



TOWSON UNIVERSITY

Executive Summary

Spring 2022

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.



Table of Contents

I. Introduction and Notes	1
II. Findings	
A. General Health and Campus Climate	3
B. Nutrition, BMI, Physical Activity, and Food Security	3

Introduction and Notes

Notes about this report:

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. The responses to these questions are used to create a new variable called RSEX. RSEX is used for organizing results in the ACHA-NCHA report documents. Respondents are reported as cis men or cis women only when their responses to 67A, 67B, and 67C are consistent with one another. If gender identity is consistent with sex at birth AND "no" is selected for transgender, then respondents are designated as either cis men or cis women in RSEX. If respondents select "yes" for transgender OR their sex at birth is not consistent with their gender identity, then they are designated as transgender/gender non-conforming in RSEX. A respondent that selects "intersex" for sex at birth, "no" for transgender, and man or woman for gender identity are designated as cis men or cis women in RSEX. A respondent that selects "intersex" for sex at birth, "yes" for transgender, or selects a gender identity other than man or woman are designated as transgender/gender non-conforming in RSEX. A respondent that selects "another identity" on 67C is designated missing in RSEX. A respondent that skips any of the three questions is designated missing in RSEX.

The ACHARNCHA 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 campus 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 erred on the side of protecting student privacy.

The number of TGNC students in our samples has been increasing over the years. Between 2008 and 2015, the number of students 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 3r4% of the overall sample.

With greater number of students identifying as TGNC on the ACHARNCHA 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 readily available access to this data in order to better address the needs of TGNC students.

First – a note about how we have been reporting ACHARNCHA results to date. RSEX is a variable we create based on the responses to the questions on sex at birth, whether or not a student identifies as transgender, and their gender identity. The RSEX variable had allowed us to sort respondents into 4 groups for reporting purposes: male, female, nonrbinary, and missing. (Details about this variable can be found in all report 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 "nonrbinary" to "Transgender and GenderrNonconforming" (TGNC), as it's a more accurate and inclusive term. The value "4" on RSEX remains "missing/unknown" and is used for students who do not answer all three questions.

The "missing/unknown" column in the Data Report document has been replaced with a "Trans/GenderrNonconforming" 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 TGNC respondents, the difference can be attributed to "missing/unknown" respondents that selected the response option presented in that row. A column for "Trans/GenderrNonconforming" has been added the Executive Summary Report document.

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

We encourage ACHARNCHA surveyors to carefully review their report documents, particularly among the student demographic variables, and 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 diversity in the student population.

Think about the implication of working with and documenting very small samples – from the perspective of making meaningful interpretations, as well as the privacy of respondents. This is true of all demographic variables, and not limited to gender identity. You may consider a min

[1] Greathouse M, BrckaLorenz A, Hoban M, Huseman R, Rankin S, Stolzenberg EB. (2018). Queerrpectrum and transrspectrum student 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 "cisgender 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 2022 survey for Towson University consisting of 310 respondents. The response rate was 6.2%.

Findings

Cis Men n =	66
Cis Women n =	226
Trans/GNC n =	13

A. General Health and Campus Climate

- 42.6 % of college students surveyed (39.3 % cis men, 44.8 % cis women, and 18.2 % transgender/gender non-conforming) described their health as *very good or excellent*.
- 84.8 % of college students surveyed (85.2 % cis men, 85.8 % cis women, and 54.5 % 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:

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
<i>Percent (%)</i>				
I feel that I belong at my college/university	66.7	62.4	61.5	63.5
I feel that students' health and well-being is a priority at my college/university	57.6	43.1	15.4	44.7
At my college/university, I feel that the campus climate encourages free and open discussion of students' health and well-being.	59.1	53.3	30.8	53.4
At my college/university, we are a campus where we look out for each other	47.0	38.2	15.4	39.2

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

College students reported:

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
<i>Percent (%)</i>				
Drinking 0 sugar-sweetened beverages (per day), on average, in the last 7 days	37.9	25.4	23.1	28.0
Drinking 1 or more sugar-sweetened beverages (per day), on average, in the last 7 days	62.1	74.6	76.9	72.0
Drinking energy drinks or shots on 0 of the past 30 days	75.8	73.9	61.5	73.8
Drinking energy drinks or shots on 1-4 of the past 30 days	21.2	15.3	30.8	17.4
Drinking energy drinks or shots on 5 or more of the past 30 days	3.0	10.8	7.7	8.9
Eating 3 or more servings of fruits (per day), on average, in the last 7 days	19.7	19.9	0.0	18.8
Eating 3 or more servings of vegetables (per day), on average, in the last 7 days	30.3	29.2	23.1	28.8

■ **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 Tech Report Series: 894.

