University California Merced Executive Summary

Fall 2008

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 shortand 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, 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 2008 survey for University California Merced consisting of 451 respondents. The overall response proportion was 27.6%.

Findings

A. General Health of College Students

- \blacksquare 50.4 % of college students surveyed (58.2 % male and 45.7 % female) described their health as *very good or excellent*.
- 86.4 % of college students surveyed (89.0 % male and 84.9 % 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:	26.0 %	Hepatitis B or C:	0.9 %
Asthma:	10.2 %	High blood pressure:	3.2 %
Back pain:	10.8 %	High cholesterol:	2.9 %
Broken bone/Fracture/Sprain:	8.6 %	HIV infection:	0.5 %
Bronchitis:	6.1 %	Irritable Bowel Syndrome:	2.3 %
Chlamydia:	0.5 %	Migraine headache:	6.1 %
Diabetes:	0.7 %	Mononucleosis:	1.1 %
Ear infection:	7.4 %	Pelvic Inflammatory Disease:	0.2 %
Endometriosis:	0.7 %	Repetitive stress injury:	1.8 %
Genital herpes:	0.2 %	Sinus infection:	11.3 %
Genital warts/HPV:	1.8 %	Strep throat:	6.5 %
Gonorrhea:	0.5 %	Tuberculosis:	1.6 %
		Urinary tract infection:	9.5 %

■ 53.9 % of college students (47.8 % male, 57.9 % 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)	3.2 %
Chronic illness (e.g., cancer, diabetes, auto-immune disorders)	3.6 %
Deaf/Hard of hearing	1.6 %
Learning disability	3.2 %
Mobility/Dexterity disability	1.4 %
Partially sighted/Blind	2.0 %
Psychiatric condition	2.0 %
Speech or language disorder	1.8 %
Other disability	3.6 %

B. Disease and Injury Prevention

College students reported receiving the following vaccinations (shots):

- 77.1 % reported receiving vaccination against hepatitis B.
- 21.6 % reported receiving vaccination against Human Papillomavirus/HPV (cervical cancer vaccine).
- 30.7 % reported receiving vaccination against influenza (flu) in the last 12 months (shot or nasal mist).
- 61.8 % reported receiving vaccination against measles, mumps, rubella.
- 41.5 % reported receiving vaccination against meningococcal meningitis.
- 43.2 % reported receiving vaccination against varicella (chicken pox).

Other disease prevention practices reported by college students:

- 64.1 % reported having a dental exam and cleaning in the last 12 months.
- 34.4 % of males reported performing a testicular self exam in the last 30 days.
- 34.1 % of females reported performing a breast self exam in the last 30 days.
- 30.7 % of females reported having a routine gynecological exam in the last 12 months.
- 46.7 % reported using sunscreen regularly with sun exposure.
- 20.2 % 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	0.7	0.2	1.3	98.4
Wear a helmet when you				
rode a bicycle	48.7	42.9	20.8	36.4
Wear a helmet when you				
rode a motorcycle	86.6	5.0	3.3	91.7
Wear a helmet when you				
were inline skating	86.0	58.7	7.9	33.3

^{*} 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:	3.6 %	Gambling:	0.5 %
Allergies:	5.6 %	Homesickness:	5.2 %
Anxiety:	19.0 %	Injury:	2.3 %
Assault (physical):	0.7 %	Internet use/computer games:	15.7 %
Assault (sexual):	0.7 %	Learning disability:	3.4 %
Attention Deficit/Hyperactivity Disorder:	3.4 %	Participation in extracurricular	
Cold/Flu/Sore throat:	19.8 %	activities:	14.3 %
Concern for a troubled friend		Pregnancy (yours or partner's):	1.1 %
or family member:	14.2 %	Relationship difficulties:	15.4 %
Chronic health problem or serious illness:	5.2 %	Roommate difficulties:	8.6 %
Chronic pain:	3.4 %	Sexually transmitted disease/	
Death of a friend or family member:	7.5 %	infection (STD/I):	0.7 %
Depression:	16.6 %	Sinus infection/Ear infection/	
Discrimination:	0.9 %	Bronchitis/Strep throat:	5.2 %
Drug use:	1.4 %	Sleep difficulties:	25.1 %
Eating disorder/problem:	2.0 %	Stress:	31.7 %
Finances:	11.5 %	Work:	15.0 %
		Other:	3.8 %

