

SECTION: 7
DATE:
December 7, 2023

BOARD OF REGENTS
EASTERN MICHIGAN UNIVERSITY

RECOMMENDATION

STUDENT AFFAIRS COMMITTEE

ACTION REQUESTED

It is recommended that the Student Affairs Committee Agenda for December 7, 2023 and the Minutes of October 17, 2023 be received and placed on file.

STAFF SUMMARY

The December 7, 2023 agenda includes a Student House of Representatives presentation, and a Mental Wellness Supports presentation.


In addition, several announcements will be made.

FISCAL IMPLICATIONS

None.

ADMINISTRATIVE RECOMMENDATION

The proposed Board action has been reviewed and is recommended for Board approval.



University Executive Officer
Rhonda Longworth, Ph.D.

11/13/23

Date

EASTERN MICHIGAN UNIVERSITY

Board of Regents

Student Affairs Committee

December 7, 2023

10:30 - 11:15 AM, 201 Welch Hall

AGENDA

- (10:30 AM) Section 7: Agenda and Minutes from October 17, 2023 (*Regent Ford*)
- (10:35 AM) Presentation: Student House of Representatives (*Rylee Clairday*)
- (10:45 AM) Presentation: Student Mental Wellness Initiatives @EMU (*E. Gold, D. Fields, C. McFarland*)
- (11:05 AM) Announcements

Eastern Michigan University
Board of Regents
Student Affairs Committee
201 Welch
Minutes of October 19, 2023

MEMBERS PRESENT

Regents: Nathan Ford, Anupam Chugh Sidhu

Administration: Ellen Gold, Lucas Langdon, Rhonda Longworth, Kevin Williams

GUESTS

Administration: Oscar Alcaine, Jeff Ammons, Jeff Bernstein, Sherry Bumpus, Meg Castro, Katie Condon, Doris Fields, Dwight Hamilton, Julia Heck, Jill Hunsberger, Regent Eunice Jeffries, Regent Kimbrough-Marshall, Walter Kraft, Lisa Lauterbach, Kevin Lawson, Lauren London, Kenneth Lord, Calvin McFarland, Vicki Reaume, President James Smith, Melissa Thrasher, Ron Woody, Jeanette Zalba. In addition, six other people attended the meeting but were not signed in.

Students: Rylee Clairday, Josh Cordonero, Ameera Salman, Je'Naiya Tims, Syed Wasiuddin

Regent Ford opened the meeting at 10:48 a.m. The minutes from April 20, 2023 and the agenda for the meeting were approved.

Student Government Update

Syed Wasiuddin, Student Body President, and Ameera Salman, Student Body Vice-President, shared a presentation introducing the Student Government Executive Board and outlining goals and initiatives for 2023-24. A survey is planned to identify student needs and feedback. Steps are being taken to increase student organization awareness and utilization of Student Government, and to improve and raise awareness of campus event times for commuters and residents. Student Government has worked with Dining to increase halel, gluten-free and vegan options on campus. Work is being done to increase the use of gender-inclusive language in EMU student documents.

Other goals include adding resource phone numbers (Counseling and Psychological Services, the Department of Public Safety, etc.) to student ID cards, and increasing funding and visibility for Counseling and Psychological Services and Swoops Food Pantry.

Regent Sidhu commended Student Government for their reasonable goals and initiatives. Regent Ford commended them for the diversity of the Executive Board. Regent Ford asked what measures will be taken to monitor success and outcomes. President Wasiuddin replied that he plans to delegate tasks to the Executive Board and follow up with them about the outcomes. Vice-President Salman added that they would like to survey students at the middle and end of the year to determine the impact these changes have made.

A Snapshot of EMU Students: EMU Generation Z Presentation

Provost Rhonda Longworth introduced the presentation, and stated that the goal is to look five years forward. The presentation will share details about the current Eastern Michigan University student body, the trends that are being seen on campus, and how we hope to build a sense of belonging on campus.

Doris Fields, Interim Associate Provost and Vice President of Academic Programs and Initiatives, shared details about some of the changes that are being seen in current college students, how the generation that you were born in impacts what you expect from your college experience, statistics about First Generation college students in 2023 compared to 2010, the financial status of Gen Z students compared to Gen Y students, as well as details about the financial aid that EMU students receive.

Dwight Hamilton, Chief Diversity Officer, shared gender and race/ethnicity data related to Eastern Michigan University students. Dr. Hamilton mentioned Gen P, and Provost Longworth stated that Generation P is a sub-category of Generation Z.

Calvin McFarland, Associate Vice President for Student Success and Academic Support Services, explained the impact that the COVID-19 pandemic had on academic preparedness. He shared details about Student Orientation Advising and Registration (SOAR), the Holman Success Center, the new Knack Tutoring program, Academic Advising, Starfish, and the Disability Resource Center. Many of these programs and services are available in a virtual format. All seek to meet the needs of incoming and current students.

