.1
	47.0	44.7	59.3	45.9
	5.33	5.19	5.85	5.26
	5.00	5.00	6.00	5.00
	1.94	1.84	2.11	1.89

Diener Flourishing Scale – Psychological Well-Being (PWB) Score (Range is 8-56)
 (higher scores reflect a higher level of psychological well-being)

Cis Men n = 200
 Cis Women n = 467
 Trans/GNC n = 27

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Mean	43.54	45.94	38.74	44.87
Median	47.00	48.00	38.00	47.00
Std Dev	10.11	8.78	9.45	9.50

The Connor-Davison Resilience Scale (CD-RISC2) Score (Range is 0-8)
 (higher scores reflect greater resilience)

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Mean	6.02	6.09	5.37	6.03
Median	6.00	6.00	5.00	6.00
Std Dev	1.66	1.57	1.52	1.61

Self injury
 ■ 6.0 % of college students surveyed (7.5 % cis men, 3.2 % cis women, and 33.3 % trans/gender non-conforming) indicated they had intentionally burned, bruised, or otherwise injured themselves within the last 12 months.

Within the last 12 months, have you had problems or challenges with any of the following:

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Academics	47.2	46.5	48.1	46.9
Career	46.7	43.2	63.0	44.8
Finances	50.3	58.0	59.3	55.6
Procrastination	72.4	72.3	92.6	72.6
Faculty	15.2	12.5	18.5	13.5
Family	30.8	41.9	70.4	39.9
Intimate relationships	27.8	32.2	29.6	30.6
Roommate/housemate	16.7	18.2	33.3	18.2
Peers	12.8	15.5	44.4	16.0
Personal appearance	41.7	53.3	63.0	50.2
Health of someone close to me	37.6	43.1	61.5	42.0
Death of a family member, friend, or someone close to me	24.6	27.6	37.0	26.9
I was bullied	3.0	4.7	14.8	4.6
I was cyberbullied	3.5	3.0	25.9	4.0
I was hazed	2.5	1.1	3.7	1.6
I experienced microaggression(s)	11.1	14.6	51.9	14.9
I was sexually harassed	4.0	5.8	18.5	5.8
I experienced discrimination	7.5	8.6	33.3	9.3

*Only students who reported a problem or challenge in the last 12 months were asked about level of distress.

Students reporting none of the above	9.5	8.4	3.7	8.7
Students reporting only one of the above	8.0	6.9	0.0	7.2
Students reporting 2 of the above	15.6	9.4	3.7	11.0
Students reporting 3 or more of the above	66.8	75.3	92.6	73.1

*Of those reporting this issue, it caused moderate or high distress

Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
	81.9	87.9	84.6
	72.0	75.0	82.4
	73.5	79.9	81.3
	70.8	67.9	64.0
	46.7	55.2	80.0
	63.9	67.9	68.4
	61.8	58.5	75.0
	57.6	60.7	44.4
	36.0	45.1	58.3
	49.4	61.5	70.6
	67.1	60.9	66.7
	71.4	81.0	70.0
	50.0	45.5	100.0
	28.6	46.2	42.9
	60.0	40.0	0.0
	18.2	52.2	50.0
	25.0	55.6	80.0
	46.7	53.8	55.6

Suicide Behavior Questionnaire-Revised (SBQR) Screening Score (Range is 3-18)

Cis Men n = 200
 Cis Women n = 467
 Trans/GNC n = 27

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
	80.0	83.3	33.3	79.9
	20.0	16.7	66.7	20.1
	4.69	4.42	8.37	4.69
	3.00	3.00	8.00	3.00
	2.73	2.48	3.70	2.75

Suicide attempt

1.8 2 % cis men, 0.7 % cis women, and
 15.4 % trans/gender non-conforming) indicated they had attempted suicide within the last 12 months.

Within the last 30 days, how would you rate the overall level of stress experienced:

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
	5.5	1.7	3.7	2.9
	29.0	19.1	14.8	21.7
	44.0	47.4	51.9	46.7
	21.5	31.8	29.6	28.7

I. Acute Conditions

Cis Men n = 200
 Cis Women n = 467
 Trans/GNC n = 27

STI's/Other chronic infections	College students reported <u>ever</u> being diagnosed with the following:					*Of those ever diagnosed, had contact with healthcare or MH professional within last 12 months				
	Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming		Cis Men	Cis Women	Trans/ Gender Non- conforming		Total
					Total				Total	
		1.0	1.3	3.7	1.3	50.0	66.7	0.0	55.6	
		0.5	0.2	3.8	0.4	0.0	100.0	0.0	33.3	
		1.0	0.2	0.0	0.4	50.0	100.0	0.0	66.7	
		0.5	3.9	18.5	3.5	100.0	52.9	40.0	52.2	

*Only students who reported ever being diagnosed were asked about contact with a healthcare or mental health professional within 12 months.

