Western Carolina University
Executive Summary

Fall 2013

American College Health Association
National College Health Assessment II

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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 20 million college students. For more information about the association's programs and services, visit www.acha.org, and www.acha-ncha.org.

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Introduction

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.

For additional information about the survey's development, design, and methodology, email Mary Hoban, PhD, CHES, (mhoban@acha.org), E. Victor Leino, PhD (vleino@acha.org), or visit 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 2013 survey for Western Carolina University consisting of 249 respondents.

The overall response proportion was 5.5%.

Findings

A. General Health of College Students

■ 51.8 % of college students surveyed (61.5 % male and 48.2 % female) described their health as ***very good or excellent***.

■ 86.6 % of college students surveyed (88.5 % male and 86.0 % 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:	21.5 %	Hepatitis B or C:	0.0 %
Asthma:	9.3 %	High blood pressure:	4.9 %
Back pain:	11.8 %	High cholesterol:	4.9 %
Broken bone/Fracture/Sprain:	8.1 %	HIV infection:	0.8 %
Bronchitis:	8.9 %	Irritable Bowel Syndrome:	2.8 %
Chlamydia:	1.6 %	Migraine headache:	13.4 %
Diabetes:	2.4 %	Mononucleosis:	0.8 %
Ear infection:	7.8 %	Pelvic Inflammatory Disease:	0.0 %
Endometriosis:	0.4 %	Repetitive stress injury:	2.8 %
Genital herpes:	0.8 %	Sinus infection:	22.7 %
Genital warts/HPV:	0.4 %	Strep throat:	11.5 %
Gonorrhea:	0.4 %	Tuberculosis:	0.4 %
		Urinary tract infection:	17.0 %

■ 62.2 % of college students (51.9 % male, 66.7 % 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 any of the following:

Attention Deficit and Hyperactivity Disorder (ADHD)	9.8 %
Chronic illness (e.g., cancer, diabetes, auto-immune disorders)	5.7 %
Deafness/Hearing loss	2.4 %
Learning disability	5.7 %
Mobility/Dexterity disability	1.2 %
Partial sightedness/Blindness	4.9 %
Psychiatric condition	7.0 %
Speech or language disorder	0.4 %
Other disability	2.5 %

B. Disease and Injury Prevention

College students reported receiving the following vaccinations (shots):

- 73.9 % reported receiving vaccination against hepatitis B.
- 41.2 % reported receiving vaccination against Human Papillomavirus/HPV (cervical cancer vaccine).
- 40.1 % reported receiving vaccination against influenza (flu) in the last 12 months (shot or nasal mist).
- 75.3 % reported receiving vaccination against measles, mumps, rubella.
- 59.5 % reported receiving vaccination against meningococcal meningitis.
- 51.6 % reported receiving vaccination against varicella (chicken pox).

Other disease prevention practices reported by college students:

- 69.8 % reported having a dental exam and cleaning in the last 12 months.
- 38.6 % of males reported performing a testicular self exam in the last 30 days.
- 40.8 % of females reported performing a breast self exam in the last 30 days.
- 40.8 % of females reported having a routine gynecological exam in the last 12 months.
- 56.0 % reported using sunscreen regularly with sun exposure.
- 28.2 % reported ever being tested for Human Immunodeficiency Virus (HIV) infection.

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

Percent (%)	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	0.0		0.0	3.6	96.4
Wear a helmet when you rode a bicycle	57.5		44.8	21.0	34.3
Wear a helmet when you rode a motorcycle	86.7		6.1	3.0	90.9
Wear a helmet when you were inline skating	92.7		44.4	0.0	55.6

** 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:	2.8 %	Gambling:	0.0 %
Allergies:	3.3 %	Homesickness:	4.5 %
Anxiety:	21.2 %	Injury:	0.8 %
Assault (physical):	0.4 %	Internet use/computer games:	10.2 %
Assault (sexual):	0.4 %	Learning disability:	3.7 %
Attention Deficit/Hyperactivity Disorder:	5.7 %	Participation in extracurricular activities:	9.8 %
Cold/Flu/Sore throat:	11.8 %	Pregnancy (yours or partner's):	0.4 %
Concern for a troubled friend or family member:	11.8 %	Relationship difficulties:	9.3 %
Chronic health problem or serious illness:	3.7 %	Roommate difficulties:	3.2 %
Chronic pain:	2.9 %	Sexually transmitted disease/ infection (STD/I):	0.0 %
Death of a friend or family member:	5.3 %	Sinus infection/Ear infection/ Bronchitis/Strep throat:	4.9 %
Depression:	13.3 %	Sleep difficulties:	21.1 %
Discrimination:	1.2 %	Stress:	28.9 %
Drug use:	2.4 %	Work:	12.2 %
Eating disorder/problem:	0.8 %	Other:	0.8 %
Finances:	4.9 %		

