



NATIONAL COLLEGE HEALTH ASSESSMENT

FLORIDA STATE UNIVERSITY

Executive Summary

Spring 2026

American College Health Association National College Health Assessment III

ACHA-NCHA III

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



AMERICAN COLLEGE HEALTH ASSOCIATION

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ACHA, the nation's principal advocate and leadership organization for college and university health, represents a diverse membership that provides and supports the delivery of healthcare 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.org/NCHA.

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Introduction and Notes

The ACHA-National College Health Assessment (ACHA-NCHA) is a national research survey organized by the American College Health Association (ACHA) to assist college health service providers, health educators, counselors, and administrators in collecting data about their students' habits and behaviors on the most prevalent health topics. 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.

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

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

Notes about this report:

1. Missing values have been excluded from analysis and only valid percents are included in this document, unless otherwise noted.
2. The ACHA-NCHA III is programmed differently than earlier versions of the survey. Rather than asking the respondents to answer every question (and offering a "not applicable" option), display logic was used throughout the survey to determine whether, based on their response to an earlier question, the student saw a follow-up question. This makes the valid percents of certain questions impossible to apply to the entire sample, as the denominator used was limited to only the number of students that saw the question. When appropriate, results are also presented using the entire sample as the denominator to show the proportion of the overall sample that experienced a particular issue. These differences in presentation are carefully noted throughout the document and will often explain differences observed between this document and the full data report. Please look carefully at descriptions of the data presented in each table, as well as any footnotes included.
3. To see a list of changes made to the current and past surveys, click here: <https://www.acha.org/ncha/resources/resources-for-participating-institutions/current-survey/>.

This Executive Summary highlights results of the ACHA-NCHA III Spring 2026 survey for Florida State University consisting of 1646 respondents. The response rate was 4%.

Findings

A. General Health and Campus Climate

- 57.3 % of college students surveyed described their health as very good or excellent.
- 88.8 % of college students surveyed described their health as good, very good, or excellent.

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

	Percent (%)	Total
I feel that I belong at my college/university		73.7
I feel that students' health and well-being are a priority of my college/university		62.3
I feel that the climate of my college/university encourages free and open discussion about students' health and well-being		67.1
We are a college/university where we look out for each other		59.6

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

College students reported:

	Percent (%)	Total
Drinking 0 sugar-sweetened beverages (per day), on average, in the last 7 days		33.9
Drinking 1 or more sugar-sweetened beverages (per day), on average, in the last 7 days		66.1
Drinking energy drinks or shots on 0 of the past 30 days		59.2
Drinking energy drinks or shots on 1-4 of the past 30 days		18.7
Drinking energy drinks or shots on 5 or more of the past 30 days		22.1
Eating 3 or more servings of fruits (per day), on average, in the last 7 days		10.7
Eating 3 or more servings of vegetables (per day), on average, in the last 7 days		20.4

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.

BMI	Percent (%)	Total
<18.5 Underweight		6.3
18.5-24.9 Healthy Weight		60.0
25-29.9 Overweight		20.7
30-34.9 Class I Obesity		8.1
35-39.9 Class II Obesity		2.9
≥40 Class III Obesity		1.9
Mean		24.4
Median		23.1
Std Dev		5.5

Students meeting the recommended guidelines for physical activity

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

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)

	Percent (%)	Total
Guidelines met for aerobic exercise only		71.7
Guidelines met for Active Adults		46.0
Guidelines met for Highly Active Adults		38.8

Food Security

Based on responses to the US Household Food Security Survey Module: Six-Item Short Form (2012)
from the USDA Economic Research Service.

