

# **Cuesta College**

## **Executive Summary**

Fall 2008

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American College Health Association  
National College Health Assessment II



ACHA-NCHA II

The ACHA-NCHA II 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.

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ACHA, the nation's principal advocate and leadership organization for college and university health, represents a diverse membership that provides and supports the delivery of health care and prevention and wellness services for the nation's 18 million college students. For more information about the association's programs and services, visit [www.acha.org](http://www.acha.org), and [www.acha-ncha.org](http://www.acha-ncha.org).

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## Introduction

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The ACHA-National College Health Assessment II (ACHA-NCHA II) 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 their students' habits, behaviors, and perceptions on the most prevalent health topics.

ACHA initiated the original ACHA-NCHA in 2000 and the instrument was used nation wide through the spring 2008 data collection period. The ACHA-NCHA now provides the largest known comprehensive data set on the health of college students, providing the college health and higher education fields with a vast spectrum of information on student health.

The revised survey, the ACHA-NCHA-II, was developed following a thorough pilot testing process. Although the general categories of information for which data are collected remain the same between the original ACHA-NCHA and this revised survey, a number of questions have been modified, and new questions have been added to monitor a variety of health constructs. Specific revisions include updated lists of illegal drugs, contraceptive methods, and vaccines. New items have been added to capture sleep behaviors, self-injury, the use/abuse of prescription drugs and additional mental health issues.

**Please note the ACHA-NCHA II is not appropriate for trend comparison of items from the original ACHA-NCHA survey.** A new baseline for ACHA-NCHA II began in the fall of 2008. Directly comparing pre- and post-redesign estimates on similar data points, without taking into account the impact of the survey's redesign, might lead to an erroneous conclusion. Documentation regarding the results of the pilot study and differences between the instruments can be obtained at the ACHA-NCHA website, [www.acha-ncha.org](http://www.acha-ncha.org).

For additional information about the survey's development, design, and methodology, email Mary Hoban, PhD, CHES, ([mhoban@acha.org](mailto:mhoban@acha.org)), E. Victor Leino, PhD ([vleino@acha.org](mailto:vleino@acha.org)), or visit [www.acha-ncha.org](http://www.acha-ncha.org).

*Note on use of data:*

Missing values have been excluded from analysis. Students responding "not applicable" were excluded from several analyses, which are specifically noted throughout this document. All response categories were included, including "don't know" or "0" unless otherwise noted.

This Executive Summary highlights results of the ACHA-NCHA II Fall 2008 survey for Cuesta College consisting of 757 respondents.

The overall response proportion was 7.8%.

# Findings

## A. General Health of College Students

■ 56.3 % of college students surveyed ( 61.0 % male and 53.0 % female) described their health as *very good or excellent*.

■ 90.3 % of college students surveyed ( 91.5 % male and 89.7 % female) described their health as *good, very good or excellent*.

Proportion of college students who reported being diagnosed or treated by a professional for any of the following health problems within the last 12 months:

Allergies:	19.3 %	Hepatitis B or C:	0.1 %
Asthma:	9.3 %	High blood pressure:	4.5 %
Back pain:	19.6 %	High cholesterol:	4 %
Broken bone/Fracture/Sprain:	8.3 %	HIV infection:	0.1 %
Bronchitis:	5.9 %	Irritable Bowel Syndrome:	1.9 %
Chlamydia:	0.7 %	Migraine headache:	8.0 %
Diabetes:	1.2 %	Mononucleosis:	1.6 %
Ear infection:	7.5 %	Pelvic Inflammatory Disease:	0.4 %
Endometriosis:	0.5 %	Repetitive stress injury:	2.4 %
Genital herpes:	0.8 %	Sinus infection:	13.9 %
Genital warts/HPV:	1.9 %	Strep throat:	7.8 %
Gonorrhea:	0.0 %	Tuberculosis:	0.3 %
		Urinary tract infection:	9.7 %

■ 55.0 % of college students ( 44.6 % male, 63.0 % female) reported being diagnosed or treated by a professional with one or more of the above conditions within the last 12 months.