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
<i>Percent (%)</i>				
BMI				
<18.5 Underweight	3.1	6.8	15.4	6.3
18.5-24.9 Healthy Weight	50.0	59.7	30.8	56.3
25-29.9 Overweight	25.0	17.6	30.8	20.0
30-34.9 Class I Obesity	14.1	8.1	15.4	9.7
35-39.9 Class II Obesity	4.7	3.2	7.7	3.7
40 Class III Obesity	3.1	4.5	0.0	4.0
Mean	26.05	24.80	25.09	25.08
Median	24.40	23.38	25.39	23.66
Std Dev	5.65	6.28	6.12	6.13

Students meeting the recommended guidelines for physical activity

Based on: US Dept of Health and Human Services.

, 2nd edition.

Washington, DC: US Dept of Health and Human Services; 2018

Cis Men n =	66
Cis Women n =	226
Trans/GNC n =	13

Definitions:

Recommendation for **aerobic activity**: 150 minutes or more of moderate-intensity physical activity per week or 75 minutes of vigorous-intensity physical activity or the equivalent combination

Recommendation for **strength training**: 2 or more days a week of moderate or greater intensity activities that involve all major muscle groups

Active Adults meet the recommendation for strength training **AND** aerobic activity

Highly Active Adults meet the recommendation for strength training and **TWICE** the recommendation for aerobic activity (300 minutes or more of moderate-intensity physical activity per week or 150 minutes of vigorous-intensity physical activity or the equivalent combination)

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Guidelines met for aerobic exercise only	66.7	65.8	76.9	66.2
Guidelines met for Active Adults	51.5	40.5	30.8	42.3
Guidelines met for Highly Active Adults	42.4	31.1	23.1	33.1

Food Security

Based on responses to the

from the USDA Economic Research Service.

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
High or marginal food security (score 0-1)	53.8	49.1	30.8	49.2
Low food security (score 2-4)	26.2	19.6	46.2	22.3
Very low food security (score 5-6)	20.0	31.3	23.1	28.5
Any food insecurity (low or very low food security)	46.2	50.9	69.2	50.8

C. Health Care Utilization

College students reported:

Receiving psychological or mental health services within the last 12 months

*The services were provided by:

My current campus health and/or counseling center

A mental health provider in the local community near my campus

A mental health provider in my home town

A mental health provider not described above

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Receiving psychological or mental health services within the last 12 months	18.2	38.1	61.5	35.2
My current campus health and/or counseling center	33.3	31.8	25.0	30.8
A mental health provider in the local community near my campus	16.7	28.4	37.5	27.2
A mental health provider in my home town	75.0	62.2	50.0	63.5
A mental health provider not described above	10.0	8.8	14.3	9.2

Visiting a medical provider within the last 12 months

*The services were provided by:

My current campus health center

A medical service provider in the local community near my campus

A medical service provider in my home town

A medical service provider not described above

My current campus health center

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Visiting a medical provider within the last 12 months	60.6	74.2	76.9	71.6
My current campus health center	2.6	18.9	20.0	16.2
A medical service provider in the local community near my campus	12.8	28.1	50.0	26.1
A medical service provider in my home town	87.2	82.5	100.0	84.4
A medical service provider not described above	6.5	4.8	0.0	4.8

Cis Men n = 66
 Cis Women n = 226
 Trans/GNC n = 13

College students reported:

Flu vaccine within the last 12 month
 Not starting the HPV vaccine series
 Starting, but not completing HPV vaccine series
 Completing HPV vaccine series
 Not knowing their HPV vaccine status
 Ever having a GYN visit or exam (females only)
 Having a dental exam in the last 12 months
 Being tested for HIV within the last 12 months
 Being tested for HIV more than 12 months ago
 Wearing sunscreen usually or always when outdoors
 Spending time outdoors with the intention of tanning at least once in the last 12 months

Percent (%)

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Flu vaccine within the last 12 month	55.4	58.8	69.2	58.3
Not starting the HPV vaccine series	9.2	11.1	15.4	10.7
Starting, but not completing HPV vaccine series	6.2	4.9	0.0	4.9
Completing HPV vaccine series	52.3	63.7	76.9	61.9
Not knowing their HPV vaccine status	32.3	20.4	7.7	22.5
Ever having a GYN visit or exam (females only)		51.1	46.2	
Having a dental exam in the last 12 months	77.3	69.9	100.0	72.5
Being tested for HIV within the last 12 months	10.6	11.9	30.8	12.3
Being tested for HIV more than 12 months ago	9.1	13.3	23.1	12.7
Wearing sunscreen usually or always when outdoors	13.6	42.0	15.4	35.1
Spending time outdoors with the intention of tanning at least once in the last 12 months	43.1	57.5	15.4	52.3

D. Impediments to Academic Performance

Respondents are asked in numerous places throughout the survey about issues that might have negatively impacted their academic performance within the last 12 months. This is defined as negatively impacting their performance in a class or delaying progress towards their degree. Both types of negative impacts are represented in the figures below. Please refer to the corresponding Data Report for specific figures on each type of impact. Figures in the left columns use all students in the sample as the denominator. Figures in the right columns use only the students that experienced that issue (e.g. students who used cannabis, reported a problem or challenge with finances, or experienced a particular health issue) in the denominator.