	Percent (%)	Total
High or marginal food security (score 0-1)		62.4
Low food security (score 2-4)		21.1
Very low food security (score 5-6)		16.5
Any food insecurity (low or very low food security)		37.6

C. Health Care Utilization

College students reported:

	Percent (%)	Total
Receiving psychological or mental health services within the last 12 months		41.0
Visiting a medical provider within the last 12 months		81.4

	Percent (%)	Total
Ever prescribed medication for a mental health condition		34.2

Prescribed before starting at current college/university*	23.7
Prescribed after starting at current college/university*	10.0

Last 12 months, prescribed medication for a mental health condition*	20.7
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*These figures use all students in the sample as the denominator, rather than just those students who have ever been prescribed medication for a mental health condition

	Percent (%)	Total
Ever had counseling for a mental health condition		46.5

Started counseling before starting at current college/university*	33.8
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Started counseling after starting at current college/university*	12.0
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Last 12 month, had counseling for a mental health condition*	28.6
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*These figures use all students in the sample as the denominator, rather than just those students who have ever had counseling for a mental health condition

College students reported:

	Percent (%)	Total
Flu vaccine within the last 12 month		38.9
Not starting the HPV vaccine series		15.0
Starting, but not completing HPV vaccine series		4.4
Completing HPV vaccine series		52.3
Not knowing their HPV vaccine status		28.3
Ever having a GYN visit or exam (females only)		44.0
Having a dental exam in the last 12 months		74.1
Being tested for HIV within the last 12 months		11.6
Being tested for HIV more than 12 months ago		8.9
Wearing sunscreen usually or always when outdoors		39.2
Spending time outdoors with the intention of tanning at least once in the last 12 months		59.9

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.

(items are listed in the order in which they appear in the survey)

	Negatively impacted academic performance among all students in the sample	Negatively impacted academic performance among only students that experienced the issue
	Percent (%)	Total
Alcohol use	2.6	3.4
Cannabis/marijuana use	1.7	5.3
Pregnancy or a partner's pregnancy	0.2	26.7
Problems or challenges in the last 12 months		
Career	9.5	31.1
Finances	10.1	26.4
Procrastination	45.2	59.8
Faculty	4.5	55.6
Family	7.5	23.6
Intimate Relationships	8.6	25.8
Roommate/housemate	4.4	14.6
Peers	3.1	14.7
Personal appearance	4.6	9.2
Health of someone close to me	7.4	21.8
Death of a family member, friend, or someone close to me	7.4	35.9
Bullying	1.2	24.1
Cyberbullying	0.5	24.2
Hazing	0.4	46.2
Microaggression	1.8	10.4
Sexual Harassment	1.5	14.7
Discrimination	1.8	19.7

	Negatively impacted academic performance among all students in the sample
	Total
Percent (%)	
Acute Diagnoses in the last 12 months	
Bronchitis	2.0
Chlamydia	0.1
Chicken Pox (Varicella)	0.0
Cold/Virus or other respiratory illness	20.5
Concussion	0.9
Gonorrhea	0.1
Flu (influenza or flu-like illness)	11.7
Mumps	0.0
Mononucleosis (mono)	1.9
Orthopedic injury	2.7
Pelvic Inflammatory Disease	0.2
Pneumonia	1.0
Shingles	0.0
Stomach or GI virus or bug, food poisoning or gastritis	4.4
Urinary tract infection	2.4

	Total
Percent (%)	
Any ongoing or chronic medical conditions diagnosed or treated in the last 12 months	28.7

Other impediments to academic performance	
Assault (physical)	0.6
Assault (sexual)	1.5
Allergies	2.7
Anxiety	30.0
ADHD or ADD	15.7
Concussion or TBI	1.2
Depression	18.8
Eating disorder/problem	3.2
Headaches/migraines	9.7
Influenza or influenza-like illness (the flu)	10.0
Injury	2.4
PMS	9.7
PTSD	4.1
Short-term illness	8.0
Upper respiratory illness	13.5
Sleep difficulties	22.9
Stress	37.6

	Negatively impacted academic performance among only students that experienced the issue
	Total
	39.8
	22.2
	0.0
	42.9
	51.9
	14.3
	52.5
	0.0
	57.4
	26.6
	33.3
	55.2
	0.0
	42.6
	22.3