Ellen Gold, Sr. Associate Vice President for Student Affairs and Dean of Students, shared information about how students spend time outside of the classroom. The number of students seeking campus employment has dropped in the last five years, with International and First-Generation Students filling many of the student jobs on campus. After the isolation caused by the COVID-19 pandemic, current students are interested in participating in campus social events. Current mental health concerns of EMU students have changed compared to concerns expressed in the 1980s. Anxiety, depression and stress represent most of the concerns today. EMU students have higher clinical mental health severity compared to the national average.

According to a survey conducted by Stop Out, Drop Out, students prefer to receive information from the university via email. The university utilizes many platforms to make information available to students.

Concerns expressed by parents of college students in 2023 include the cost of a college education, the value of a college education and the safety and well-being of their child while on campus.

Regent Sidhu thanked the group for the detailed presentation. She is the parent of a Gen Z student, and is seeing some of what was described during the presentation at home. She asked about what is being done to support students who are facing mental health challenges. Provost Longworth replied that in addition to the services provided by the Counseling and Psychological Services Office, a new committee has been formed by the Faculty Senate to increase the effort to involve professors when students are struggling. Dr. Ron Flowers has received a grant from the JED Foundation, which will help to support this initiative. There is a cluster hiring proposal to bring faculty and lecturers into departments to train staff.

Dean Gold added that we have turned to a case management model. Some struggling EMU students may be homeless, facing food insecurity, and dealing with family concerns. Provost Longworth stated that we are working with community and campus resources, and will be sharing more information about these efforts in the future.

Dean Gold added that Counseling and Psychological Services provides Mental Health First Aid training to faculty and staff.

The meeting adjourned at 11:34 a.m.

Respectfully submitted,

Michele Rich
Student Affairs Committee Recording Secretary

HOUSE OF REPS OFFICERS



Rylee Clairday
Speaker of the House

Stefanie St. Pierre
Speaker Pro Tempore

Claire Dombrowski
House Clerk

Andrew McAllister
Chief Administrative Officer

Je'Naiya Tims
Sergeant at Arms

Fall Meeting Dates (5pm-6pm):

General Body

September 11, 2023
September 25, 2023
October 9, 2023
October 23, 2023
November 13, 2023
November 17, 2023

Executive Board

August 24, 2023
September 5, 2023
September 18, 2023
October 2, 2023
November 5, 2023
November 20, 2023
December 4, 2023

Fall meeting focus:

- Student organization finances (funding limitations, fundraising, processes)
- Diversity Equity & Inclusion (recruitment, accessibility, inclusion)
- Student org management (understanding campus processes and policies)
- Organization collaboration/networking opportunities
- Election of vacated Chief Admin position
- Development of HOR Budget & Financial Processes



EASTERN MICHIGAN UNIVERSITY

Student House of Representatives



HOUSE OF REPS OFFICERS



Rylee Clairday
Speaker of the House



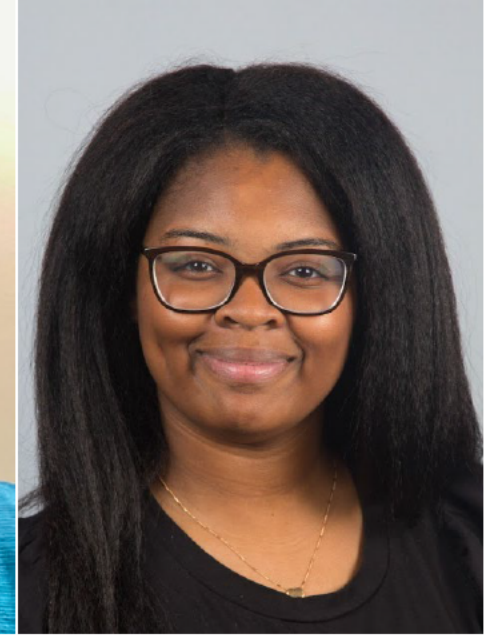
Stefanie St. Pierre
Speaker Pro Tempore



Claire Dombrowski
House Clerk



Andrew McAllister
Chief Administrative Officer



Je'Naiya Tims
Sergeant at Arms

Purpose

The EMU House of Reps has three main goals:

- Improve two-way communication between the University and EMU Students via the diverse student organizations already active on campus.
- Foster greater collaboration between and among student organizations.
- Provide a common platform for dissemination of resources, information, and policies.