Negatively impacted academic performance among all students in the sample

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Alcohol use	3.0	2.7	0.0	2.9
Cannabis/marijuana use	0.0	1.3	0.0	1.0

Negatively impacted academic performance among only students that experienced the issue

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Alcohol use	4.8	3.3	0.0	3.9
Cannabis/marijuana use	0.0	3.8	0.0	2.9

Problems or challenges in the last 12 months

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Career	9.1	15.0	46.2	17.8
Finances	18.2	23.5	23.1	20.9
Procrastination	37.9	54.0	92.3	49.9
Faculty	6.1	7.5	23.1	17.7
Family	7.6	16.4	30.8	17.8
Intimate Relationships	6.1	13.3	23.1	17.9
Roommate/housemate	1.5	7.1	7.7	6.8
Peers	0.0	5.3	23.1	7.8
Personal appearance	1.5	8.8	0.0	6.8
Health of someone close to me	4.5	13.3	30.8	17.9
Death of a family member, friend, or someone close to me	3.0	16.4	7.7	12.2
Bullying	0.0	3.1	7.7	2.6
Cyberbullying	0.0	1.8	7.7	1.6
Hazing	0.0	0.0	0.0	0.0
Microaggression	0.0	2.7	23.1	2.9
Sexual Harassment	0.0	4.0	15.4	6.5
Discrimination	0.0	2.2	23.1	2.6

Cis Men n =	66
Cis Women n =	226
Trans/GNC n =	13

Negatively impacted academic performance among all students in the sample

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Acute Diagnoses in the last 12 months				
Bronchitis	0.0	1.8	0.0	1.6
Chlamydia	0.0	0.4	0.0	0.3
Chicken Pox (Varicella)	0.0	0.0	0.0	0.0
Cold/Virus or other respiratory illness	9.1	18.1	30.8	16.8
Concussion	0.0	3.1	0.0	2.3
Gonorrhea	0.0	0.0	0.0	0.0
Flu (influenza or flu-like illness)	1.5	5.8	15.4	5.5
Mumps	0.0	0.0	0.0	0.0
Mononucleosis (mono)	0.0	0.9	0.0	0.6
Orthopedic injury	3.0	1.3	0.0	1.9
Pelvic Inflammatory Disease	0.0	0.0	0.0	0.0
Pneumonia	0.0	0.4	0.0	0.3
Shingles	0.0	0.0	0.0	0.0
Stomach or GI virus or bug, food poisoning or gastritis	1.5	4.4	0.0	3.5
Urinary tract infection	0.0	3.1	15.4	2.9

Negatively impacted academic performance among only students that experienced the issue

Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
0.0	50.0	0.0	55.6
0.0	16.7	0.0	16.7
0.0	0.0	0.0	0.0
37.5	51.3	66.7	50.5
0.0	70.0	0.0	58.3
0.0	0.0	0.0	0.0
14.3	59.1	100.0	53.1
0.0	0.0	0.0	0.0
0.0	66.7	0.0	66.7
66.7	23.1	0.0	35.3
0.0	0.0	0.0	0.0
0.0	33.3	0.0	33.3
0.0	0.0	0.0	0.0
33.3	50.0	0.0	45.8
0.0	28.0	33.3	28.1

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Any ongoing or chronic medical conditions diagnosed or treated in the last 12 months				
	21.2	30.5	61.5	29.7

Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
31.1	39.2	72.7	39.3

Other impediments to academic performance

Assault (physical)	1.5	3.1	7.7	2.9
Assault (sexual)	0.0	3.5	23.1	3.5
Allergies	4.5	6.2	7.7	5.8
Anxiety	25.8	38.5	76.9	37.4
ADHD or ADD	13.6	10.6	38.5	12.6
Concussion or TBI	1.5	2.7	15.4	2.9
Depression	21.2	31.0	76.9	30.6
Eating disorder/problem	3.0	4.4	0.0	3.9
Headaches/migraines	4.5	17.7	38.5	16.1
Influenza or influenza-like illness (the flu)	1.5	4.4	23.1	4.8
Injury	6.1	1.3	7.7	2.6
PMS	1.5	15.5	23.1	12.9
PTSD	1.5	5.3	15.4	4.8
Short-term illness	0.0	6.6	30.8	6.1
Upper respiratory illness	1.5	8.4	38.5	8.4
Sleep difficulties	16.7	30.5	61.5	28.4
Stress	36.4	46.9	69.2	44.8