	Total
	36.2

	28.6
	23.6
	7.6
	43.7
	63.5
	62.5
	54.2
	20.6
	27.7
	42.4
	23.5
	30.2
	46.3
	33.1
	32.8
	41.7
	45.7

E. Violence, Abusive Relationships, and Personal Safety

Within the last 12 months, college students reported experiencing:

	Total
Percent (%)	
A physical fight	1.4
A physical assault (not sexual assault)	1.4
A verbal threat	11.0
Sexual touching without their consent	6.5
Sexual penetration attempt without their consent	2.1
Sexual penetration without their consent	1.5
Being a victim of stalking	2.6
A partner called me names, insulted me, or put me down to make me feel bad	9.8
A partner often insisted on knowing who I was with and where I was or tried to limit my contact with family or friends	5.6
A partner pushed, grabbed, shoved, slapped, kicked, bit, choked or hit me without my consent	2.5
A partner forced me into unwanted sexual contact by holding me down or hurting me in some way	1.0
A partner pressured me into unwanted sexual contact by threatening me, coercing me, or using alcohol or other drugs	2.8

College students reported feeling very safe*:

	Total
Percent (%)	
On their campus (daytime)	83.0
On their campus (nighttime)	29.6
In the community surrounding their campus (daytime)	31.6
In the community surrounding their campus (nighttime)	8.1

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

F. Tobacco, Alcohol, and Other Drug Use

	Ever Used	*Used in the last 3 months
	Total	Total
Percent (%)		
Tobacco or nicotine delivery products (cigarettes, e-cigarettes, Juul or other vape products, water pipe or hookah, chewing tobacco, cigars, etc.)	36.4	24.2
Alcoholic beverages (beer, wine, liquor, etc.)	73.1	67.2
Cannabis (marijuana, weed, hash, edibles, vaped cannabis, etc.) [Please report nonmedical use only.]	42.7	25.4
Cocaine (coke, crack, etc.)	4.6	1.8
Prescription stimulants (Ritalin, Concerta, Dexedrine, Adderall, diet pills, etc.) [Please report nonmedical use only.]	6.7	2.9
Methamphetamine (speed, crystal meth, ice, etc.)	0.6	0.1
Inhalants (poppers, nitrous, glue, gas, paint thinner, etc.)	3.5	0.9
Sedatives or Sleeping Pills (Valium, Ativan, Xanax, Klonopin, Librium, Rohypnol, GHB, etc.) [Please report nonmedical use only.]	4.2	1.0
Hallucinogens (Ecstasy, MDMA, Molly, LSD, acid, mushrooms, PCP, Special K, etc.)	8.7	2.6
Heroin	0.1	0.0
Prescription opioids (morphine, codeine, fentanyl, oxycodone [OxyContin, Percocet], hydrocodone [Vicodin], methadone, buprenorphine [Suboxone], etc.) [Please report nonmedical use only.]	2.3	0.1

*These figures use all students in the sample as the denominator, rather than just those students who reported lifetime use.

Substance Specific Involvement Scores (SSIS) from the ASSIST

	*Moderate risk use of the substance	*High risk use of the substance
	Total	Total
Percent (%)		
Tobacco or nicotine delivery products	16.5	1.2
Alcoholic beverages	12.0	1.2
Cannabis (nonmedical use)	17.0	0.9
Cocaine	1.0	0.1
Prescription stimulants (nonmedical use)	1.0	0.1
Methamphetamine	0.1	0.0
Inhalants	0.2	0.0
Sedatives or Sleeping Pills (nonmedical use)	0.6	0.0
Hallucinogens	1.1	0.0
Heroin	0.0	0.0
Prescription opioids (nonmedical use)	0.2	0.0

*These figures use all students in the sample as the denominator, rather than just those students who reported lifetime use.