Benefits to Orgs

Organizations will:

- Increase opportunities for collaboration between and among organizations.
- Amplify the message and work of their organization.
- Tap into a network of amazing EMU student leaders and build lifelong connections.
- Have direct access to university decision makers, including EMU Regents, to advocate for their organization and EMU students.



QUESTIONS?

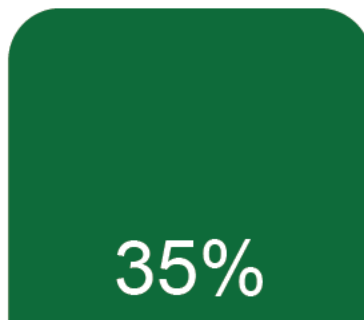


EASTERN MICHIGAN UNIVERSITY

Student Mental Wellness Initiatives @EMU

Ellen Gold, Doris Fields, Calvin McFarland

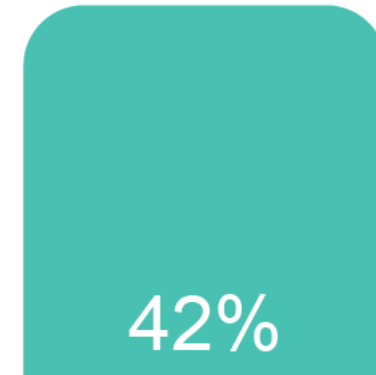
Trends in Student Mental Health & Well-Being



Worldwide have a diagnosed mental health condition



Have experienced a depressive episode at least once in the past year



Have felt so depressed that it was difficult to function

U.S. Department of Education 2021

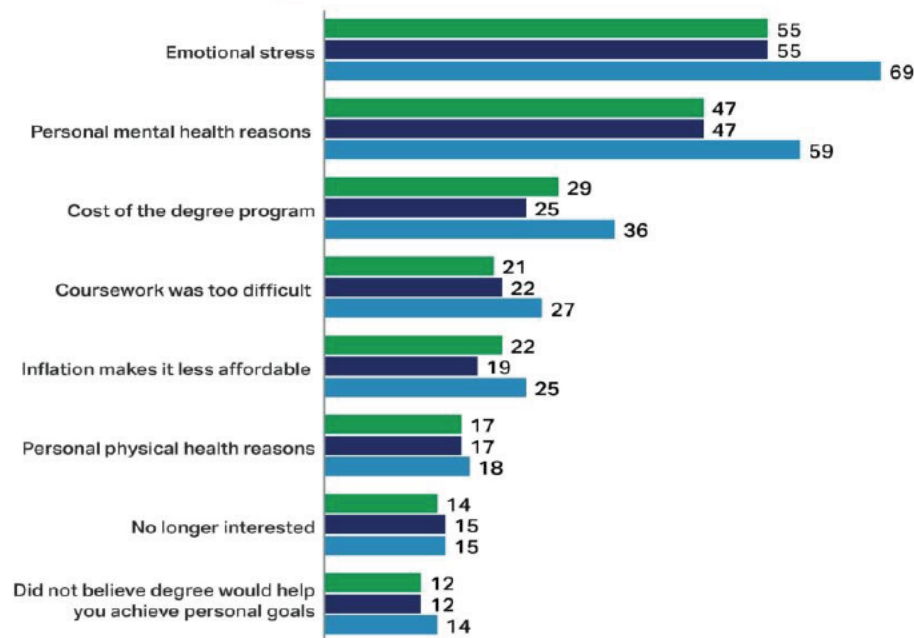
Data from the American Psychological Assoc. (2018). As presented in Jefferey Selingo's "The new landscape for student well-being: How prioritizing safety, health, and inclusion improves student success (2021).

Student mental wellness impact on retention

Which of the following describes why you considered stopping your coursework?

% Most commonly cited reasons among students who say they have considered stopping out in the past six months

■ All students ■ Associate degree students ■ Bachelor's degree students



Note: "All students" reported in this chart includes students pursuing an associate degree, bachelor's degree, certificate or certification. Results for certificate or certification students not shown.

Only 12% of students said that they thought about not returning because their studies no longer matched their goals

Herz J (2023 March 23) More students willing to skip college to protect mental health Gallup New York Post <https://nypost.com/2023/03/23/more-students-willing-to-skip-college-to-protect-mental-health-gallup/>

Student Well-Being at EMU?

Mental illness is the second most common reason that students drop out

Students cannot learn or thrive when they are not feeling well

- 0.4% average drop in GPA for students with anxiety and mild to severe depression

Requires an inclusive campus-- culture of care and belonging.

Meet students where they are- center the learner.