100.0	53.8	100.0	56.3
0.0	32.0	75.0	35.5
10.7	17.3	20.0	15.7
40.5	55.4	83.3	54.2
52.9	58.5	71.4	58.2
100.0	60.0	100.0	69.2
56.0	64.2	76.9	63.8
40.0	25.6	0.0	25.5
16.7	37.7	55.6	37.0
20.0	50.0	75.0	50.0
50.0	17.6	100.0	30.8
100.0	32.7	60.0	35.1
25.0	50.0	66.7	48.4
0.0	40.5	80.0	40.4
12.5	30.6	83.3	33.8
36.7	56.1	80.0	53.3
51.1	57.3	75.0	56.5

Cis Men n =	66
Cis Women n =	226
Trans/GNC n =	13

E. Violence, Abusive Relationships, and Personal Safety

Within the last 12 months, college students reported experiencing:

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
	<i>Percent (%)</i>			
A physical fight	1.5	2.7	7.7	2.6
A physical assault (not sexual assault)	1.5	3.1	7.7	3.2
A verbal threat	10.6	14.6	30.8	14.6
Sexual touching without their consent	1.5	8.0	7.7	6.5
Sexual penetration attempt without their consent	0.0	2.7	7.7	2.6
Sexual penetration without their consent	0.0	2.7	7.7	2.3
Being a victim of stalking	0.0	8.0	15.4	6.8
A partner called me names, insulted me, or put me down to make me feel bad	4.5	12.8	7.7	11.0
A partner often insisted on knowing who I was with and where I was or tried to limit my contact with family or friends	0.0	6.2	0.0	4.5
A partner pushed, grabbed, shoved, slapped, kicked, bit, choked or hit me without my consent	1.5	3.1	0.0	2.9
A partner forced me into unwanted sexual contact by holding me down or hurting me in some way	0.0	2.2	0.0	1.9
A partner pressured me into unwanted sexual contact by threatening me, coercing me, or using alcohol or other drugs	1.5	2.7	7.7	2.6

College students reported feeling *very safe* :

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
	<i>Percent (%)</i>			
On their campus (daytime)	63.6	57.5	38.5	57.6
On their campus (nighttime)	25.8	7.1	7.7	11.0
In the community surrounding their campus (daytime)	30.3	23.9	0.0	23.9
In the community surrounding their campus (nighttime)	10.6	3.5	0.0	4.9

Cis Men n =	66
Cis Women n =	226
Trans/GNC n =	13

F. Tobacco, Alcohol, and Other Drug Use

Percent (%)	Ever Used			
	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Tobacco or nicotine delivery products (cigarettes, e-cigarettes, Juul or other vape products, water pipe or hookah, chewing tobacco, cigars, etc.)	31.8	29.2	15.4	28.8
Alcoholic beverages (beer, wine, liquor, etc.)	57.6	75.8	69.2	71.2
Cannabis (marijuana, weed, hash, edibles, vaped cannabis, etc.) [Please report nonmedical use only.]	37.9	39.4	61.5	39.8
Cocaine (coke, crack, etc.)	1.5	4.9	0.0	3.9
Prescription stimulants (Ritalin, Concerta, Dexedrine, Adderall, diet pills, etc.) [Please report nonmedical use only.]	9.1	7.5	7.7	7.8
Methamphetamine (speed, crystal meth, ice, etc.)	0.0	0.4	7.7	1.0
Inhalants (poppers, nitrous, glue, gas, paint thinner, etc.)	1.5	2.2	7.7	2.6
Sedatives or Sleeping Pills (Valium, Ativan, Xanax, Klonopin, Librium, Rohypnol, GHB, etc.) [Please report nonmedical use only.]	6.2	5.3	7.7	5.5
Hallucinogens (Ecstasy, MDMA, Molly, LSD, acid, mushrooms, PCP, Special K, etc.)	13.8	8.4	0.0	9.1
Heroin	0.0	0.0	0.0	0.3
Prescription opioids (morphine, codeine, fentanyl, oxycodone [OxyContin, Percocet], hydrocodone [Vicodin], methadone, buprenorphine [Suboxone], etc.) [Please report nonmedical use only.]	4.5	2.7	0.0	2.9

*Used in the last 3 months			
Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
22.7	20.8	15.4	20.6
51.5	70.8	61.5	65.5
22.7	31.4	53.8	30.3
0.0	3.1	0.0	2.3
4.5	4.0	0.0	3.9
0.0	0.0	7.7	0.6
1.5	0.0	7.7	1.0
1.5	1.8	0.0	1.6
7.6	2.7	0.0	3.5
0.0	0.0	0.0	0.3
1.5	0.0	0.0	0.3