***Proportion of students who were prescribed a medication and used more than prescribed or more often than prescribed in the past 3 months**

	Total
Percent (%)	
Prescription stimulants	1.9
Prescription sedatives or sleeping pills	0.5
Prescription opioids	0.1

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

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

	Total
Percent (%)	
Cigarettes	14.5
E-cigarettes or other vape products	16.5
Hookah or water pipe	1.5
Chewing or smokeless tobacco	0.5
Cigars, cigarillos, or little cigars	3.0
Pipe tobacco, rolling tobacco, or other loose tobacco	0.7
Heated tobacco products (HTPs)	0.1
Nicotine pouches	5.8
Other oral nicotine products	0.6
Nicotine patches	0.1
Other	0.1

**These figures use all students in the sample as the denominator, rather than just those students who reported tobacco or nicotine delivery product use in the last 3 months.*

Students in Recovery

2.2 % of college students surveyed indicated they were in recovery from alcohol or other drug use.

When, if ever, was the last time you:

	Drank Alcohol
	Total
Percent (%)	
Never	18.9
Within the last 2 weeks	48.3
More than 2 weeks ago but within the last 30 days	11.1
More than 30 days ago but within the last 3 months	10.6
More than 3 months ago but within the last 12	7.1
More than 12 months ago	3.9

**Students were instructed to include medical and non-medical use of cannabis.*

	*Used Cannabis/Marijuana
	Total
	52.4
	15.8
	4.2
	5.7
	8.2
	13.8

Driving under the influence

- 10.0 % of college students reported driving after having any alcohol in the last 30 days.*

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

- 28.3 % of college students reported driving within 6 hours of using cannabis/marijuana in the last 30 days.*

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

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

Number of drinks	Percent (%)	Total
4 or fewer		73.3
5		9.0
6		6.3
7 or more		11.3
Mean		3.5
Median		3.0
Std Dev		2.8

*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	Total
	Percent (%)	
Did not drink alcohol in the last two weeks (includes non-drinkers)		51.9
None		21.7
1-2 times		19.4
3-5 times		5.9
6 or more times		1.1

*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

	Total
	45.1
	40.4
	12.2
	2.3

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

	Percent (%)	Total
Did something I later regretted		22.5
Blackout (forgot where I was or what I did for a large period of time and cannot remember, even when someone reminds me)		14.7
Brownout (forgot where I was or what I did for short periods of time, but can remember once someone reminds me)		28.2
Got in trouble with the police		0.3
Got in trouble with college/university authorities		0.5
Someone had sex with me without my consent		1.0
Had sex with someone without their consent		0.0
Had unprotected sex		11.0
Physically injured myself		9.9
Physically injured another person		0.3
Seriously considered suicide		1.9
Needed medical help		1.1
Reported two or more of the above		29.9

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

G. Sexual Behavior

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

Oral sex	
Percent (%)	Total
Never	36.2
Within the last 2 weeks	29.0
More than 2 weeks ago but within the last 30 days	7.5
More than 30 days ago but within the last 3 months	9.4
More than 3 months ago but within the last 12	8.6
More than 12 months ago	9.3

Vaginal intercourse	
Percent (%)	Total
Never	42.7
Within the last 2 weeks	30.3
More than 2 weeks ago but within the last 30 days	5.7
More than 30 days ago but within the last 3 months	6.8
More than 3 months ago but within the last 12	7.3
More than 12 months ago	7.1

Anal intercourse	
Percent (%)	Total
Never	84.5
Within the last 2 weeks	1.5
More than 2 weeks ago but within the last 30 days	0.8
More than 30 days ago but within the last 3 months	2.1
More than 3 months ago but within the last 12	2.7
More than 12 months ago	8.4

*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 (%)	Total
None	0.2
1	74.7
2	10.7
3	5.0
4 or more	9.3
Mean	1.7
Median	1.0
Std Dev	1.9

*Only students who reported having oral sex, or vaginal or anal intercourse in the last 12 months were asked this question.

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 (%)	Total
Oral sex	5.8
Vaginal intercourse	44.8
Anal intercourse	16.2

*Only students who reported having oral sex, or vaginal or anal intercourse in the last 30 days were asked these questions.