Proportion of college students who reported the following disabilities or medical conditions:

Attention Deficit and Hyperactivity Disorder (ADHD)	7.7 %
Chronic illness (e.g., cancer, diabetes, auto-immune disorders)	3.9 %
Deaf/Hard of hearing	2.8 %
Learning disability	7.2 %
Mobility/Dexterity disability	1.7 %
Partially sighted/Blind	1.3 %
Psychiatric condition	4.4 %
Speech or language disorder	0.5 %
Other disability	2.8 %

## **B. Disease and Injury Prevention**

College students reported receiving the following vaccinations (shots):

- 65.0 % reported receiving vaccination against hepatitis B.
- 16.1 % reported receiving vaccination against Human Papillomavirus/HPV (cervical cancer vaccine).
- 29.7 % reported receiving vaccination against influenza (flu) in the last 12 months (shot or nasal mist).
- 61.5 % reported receiving vaccination against measles, mumps, rubella.
- 31.0 % reported receiving vaccination against meningococcal meningitis.
- 39.2 % reported receiving vaccination against varicella (chicken pox).

Other disease prevention practices reported by college students:

- 68.9 % reported having a dental exam and cleaning in the last 12 months.
- 32.5 % of males reported performing a testicular self exam in the last 30 days.
- 47.3 % of females reported performing a breast self exam in the last 30 days.
- 61.2 % of females reported having a routine gynecological exam in the last 12 months.
- 49.9 % reported using sunscreen regularly with sun exposure.
- 36.7 % reported ever being tested for Human Immunodeficiency Virus (HIV) infection.

College students reported the following behaviors within the last 12 months:

<b>Percent (%)</b>	N/A, did not do this activity within the last 12 months		Never*	Rarely or sometimes*	Mostly or always*
Wear a seatbelt when you rode in a car	0.1		0.1	2.1	97.7
Wear a helmet when you rode a bicycle	35.6		40.8	22.9	36.3
Wear a helmet when you rode a motorcycle	76.8		0.6	2.9	96.6
Wear a helmet when you were inline skating	87.1		47.4	19.6	33.0

\* Students responding "N/A, did not do this activity within the last 12 months" were excluded.

### C. Academic Impacts

Within the last 12 months, students reported the following factors affecting their individual academic performance, defined as: received a lower grade on an exam, or an important project; received a lower grade in the course; received an incomplete or dropped the course; or experienced a significant disruption in thesis, dissertation, research, or practicum work; (listed alphabetically):

Alcohol use:	6.8 %	Gambling:	0.4 %
Allergies:	2.4 %	Homesickness:	3.2 %
Anxiety:	18.9 %	Injury:	1.6 %
Assault (physical):	0.4 %	Internet use/computer games:	11.5 %
Assault (sexual):	1.1 %	Learning disability:	4.8 %
Attention Deficit/Hyperactivity Disorder:	5.8 %	Participation in extracurricular activities:	5.1 %
Cold/Flu/Sore throat:	17.9 %	Pregnancy (yours or partner's):	0.7 %
Concern for a troubled friend or family member:	13.5 %	Relationship difficulties:	9.9 %
Chronic health problem or serious illness:	4.2 %	Roommate difficulties:	5.9 %
Chronic pain:	3.4 %	Sexually transmitted disease/infection (STD/I):	0.3 %
Death of a friend or family member:	6.3 %	Sinus infection/Ear infection/Bronchitis/Strep throat:	6.3 %
Depression:	13.8 %	Sleep difficulties:	21.3 %
Discrimination:	0.5 %	Stress:	27.2 %
Drug use:	3.0 %	Work:	20.3 %
Eating disorder/problem:	0.7 %	Other:	2.8 %
Finances:	13.0 %		

### D. Violence, Abusive Relationships and Personal Safety

Within the last 12 months, college students reported experiencing:

	Percent (%)	Male	Female	Total
A physical fight		13.8	5.9	9.3
A physical assault (not sexual assault)		6.2	4.3	5.2
A verbal threat		31.5	14.7	21.8
Sexual touching without their consent		2.0	6.7	4.8
Sexual penetration attempt without their consent		0.7	1.4	1.1
Sexual penetration without their consent		0.7	0.9	0.8
Stalking		4.3	8.0	6.4
An emotionally abusive intimate relationship		5.6	13.5	10.3
A physically abusive intimate relationship		0.7	3.0	2.1
A sexually abusive intimate relationship		1.0	1.4	1.2

*Findings continued*

College students reported feeling *very safe* :

	<b>Percent (%)</b>	<b>Male</b>	<b>Female</b>	<b>Total</b>
On their campus (daytime)		91.5	88.7	89.9
On their campus (nighttime)		57.2	24.5	38.2
In the community surrounding their school (daytime)		80.1	72.6	75.8
In the community surrounding their school (nighttime)		51.5	25.4	36.2

**E. Alcohol, Tobacco, and Other Drug Use**

Reported use versus perceived use - reported use for all students within the past 30 days compared with how often students perceived the typical student on campus used substances within the same time period. The last line of each table combines all categories of use in the last 30 days.