Substance Specific Involvement Scores (SSIS) from the ASSIST

Percent (%)	*Moderate risk use of the substance			
	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Tobacco or nicotine delivery products	18.2	11.5	7.7	12.6
Alcoholic beverages	18.2	12.8	7.7	13.5
Cannabis (nonmedical use)	13.6	23.9	23.1	21.6
Cocaine	0.0	1.3	0.0	1.0
Prescription stimulants (nonmedical use)	3.0	3.1	0.0	2.9
Methamphetamine	0.0	0.4	7.7	1.0
Inhalants	0.0	0.4	7.7	1.0
Sedatives or Sleeping Pills (nonmedical use)	1.5	1.8	0.0	1.6
Hallucinogens	4.5	1.3	0.0	1.9
Heroin	0.0	0.0	0.0	0.3
Prescription opioids (nonmedical use)	1.5	0.9	0.0	1.0

*High risk use of the substance			
Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
1.5	1.3	7.7	1.6
0.0	1.8	0.0	1.3
1.5	0.9	7.7	1.3
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	0.0	0.0
0.0	0.0	0.0	0.0
0.0	0.0	0.0	0.0

Cis Men n =	66
Cis Women n =	226
Trans/GNC n =	13

Proportion of students (overall sample) who report misusing prescription medications (taking without a prescription, or taking more medication or more often than prescribed) in the past 3 months:

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Prescription stimulants	3.0	2.7	0.0	2.6
Prescription sedatives or sleeping pills	1.5	1.3	0.0	1.3
Prescription opioids	1.5	0.0	0.0	0.3

***Tobacco or nicotine delivery products used in the last 3 months**

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Cigarettes	6.1	7.1	7.7	6.8
E-cigarettes or other vape products (for example: Juul, etc.)	16.7	18.1	15.4	17.4
Water pipe or hookah	4.5	2.2	0.0	2.6
Chewing or smokeless tobacco	1.5	0.0	0.0	0.3
Cigars or little cigars	6.1	0.9	0.0	1.9
Other	0.0	0.4	0.0	0.3

Students in Recovery

■ 2.5 % of college students surveyed (2.2 % cis men, 2.7 % cis women, and 0.0 % 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			Total
	Cis Men	Cis Women	Trans/ Gender Non- conforming	
Never	31.8	16.8	30.8	20.7
Within the last 2 weeks	39.4	52.2	46.2	49.2
More than 2 weeks ago but within the last 30 days	3.0	11.1	0.0	8.7
More than 30 days ago but within the last 3 months	9.1	11.1	7.7	10.4
More than 3 months ago but within the last 12 months	12.1	6.2	7.7	7.4
More than 12 months ago	4.5	2.7	7.7	3.6

Cis Men	Cis Women	*Used Cannabis/Marijuana	
		Trans/ Gender Non- conforming	Total
53.0	54.9	38.5	54.0
13.6	20.8	46.2	20.4
3.0	2.7	0.0	2.6
6.1	6.2	7.7	6.1
7.6	6.2	0.0	6.1
16.7	9.3	7.7	10.7

Driving under the influence

- 14.1 % of college students reported driving after having *any alcohol* in the last 30 days.*
- 35.8 % of college students reported driving within 6 hours of using cannabis/marijuana in the last 30 days.*

Estimated Blood Alcohol Concentration (or eBAC) of college students. Due to the improbability of a student surviving a drinking episode resulting in an extremely high eBAC, all students with an eBAC of 0.50 or higher are also omitted from these eBAC figures. eBAC is an estimated figure based on the reported number of drinks consumed during the last time they drank alcohol in a social setting, their approximate time of consumption, sex, weight, and the average rate of ethanol metabolism. Only students who reported drinking alcohol within the last 3 months answered these questions.

Estimated BAC	Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
< .08		73.5	77.1	57.1	76.0
< .10		79.4	82.5	71.4	81.7
Mean		0.05	0.05	0.06	0.05
Median		0.03	0.03	0.02	0.03
Std Dev		0.06	0.07	0.08	0.07

Cis Men n =	66
Cis Women n =	226
Trans/GNC n =	13

*Reported number of drinks consumed the last time students drank alcohol in a social setting.