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 (%)	Total
Yes, used a method of contraception	83.7
No, did not want to prevent pregnancy	2.2
No, did not use any method	12.9
Don't know	1.1

*Only students who reported having oral sex, or vaginal or anal intercourse in the last 12 months were asked this question.

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

	Percent (%)	Total
Birth control pills (monthly or extended cycle)		45.0
Birth control shots		1.0
Birth control implants		5.8
Birth control patch		0.9
The ring		1.8
Emergency contraception ("morning after pill" or "Plan B")		8.3
Intrauterine device		13.3
External/male condom		56.0
Internal/female condom		0.3
Diaphragm or cervical cap		0.0
Contraceptive sponge		0.1
Withdrawal		27.6
Fertility awareness (calendar, mucous, basal body temperature)		8.0
Sterilization (hysterectomy, tubes tied, vasectomy)		2.4
Other method		1.5
External/Male condom use plus another method		39.3
Any two or more methods (excluding external/male condoms)		27.4

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

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 (23.7 %)

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 (0.6 %)

H. Mental Health and Wellbeing

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

	Percent (%)	Total
No or low psychological distress (0-12)		83.3
Serious psychological distress (13-24)		16.7
Mean		7.89
Median		7.00
Std Dev		4.72

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

	Percent (%)	Total
Negative for loneliness (3-5)		53.0
Positive for loneliness (6-9)		47.0
Mean		5.37
Median		5.00
Std Dev		1.84

Diener Flourishing Scale – Psychological Well-Being (PWB) Score (Range is 8-56)

(higher scores reflect a higher level of psychological well-being)

	Total
Mean	46.25
Median	48.00
Std Dev	7.44

The Connor-Davison Resilience Scale (CD-RISC2) Score (Range is 0-8)

(higher scores reflect greater resilience)

	Total
Mean	6.06
Median	6.00
Std Dev	1.51

Self injury

- 9.1 % of college students surveyed 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:

Percent (%)	Total
Academics	39.0
Career	30.9
Finances	38.7
Procrastination	76.5
Faculty	8.2
Family	32.3
Intimate relationships	33.9
Roommate/housemate	30.8
Peers	21.3
Personal appearance	50.1
Health of someone close to me	34.3
Death of a family member, friend, or someone close to me	20.9
I was bullied	5.2
I was cyberbullied	2.0
I was hazed	0.8
I experienced microaggression(s)	17.1
I was sexually harassed	10.1
I experienced discrimination	9.4

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

Students reporting none of the above	6.5
Students reporting only one of the above	9.6
Students reporting 2 of the above	12.9
Students reporting 3 or more of the above	71.1

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

Total
86.1
70.7
73.7
64.5
53.0
63.4
58.1
53.3
43.5
59.0
58.6
73.1
66.7
51.5
38.5
30.9
48.2
38.4

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

	Total
Percent (%)	
Negative suicidal screening (3-6)	74.8
Positive suicidal screening (7-18)	25.2
Mean	5.23
Median	4.00
Std Dev	3.02

Suicide attempt

- 1.8 % of college students surveyed indicated they had attempted suicide within the last 12 months.

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

	Total
Percent (%)	
No stress	1.5
Low	23.2
Moderate	53.1
High	22.2

I. Acute Conditions

College students reported being diagnosed by a healthcare professional within the last 12 months with:

	Total
Percent (%)	
Bronchitis	5.1
Chlamydia	0.6
Chicken Pox (Varicella)	0.3
Cold/virus or other respiratory illness (for example: sinus infection, ear infection, strep throat, tonsillitis, pharyngitis, or laryngitis)	49.0
Concussion	1.7
Gonorrhea	0.4
Flu (influenza) or flu-like illness	22.7
Mumps	0.2
Mononucleosis (mono)	3.3
Orthopedic injury (for example: broken bone, fracture, sprain, bursitis, tendinitis, or ligament injury)	10.4
Pelvic Inflammatory Disease	0.6
Pneumonia	1.9
Shingles	0.5
Stomach or GI virus or bug, food poisoning or gastritis	10.5
Urinary tract infection	10.9

J. Ongoing or Chronic Conditions

The questions for the ongoing or chronic conditions are presented differently in this report than the order they appear in the survey. In the survey, all items appear in a single list, ordered alphabetically. In this report, the conditions are presented in groups to ease burden on the reader. The findings are divided into mental health conditions, STIs and other chronic infections, and other ongoing or chronic conditions in this report.