D. Violence, Abusive Relationships and Personal Safety

Within the last 12 months, college students reported experiencing:

Percent (%)	Male	Female	Total
A physical fight	15.2	1.2	6.0
A physical assault (not sexual assault)	5.1	3.6	4.0
A verbal threat	20.3	19.4	20.1
Sexual touching without their consent	3.8	7.9	6.4
Sexual penetration attempt without their consent	1.3	5.5	4.0
Sexual penetration without their consent	1.3	4.2	3.2
Stalking	3.8	7.9	6.5
An emotionally abusive intimate relationship	8.9	13.3	11.6
A physically abusive intimate relationship	2.6	3.1	2.8
A sexually abusive intimate relationship	1.3	1.8	1.6

College students reported feeling ***very safe*** :

Percent (%)	Male	Female	Total
On their campus (daytime)	89.9	92.1	91.2
On their campus (nighttime)	59.5	21.0	33.3
In the community surrounding their school (daytime)	69.6	66.9	67.2
In the community surrounding their school (nighttime)	44.3	16.7	25.6

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 any use in the last 30 days.

Alcohol	**Actual Use**			**Perceived Use**		
Percent (%)	Male	Female	Total	Male	Female	Total
Never used	25.3	31.1	29.0	2.6	1.3	1.7
Used, but not in the last 30 days	12.7	20.7	18.5	2.6	0.6	1.3
Used 1-9 days	35.4	34.1	34.3	35.1	32.9	33.5
Used 10-29 days	21.5	13.4	16.1	40.3	39.9	39.7
Used all 30 days	5.1	0.6	2.0	19.5	25.3	23.8
Any use within the last 30 days	62.0	48.2	52.4	94.8	98.1	97.1

Cigarette	**Actual Use**			**Perceived Use**		
Percent (%)	Male	Female	Total	Male	Female	Total
Never used	54.5	74.4	68.3	5.1	3.1	3.7
Used, but not in the last 30 days	20.8	15.2	17.1	11.5	4.4	6.6
Used 1-9 days	15.6	3.7	7.3	26.9	18.1	20.7
Used 10-29 days	5.2	0.6	2.0	33.3	25.6	28.5
Used all 30 days	3.9	6.1	5.3	23.1	48.8	40.5
Any use within the last 30 days	24.7	10.4	14.6	83.3	92.5	89.7

Marijuana	**Actual Use**			**Perceived Use**		
Percent (%)	Male	Female	Total	Male	Female	Total
Never used	57.0	70.1	65.3	7.7	3.2	4.6
Used, but not in the last 30 days	25.3	18.9	21.4	11.5	6.3	8.3
Used 1-9 days	10.1	6.7	7.7	41.0	38.6	38.8
Used 10-29 days	5.1	3.0	4.0	25.6	32.9	30.8
Used all 30 days	2.5	1.2	1.6	14.1	19.0	17.5
Any use within the last 30 days	17.7	11.0	13.3	80.8	90.5	87.1

Tobacco from a water pipe (hookah)	**Actual Use**			**Perceived Use**		
Percent (%)	**Male**	**Female**	**Total**	**Male**	**Female**	**Total**
Never used	62.0	75.8	71.9	9.2	6.3	7.1
Used, but not in the last 30 days	26.6	16.4	19.3	18.4	9.4	12.1
Used 1-9 days	10.1	7.9	8.4	40.8	36.9	38.8
Used 10-29 days	0.0	0.0	0.0	19.7	33.8	29.2
Used all 30 days	1.3	0.0	0.4	11.8	13.8	12.9
Any use within the last 30 days	11.4	7.9	8.8	72.4	84.4	80.8

All other drugs combined*	**Actual Use**			**Perceived Use**		
Percent (%)	**Male**	**Female**	**Total**	**Male**	**Female**	**Total**
Never used	44.3	67.9	60.6	5.1	2.5	3.3
Used, but not in the last 30 days	24.1	18.8	20.5	11.5	6.9	8.3
Used 1-9 days	10.1	12.1	11.2	35.9	30.2	32.2
Used 10-29 days	6.3	0.0	2.0	24.4	30.8	28.5
Used all 30 days	15.2	1.2	5.6	23.1	29.6	27.7
Any use within the last 30 days	31.6	13.3	18.9	83.3	90.6	88.4

* 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).