Other Chronic /Ongoing Medical Conditions	College students reported <u>ever</u> being diagnosed with the following:					*Of those ever diagnosed, had contact with healthcare or MH professional within last 12 months				
	Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming		Cis Men	Cis Women	Trans/ Gender Non- conforming		Total
					Total				Total	
		24.4	26.6	40.7	26.3	18.8	43.4	9.1	34.8	
		9.2	9.5	29.6	10.2	16.7	31.8	0.0	24.3	
		7.6	9.7	11.5	9.1	26.7	33.3	0.0	30.2	
		19.3	27.1	37.0	25.4	31.6	32.8	20.0	32.0	
		14.2	17.3	22.2	16.5	17.9	48.8	16.7	39.5	
		0.5	2.2	7.4	1.9	0.0	70.0	50.0	61.5	
		0.0	0.4	4.0	0.4	0.0	50.0	0.0	33.3	
		3.0	9.5	25.9	8.4	66.7	74.4	57.1	71.9	
		3.6	7.8	18.5	7.0	28.6	75.0	40.0	64.6	
Endometriosis		0.0	1.7	11.5	1.6	0.0	62.5	0.0	45.5	
Gastroesophageal Reflux Disease (GERD) or acid reflux		4.6	7.1	14.8	6.7	77.8	69.7	0.0	65.2	
Heart & vascular disorders (for example: atrial fibrillation or other cardiac arrhythmia, mitral valve prolapse or other valvular heart disease, congenital heart condition)		0.5	3.0	7.4	2.5	0.0	50.0	50.0	47.1	
High blood pressure (hypertension)		3.6	5.0	7.4	4.7	42.9	73.9	50.0	65.6	
High cholesterol (hyperlipidemia)		3.1	3.7	7.4	3.6	16.7	88.2	50.0	68.0	
Irritable bowel syndrome (spastic colon or spastic bowel)		1.5	5.0	7.4	4.1	66.7	60.9	0.0	57.1	
Migraine headaches		2.1	14.3	20.8	11.0	25.0	62.1	80.0	61.3	
		0.0	6.8	11.1	5.0	0.0	54.8	33.3	52.9	
Sleep Apnea		4.6	4.1	4.0	4.2	11.1	78.9	0.0	55.2	
Thyroid condition or disorder		0.0	4.5	7.7	3.5	0.0	90.5	0.0	83.3	
Urinary system disorder (for example: bladder or kidney disease, urinary reflux, interstitial cystitis)		1.5	1.7	3.7	1.7	66.7	71.4	0.0	63.6	

*Only students who reported ever being diagnosed were asked about contact with a healthcare or mental health professional within 12 months.

Cis Men n =	200
Cis Women n =	467
Trans/GNC n =	27

Students who reported being diagnosed with diabetes or pre-diabetes/insulin resistance, indicated they had:

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Type I Diabetes	14.3	7.4	0.0	7.7
Type II Diabetes	0.0	38.7	20.0	30.2
Pre-diabetes or insulin resistance	100.0	67.7	80.0	73.8
Gestational Diabetes	0.0	10.7	0.0	7.5

K. Sleep

Reported amount of time to usually fall asleep at night (sleep onset latency):

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Less than 15 minutes	47.0	39.2	30.8	41.3
16 to 30 minutes	26.0	25.1	34.6	25.5
31 minutes or more	27.0	35.8	34.6	33.2

Over the last 2 weeks, students reported the following average amount of sleep (excluding naps):

On weeknights				
Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Less than 7 hours	54.3	47.0	42.3	48.9
7 to 9 hours	45.7	50.0	57.7	49.1
10 or more hours	0.0	3.0	0.0	2.0

On weekend nights				
Cis Men	Cis Women	Trans/ Gender Non- conforming	Total	
	28.0	26.0	23.1	26.3
	66.5	66.3	65.4	65.9
	5.5	7.7	11.5	7.3

Students reported the following on 3 or more of the last 7 days:

Felt tired or sleepy during the day				
Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
0 days	7.0	3.9	3.8	5.0
1-2 days	32.7	24.7	7.7	26.2
3-5 days	41.2	43.9	42.3	43.2
6-7 days	19.1	27.5	46.2	25.5

Got enough sleep so that they felt rested				
Cis Men	Cis Women	Trans/ Gender Non- conforming	Total	
	12.1	17.4	26.9	16.3
	33.7	41.7	30.8	38.7
	43.7	32.3	23.1	35.4
	10.6	8.6	19.2	9.6

Demographics and Sample Characteristics

Age

Students describeeayaJemselve ans

<ul style="list-style-type: none"> ■ First generation student 58.2 % (Proportion of students for whom no parent/guardian have completed a bachelor's degree) 	<ul style="list-style-type: none"> ■ Participated in organized college athletics: <ul style="list-style-type: none"> Varsity: 4.2 % Club sports: 3.2 % Intramurals: 4.4 %
<ul style="list-style-type: none"> ■ Do you have any of the following? 	<ul style="list-style-type: none"> ■ Member of a <u>social</u> fraternity or sorority:
<ul style="list-style-type: none"> Attention Deficit/Hyperactivity Disorder (ADD or ADHD): 10.8 % Autism Spectrum Disorder: 3.8 % Deaf/Hearing loss: 2.3 % Learning disability: 6.7 % Mobility/Dexterity disability: 1.0 % Blind/low vision: 5.2 % Speech or language disorder: 1.7 % 	<ul style="list-style-type: none"> Greek member: 3.5 %
	<ul style="list-style-type: none"> ■ Dropout Intention
	<ul style="list-style-type: none"> Very, moderately, or slightly likely to:
	<ul style="list-style-type: none"> Leave school and transfer to another school 8.9 % Leave school without transferring to another school 5.6 %