Mental Health	College students reported ever being diagnosed with the following:		*Of those ever diagnosed, those reporting contact with healthcare or MH professional within last 12 months	
	Percent (%)	Total		Total
ADD/ADHD - Attention Deficit/Hyperactivity Disorder		18.9		78.0
Alcohol or Other Substance Use Disorder		1.2		45.0
Anxiety (for example: Generalized Anxiety, Social Anxiety, Panic Disorder, Specific Phobia)		37.1		74.0
Autism Spectrum		4.0		50.0
Bipolar and Related Conditions (for example: Bipolar I, II, Hypomanic Episode)		1.7		85.2
Borderline Personality Disorder (BPD), Avoidant Personality, Dependent Personality, or another personality disorder		0.7		72.7
Depression (for example: Major depression, persistent depressive disorder, disruptive mood disorder)		25.0		74.0
Eating Disorders (for example: Anorexia Nervosa, Bulimia Nervosa, Binge-Eating)		7.1		40.0
Gambling Disorder		0.0		0.0
Insomnia		6.3		54.9
Obsessive-Compulsive and Related Conditions (for example: OCD, Body Dysmorphia, Hoarding, Trichotillomania and other body-focused repetitive behavior disorders)		9.6		74.3
PTSD (Posttraumatic Stress Disorder), Acute Stress Disorder, Adjustment Disorder, or another trauma- or stressor- related condition		9.2		69.1
Schizophrenia and Other Psychotic Conditions (for example: Schizophrenia, Schizoaffective Disorder, Schizophreniform Disorder, Delusional Disorder)		0.2		66.7
Tourette's or other neurodevelopmental condition not already listed		0.7		72.7
Traumatic brain injury (TBI)		1.1		35.3

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

	Total
Percent (%)	
Students reporting none of the above	51.8
Students reporting only one of the above	15.2
Students reporting both Depression and Anxiety	21.5
Students reporting any two or more of the above (excluding the combination of Depression and Anxiety)	11.6

STI's/Other chronic infections	College students reported ever being diagnosed with the following:		*Of those ever diagnosed, had contact with healthcare or MH professional within last 12 months	
	Percent (%)	Total		Total
Genital herpes		0.9		57.1
Hepatitis B or C		0.2		66.7
HIV or AIDS		0.1		50.0
Human papillomavirus (HPV) or genital warts		1.8		55.2

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

Other Chronic /Ongoing Medical Conditions	College students reported ever being diagnosed with the following:		*Of those ever diagnosed, had contact with healthcare or MH professional within last 12 months	
	Percent (%)	Total		Total
Acne		33.6		45.3
Allergies - food allergy		13.4		31.3
Allergies - animals/pets		16.3		25.4
Allergies - environmental (for example: pollen, grass, dust, mold)		30.1		28.5
Asthma		14.5		34.6
Cancer		0.8		38.5
Celiac disease		1.5		43.5
Chronic pain (for example: back or joint pain, arthritis, nerve pain)		9.3		72.3
Diabetes or pre-diabetes/insulin resistance		3.5		78.6
Endometriosis		2.0		69.7
Gastroesophageal Reflux Disease (GERD) or acid reflux		6.7		49.1
Heart & vascular disorders (for example: atrial fibrillation or other cardiac arrhythmia, mitral valve prolapse or other valvular heart disease, congenital heart condition)		3.0		62.5
High blood pressure (hypertension)		3.5		70.4
High cholesterol (hyperlipidemia)		7.7		65.3
Irritable bowel syndrome (spastic colon or spastic bowel)		5.1		51.8
Migraine headaches		14.1		54.2
Polycystic Ovarian Syndrome (PCOS)		5.1		71.1
Sleep Apnea		2.6		54.8
Thyroid condition or disorder		3.6		86.2
Urinary system disorder (for example: bladder or kidney disease, urinary reflux, interstitial cystitis)		1.1		61.1