- 1.3 % of college students reported driving after having ***5 or more drinks*** in the last 30 days.*
- 25.8 % 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 Blood Alcohol Concentration (or eBAC) of college students reporting 1 or more drinks the last time they "partied" or socialized. **Students reporting 0 drinks were excluded from the analysis**. 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 "partied" or socialized, their approximate time of consumption, sex, weight, and the average rate of ethanol metabolism.

Estimated BAC ***Percent (%)***	**Male**	**Female**	**Total**
< .08	64.7	74.7	71.1
< .10	64.7	79.1	73.9

Mean	0.07	0.06	0.07
Median	0.05	0.04	0.04
Std Dev	0.08	0.08	0.08

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

Number of drinks* *Percent (%)*	**Male**	**Female**	**Total**
4 or fewer	43.1	73.9	62.8
5	5.9	9.8	9.0
6	9.8	4.3	6.2
7 or more	41.2	12.0	22.1
Mean	6.14	3.61	4.50
Median	6.00	3.00	4.00
Std Dev	4.40	2.25	3.38

** 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:

Percent (%)	**Male**	**Female**	**Total**
N/A don't drink	27.8	33.5	31.6
None	39.2	51.2	47.4
1-2 times	24.1	12.2	16.2
3-5 times	6.3	3.0	4.0
6 or more times	2.5	0.0	0.8

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

Percent (%)	**Male**	**Female**	**Total**
Antidepressants	2.6	3.0	2.8
Erectile dysfunction drugs	1.3	0.6	0.8
Pain killers	10.3	4.9	6.5
Sedatives	3.8	4.3	4.1
Stimulants	6.4	5.5	5.7
Used 1 or more of the above	17.9	10.4	12.6

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

Percent (%)	Male	Female	Total
Alternate non-alcoholic with alcoholic beverages	29.8	38.3	35.9
Avoid drinking games	46.4	59.6	55.4
Choose not to drink alcohol	19.3	40.0	33.1
Determine in advance not to exceed a set number of drinks	37.9	51.4	47.6
Eat before and/or during drinking	70.7	83.7	78.8
Have a friend let you know when you have had enough	34.5	49.0	44.2
Keep track of how many drinks being consumed	65.5	74.0	71.5
Pace drinks to one or fewer an hour	29.3	46.2	40.6
Stay with the same group of friends the entire time drinking	84.5	88.6	87.3
Stick with only one kind of alcohol when drinking	56.9	64.8	62.0
Use a designated driver	83.9	92.3	89.6
Reported one or more of the above	98.3	99.1	98.9

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

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

Percent (%)	Male	Female	Total
Did something you later regretted	30.9	26.2	27.3
Forgot where you were or what you did	17.9	17.1	17.1
Got in trouble with the police	1.8	2.8	2.4
Someone had sex with me without my consent	3.6	3.7	3.6
Had sex with someone without their consent	0.0	0.0	0.0
Had unprotected sex	28.6	15.0	19.3
Physically injured yourself	8.9	13.2	11.5
Physically injured another person	0.0	2.8	1.8
Seriously considered suicide	5.4	3.8	4.2
Reported one or more of the above	51.8	44.9	46.4

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

F. Sexual Behavior

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

Percent (%)	Male	Female	Total
None	26.6	31.1	30.2
1	44.3	45.1	44.8
2	10.1	12.8	11.7
3	6.3	3.0	4.0
4 or more	12.7	7.9	9.3

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

	Male	Female	Total
Mean	2.41	2.00	2.13
Median	1.00	1.00	1.00
Std Dev	2.85	2.84	2.83

**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

Percent (%)	Male	Female	Total
No, have never done this sexual activity	19.0	25.6	23.8
No, have done this sexual activity but not in the last 30 days	30.4	22.6	25.4
Yes	50.6	51.8	50.8