**Alcohol**

	<b>Percent (%)</b>	<b>Actual Use</b>		
		<b>Male</b>	<b>Female</b>	<b>Total</b>
Never used		19.0	13.4	15.5
Used, but not in the last 30 days		11.5	19.8	16.3
Used 1-9 days		50.5	49.8	50.2
Used 10-29 days		16.7	15.0	15.9
Used all 30 days		2.3	2.1	2.1
<i>Any use within the last 30 days</i>		69.5	66.8	68.2

<b>Perceived Use</b>		
<b>Male</b>	<b>Female</b>	<b>Total</b>
1.3	3.0	2.3
1.0	1.4	1.2
34.4	28.3	31.0
50.8	44.0	46.9
12.4	23.2	18.6
97.7	95.6	96.5

**Cigarette**

	<b>Percent (%)</b>	<b>Actual Use</b>		
		<b>Male</b>	<b>Female</b>	<b>Total</b>
Never used		52.5	57.4	55.3
Used, but not in the last 30 days		24.6	24.0	24.5
Used 1-9 days		9.2	9.6	9.4
Used 10-29 days		4.3	1.6	2.7
Used all 30 days		9.5	7.3	8.1
<i>Any use within the last 30 days</i>		23.0	18.5	20.2

<b>Perceived Use</b>		
<b>Male</b>	<b>Female</b>	<b>Total</b>
3.3	5.9	4.8
12.7	11.3	11.8
38.3	29.9	33.2
26.0	24.5	25.4
19.7	28.5	24.9
84.0	82.8	83.4

**Marijuana**

	<b>Percent (%)</b>	<b>Actual Use</b>		
		<b>Male</b>	<b>Female</b>	<b>Total</b>
Never used		48.4	54.7	51.9
Used, but not in the last 30 days		27.1	30.8	29.3
Used 1-9 days		14.1	10.1	11.8
Used 10-29 days		5.6	2.8	4.1
Used all 30 days		4.9	1.6	2.9
<i>Any use within the last 30 days</i>		24.5	14.5	18.9

<b>Perceived Use</b>		
<b>Male</b>	<b>Female</b>	<b>Total</b>
3.4	7.1	5.6
10.1	7.8	8.6
39.6	36.9	37.8
34.6	32.0	33.6
12.4	16.2	14.5
86.6	85.2	85.8

*Findings continued*

**Tobacco from a water pipe (hookah)**

	<i>Percent (%)</i>	<b>Actual Use</b>		
		<b>Male</b>	<b>Female</b>	<b>Total</b>
Never used		56.4	68.3	63.2
Used, but not in the last 30 days		25.4	22.9	24.0
Used 1-9 days		15.6	7.8	11.0
Used 10-29 days		2.0	0.7	1.3
Used all 30 days		0.7	0.2	0.4
<b><i>Any use within the last 30 days</i></b>		<b>18.2</b>	<b>8.7</b>	<b>12.7</b>

**Perceived Use**

	<b>Male</b>	<b>Female</b>	<b>Total</b>
Never used	14.6	19.3	17.3
Used, but not in the last 30 days	18.6	17.6	18.1
Used 1-9 days	50.5	45.2	47.4
Used 10-29 days	12.5	12.5	12.6
Used all 30 days	3.7	5.4	4.7
<b>66.8</b>	<b>63.1</b>	<b>64.7</b>	

**All other drugs combined\***

	<i>Percent (%)</i>	<b>Actual Use</b>		
		<b>Male</b>	<b>Female</b>	<b>Total</b>
Never used		43.3	58.1	51.9
Used, but not in the last 30 days		33.9	30.0	31.8
Used 1-9 days		16.9	8.2	11.8
Used 10-29 days		2.9	2.7	2.8
Used all 30 days		2.9	0.9	1.7
<b><i>Any use within the last 30 days</i></b>		<b>22.8</b>	<b>11.9</b>	<b>16.3</b>