Number of drinks	Percent (%)	Trans/ Gender Non- conforming			Total
		Cis Men	Cis Women		
4 or fewer		61.8	79.2	57.1	75.8
5		5.9	8.9	28.6	9.0
6		5.9	3.0	14.3	3.8
7 or more		26.5	8.9	0.0	11.4
Mean		4.3	3.1	3.3	3.2
Median		3.5	2.0	3.0	3.0
Std Dev		3.0	2.5	2.1	2.6

*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 in 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)		60.6	48.0	53.8	51.0
None		13.6	24.4	15.4	21.8
1-2 times		18.2	17.8	30.8	18.2
3-5 times		7.6	7.1	0.0	6.8
6 or more times		0.0	2.7	0.0	2.3

*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
	34.6	47.0	33.3	44.4
	46.2	34.2	66.7	37.1
	19.2	13.7	0.0	13.9
	0.0	5.1	0.0	4.6

*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	9.5	21.0	12.5	18.9
Blackout (forgot where I was or what I did for a large period of time and cannot remember even when someone reminds me)	11.9	17.1	0.0	15.5
Brownout (forgot where I was or what I did for short periods of time, but can remember once someone reminds me)	21.4	23.1	37.5	23.5
Got in trouble with the police	0.0	0.0	0.0	0.0
Got in trouble with college/university authorities	0.0	1.6	0.0	1.3
Someone had sex with me without my consent	0.0	1.7	0.0	1.3
Had sex with someone without their consent	0.0	0.0	0.0	0.4
Had unprotected sex	4.8	18.8	0.0	15.9
Physically injured myself	2.4	9.3	12.5	8.5
Physically injured another person	0.0	1.1	0.0	0.9
Seriously considered suicide	4.9	2.2	12.5	3.0
Needed medical help	0.0	1.1	12.5	1.3
Reported two or more of the above	15.6	29.3	28.6	27.3

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

Cis Men n =	66
Cis Women n =	226
Trans/GNC n =	13

G. Sexual Behavior

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

Percent (%)	Oral sex			Total
	Cis Men	Cis Women	Trans/ Gender Non- conforming	
Never	37.9	32.7	15.4	33.7
Within the last 2 weeks	30.3	41.6	15.4	37.5
More than 2 weeks ago but within the last 30 days	6.1	6.6	15.4	6.8
More than 30 days ago but within the last 3 months	4.5	5.8	23.1	6.1
More than 3 months ago but within the last 12 months	9.1	7.5	7.7	7.8
More than 12 months ago	12.1	5.8	23.1	8.1

Vaginal intercourse			
Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
47.0	35.8	15.4	37.9
33.3	43.8	23.1	40.1
3.0	7.1	7.7	6.1
1.5	4.0	15.4	3.9
6.1	4.9	7.7	5.2
9.1	4.4	30.8	6.8

Percent (%)	Anal intercourse			Total
	Cis Men	Cis Women	Trans/ Gender Non- conforming	
Never	84.8	81.3	69.2	81.8
Within the last 2 weeks	1.5	1.3	0.0	1.3
More than 2 weeks ago but within the last 30 days	1.5	0.9	0.0	1.0
More than 30 days ago but within the last 3 months	0.0	1.3	0.0	1.0
More than 3 months ago but within the last 12 months	6.1	4.5	15.4	5.2
More than 12 months ago	6.1	10.7	15.4	9.8

*College students who reported having oral sex, or vaginal or anal intercourse within the last 12 months reported having the following number of sexual partners:

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
	None	0.0	0.7	12.5
1	71.9	70.7	62.5	70.6
2	15.6	12.2	12.5	12.8
3	9.4	6.1	0.0	6.4
4 or more	3.1	10.2	12.5	9.1
Mean	1.5	1.7	1.6	1.6
Median	1.0	1.0	1.0	1.0
Std Dev	1.1	1.4	1.9	1.3

College students who reported having oral sex, or vaginal or anal intercourse within the last 30 days who reported using a condom or another protective barrier *most of the time* or *always*:

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
	Oral sex	4.2	3.7	0.0
Vaginal intercourse	62.5	31.0	25.0	36.2
Anal intercourse	0.0	0.0	0.0	0.0

College students who reported having vaginal intercourse (penis in vagina) within the last 12 months were asked if they or their partner used any method to prevent pregnancy the last time they had vaginal intercourse:

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
	Yes, used a method of contraception	96.6	80.7	85.7
No, did not want to prevent pregnancy	0.0	0.7	0.0	0.6
No, did not use any method	3.4	18.5	14.3	15.8
Don't know	0.0	0.0	0.0	0.0

Cis Men n =	66
Cis Women n =	226
Trans/GNC n =	13

*Those students who reported using a contraceptive use the last time they had vaginal intercourse, reported they (or their partner) used the following methods:

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
	Percent (%)			
Birth control pills (monthly or extended cycle)	57.1	51.4	50.0	52.4
Birth control shots	0.0	2.8	0.0	2.1
Birth control implants	14.3	7.3	16.7	9.1
Birth control patch	3.6	0.9	0.0	1.4
The ring	0.0	2.8	16.7	2.8
Emergency contraception ("morning after pill" or "Plan B")	10.7	10.1	16.7	10.5
Intrauterine device	3.6	12.8	0.0	10.5
Male (external) condom	75.0	28.4	33.3	37.8
Female (internal) condom	3.6	0.0	16.7	1.4
Diaphragm or cervical cap	0.0	0.0	0.0	0.0
Contraceptive sponge	0.0	0.0	0.0	0.0
Withdrawal	32.1	25.7	16.7	26.6
Fertility awareness (calendar, mucous, basal body temperature)	0.0	7.3	0.0	5.6
Sterilization (hysterectomy, tubes tied, vasectomy)	0.0	0.9	0.0	0.7
Other method	0.0	0.0	0.0	0.0
<i>Male condom use plus another method</i>	50.0	22.9	33.3	28.7
<i>Any two or more methods (excluding male condoms)</i>	35.7	26.6	33.3	28.7

College students who reported having vaginal intercourse (penis in vagina) within the last 12 months were asked if they or their partner used emergency contraception ("morning after pill" or "Plan B") in the last 12 months:

Yes (21.4 % cis men, 25.9 % cis women, 14.3 % trans/gender non-conforming)

College students who reported having vaginal intercourse (penis in vagina) within the last 12 months were asked if they experienced an unintentional pregnancy or got someone pregnant within the last 12 months:

Yes (3.4 % cis men, 1.5 % cis women, 0 % 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 (%)			
No or low psychological distress (0-4)	30.8	20.7	0.0	21.8
Moderate psychological distress (5-12)	49.2	53.6	30.8	52.1
Serious psychological distress (13-24)	20.0	25.7	69.2	26.1
Mean	7.85	9.47	13.85	9.30
Median	7.00	9.00	13.00	9.00
Std Dev	5.50	5.48	5.05	5.56

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

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
	Percent (%)			
Negative for loneliness (3-5)	50.0	45.1	23.1	45.1
Positive for loneliness (6-9)	50.0	54.9	76.9	54.9
Mean	5.48	5.69	6.62	5.69
Median	6.00	6.00	6.00	6.00
Std Dev	1.84	1.90	1.76	1.90

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 = 66
Cis Women n = 226
Trans/GNC n = 13

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Mean	43.71	44.99	39.08	44.34
Median	46.00	46.00	42.00	46.00
Std Dev	9.99	8.15	8.71	8.86

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	6.09	5.84	5.62	5.88
Median	6.00	6.00	5.00	6.00
Std Dev	1.45	1.48	1.45	1.51

Self injury

15.9 % of college students surveyed (13.6 % cis men, 15.0 % cis women, and 38.5 % trans/gender non-conforming) indicated they had intentionally cut, 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:

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

	Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Academics		45.5	47.3	92.3	48.7	90.0	84.1	75.0	84.7
Career		33.3	37.2	76.9	37.7	81.8	79.8	90.0	81.0
Finances		43.9	61.1	61.5	57.5	79.3	79.0	71.4	78.4
Procrastination		66.7	82.7	100.0	79.8	68.2	65.4	69.2	66.4
Faculty		9.1	13.7	23.1	13.0	100.0	45.2	100.0	57.5
Family		30.3	41.6	76.9	40.9	60.0	73.4	90.0	72.2
Intimate relationships		27.3	41.3	69.2	39.4	44.4	59.1	77.8	58.7
Roommate/housemate		15.4	29.6	46.2	27.4	30.0	68.7	66.7	63.1
Peers		21.2	30.8	53.8	29.7	21.4	47.8	71.4	45.1
Personal appearance		40.9	63.3	61.5	58.4	55.6	59.9	75.0	60.3
Health of someone close to me		29.2	46.9	76.9	44.3	36.8	59.4	50.0	55.1
		13.6	36.7	38.5	31.8	11.1	77.1	80.0	71.4
		3.0	6.6	23.1	6.8	50.0	53.3	66.7	57.1
		1.5	3.6	23.1	3.9	100.0	50.0	33.3	50.0
		1.5	0.4	0.0	0.7	100.0	0.0	0.0	50.0
		13.6	18.6	46.2	19.2	33.3	33.3	66.7	39.0
		0.0	11.9	23.1	10.1	0.0	59.3	33.3	58.1
		7.6	9.7	38.5	11.0	60.0	40.9	80.0	52.9
<i>Students reporting none of the above</i>		12.1	4.9	0.0	6.5				
<i>Students reporting only one of the above</i>		7.6	3.5	0.0	4.2				
<i>Students reporting 2 of the above</i>		18.2	8.4	7.7	10.4				
<i>Students reporting 3 or more of the above</i>		62.1	83.2	92.3	78.9				

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Cis Men n = 66
Cis Women n = 226
Trans/GNC n = 13

STI's/Other chronic infections

Cis Men	Cis Women	Trans/ Gender Non-	Total	Cis Men	Cis Women	Trans/ Gender Non-	Total
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Cis Men n =	66
Cis Women n =	226
Trans/GNC n =	13