Vaginal sex within the past 30 days

Percent (%)	Male	Female	Total
No, have never done this sexual activity	25.6	31.3	30.1
No, have done this sexual activity but not in the last 30 days	24.4	15.3	17.9
Yes	50.0	53.4	52.0

Anal sex within the past 30 days

Percent (%)	Male	Female	Total
No, have never done this sexual activity	61.6	80.6	74.9
No, have done this sexual activity but not in the last 30 days	32.9	15.2	20.2
Yes	5.5	4.2	4.9

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

Percent (%)	Male	Female	Total
*Sexually active students reported**			
Oral sex	2.2	0.0	0.7
Vaginal intercourse	48.7	37.9	41.4
Anal intercourse	26.7	7.1	16.7

**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
Yes, used a method of contraception	**59.5**	**54.9**	**56.5**
Not applicable/Didn't use a method/Don't know	40.5	45.1	43.5

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)	62.2	55.1	58.4
Birth control shots	8.9	4.5	5.9
Birth control implants	4.5	4.5	4.4
Birth control patch	4.5	1.1	2.2
Vaginal ring	9.1	3.4	5.2
Intrauterine device	4.5	11.2	8.9
Male condom	60.0	53.9	55.5
Female condom	2.3	0.0	0.7
Diaphragm or cervical cap	0.0	0.0	0.0
Contraceptive sponge	0.0	0.0	0.0
Spermicide (foam, jelly, cream)	2.2	4.5	3.7
Fertility awareness (calendar, mucous, basal body temperature)	6.7	6.7	7.4
Withdrawal	28.9	44.9	39.7
Sterilization (hysterectomy, tubes tied, vasectomy)	2.2	3.4	2.9
Other method	4.5	1.1	2.2
Male condom use plus another method	48.9	42.2	44.3
Any two or more methods (excluding male condoms)	34.0	44.4	40.7

- 14.7 % of sexually active college students reported using (or reported their partner used) emergency contraception ("morning after pill") within the last 12 months.
(male: 16.4 %; female: 14.2 %).*

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

- 2.5 % 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: 1.8 %; female: 2.9 %).**

***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:

Percent (%)	Male	Female	Total
0 servings per day	8.9	6.1	6.8
1-2 per day	62.0	66.7	65.5
3-4 per day	22.8	24.2	23.7
5 or more per day	6.3	3.0	4.0

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

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

Percent (%)	Male	Female	Total
0 days	11.4	20.7	17.7
1-4 days	63.3	60.4	61.3
5-7 days	25.3	18.9	21.0

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

Percent (%)	Male	Female	Total
0 days	26.3	43.3	38.0
1-2 days	39.5	34.1	35.5
3-7 days	34.2	22.6	26.5

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).

Percent (%)	Male	Female	Total
Guidelines met	58.2	43.0	48.2

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.

BMI *Percent (%)*	**Male**	**Female**	**Total**
<18.5 Underweight	2.6	1.9	2.5
18.5-24.9 Healthy Weight	47.4	64.8	59.1
25-29.9 Overweight	29.5	15.4	19.8
30-34.9 Class I Obesity	11.5	9.3	9.9
35-39.9 Class II Obesity	6.4	3.1	4.1
≥40 Class III Obesity	2.6	5.6	4.5

Mean	25.95	25.13	25.37
Median	24.72	23.27	23.75
Std Dev	5.48	6.14	5.93

H. Mental Health

Students reported experiencing the following within the last 12 months:

Felt things were hopeless

Percent (%)	**Male**	**Female**	**Total**
No, never	29.1	24.8	26.2
No, not last 12 months	29.1	27.3	27.9
Yes, last 2 weeks	19.0	26.7	24.6
Yes, last 30 days	3.8	8.7	7.0
Yes, in last 12 months	19.0	12.4	14.3
Any time within the last 12 months	41.8	47.8	45.9

Felt overwhelmed by all you had to do

Percent (%)	**Male**	**Female**	**Total**
No, never	11.4	5.6	7.3
No, not last 12 months	7.6	5.6	6.1
Yes, last 2 weeks	58.2	60.5	60.4
Yes, last 30 days	8.9	16.0	13.5
Yes, in last 12 months	13.9	12.3	12.7
Any time within the last 12 months	81.0	88.9	86.5

Felt exhausted (not from physical activity)