**Perceived Use**

	<b>Male</b>	<b>Female</b>	<b>Total</b>
Never used	5.3	7.0	6.2
Used, but not in the last 30 days	19.7	15.1	16.9
Used 1-9 days	45.7	39.5	42.0
Used 10-29 days	18.7	24.7	22.4
Used all 30 days	10.7	13.7	12.4
<b>75.0</b>	<b>77.9</b>	<b>76.9</b>	

\* Includes cigars, smokeless tobacco, cocaine, methamphetamine, other amphetamines, sedatives, hallucinogens, anabolic steroids, opiates, inhalants, MDMA, other club drugs, other illegal drugs. (Excludes alcohol, cigarettes, tobacco from a water pipe, and marijuana).

■ 3.1 % of college students reported driving after having **5 or more drinks** in the last 30 days.\*

■ 26.4 % of college students reported driving after having **any alcohol** in the last 30 days.\*

\*Students responding "N/A, don't drive" and "N/A don't drink" were excluded from this analysis.

Estimated BAC (Blood Alcohol Concentration) of college students reporting 1 or more drinks the last time they "partied" or socialized. Students reporting 0 drinks were excluded from the analysis. This is an estimated figure based on the reported number of drinks consumed during the last time they "partied" or socialized, their approximate time of consumption, sex, weight, and the average rate of ethanol metabolism.

<b>Estimated BAC</b>	<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
< .08		54.9	69.5	63.6
< .10		64.0	72.3	68.9
Mean		0.100	0.070	0.080
Median		0.070	0.050	0.060
Std Dev		0.080	0.080	0.080



*Findings continued*

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Reported number of drinks consumed the last time students "partied" or socialized. Only students reporting one or more drinks were included.

<b>Number of drinks*</b>	<b>Percent (%)</b>	<b>Male</b>	<b>Female</b>	<b>Total</b>
4 or fewer		32.9	54.6	45.7
5		9.4	6.8	7.8
6		7.8	5.5	6.5
7 or more		24.8	7.8	14.9
Mean		6.03	3.60	4.61
Median		5.00	3.00	4.00
Std Dev		4.65	2.66	3.79

\* Students reporting 0 drinks were excluded.

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

	<b>Percent (%)</b>	<b>Male</b>	<b>Female</b>	<b>Total</b>
N/A don't drink		24.2	21.3	22.3
None		37.4	56.0	48.6
1-2 times		26.0	18.7	21.8
3-5 times		7.6	2.3	4.4
6 or more times		4.8	1.6	2.9

Percent of college students who reported using prescription drugs that were not prescribed to them within the last 12 months:

	<b>Percent (%)</b>	<b>Male</b>	<b>Female</b>	<b>Total</b>
Antidepressants		4.3	5	4.6
Erectile dysfunction drugs		2.3	2.3	1.5
Pain killers		12.1	13.7	12.9
Sedatives		4.6	4.6	4.5
Stimulants		6.3	2.7	4.3
<i>Used 1 or more of the above</i>		17.0	17.8	17.4

*Findings continued*

College students reported doing the following *most of the time* or *always* when they "partied" or socialized during the last 12 months:\*

	<b>Percent (%)</b>	<b>Male</b>	<b>Female</b>	<b>Total</b>
Alternate non-alcoholic with alcoholic beverages		20.0	36.2	29.5
Avoid drinking games		38.4	58.7	50.3
Choose not to drink alcohol		24.0	32.1	28.6
Determine in advance not to exceed a set number of drinks		34.2	48.7	42.6
Eat before and/or during drinking		71.4	80.5	76.9
Have a friend let you know when you have had enough		23.0	43.5	34.8
Keep track of how many drinks being consumed		61.7	68.0	65.3
Pace drinks to one or fewer an hour		22.9	45.0	36.0
Stay with the same group of friends the entire time drinking		77.0	89.8	84.6
Stick with only one kind of alcohol when drinking		44.2	59.9	53.0
Use a designated driver		77.9	86.2	82.7
<b><i>Reported one or more of the above</i></b>		99.2	98.9	99.0

\*Students responding "N/A, don't drink" were excluded from this analysis.

College students who drank alcohol reported the following consequences occurring in the last 12 months as a result of their own drinking:\*

	<b>Percent (%)</b>	<b>Male</b>	<b>Female</b>	<b>Total</b>
Did something you later regretted		33.3	29.7	31.5
Forgot where you were or what you did		29.6	23.0	25.7
Got in trouble with the police		9.1	4.4	6.4
Had sex with someone without giving your consent		0.4	1.2	0.8
Had sex with someone without getting their consent		0.0	0.0	0.0
Had unprotected sex		17.4	15.8	16.4
Physically injured yourself		19.4	16.0	17.5
Physically injured another person		3.7	1.5	2.4
Seriously considered suicide		2.1	1.5	1.7
<b><i>Reported one or more of the above</i></b>		49.8	41.9	45.4

\*Students responding "N/A, don't drink" were excluded from this analysis.

*Findings continued*

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**F. Sexual Behavior**

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

	<b>Percent (%)</b>	<b>Male</b>	<b>Female</b>	<b>Total</b>
None		34.8	20.1	25.9
1		39.7	57.0	49.9
2		10.5	10.2	10.4
3		5.6	6.2	5.9
4 or more		9.5	6.5	7.9

Number of partners among students reporting to have at least one sexual partner within the last 12 months:\*

	<b>Male</b>	<b>Female</b>	<b>Total</b>
Mean	2.06	1.63	1.79
Median	1.00	1.00	1.00
Std Dev	2.15	1.30	1.68

*\*Students reporting 0 sexual partners within the last 12 months were excluded.*

College students reported having oral, vaginal or anal sex in the last 30 days:

**Oral sex within the past 30 days**

	<b>Percent (%)</b>	<b>Male</b>	<b>Female</b>	<b>Total</b>
No, have never done this sexual activity		30.6	17.0	22.5
No, have done this sexual activity but not in the last 30 days		31.9	33.1	32.3
Yes		37.5	49.9	45.2

**Vaginal sex within the past 30 days**

	<b>Percent (%)</b>	<b>Male</b>	<b>Female</b>	<b>Total</b>
No, have never done this sexual activity		29.7	17.0	22.1
No, have done this sexual activity but not in the last 30 days		27.5	19.8	22.8
Yes		42.8	63.2	55.1

**Anal sex within the past 30 days**

	<b>Percent (%)</b>	<b>Male</b>	<b>Female</b>	<b>Total</b>
No, have never done this sexual activity		72.5	69.6	70.8
No, have done this sexual activity but not in the last 30 days		20.9	25.1	23.3
Yes		6.5	5.3	5.9

*Findings continued*

Using a condom or other protective barrier within the last 30 days (*mostly or always*):

	Percent (%)	Male	Female	Total
<i>Sexually active students reported*</i>				
Oral sex	6.6	5.2	5.5	
Vaginal intercourse	55.1	39.9	45.2	
Anal intercourse	37.8	15.2	22.9	

\*Students responding "Never did this sexual activity" or "Have not done this during the last thirty days" were excluded from the analysis.

**Contraceptive use reported by students or their partner the last time they had vaginal intercourse:**

	Percent (%)	Male	Female	Total
<b>Yes, used a method of contraception</b>	<b>54.4</b>	<b>65.5</b>	<b>61.1</b>	
Not applicable/Didn't use a method/Don't know	45.6	34.5	38.9	

**If YES to contraceptive use the last time student had vaginal intercourse, reported means of birth control used among college students or their partner to prevent pregnancy:**

	Percent (%)	Male	Female	Total
Birth control pills (monthly or extended cycle)	55.5	48.2	50.8	
Birth control shots	4.3	3.0	3.9	
Birth control implants	0.0	0.7	0.5	
Birth control patch	0.0	0.4	0.2	
Vaginal ring	4.9	5.9	5.5	
Intrauterine device	3.0	9.3	6.8	
Male condom	71.3	49.5	57.8	
Female condom	1.2	0.4	0.7	
Diaphragm or cervical cap	0.6	0.0	0.2	
Contraceptive sponge	0.0	0.0	0.0	
Spermicide (foam, jelly, cream)	9.8	4.4	6.4	
Fertility awareness (calendar, mucous, basal body temperature)	3.7	4.0	3.8	
Withdrawal	20.6	18.5	19.2	
Sterilization (hysterectomy, tubes tied, vasectomy)	4.9	12.2	9.3	
Other method	3.1	5.6	4.6	
<b><i>Male condom use plus another method</i></b>	<b>51.8</b>	<b>34.7</b>	<b>40.9</b>	
<b><i>Any two or more methods (excluding male condoms)</i></b>	<b>24.6</b>	<b>19.6</b>	<b>21.3</b>	

■ 14.8 % of sexually active college students reported using (or reported their partner used) emergency contraception ("morning after pill") within the last 12 months.

(male: 12.8 %; female: 15.6 %).\*

\*Students responding "Not sexually active" were excluded from the analysis.

■ 4.3 % of college students who had vaginal intercourse within the last 12 months reported experiencing an unintentional pregnancy or got someone pregnant within the last 12 months.

(male: 4.5 %; female: 4.3 %).\*\*

\*\*Students responding "Have not had vaginal intercourse within the last 12 months" were excluded from the analysis.

**G. Nutrition and Exercise**

College students reported usually eating the following number of servings of fruits and vegetables per day:

	<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
0 servings per day		8.1	4.8	6.2
1-2 per day		56.0	54.1	55.0
3-4 per day		31.3	33.6	32.5
5 or more per day		4.6	7.5	6.2

College students reported the following behaviors within the past 7 days:

**Do moderate-intensity cardio or aerobic exercise for at least 30 minutes:**

	<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
0 days		17.4	20.7	19.3
1-4 days		56.1	64.4	61.0
5-7 days		26.6	14.9	19.7

**Do vigorous-intensity cardio or aerobic exercise for at least 20 minutes:**

	<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
0 days		32.2	44.5	39.4
1-2 days		29.9	31.9	31.0
3-7 days		37.8	23.5	29.6

Physical Activity and Public Health: Updated Recommendations for Adults. From the American College of Sports Medicine and the American Heart Association (2007): Moderate-intensity cardio or aerobic exercise for at least 30 minutes on 5 or more days per week, or vigorous-intensity cardio or aerobic exercise for at least 20 minutes on 3 or more days per week.

**Students meeting the Recommendations for moderate-intensity exercise, vigorous-intensity exercise, or a combination of the two (2 moderate-intensity exercise periods = 1 vigorous-intensity exercise period).**

	<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
Guidelines met		52.0	43.3	46.9

*Findings continued*

Estimated average 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.

<b>BMI</b>	<b>Percent (%)</b>	<b>Male</b>	<b>Female</b>	<b>Total</b>
<18.5 Underweight		3.3	5.3	4.5
18.5-24.9 Healthy Weight		57.5	54.1	55.5
25-29.9 Overweight		25.2	24.1	24.4
30-34.9 Class I Obesity		10.6	8.3	9.2
35-39.9 Class II Obesity		3.3	5.0	4.5
≥40 Class III Obesity		0.0	3.2	2.0
Mean		24.80	25.20	25.08
Median		23.71	23.72	23.72
Std Dev		4.52	5.87	5.46

### H. Mental Health

Students reported experiencing the following within the last 12 months:

#### Felt things were hopeless

<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
No, never	29.0	22.9	25.7
No, not last 12 months	28.0	25.7	26.4
Yes, last 2 weeks	17.3	15.5	16.2
Yes, last 30 days	8.1	10.4	9.4
Yes, in last 12 months	17.6	25.5	22.3
<i>Any time within the last 12 months</i>	43.0	51.4	47.9

#### Felt overwhelmed by all you had to do

<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
No, never	10.5	5.0	7.3
No, not last 12 months	11.1	6.2	8.3
Yes, last 2 weeks	35.6	46.1	41.6
Yes, last 30 days	22.5	22.5	22.5
Yes, in last 12 months	20.3	20.2	20.3
<i>Any time within the last 12 months</i>	78.4	88.8	84.4

#### Felt exhausted (not from physical activity)

<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
No, never	14.1	7.6	10.1
No, not last 12 months	13.1	8.7	10.4
Yes, last 2 weeks	35.3	45.4	41.5
Yes, last 30 days	18.6	20.6	19.9
Yes, in last 12 months	19.0	17.7	18.1
<i>Any time within the last 12 months</i>	72.9	83.7	79.5

#### Felt very lonely

<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
No, never	19.9	13.0	16.0
No, not last 12 months	25.1	27.0	26.2
Yes, last 2 weeks	20.5	22.7	21.5
Yes, last 30 days	12.4	12.4	12.6
Yes, in last 12 months	22.1	24.9	23.7
<i>Any time within the last 12 months</i>	55.0	60.0	57.8

*Findings continued*

**Felt very sad**

<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
No, never	20.2	10.8	14.6
No, not last 12 months	19.2	19.5	19.4
Yes, last 2 weeks	18.9	29.4	24.9
Yes, last 30 days	13.7	13.8	13.7
Yes, in last 12 months	28.0	26.6	27.3
<i>Any time within the last 12 months</i>	60.6	69.7	65.9

**Felt overwhelming anxiety**

<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
No, never	38.7	22.7	29.4
No, not last 12 months	22.3	22.5	22.3
Yes, last 2 weeks	14.8	17.0	16.2
Yes, last 30 days	8.2	13.5	11.2
Yes, in last 12 months	16.1	24.3	21.0
<i>Any time within the last 12 months</i>	39.0	54.8	48.3

**Seriously considered suicide**

<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
No, never	77.2	73.7	75.3
No, not last 12 months	15.6	17.2	16.5
Yes, last 2 weeks	0.7	3.0	2.0
Yes, last 30 days	0.3	1.1	0.8
Yes, in last 12 months	6.2	5.0	5.5
<i>Any time within the last 12 months</i>	7.2	9.2	8.2

**Intentionally cut, burned, bruised, or otherwise injured yourself**

<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
No, never	81.7	77.1	79.2
No, not last 12 months	14.7	15.1	14.8
Yes, last 2 weeks	0.7	1.6	1.2
Yes, last 30 days	0.3	0.7	0.5
Yes, in last 12 months	2.6	5.5	4.3
<i>Any time within the last 12 months</i>	3.6	7.8	6.0

**Felt so depressed that it was difficult to function**

<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
No, never	43.8	31.9	36.9
No, not last 12 months	23.9	33.5	29.5
Yes, last 2 weeks	9.5	10.6	10.0
Yes, last 30 days	5.2	6.0	5.7
Yes, in last 12 months	17.6	18.1	17.9
<i>Any time within the last 12 months</i>	32.4	34.6	33.6

**Felt overwhelming anger**

<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
No, never	33.1	31.6	32.3
No, not last 12 months	27.2	26.8	26.9
Yes, last 2 weeks	11.5	12.9	12.3
Yes, last 30 days	8.9	7.9	8.2
Yes, in last 12 months	19.3	20.8	20.2
<i>Any time within the last 12 months</i>	39.7	41.6	40.8

**Attempted suicide**

<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
No, never	94.1	87.8	90.4
No, not last 12 months	5.9	10.8	8.7
Yes, last 2 weeks	0.0	0.0	0.1
Yes, last 30 days	0.0	0.2	0.1
Yes, in last 12 months	0.0	1.2	0.7
<i>Any time within the last 12 months</i>	0.0	1.4	0.9

*Findings continued*

**Within the last 12 months, diagnosed or treated by a professional for the following:**

	<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
Anorexia		0.0	1.8	1.1
Anxiety		6.5	18.9	13.8
Attention Deficit and Hyperactivity Disorder		4.0	4.8	4.6
Bipolar Disorder		1.0	3.7	2.6
Bulimia		0.3	1.4	0.9
Depression		8.2	20.4	15.2
Insomnia		3.6	9.0	6.7
Other sleep disorder		3.0	4.6	3.9
Obsessive Compulsive Disorder		2.0	3.4	2.9
Panic attacks		2.0	9.8	6.7
Phobia		0.7	1.4	1.1
Schizophrenia		0.0	0.5	0.4
Substance abuse or addiction		2.9	1.6	2.1
Other addiction		0.3	0.2	0.3
Other mental health condition		3.0	3.5	3.5
<i>Students reporting none of the above</i>		80.1	67.4	72.5
<i>Students reporting only one of the above</i>		9.4	12.1	11.0
<i>Students reporting both Depression and Anxiety</i>		3.3	13.2	9.1
<i>Students reporting any two or more of the above excluding the combination of Depression and Anxiety</i>		4.2	12.8	9.4