D. Violence, Abusive Relationships and Personal Safety

Within the last 12 months, college students reported experiencing:

Percent (%)	Male	Female	Total
A physical fight	8.7	2.7	5.6
A physical assault (not sexual assault)	4.4	3.1	3.8
A verbal threat	19.0	16.6	17.7
Sexual touching without their consent	4.3	3.9	4.2
Sexual penetration attempt without their consent	0.5	2.3	1.8
Sexual penetration without their consent	0.0	1.5	1.1
Stalking	2.2	5.8	4.4
An emotionally abusive intimate relationship	8.7	15.4	12.7
A physically abusive intimate relationship	3.8	3.5	3.8
A sexually abusive intimate relationship	1.1	1.6	1.6

College students reported feeling very safe:

	Percent (%)	Male	Female	Total
On their campus (daytime)		91.3	89.2	89.3
On their campus (nighttime)		66.3	39.1	50.2
In the community surrounding their				
school (daytime)		54.1	35.5	42.7
In the community surrounding their				
school (nighttime)		20.7	7.3	12.9

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	A	ctual Us	se
Percent (%)	Male	Female	Total
Never used	24.2	32.8	29.2
Used, but not in the last 30 days	15.9	20.1	18.3
Used 1-9 days	42.9	38.6	40.3
Used 10-29 days	14.3	7.7	10.5
Used all 30 days	2.7	0.8	1.8
Any use within the last 30 days	59.9	47.1	52.6

Cigarette		Actual Use		
Percent (%)	Male	Female	Total	
Never used	65.0	76.4	71.7	
Used, but not in the last 30 days	20.8	15.5	17.6	
Used 1-9 days	10.4	4.3	6.7	
Used 10-29 days	2.7	2.3	2.4	
Used all 30 days	1.1	1.6	1.6	
Any use within the last 30 days	14.2	8.1	10.7	

Marijuana	rijuana Actual Use		se
Percent (%)	Male	Female	Total
Never used	70.7	76.4	74.1
Used, but not in the last 30 days	14.7	16.2	15.5
Used 1-9 days	9.2	4.2	6.2
Used 10-29 days	2.7	0.8	1.6
Used all 30 days	2.7	2.3	2.7
Any use within the last 30 days	14.7	7.3	10.4

Perceived Use					
Male	Female	Total			
3.8	3.5	3.6			
3.3	3.1	3.4			
48.9	36.9	41.1			
34.1	40.8	38.0			
9.9	15.7	13.9			
92.9	93.3	93.0			

Per	ceived	Use
Male	Female	Total
8.2	5.1	6.3
14.2	9.1	11.2
45.4	36.6	39.8
16.4	18.9	17.8
15.8	30.3	24.9
77.6	85.8	82.5

Perceived Use				
Male	Female	Total		
12.2	7.6	9.4		
10.6	9.6	10.0		
52.8	48.0	49.3		
18.9	23.2	21.9		
5.6	11.6	9.4		
77.2	82.8	80.6		

Tobacco from a water pipe (hookah)	Actual Use			
Percent (%)	Male	Female	Total	
Never used	65.0	70.7	68.2	
Used, but not in the last 30 days	23.0	20.8	21.6	
Used 1-9 days	9.8	7.3	8.4	
Used 10-29 days	2.2	1.2	1.6	
Used all 30 days	0.0	0.0	0.2	
Any use within the last 30 days	12.0	8.5	10.2	

Perceived Use					
Male	Female	Total			
19.3	12.9	15.3			
11.0	16.1	13.9			
54.1	49.8	51.1			
11.0	14.9	13.7			
4.4	6.4	5.9			
69.6	71.1	70.8			

All other drugs combined	Actual Use			
Percent (%)	Male	Female	Total	
Never used	65.8	75.7	71.4	
Used, but not in the last 30 days	19.6	19.3	19.5	
Used 1-9 days	11.4	4.2	7.1	
Used 10-29 days	3.3	0.4	1.6	
Used all 30 days	0.0	0.4	0.4	
Any use within the last 30 days	14.7	5.0	9.1	

Perceived Use				
Male	Female	Total		
13.8	9.1	10.8		
16.0	13.0	14.2		
51.9	46.5	48.3		
11.6	20.1	17.2		
6.6	11.4	9.5		
70.2	78.0	74.9		

^{*}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).

- 3.3 % of college students reported driving after having 5 or more drinks in the last 30 days.*
- 24.5 % 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.

Estimated BAC	Percent (%)	Male	Female	Total
< .08		69.2	71.1	70.3
< .10		80.2	77.7	78.8
Mean		0.070	0.070	0.070
Median		0.040	0.040	0.040
Std Dev		0.070	0.080	0.080

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		39.7	45.2	43.0
5		6.5	7.7	7.1
6		5.4	1.9	3.5
7 or more		15.2	5.0	9.3
Mean		4.80	3.33	3.99
Median		4.00	3.00	3.00
Std Dev		4.31	2.40	3.44

^{*} 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	27.9	33.5	30.8
None	44.3	51.8	48.9
1-2 times	15.3	10.9	12.7
3-5 times	8.2	3.5	5.4
6 or more times	4.4	0.4	2.2

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		1.6	3.1	2.7
Erectile dysfunction drugs		0.5	0.8	0.9
Pain killers		10.9	8.1	9.6
Sedatives		3.3	2.7	3.1
Stimulants		2.7	5.4	4.5
Used 1 or more of the above		12.0	15.1	14.0

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	30.4	43.6	37.8
Avoid drinking games	49.2	54.8	51.6
Choose not to drink alcohol	30.9	37.5	34.6
Determine in advance not to exceed a set number of drinks	45.3	53.6	50.2
Eat before and/or during drinking	77.5	82.2	79.7
Have a friend let you know when you have had enough	35.9	44.0	40.5
Keep track of how many drinks being consumed	68.0	78.2	73.4
Pace drinks to one or fewer an hour	30.2	45.9	39.5
Stay with the same group of friends the entire time drinking	81.4	92.9	87.5
Stick with only one kind of alcohol when drinking	46.9	51.5	49.7
Use a designated driver	80.6	95.3	88.3
	•		·
Reported one or more of the above	97.1	99.5	97.9

^{*}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:*

Percent (%)	Male	Female	Total
Did something you later regretted	19.5	25.9	23.3
Forgot where you were or what you did	15.0	20.6	18.1
Got in trouble with the police	3.1	3.5	3.9
Had sex with someone without giving your consent	3.1	1.8	2.6
Had sex with someone without getting their consent	0.8	0.0	0.3
Had unprotected sex	15.6	7.7	11.5
Physically injured yourself	10.2	11.8	11.5
Physically injured another person	1.6	0.6	1.3
Seriously considered suicide	0.8	0.6	1.0
Reported one or more of the above	37.5	37.6	37.7

^{*}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		41.3	38.3	39.2
1		42.5	46.9	45.4
2		8.4	10.9	9.8
3		2.2	1.6	1.8
4 or more		5.6	2.3	3.9

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

	Male	Female	Total
Mean	1.80	1.39	1.61
Median	1.00	1.00	1.00
Std Dev	2.06	0.92	1.86

^{*}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	40.3	38.6	39.0
No, have done this sexual activity but not in the last 30 days	25.4	30.7	28.6
Yes	34.3	30.7	32.4

Vaginal sex within the past 30 days

Percent (%)	Male	Female	Total
No, have never done this sexual activity	44.8	38.8	41.0
No, have done this sexual activity but not in the last 30 days	16.0	17.3	16.7
Yes	39.2	43.9	42.3

Anal sex within the past 30 days

Percent (%)	Male	Female	Total
No, have never done this sexual activity	78.3	82.1	80.5
No, have done this sexual activity but not in the last 30 days	17.8	16.3	16.7
Yes	3.9	1.6	2.7

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	8.5	2.1	4.7
Vaginal intercourse	57.5	52.1	53.5
Anal intercourse	40.0	15.0	25.0

^{*}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	44.2	50.4	47.9
Not applicable/Didn't use a method/Don't know	55.8	49.6	52.1

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)	50.6	52.4	52.2
Birth control shots	2.6	0.0	1.0
Birth control implants	0.0	0.0	0.0
Birth control patch	2.6	4.1	3.5
Vaginal ring	6.5	9.1	8.0
Intrauterine device	2.6	3.3	3.0
Male condom	73.8	66.4	69.1
Female condom	0.0	0.0	0.0
Diaphragm or cervical cap	0.0	0.0	0.0
Contraceptive sponge	0.0	0.0	0.0
Spermicide (foam, jelly, cream)	15.6	7.4	10.4
Fertility awareness (calendar, mucous, basal body temperature)	9.1	10.7	10.4
Withdrawal	15.6	28.7	23.9
Sterilization (hysterectomy, tubes tied, vasectomy)	2.6	1.7	2.0
Other method	5.3	3.3	4.0
Male condom use plus another method	55.8	45.6	49.5
Any two or more methods (excluding male condoms)	27.3	29.5	28.8

■ 19.1 % of sexually active college students reported using (or reported their partner used) emergency contraception ("morning after pill") within the last 12 months.

(male: 14.3 %; female: 22.7 %).*

■ 3.5 % 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: 5.0 %; female: 2.6 %).**

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

^{*}Students responding "Not sexually active" 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	9.3	10.4	10.3
1-2 per day	62.8	60.6	61.2
3-4 per day	22.4	23.6	23.2
5 or more per day	5.5	5.4	5.4

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		20.4	26.6	24.2
1-4 days		54.1	58.6	56.7
5-7 days		25.4	14.8	19.2

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

	Percent (%)	Male	Female	Total
0 days		33.1	48.3	42.2
1-2 days		30.4	32.4	31.4
3-7 days		36.5	19.3	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		52.5	40.1	45.1

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		1.7	7.9	5.3
18.5-24.9 Healthy Weight		60.2	57.5	58.5
25-29.9 Overweight		24.9	20.1	22.0
30-34.9 Class I Obesity		8.8	8.7	8.7
35-39.9 Class II Obesity		3.3	4.3	4.1
≥40 Class III Obesity		1.1	1.6	1.4
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Maan		24.06	24.58	2

Mean	24.96	24.58	24.77
Median	24.14	23.17	23.63
Std Dev	4.80	5.77	5.42

H. Mental Health

Students reported experiencing the following within the last 12 months:

Felt things were hopeless

Percent (%)	Male	Female	Total
No, never	34.4	25.1	28.5
No, not last 12 months	23.3	20.8	21.8
Yes, last 2 weeks	17.2	19.3	18.7
Yes, last 30 days	9.4	12.0	11.2
Yes, in last 12 months	15.6	22.8	19.8
Any time within			
the last 12 months	42.2	54.1	49.7

Felt exhausted (not from physical activity)

Percent (%)	Male	Female	Total
No, never	15.5	9.3	11.7
No, not last 12 months	6.6	5.8	6.3
Yes, last 2 weeks	44.8	53.1	49.8
Yes, last 30 days	14.4	17.1	15.9
Yes, in last 12 months	18.8	14.7	16.4
Any time within			
the last 12 months	77.9	84.9	82.1

Felt overwhelmed by all you had to do

Percent (%)	Male	Female	Total
No, never	13.2	5.8	8.7
No, not last 12 months	8.8	3.1	5.6
Yes, last 2 weeks	44.0	54.4	50.0
Yes, last 30 days	15.9	17.8	17.2
Yes, in last 12 months	18.1	18.9	18.5
Any time within			
the last 12 months	78.0	91.1	85.7

Felt very lonely

Percent (%)	Male	Female	Total
No, never	21.5	17.5	19.1
No, not last 12 months	27.6	16.0	20.4
Yes, last 2 weeks	16.6	29.6	24.5
Yes, last 30 days	13.3	14.0	13.7
Yes, in last 12 months	21.0	23.0	22.2
Any time within			
the last 12 months	50.8	66.5	60.4

Felt very sad

Percent (%)	Male	Female	Total
No, never	22.3	13.3	16.7
No, not last 12 months	22.9	15.6	18.6
Yes, last 2 weeks	16.2	31.3	25.1
Yes, last 30 days	12.8	17.6	15.6
Yes, in last 12 months	25.7	22.3	24.0
Any time within			
the last 12 months	54.7	71.1	64.7

Felt overwhelming anxiety

Percent (%)	Male	Female	Total
No, never	38.5	30.9	33.7
No, not last 12 months	21.4	14.7	17.4
Yes, last 2 weeks	14.3	22.0	19.0
Yes, last 30 days	9.3	11.6	10.9
Yes, in last 12 months	16.5	20.8	19.0
Any time within			
the last 12 months	40.1	54.4	48.9

Seriously considered suicide

Percent (%)	Male	Female	Total
No, never	81.9	80.6	81.0
No, not last 12 months	13.2	14.3	13.9
Yes, last 2 weeks	0.5	0.8	0.9
Yes, last 30 days	2.2	1.2	1.6
Yes, in last 12 months	2.2	3.1	2.7
Any time within			
the last 12 months	4.9	5.0	5.1

Intentionally cut, burned, bruised, or otherwise injured yourself

Percent (%)	Male	Female	Total
No, never	82.4	82.4	82.5
No, not last 12 months	13.7	11.3	12.1
Yes, last 2 weeks	1.6	1.6	1.8
Yes, last 30 days	1.1	2.0	1.6
Yes, in last 12 months	1.1	2.7	2.0
Any time within			
the last 12 months	3.8	6.3	5.4

Felt so depressed that it was difficult to function

Percent (%)	Male	Female	Total
No, never	44.2	38.6	40.7
No, not last 12 months	26.5	21.6	23.5
Yes, last 2 weeks	8.8	15.8	13.2
Yes, last 30 days	5.5	5.0	5.1
Yes, in last 12 months	14.9	18.9	17.4
Any time within			
the last 12 months	29.3	39.8	35.8

Felt overwhelming anger

Percent (%)	Male	Female	Total
No, never	38.9	38.3	38.1
No, not last 12 months	23.9	19.5	21.4
Yes, last 2 weeks	11.7	14.8	13.8
Yes, last 30 days	7.2	9.8	8.6
Yes, in last 12 months	18.3	17.6	18.1
Any time within			
the last 12 months	37.2	42.2	40.4

Attempted suicide

Percent (%)	Male	Female	Total
No, never	90.6	93.0	91.9
No, not last 12 months	8.3	6.6	7.2
Yes, last 2 weeks	0.6	0.0	0.4
Yes, last 30 days	0.6	0.0	0.2
Yes, in last 12 months	0.0	0.4	0.2
Any time within			
the last 12 months	1.1	0.4	0.9

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

Percent (%)	Male	Female	Total
Anorexia	0.5	0.0	0.5
Anxiety	3.3	7.4	6.1
Attention Deficit and Hyperactivity Disorder	2.2	0.4	1.3
Bipolar Disorder	1.6	0.8	1.3
Bulimia	0.5	0.4	0.7
Depression	3.9	9.4	7.7
Insomnia	1.1	1.9	1.8
Other sleep disorder	1.1	1.6	1.6
Obsessive Compulsive Disorder	2.2	2.7	2.7
Panic attacks	1.6	4.3	3.4
Phobia	1.1	0.4	0.9
Schizophrenia	1.1	0.8	1.1
Substance abuse or addiction	0.5	0.4	0.7
Other addiction	1.1	0.0	0.7
Other mental health condition	1.7	3.1	2.7
Students reporting none of the above	91.8	84.6	87.1
Students reporting only one of the above	4.9	6.2	5.8
Students reporting both Depression and Anxiety	1.6	4.3	3.6
Students reporting any two or more of the above			
excluding the combination of Depression and Anxiety	2.7	4.2	3.8

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

Percent (%)	Male	Female	Total
Academics	46.7	55.4	52.0
Career-related issue	17.7	31.0	26.1
Death of family member or friend	13.7	18.2	16.6
Family problems	21.4	40.1	33.0
Intimate relationships	31.3	38.8	36.1
Other social relationships	19.2	30.7	26.7
Finances	40.1	41.9	41.3
Health problem of family member or partner	15.9	21.3	19.5
Personal appearance	14.3	23.6	20.0
Personal health issue	15.4	28.3	23.1
Sleep difficulties	23.6	28.0	26.5
Other	13.2	11.4	12.4
Students reporting none of the above	29.1	14.3	20.4
Students reporting only one of the above	9.9	12.4	11.2
Students reporting 2 of the above	15.9	10.1	12.3
Students reporting 3 or more of the above	45.1	63.2	56.1

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

Perc	ent (%)	Male	Female	Total
No stress		3.9	0.4	1.8
Less than average stress		12.8	5.8	9.0
Average stress		40.0	38.0	38.3
More than average stress		35.6	44.6	40.5
Tremendous stress		7.8	11.2	10.4

I. Sleep

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

Percent (%) Male	Female	Total
0 days	13.3	10.5	12.0
1-2 days	31.1	36.7	34.2
3-5 days	42.2	46.9	44.8
6+ days	13.3	5.9	9.0

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

Perce	ent (%)	Male	Female	Total
0 days		11.6	5.4	7.9
1-2 days		30.9	29.2	30.0
3-5 days		43.1	47.1	45.3
6+ days		14.4	18.3	16.9

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

Percent (%)	Male	Female	Total
No problem	8.9	7.4	7.9
A little problem	44.1	51.9	48.5
More than a little problem	24.6	23.3	24.2
A big problem	18.4	12.4	14.7
A very big problem	3.9	5.0	4.7

Demographics and Student Characteristics

■ Age:			■ Students describe themselve	es as:
Average age:	22.04 years		White:	37.5 %
Median:	21.00 years		Black – not Hispanic:	4.4 %
Std Dev:	5.08 years		Hispanic or Latino/a:	27.7 %
			Asian or Pacific Islander:	31.5 %
18 - 20 years:		45.5 %	American Indian, Alaskan	
21 - 24 years:		39.0 %	Native or Native Hawaiian:	1.3 %
25 - 29 years:		8.7 %	Biracial or Multiracial:	7.5 %
30+ years:		6.7 %	Other:	4.4 %
■ Gender*			■ International Student:	
Female:		57.4 %	International:	8.8 %
Male:		40.8 %		
Transgender:		0.2 %	■ Students describe themselve	es as:
			Heterosexual:	93.6 %
■ Student statu	IS:		Gay/Lesbian:	1.8 %
1st year underg	raduate:	0.2 %	Bisexual:	3.2 %
2nd year underg	graduate:	22.4 %	Unsure:	1.4 %
3rd year underg	raduate:	25.2 %		
4th year underg	raduate:	34.1 %	■ Housing:	
5th year or mor	e undergraduate:	4.6 %	Campus residence hall:	21.4 %
Graduate or pro	fessional:	13.0 %	Fraternity or sorority house:	0.0 %
Not seeking a d	egree:	0.2 %	Other university housing:	0.0 %
Other:		0.2 %	Parent/guardian home:	8.1 %
			Other off-campus housing:	67.9 %
Full-time stude	nt:	99.3 %	Other:	2.5 %
Part-time stude	nt:	0.5 %		
Other student:		0.2 %	■ Participated in organized co	ollege athletics:
			Varsity:	2.5 %
■ Relationship	status:		Club sports:	21.4 %
Not in a relation	nship:	49.8 %	Intramurals:	15.1 %
In a relationship	but not living together:	33.1 %		
In a relationship	and living together:	17.1 %	■ Member of a social fraterni	ty or sorority:
			Greek member:	9.8 %
■ Marital statu	is:			
Single:		87.2 %	■ Primary Source of Health I	nsurance:
Married/Partner	red:	10.8 %	College/university sponsored	
Separated:		0.2 %	plan:	45.4 %
Divorced:		0.2 %	Parents' plan:	48.3 %
Other:		1.6 %	Another plan:	5.2 %
			Don't have health insurance:	0.2 %
			Not sure if have plan:	0.9 %

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