Percent (%)	**Male**	**Female**	**Total**
No, never	12.7	8.5	10.1
No, not last 12 months	12.7	7.3	8.9
Yes, last 2 weeks	45.6	61.6	56.7
Yes, last 30 days	15.2	14.6	14.6
Yes, in last 12 months	13.9	7.9	9.7
Any time within the last 12 months	74.7	84.1	81.0

Felt very lonely

Percent (%)	**Male**	**Female**	**Total**
No, never	22.8	21.3	21.9
No, not last 12 months	27.8	16.5	20.2
Yes, last 2 weeks	26.6	33.5	31.2
Yes, last 30 days	6.3	13.4	11.3
Yes, in last 12 months	16.5	15.2	15.4
Any time within the last 12 months	49.4	62.2	57.9

Felt very sad

Percent (%)	Male	Female	Total
No, never	20.3	15.9	17.4
No, not last 12 months	24.1	15.2	17.8
Yes, last 2 weeks	27.8	36.6	34.0
Yes, last 30 days	6.3	13.4	11.3
Yes, in last 12 months	21.5	18.9	19.4
Any time within the last 12 months	55.7	68.9	64.8

Felt so depressed that it was difficult to function

Percent (%)	Male	Female	Total
No, never	43.0	38.4	39.7
No, not last 12 months	25.3	24.4	24.7
Yes, last 2 weeks	11.4	16.5	15.0
Yes, last 30 days	3.8	4.9	4.5
Yes, in last 12 months	16.5	15.9	16.2
Any time within the last 12 months	31.6	37.2	35.6

Felt overwhelming anxiety

Percent (%)	Male	Female	Total
No, never	34.2	23.8	27.1
No, not last 12 months	25.3	11.6	15.8
Yes, last 2 weeks	17.7	32.9	28.7
Yes, last 30 days	6.3	15.2	12.1
Yes, in last 12 months	16.5	16.5	16.2
Any time within the last 12 months	40.5	64.6	57.1

Felt overwhelming anger

Percent (%)	Male	Female	Total
No, never	32.9	34.4	33.7
No, not last 12 months	28.9	22.1	24.7
Yes, last 2 weeks	18.4	18.4	18.5
Yes, last 30 days	9.2	8.0	8.2
Yes, in last 12 months	10.5	17.2	14.8
Any time within the last 12 months	38.2	43.6	41.6

Seriously considered suicide

Percent (%)	Male	Female	Total
No, never	64.6	65.9	65.2
No, not last 12 months	22.8	18.3	19.8
Yes, last 2 weeks	2.5	3.0	2.8
Yes, last 30 days	0.0	1.8	1.2
Yes, in last 12 months	10.1	11.0	10.9
Any time within the last 12 months	12.7	15.9	15.0

Attempted suicide

Percent (%)	Male	Female	Total
No, never	89.9	88.4	88.7
No, not last 12 months	7.6	9.1	8.9
Yes, last 2 weeks	0.0	0.0	0.0
Yes, last 30 days	0.0	0.6	0.4
Yes, in last 12 months	2.5	1.8	2.0
Any time within the last 12 months	2.5	2.4	2.4

Intentionally cut, burned, bruised, or otherwise injured yourself

Percent (%)	Male	Female	Total
No, never	82.3	69.3	73.2
No, not last 12 months	15.2	18.4	17.9
Yes, last 2 weeks	0.0	4.3	2.8
Yes, last 30 days	1.3	3.1	2.4
Yes, in last 12 months	1.3	4.9	3.7
Any time within the last 12 months	2.5	12.3	8.9

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

Percent (%)	Male	Female	Total
Anorexia	0.0	1.2	0.8
Anxiety	7.6	19.0	16.3
Attention Deficit and Hyperactivity Disorder	1.3	5.5	4.5
Bipolar Disorder	2.5	0.6	1.6
Bulimia	1.3	0.0	0.4
Depression	13.9	15.3	15.0
Insomnia	1.3	4.3	4.1
Other sleep disorder	2.5	1.2	1.6
Obsessive Compulsive Disorder	1.3	1.2	1.6
Panic attacks	1.3	11.0	8.1
Phobia	0.0	1.2	0.8
Schizophrenia	0.0	0.0	0.0
Substance abuse or addiction	2.5	1.8	2.0
Other addiction	0.0	0.0	0.0
Other mental health condition	2.5	3.7	3.2
Students reporting none of the above	83.5	69.5	73.3
Students reporting only one of the above	3.8	11.6	8.9
Students reporting both Depression and Anxiety	5.1	11.7	9.8
Students reporting any two or more of the above excluding the combination of Depression and Anxiety	3.8	6.7	6.5