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

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

	Total
Percent (%)	
Type I Diabetes	13.5
Type II Diabetes	19.6
Pre-diabetes or insulin resistance	70.9
Gestational Diabetes	5.9

K. Sleep

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

	Total
Percent (%)	
Less than 15 minutes	41.2
16 to 30 minutes	29.4
31 minutes or more	29.4

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

	On weeknights
	Total
Percent (%)	
Less than 7 hours	38.8
7 to 9 hours	60.5
10 or more hours	0.7

	On weekend nights
	Total
	15.5
	72.2
	12.3

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

	Felt tired or sleepy during the day
	Total
Percent (%)	
0 days	3.6
1-2 days	22.5
3-5 days	45.5
6-7 days	28.5

	Got enough sleep so that they felt rested
	Total
	15.5
	37.0
	37.5
	10.1

Demographics and Sample Characteristics

● Age

18 - 20 years:	53.8 %
21 - 24 years:	29.0 %
25 - 29 years:	9.4 %
30+ years:	7.9 %
Mean age:	22.2 years
Median age:	20.0 years

● Student status

1st year undergraduate:	25.1 %
2nd year undergraduate:	17.8 %
3rd year undergraduate:	18.2 %
4th year undergraduate:	11.6 %
5th year or more undergraduate:	1.2 %
Master's (MA, MS, MFA, MBA, etc.):	12.5 %
Doctorate (PhD, EdD, MD, JD, etc.):	12.9 %
Not seeking a degree:	0.0 %
Other:	0.7 %

Full-time student:	90.3 %
Part-time student:	9.1 %
Other student:	0.6 %

● Relationship status

Not in a relationship:	51.5 %
In a relationship, not married/partnered:	40.4 %
Married/partnered:	8.1 %

● Primary Source of Health Insurance**

College/university sponsored SHIP plan:	16.2 %
Parent or guardian's plan:	69.6 %
Employer (mine or my spouse/partners):	7.7 %
Medicaid, Medicare, SCHIP, or VA:	5.5 %
Bought a plan directly or from the exchange:	1.8 %
Embassy/sponsoring agency (international):	0.2 %
Another source:	0.6 %
Have insurance, but don't know source:	1.4 %
Don't have health insurance:	0.5 %
Don't know if I have health insurance:	0.5 %
Students that selected more than one source:	5.1 %

● Student Veteran:	1.2 %
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● Parent or primary responsibility for someone else's child/children under 18 years old:	3.9 %
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● Housing

Campus or university housing:	29.9 %
Fraternity or sorority residence:	1.9 %
Parent/guardian/other family:	4.6 %
Off-campus:	62.3 %
Temporary or "couch surfing":	0.2 %
Don't have a place to live:	0.0 %
Other:	1.1 %

● Participated in organized college athletics

Varsity:	1.5 %
Club sports:	8.8 %
Intramurals:	14.0 %

● Member of a social fraternity or sorority

Greek member:	11.9 %
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● Dropout Intention

<i>Very, moderately, or slightly likely to:</i>	
Leave school and transfer schools:	4.1 %
Leave school without transferring:	3.1 %

● First generation students: 28.7 %

(Proportion of students for whom no parent/guardian have completed a bachelor's degree)

● Do you have any of the following?

Attention Deficit/Hyperactivity Disorder (ADD or ADHD):	21.4 %
Autism Spectrum Disorder:	5.2 %
Deaf/Hearing loss:	1.8 %
Learning disability:	3.9 %
Mobility/Dexterity disability:	1.8 %
Blind/low vision:	3.6 %
Speech or language disorder:	1.0 %

**this question was select all that apply, totals may add up to over 100%