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

<i>Percent (%)</i>	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Type I Diabetes	66.7	0.0	0.0	40.0
Type II Diabetes	33.3	33.3	0.0	33.3
Pre-diabetes or insulin resistance	25.0	100.0	0.0	62.5
Gestational Diabetes	0.0	50.0	0.0	20.0

K. Sleep

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

<i>Percent (%)</i>	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Less than 15 minutes	42.4	44.6	30.8	43.3
16 to 30 minutes	27.3	19.2	23.1	20.8
31 minutes or more	30.3	36.2	46.2	35.8

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

<i>Percent (%)</i>	On weeknights			
	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Less than 7 hours	37.9	48.9	38.5	45.8
7 to 9 hours	59.1	49.3	46.2	51.6
10 or more hours	3.0	1.8	15.4	2.6

On weekend nights			
Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
16.7	31.6	15.4	27.6
74.2	57.8	53.8	61.0
9.1	10.7	30.8	11.4

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

<i>Percent (%)</i>	Felt tired or sleepy during the day			
	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
0 days	7.6	0.9	0.0	2.3
1-2 days	19.7	14.2	7.7	15.5
3-5 days	50.0	47.8	30.8	47.2
6-7 days	22.7	37.2	61.5	35.0

Got enough sleep so that they felt rested			
Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
16.9	23.0	30.8	22.1
30.8	46.9	38.5	43.2
43.1	23.9	30.8	28.2
9.2	6.2	0.0	6.5

Demographics and Sample Characteristics

■ Age		■ Students describe themselves as	
18 - 20 years:	48.7 %	Straight/Heterosexual:	72.6 %
21 - 24 years:	37.6 %	Asexual:	0.0 %
25 - 29 years:	8.8 %	Bisexual:	13.7 %
30+ years:	4.9 %	Gay:	2.0 %
Mean age:	21.6 years	Lesbian:	2.3 %
Median age:	21.0 years	Pansexual:	2.6 %
		Queer:	1.3 %
		Questioning:	4.6 %
		Identity not listed above:	1.0 %
■ Gender*			
Cis Women:	72.9 %		
Cis Men:	21.3 %		
Transgender/Gender Non-conforming:	4.2 %		
■ Student status		■ Housing	
1st year undergraduate:	23.5 %	Campus or university housing:	35.0 %
2nd year undergraduate:	20.2 %	Fraternity or sorority residence:	0.3 %
3rd year undergraduate:	22.8 %	Parent/guardian/other family:	30.7 %
4th year undergraduate:	23.1 %	Off-campus:	32.7 %
5th year or more undergraduate:	8.8 %	Temporary or "couch surfing":	0.6 %
Master's (MA, MS, MFA, MBA, etc.):	0.3 %	Don't have a place to live:	0.3 %
Doctorate (PhD, EdD, MD, JD, etc.):	0.0 %	Other:	0.3 %
Not seeking a degree:	0.0 %		
Other:	1.3 %		
		■ Students describe themselves as	
Full-time student:	90.6 %	American Indian or Native Alaskan	1.6 %
Part-time student:	9.1 %	Asian or Asian American	12.9 %
Other student:	0.3 %	Black or African American	19.4 %
		Hispanic or Latino/a/x	8.1 %
■ Visa to work or study in the US:	11.9 %	Middle Eastern/North African (MENA) or Arab Origin:	2.3 %
		Native Hawaiian or Other Pacific Islander Native:	1.0 %
■ Relationship status		White:	57.7 %
Not in a relationship:	52.8 %	Biracial or Multiracial:	2.6 %
In a relationship but not married/partnered:	43.4 %	Identity not listed above:	1.0 %
Married/partnered:	3.9 %		
		<i>If Hispanic or Latino/a/x, are you</i>	
■ Primary Source of Health Insurance		Mexican, Mexican American, Chicano:	8.0 %
College/university sponsored SHIP plan:	1.6 %	Puerto Rican:	12.0 %
Parent or guardian's plan:	71.8 %	Cuban:	8.0 %
Employer (mine or my spouse/partners):	4.2 %	Another Hispanic, Latino/a/x, or Spanish Origin:	80.0 %
Medicaid, Medicare, SCHIP, or VA:	14.6 %		
Bought a plan on my own:	2.3 %	<i>If Asian or Asian American, are you</i>	
Don't have health insurance:	3.6 %	East Asian:	32.5 %
Don't know if I have health insurance:	0.6 %	Southeast Asian:	32.5 %
Have insurance, but don't know source:	1.3 %	South Asian:	35.0 %
		Other Asian:	0.0 %
■ Student Veteran:	3.6 %		
■ Parent or primary responsibility for someone else's child/children under 18 years old:	3.2 %		

First generation students

44.0 %

Participated in organized college athletics: