

West Virginia Executive Summary

Spring 2018

**American College Health Association
National College Health Assessment II**

ACHA-NCHA II

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Introduction

1. Missing values have been excluded, but reference should be made to the full data report. Variables with a large amount of missing values introduce an uncontrolled source of error.
2. Students responding "not applicable" were excluded from several analyses, which are specifically noted throughout this document. This is frequently the cause of differences between this and the full data report.
3. Survey responses are reported by sex based on the responses to questions 47a, 47b, and 47c. For the purpose of the ACHA-NCHA report documents, respondents are reported as male or female only when their responses to these three questions are consistent with one another. If students' gender identity is consistent with their sex at birth AND the student selects "no" for transgender, then respondents are designated as either male or female. If respondents select "yes" for transgender OR their sex at birth is not consistent with their gender identity, then they are designated as non-binary. A respondent that skips any of the three questions is designated as unknown. Totals displayed in this report include non-binary and unknown student

Findings

A. General Health of College Students

- 46.7% of college students surveyed (42.6% of females and 54.4% of males) described their health was **very good or excellent**.
- 84.9% of college students surveyed (83.7% of females and 87.6% of males) described their health was **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:	23.5 %	Hepatitis B or C:	0.4 %
Asthma:	11.2 %	High blood pressure:	5.7 %
Back pain:	14.2 %	High cholesterol:	3.3 %
Broken bone/Fracture/Sprain:	7.3 %	HIV infection:	0.3 %
Bronchitis:	8.1 %	Irritable Bowel Syndrome:	3.9 %
Chlamydia:	2.2 %	Migraine headaches:	11.3 %
Diabetes:	2.0%	Mononucleosis:	1.2 %
Ear infection:	10.3 %	Pelvic Inflammatory Disease:	0.3 %
Endometriosis:	1.7 %	Repetitive stress injury:	2.1 %
Genital herpes:	0.8 %	Sinus infection:	27.3 %
Genital warts/HPV:	0.7 %	Strep throat:	14.6 %
Gonorrhea:	0.7 %	Tuberculosis:	0.2 %
Urinary tract infection:	12.8 %		

- 58.5 % of college students (47.6 % male, 67.3% 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)	9.4 %
Chronic illness (e.g., cancer, diabetes, auto-immune disorders)	7.5 %
Deafness/Hearing loss	2.9 %
Learning disability	4.8 %
Mobility/Dexterity disability	1.3 %
Partial sightedness/Blindness	2.8 %
Psychiatric condition	9.2 %
Speech or language disorder	1.1 %
Other disability	2.7 %

B. Disease and Injury Prevention

College students reported receiving the following vaccinations (shots):

- 64.9 % reported receiving vaccination against hepatitis B.
- 51 % reported receiving vaccination against Human Papillomavirus/HPV (cervical cancer vaccine).
- 45.5 % reported receiving vaccination against influenza (flu) in the last 12 months (shot or nasal mist).
- 71.4 % reported receiving vaccination against measles, mumps, rubella.
- 65.0 % reported receiving vaccination against meningococcal meningitis.
- 61.6 % reported receiving vaccination against varicella (chicken pox).

Other disease prevention practices reported by college students:

- 69.5 % reported having a dental exam and cleaning in the last 12 months.
- 35.3 % of males reported performing a testicular self exam in the last 30 days.
- 43.6 % of females reported performing a breast self exam in the last 30 days.
- 48.1 % of females reported having a routine gynecological exam in the last 12 months.
- 50.9 % reported using sunscreen regularly with sun exposure.
- 26.6 % reported ever being tested for Human Immunodeficiency Virus (HIV) infection.