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

Percent (%)	Male	Female	Total
Academics	41.8	46.3	45.3
Career-related issue	32.9	23.9	26.8
Death of family member or friend	13.9	19.5	17.8
Family problems	22.8	39.6	34.8
Intimate relationships	35.4	35.4	34.8
Other social relationships	20.3	32.9	28.7
Finances	36.7	39.0	38.1
Health problem of family member or partner	19.0	28.0	25.5
Personal appearance	11.4	36.0	27.9
Personal health issue	11.4	27.0	22.0
Sleep difficulties	24.1	32.9	31.2
Other	9.1	10.0	10.0
Students reporting none of the above	34.2	19.5	23.9
Students reporting only one of the above	6.3	11.0	9.7
Students reporting 2 of the above	11.4	8.5	9.3
Students reporting 3 or more of the above	48.1	61.0	57.1

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

Percent (%)	Male	Female	Total
No stress	1.3	0.0	0.4
Less than average stress	10.1	6.1	7.3
Average stress	46.8	36.0	39.3
More than average stress	30.4	41.5	38.1
Tremendous stress	11.4	16.5	15.0

I. Sleep

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

Percent (%)	Male	Female	Total
0 days	10.3	12.8	12.2
1-2 days	28.2	37.2	34.1
3-5 days	46.2	37.2	40.2
6+ days	15.4	12.8	13.4

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

Percent (%)	Male	Female	Total
0 days	7.6	5.6	6.5
1-2 days	36.7	25.9	29.0
3-5 days	39.2	46.3	44.1
6+ days	16.5	22.2	20.4

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

Percent (%)	Male	Female	Total
No problem	17.7	6.7	10.2
A little problem	53.2	46.0	48.4
More than a little problem	12.7	24.5	20.3
A big problem	11.4	16.6	15.0
A very big problem	5.1	6.1	6.1

Demographics and Student Characteristics

Age:

Average age:	22.78 years
Median:	20.00 years
Std Dev:	7.33 years

18 - 20 years:	56.9 %
21 - 24 years:	22.8 %
25 - 29 years:	7.3 %
30+ years:	13.0 %

Gender*

Female:	66.3 %
Male:	31.7 %
Transgender:	0.8 %

Student status:

1st year undergraduate:	28.8 %
2nd year undergraduate:	13.2 %
3rd year undergraduate:	19.3 %
4th year undergraduate:	14.0 %
5th year or more undergraduate:	5.8 %
Graduate or professional:	16.5 %
Not seeking a degree:	1.2 %
Other:	1.2 %

Full-time student:	89.0 %
Part-time student:	9.4 %
Other student:	1.6 %

Relationship status:

Not in a relationship:	46.5 %
In a relationship but not living together:	34.3 %
In a relationship and living together:	19.2 %

Marital status:

Single:	82.9 %
Married/Partnered:	13.9 %
Separated:	0.4 %
Divorced:	1.2 %
Other:	1.6 %

Students describe themselves as:

White:	93.6 %
Black or African American:	4.0 %
Hispanic or Latino/a:	2.0 %
Asian or Pacific Islander:	1.6 %
American Indian, Alaskan Native or Native Hawaiian:	1.6 %
Biracial or Multiracial:	3.2 %
Other:	1.6 %

International Student:

International:	4.9 %

Students describe themselves as:

Heterosexual:	87.3 %
Gay/Lesbian:	4.5 %
Bisexual:	5.7 %
Unsure:	2.4 %

Housing:

Campus residence hall:	48.0 %
Fraternity or sorority house:	3.3 %
Other university housing:	0.8 %
Parent/guardian home:	3.7 %
Other off-campus housing:	38.1 %
Other:	6.1 %

Participated in organized college athletics:

Varsity:	5.0 %
Club sports:	8.3 %
Intramurals:	19.8 %

Member of a social fraternity or sorority:

Greek member:	13.9 %

Primary Source of Health Insurance:

College/university sponsored plan:	20.5 %
Parents' plan:	65.2 %
Another plan:	13.1 %
Don't have health insurance:	0.4 %
Not sure if have plan:	0.8 %

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