**Within the last 12 months, any of the following been traumatic or very difficult to handle:**

	<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
Academics		45.0	43.2	44.0
Career-related issue		27.7	36.2	32.8
Death of family member or friend		12.7	20.5	17.5
Family problems		27.8	43.7	37.3
Intimate relationships		29.7	42.6	37.3
Other social relationships		21.6	28.6	25.6
Finances		41.5	55.2	49.5
Health problem of family member or partner		17.6	27.6	23.9
Personal appearance		16.3	30.1	24.4
Personal health issue		14.1	25.5	20.8
Sleep difficulties		27.7	31.8	30.2
Other		12.5	13.3	13.3
<i>Students reporting none of the above</i>		24.8	15.8	19.4
<i>Students reporting only one of the above</i>		10.7	10.8	10.8
<i>Students reporting 2 of the above</i>		14.7	9.4	11.6
<i>Students reporting 3 or more of the above</i>		49.8	64.0	58.2



*Findings continued*

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**Within the last 12 months, how would you rate the overall level of stress experienced:**

	<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
No stress		1.6	0.7	1.1
Less than average stress		14.1	5.5	9.2
Average stress		40.2	38.8	39.4
More than average stress		32.7	44.7	39.5
Tremendous stress		11.4	10.3	10.9

**I. Sleep**

**Past 7 days, getting enough sleep to feel rested in the morning:**

	<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
0 days		8.5	9.8	9.5
1-2 days		27.8	26.1	26.8
3-5 days		44.8	49.4	47.4
6+ days		19.0	14.6	16.4

**Past 7 days, how often felt tired, dragged out, or sleepy during the day:**

	<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
0 days		15.5	8.9	11.6
1-2 days		36.2	34.5	35.2
3-5 days		37.8	40.0	39.1
6+ days		10.5	16.7	14.1

**Past 7 days, how much of a problem with sleepiness during daytime activities:**

	<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
No problem		13.8	13.0	13.5
A little problem		53.0	52.3	52.7
More than a little problem		19.1	19.9	19.3
A big problem		11.2	8.9	9.9
A very big problem		3.0	5.9	4.7

## Demographics and Student Characteristics

### ■ Age:

Average age: 26.29 years  
 Median: 21.00 years  
 Std Dev: 11.47 years

18 - 20 years: 43.2 %  
 21 - 24 years: 23.6 %  
 25 - 29 years: 11.0 %  
 30+ years: 22.2 %

### ■ Gender\*

Female: 57.9 %  
 Male: 40.6 %  
 Transgender: 0.1 %

### ■ Student status:

1st year undergraduate: 23.0 %  
 2nd year undergraduate: 27.2 %  
 3rd year undergraduate: 18.7 %  
 4th year undergraduate: 6.8 %  
 5th year or more undergraduate: 5.2 %  
 Graduate or professional: 5.6 %  
 Not seeking a degree: 6.5 %  
 Other: 6.9 %

Full-time student: 57.8 %  
 Part-time student: 39.0 %  
 Other student: 3.2 %

### ■ Relationship status:

Not in a relationship: 45.0 %  
 In a relationship but not living together: 24.2 %  
 In a relationship and living together: 30.8 %

### ■ Marital status:

Single: 71.8 %  
 Married/Partnered: 21.4 %  
 Separated: 0.7 %  
 Divorced: 3.6 %  
 Other: 2.6 %

### ■ Students describe themselves as:

White: 81.1 %  
 Black – not Hispanic: 0.8 %  
 Hispanic or Latino/a: 9.6 %  
 Asian or Pacific Islander: 6.1 %  
 American Indian, Alaskan  
 Native or Native Hawaiian: 2.0 %  
 Biracial or Multiracial: 4.2 %  
 Other: 4.5 %

### ■ International Student:

International: 4.8 %

### ■ Students describe themselves as:

Heterosexual: 93.8 %  
 Gay/Lesbian: 1.5 %  
 Bisexual: 3.1 %  
 Unsure: 1.6 %

### ■ Housing:

Campus residence hall: 0.1 %  
 Fraternity or sorority house: 0.0 %  
 Other university housing: 2.6 %  
 Parent/guardian home: 26.9 %  
 Other off-campus housing: 52.6 %  
 Other: 17.9 %

### ■ Participated in organized college athletics:

Varsity: 3.0 %  
 Club sports: 6.0 %  
 Intramurals: 4.8 %

### ■ Member of a social fraternity or sorority:

Greek member: 2.3 %

### ■ Primary Source of Health Insurance:

College/university sponsored  
 plan: 1.3 %  
 Parents' plan: 49.1 %  
 Another plan: 31.2 %  
 Don't have health insurance: 17.2 %  
 Not sure if have plan: 1.2 %

\* Cases where sex is missing are included in the calculation of percentages for this variable