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

Percentage(%)	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	.2		.7	5.8	93.4
Wear a helmet when you rode a bicycle	60.2		40.5	22.5	37
Wear a helmet when you rode a motorcycle	78.1		8.2	5.1	86.7
Wear a helmet when you were inline skating	82.6		51.2	12	36.8

* 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:	2.7 %	Gambling:	0.1 %
Allergies:	1.8 %	Homesickness:	3.6 %
Anxiety:	24.4 %	Injury:	2.2 %
Assault (physical):	0.7 %	Internet use/computer games:	6.3 %
Assault (sexual):	1.7 %	Learning disability:	2.7 %
Attention Deficit/Hyperactivity Disorder:	6.0 %	Participation in extracurricular activities:	6.0 %
Cold/Flu/Sore throat:	12.4%	Pregnancy (yours or partner's):	1.0 %
Concern for a troubled friend or family member:	8.9 %	Relationship difficulties:	7.3 %
Chronic health problem or serious illness:	3.9 %	Roommate difficulties:	4.1 %
Chronic pain:	3.0 %	Sexually transmitted disease/infection (STD/I):	0.3 %
Death of a friend or family member:	6.6 %	Sinus infection/Ear infection/Bronchitis/Strep throat:	4.7 %
Depression:	16.0 %	Sleep difficulties:	18.8 %
Discrimination:	1.1 %	Stress:	27.4 %
Drug use:	1.4 %	Work:	11.6 %
Eating disorder/problem:	1.0 %	Other:	1.5 %
Finances:	5.6 %		

D. Violence, Abusive Relationships, and Personal Safety

Within the last 12 months, college students reported experiencing:

Percentage(%)	Male	Female	Total
A physical fight	9.8	3.7	5.9
A physical assault (not sexual assault)	3.9	4.2	4.2
A verbal threat	24.8	20.2	21.6
Sexual touching without their consent	4.9	11.9	9.5
Sexual penetration attempt without their consent	1.3	5.6	4.1
Sexual penetration without their consent	.8	3.4	2.5
Stalking	3.5	8.7	6.8
An emotionally abusive intimate relationship	8.8	15.1	13.0
A physically abusive intimate relationship	2.8	3.4	3.3
A sexually abusive intimate relationship	1.5	4.1	3.3

College students reported feeling very safe :

Percentage(%)	Male	Female	Total
On their campus (daytime)	79.7	75.2	76.7
On their campus (nighttime)	50.8	21.9	33.2
In the community surrounding their school (daytime)	50.5	41.9	45.7
In the community surrounding their school (nighttime)	30.9	14.0	21.1

E. Tobacco, Alcohol and Marijuana 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.

Cigarette

	Actual Use			Perceived Use		
Percentage(%)	Male	Female	Total	Male	Female	Total
Never used	71.4	76.2	74.6	12.6	8.8	10.6
Used, but not in the last 30 days	17.7	13.	15.2	10.6	6.2	8.1
Used 1-9 days	5.7	4.4	4.7	37.9	32.0	34.1
Used 10-29 days	1.7	1.1	1.3	17.2	19.4	18.4
Used all 30 days	3.5	4.3	4.2	20.6	33.6	28.9
Any use within the last 30 days	10.8	9.8	10.1	75.0	83.4	78.2

E-cigarettes

	Actual Use			Perceived Use		
Percentage(%)	Male	Female	Total	Male	Female	Total
Never used	72.9	82.7	79.7	12.4	9.5	11.3
Used, but not in the last 30 days	12.1	9.5	10.2	7.4	4.6	6.1
Used 1-9 days	7.8	4.5	5.4	32.7	28.0	29.8
Used 10-29 days	3.0	1.4	1.9	22.4	22.1	21.6
Used all 30 days	4.2	2.0	2.8	23.1	35.8	31.1
Any use within the last 30 days	14.9	7.8	9.9	78.2	83.8	79.2

Tobacco from a water pipe (hookah)

	Actual Use			Perceived Use		
Percentage(%)	Male	Female	Total	Male	Female	Total
Never used	83.0	88.9	86.5	25.0	17.9	21.0
Used, but not in the last 30 days	14.5	9.6	11.4	19.5	15.1	16.7
Used 1-9 days	2.2	1.3	1.7	40.5	43.1	41.5
Used 10-29 days	.2	.2	.2	7.7	13.3	11.1
Used all 30 days	.2	.0	.2	7.4	10.7	9.8
Any use within the last 30 days	2.5	1.5	2.1	54.0	65.4	59.6

Alcohol

	Actual Use			Perceived Use		
Percentage(%)	Male	Female	Total	Male	Female	Total
Never used	25.6	23.2	24.6	6.8	4.0	5.3
Used, but not in the last 30 days	17.0	20.6	19.2	2.9	1.9	7.8
Used 1-9 days	44.0	36.3	45.0	32.1	27.5	29.4
Used 10-29 days	11.5	9.5	10.0	34.6	38.6	37.2
Used all 30 days	1.9	.6	1.1	21.6	28.0	25.7
Any use within the last 30 days	56.8	55.8	55.5	87.9	92.0	88.4

Marijuana

	Actual Use			Perceived Use		
Percentage(%)	Male	Female	Total	Male	Female	Total
Never used	62.5	67.6	66.1	12.4	8.5	10.6
Used, but not in the last 30 days	19.5	19.5	10.2	8.1	4.6	6.1
Used 1-9 days	8.4	7.1	5.4	37.5	33.1	34.1
Used 10-29 days	3.9	3.0	1.9	23.6	28.2	26.2
Used all 30 days	5.3	2.9	2.8	18.5	25.5	22.9
Any use within the last 30 days	17.4	12.9	14.2	77.2	84.6	79.4

Drinking and Driving

- 2% of college students reported driving after having 5 or more drinks in the last 30 days.*
- 18 % 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.

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

Number of Drinks*

Percentage(%)	Male	Female	Total
4 or fewer	42.0	62.0	55.1
5	8.7	10.8	10.3
6	9.3	8.7	8.8
7 or more	40.0	18.6	25.8

* 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:

Percentage(%)	Male	Female	Total
N/A don't drink	27.8	25.1	26.0
None	35.3	50.6	45.1
1-2 times	25.0	19.2	21.3
3-5 times	9.6	4.1	6.0
6 or more times	2.2	1.0	1.6

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

Percentage(%)	Male	Female	Total
Antidepressants	1.8	4.7	3.7
Erectile dysfunction drugs	1.0	.7	.8
Pain killers	4.0	3.9	4.0
Sedatives	2.6	3.4	3.3
Stimulants	5.8	4.9	5.2
Used 1 or more of the above	10.4	11.9	11.1

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

Percentage(%)	Male	Female	Total
Alternate non-alcoholic with alcoholic beverages	21.8	34.2	30.3
Avoid drinking games	29.6	39.4	36.2
Choose not to drink alcohol	20.2	30.3	27.1
Determine in advance not to exceed a set number of drinks	30.9	45.7	40.5
Eat before and/or during drinking	74.9	79.2	77.4
Have a friend let you know when you have had enough	28.0	46.6	40.7
Keep track of how many drinks being consumed	51.8	66.3	61.1
Pace drinks to one or fewer an hour	18.6	38.8	32.1
Stay with the same group of friends the entire time drinking	77.7	90.7	86.1
Stick with only one kind of alcohol when drinking	47.5	56.3	40.5
Use a designated driver	80.3	91.5	87.5
Reported one or more of the above	94.3	97.1	93.3

*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:*

Percentage(%)	Male	Female	Total
Did something you later regretted	30.2	31.3	31.0
Forgot where you were or what you did	30.7	27.1	28.3
Got in trouble with the police	3.6	1.3	2.1
Someone had sex with me without my consent	.9	3.6	2.9
Had sex with someone without their consent	1.2	.3	.6
Had unprotected sex	27.5	27.8	27.5
Physically injured yourself	11.4	10.8	11.0
Physically injured another person	2.7	.9	1.7
Seriously considered suicide	4.3	4.4	4.3
Reported one or more of the above	52.2	50.6	49.4

*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:

Percentage(%)	Male	Female	Total
None	25.9	23.0	24.3
1	42.9	52.7	49.0
2	8.8	9.9	9.5
3	6.4	3.8	4.8
4 or more	16.0	10.6	12.4

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

	Male	Female	Total
Mean	2.7	2.0	2.3
Median	1.0	1.0	1.0
Standard Deviation	4.3	2.3	3.5

*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

Percentage(%)	Male	Female	Total
No, have never done this sexual activity	22.1	20.9	21.4
No, have done this sexual activity but not in the last 30 days	28.2	27.2	27.5
Yes	49.7	51.9	51.2

Vaginal sex within the past 30 days

Percentage(%)	Male	Female	Total
No, have never done this sexual activity	24.6	22.0	23.0
No, have done this sexual activity but not in the last 30 days	22.8	20.4	21.2
Yes	52.6	57.6	55.8

Anal sex within the past 30 days

Percentage(%)	Male	Female	Total
No, have never done this sexual activity	61.1	69.2	66.1
No, have done this sexual activity but not in the last 30 days	29.8	24.6	26.6
Yes	9.1	6.3	7.3

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

Percentage(%)	Male	Female	Total
Sexually active students reported*			
Oral sex	5.0	4.1	4.5
Vaginal intercourse	45.2	38.0	40.2
Anal intercourse	30.5	17.7	23.2

*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*:

Percentage(%)	Male	Female	Total
Yes, used a method of contraception	76.9	84.7	82.0
Didn't use a method or don't know	23.1	15.3	18.1

*Students responding "N/A, have not had vaginal intercourse", "No, have not had vaginal intercourse that could result in a pregnancy", or "No, did not want to prevent pregnancy" were excluded from the analysis

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:

Percentage(%)	Male	Female	Total
Birth control pills (monthly or extended cycle)	66.5	62.0	63.4
Birth control shots	6.5	4.6	5.3
Birth control implants	10.7	7.8	8.8
Birth control patch	2.0	1.0	1.3
Vaginal ring	3.2	2.9	3.0
Intrauterine device	9.1	8.2	8.7
Male condom	62.2	53.2	56.1
Female condom	.9	.5	.6
Diaphragm or cervical cap	.8	.3	.4
Contraceptive sponge	.8	.2	.4
Spermicide (foam, jelly, cream)	4.1	3.3	3.5
Fertility awareness (calendar, mucous, basal body temperature)	3.8	7.9	6.6
Withdrawal	30.2	38.4	35.6
Sterilization (hysterectomy, tubes tied, vasectomy)	6.5	4.6	3.1
Other method	4.6	2.2	3.0

- 13.1 % of sexually active college students reported using (or reported their partner used) emergency contraception ("morning after pill") within the last 12 months.(male: 11.5 %; female: 13.9 %).*
*Students responding "Not sexually active" were excluded from the analysis.
- 1.7 % 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: 1.5 %; female: 1.7 %).**
**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:

Percentage(%)	Male	Female	Total
0 servings per day	11.3	9.1	10.0
1-2 per day	61.0	65.6	63.9
3-4 per day	23.4	21.7	22.3
5 or more per day	4.3	3.6	3.8

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

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

Percentage(%)	Male	Female	Total
0 days	22.7	25.0	24.7
1-4 days	50.7	54.7	53.1
5-7 days	26.6	20.3	22.2

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

Percentage(%)	Male	Female	Total
0 days	35.1	45.7	42.4
1-4 days	46.6	42.7	43.7
5-7 days	18.3	11.6	13.9

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).

Percentage(%)	Male	Female	Total
Guidelines met	55.2	45.1	48.1

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

Percentage(%)	Male	Female	Total
<18.5 Underweight	2.3	3.1	2.9
18.5-24.9 Healthy Weight	40.7	47.8	45.2
25-29.9 Overweight	31.9	23.7	26.6
30-34.9 Class I Obesity	13.5	12.5	12.7
35-39.9 Class II Obesity	6.5	6.8	6.8
≥40 Class III Obesity	5.1	6.1	5.9
Mean	27.1	26.9	27.0
Median	25.7	24.9	25.1
Standard Deviation	6.3	6.9	6.9

H. Mental Health

Students reported experiencing the following within the last 12 months:

Felt things were hopeless

Percentage(%)	Male	Female	Total
No, never	41.1	26.6	31.8
No, not last 12 months	19.9	17.9	18.4
Yes, last 2 weeks	14.8	20.3	18.6
Yes, last 30 days	5.3	11.1	9.3
Yes, in last 12 months	18.9	24.1	22.0
Any time within the last 12 months	39	55.5	49.9

Felt overwhelmed by all you had to do

Percentage(%)	Male	Female	Total
No, never	20.4	6.9	12.0
No, not last 12 months	6.9	2.8	4.2
Yes, last 2 weeks	35.9	55.8	48.8
Yes, last 30 days	15.0	15.7	15.5
Yes, in last 12 months	21.9	18.7	19.5
Any time within the last 12 months	72.8	90.2	83.8

Felt exhausted (not from physical activity)

Percentage(%)	Male	Female	Total
No, never	22.1	9.2	14.0
No, not last 12 months	7.9	4.4	5.5
Yes, last 2 weeks	37.9	55.5	49.5
Yes, last 30 days	14.0	15.5	14.9
Yes, in last 12 months	18.0	15.5	16.1
Any time within the last 12 months	69.9	86.5	80.5

Felt very lonely

Percentage(%)	Male	Female	Total
No, never	34.6	19.4	24.9
No, not last 12 months	19.1	18.2	18.2
Yes, last 2 weeks	18.8	27.8	24.8
Yes, last 30 days	9.3	14.2	12.5
Yes, in last 12 months	18.2	20.3	19.5
Any time within the last 12 months	46.3	62.3	56.8

Felt very sad

Percentage(%)	Male	Female	Total
No, never	32.6	15.6	21.6
No, not last 12 months	15.8	13.8	14.4
Yes, last 2 weeks	20.5	33.1	28.9
Yes, last 30 days	9.6	13.3	12.0
Yes, in last 12 months	21.5	24.2	23.0
Any time within the last 12 months	51.6	70.6	63.9

Felt so depressed that it was difficult to function

Percentage(%)	Male	Female	Total
No, never	51.4	36.0	41.2
No, not last 12 months	20.4	19.5	19.7
Yes, last 2 weeks	8.1	17.1	14.5
Yes, last 30 days	5.2	8.8	7.5
Yes, in last 12 months	14.9	18.6	17.2
Any time within the last 12 months	28.2	44.5	39.2

Felt overwhelming anxiety

Percentage(%)	Male	Female	Total
No, never	40.7	19.6	27.1
No, not last 12 months	15.0	9.9	11.7
Yes, last 2 weeks	15.9	34.7	28.4
Yes, last 30 days	10.0	14.3	12.7
Yes, in last 12 months	18.4	21.5	20.1
Any time within the last 12 months	44.3	70.5	61.2

Felt overwhelming anger

Percentage(%)	Male	Female	Total
No, never	42.4	32.2	35.9
No, not last 12 months	21.9	21.1	21.3
Yes, last 2 weeks	12.8	16.6	15.4
Yes, last 30 days	6.7	10.6	9.4
Yes, in last 12 months	16.2	19.6	18.1
Any time within the last 12 months	35.7	46.8	42.9

Seriously considered suicide

Percentage(%)	Male	Female	Total
No, never	78.4	71.1	73.3
No, not last 12 months	11.4	16.3	14.6
Yes, last 2 weeks	2.4	2.8	2.8
Yes, last 30 days	1.5	1.8	1.7
Yes, in last 12 months	6.4	8.0	7.5
Any time within the last 12 months	10.3	12.6	12

Attempted suicide

Percentage(%)	Male	Female	Total
No, never	91.4	87.5	88.5
No, not last 12 months	6.3	10.4	9.2
Yes, last 2 weeks	.5	.3	.4
Yes, last 30 days	.3	.2	.2
Yes, in last 12 months	1.5	1.8	1.7
Any time within the last 12 months	2.3	2.3	2.3

Intentionally cut, burned, bruised, or otherwise injured yourself

Percentage(%)	Male	Female	Total
No, never	87.2	74.5	78.7
No, not last 12 months	8.0	16.2	13.4
Yes, last 2 weeks	.9	2.2	2.0
Yes, last 30 days	.9	1.2	1.1
Yes, in last 12 months	2.9	5.9	4.9
Any time within the last 12 months	4.7	9.3	8

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

Percentage(%)	Male	Female	Total
Anorexia	.6	1.3	1.2
Anxiety	11.3	29.6	23.5
Attention Deficit and Hyperactivity Disorder	6.1	6.9	6.8
Bipolar Disorder	1.8	3.3	2.9
Bulimia	.6	1.3	1.2
Depression	10.0	21.5	17.8
Insomnia	4.1	5.9	5.3
Other sleep disorder	2.7	2.9	2.9
Obsessive Compulsive Disorder	2.0	3.8	3.2
Panic attacks	5.0	16.3	12.5
Phobia	1.3	1.5	1.5
Schizophrenia	.7	.2	.5
Substance abuse or addiction	1.9	.9	1.3
Other addiction	.9	.5	.7
Other mental health condition	2.4	3.8	3.4

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

Percentage(%)	Male	Female	Total
Academics	39.1	51.2	47.2
Career-related issue	19.8	25.6	23.7
Death of family member or friend	17.4	21.5	20.1
Family problems	21.7	32.6	31.7
Intimate relationships	25.0	33.0	30.3
Other social relationships	18.9	28.2	25.0
Finances	30.0	38.5	35.7
Health problem of family member or partner	16.2	25.6	22.3
Personal appearance	18.7	32.8	28.0
Personal health issue	14.5	24.2	21.0
Sleep difficulties	30.5	36.9	34.8
Other	9.1	9.9	9.8

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

Percentage(%)	Male	Female	Total
No stress	5.3	.8	2.5
Less than average stress	12.2	4.4	6.9
Average stress	38.6	29.6	32.3
More than average stress	34.9	48.5	43.9
Tremendous stress	9.0	16.6	14.4

I. Sleep

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

Percentage(%)	Male	Female	Total
0 days	13.8	17.2	16.7
1-2 days	28.7	34.8	32.3
3-5 days	35.0	40.6	41.9
6+ days	12.4	7.5	9.1

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

Percentage(%)	Male	Female	Total
0 days	13.5	6.2	8.7
1-2 days	30.7	21.3	24.2
3-5 days	39.8	45.9	43.7
6+ days	15.9	26.7	23.4

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

Percentage(%)	Male	Female	Total
No problem at all	15.3	7.8	10.4
A little problem	46.9	41.7	43.2
More than a little problem	22.6	27.5	25.9
A big problem	11.2	14.6	13.5
A very big problem	4.0	8.5	7.0

Demographics and Student Characteristics

- Age
 - 18-20 years: 46.8%
 - 21-24 years: 33.6%
 - 25-29 years: 9.9%
 - 30+ years: 9.7%

- Gender*
 - Female 61.7%
 - Male 31.1%
 - Non-Binary 1.8%

- Student Status
 - 1st year undergraduate: 24.6%
 - 2nd year undergraduate: 18.5%
 - 3rd year undergraduate: 18.3%
 - 4th year undergraduate: 15.5%
 - 5th year or more undergraduate: 5.6%
 - Graduate or professional: 16.6%
 - Not seeking a degree: .1%
 - Full-Time Student: 94.4%
 - Part-Time Student: 5.0%
 - Other: .6%

- Relationship Status
 - Not in a relationship: 43.1%
 - In a relationship but not living together: 36.3%
 - In a relationship and living together: 20.7%

- Marital Status
 - Single: 83.9%
 - Married/Partnered: 11.9%
 - Separated: .1%
 - Divorced: 1.8%
 - Other: 2.2%

- Primary Source of Health Insurance
 - College/university sponsored plan: 9.2%
 - My Parents' Plan: 66.0%
 - Another Plan: 19.6%
 - Don't have health insurance: 3.8%
 - Not sure if have plan: 1.4%

- Students describe themselves as
 - White: 80.8%
 - Black or African American: 6.7%
 - Hispanic or Latino/a: 3.0%
 - Asian or Pacific Islander: 4.1%
 - American Indian, Alaskan Native or Native Hawaiian: 1.3%
 - Biracial or Multiracial: 2.7%
 - Other: 1.9%

- International Student
 - International: 5.6%

- Students describe themselves as
 - Asexual: 3.8%
 - Bisexual: 5.8%
 - Gay: 1.6%
 - Lesbian: 1.4%
 - Pansexual: 1.9%
 - Queer: .4%
 - Questioning: 1.1%
 - Straight/Heterosexual: 83.7%
 - Another Identity: .5%

- Housing
 - Campus residence hall: 32.5%
 - Fraternity or sorority house: 1.0%
 - Other university housing: 2.5%
 - Parent/guardian home: 17.0%
 - Other off-campus housing: 40.7%
 - Other: 6.3%

- Participated in organized college athletics:
 - Varsity: 14.7%
 - Club Sports: 7.0%
 - Intramurals: 11.7%

- Member of a social fraternity or sorority
 - Greek Member: 11.2%