(EAB, 2023)

Creating a Culture of Care & Belonging

Share the Message

- Inform students of resources & services

Lead by Example

- Visible role models
- Demonstrate knowledge & compassion

Embrace Inclusivity

- Welcoming and inclusive language, actions, & processes

Champion Wellness

- Address 8 - dimensions of wellness

Empower Students

- Support students in building self-advocacy and agency

Demonstrate Care and Compassion

- Be authentic and interested in students as individuals

Commit to Learning

- Continuous improvement
- Keep learning and growing

This slide draws on the work of the Wolverine Support Network, 2023. www.umichwsn.org

Share the Message

SOAR: Student Orientation Advising Registration (Online)

- Modules Prior to Attending (Quiz after each Module)
 - Safety & Wellness
 - Paying For College
 - Student Life

Lead by Example: Care, Knowledge, Compassion



Early Alert System via Instructors, Case Management

Coordinates Cross Campus Initiatives Student, Faculty/Staff

Eliminate Barriers for Students through Communications

Referrals to Success Services, Programs, Supports

Strengthen Student Engagement & Sense of Belonging

Lead by Example: Academic Advising

UACDC

Mandatory Advising - First Year and Probation Students

- Required Second Semester Advising

Virtual Advising Opportunities

Expanded Exploratory Advising

"How to" College Workshops

U.Achieve Degree Audit System

Academic Advising Week

Registration Blitz

Lead by Example: Peer Support Services



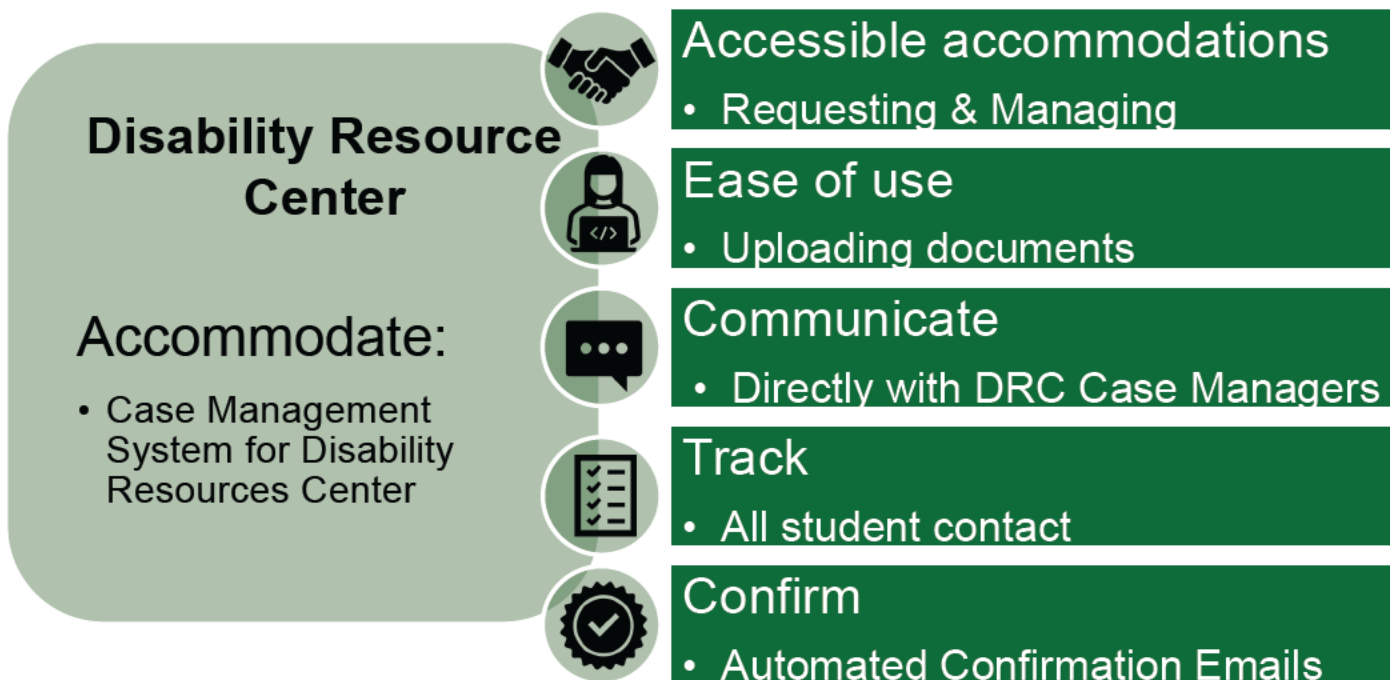
- Online Tutoring
- Expanded Hours
- Strengthen Student Engagement
- Aids Differing Learning Styles
- Supports Student Retention
- Tutors are EMU Students



MENTOR
COLLECTIVE

- Peer Mentor Program
- FTIACS
- Mentors are JR/SR Students
- Increased Sense of Belonging

Embrace Inclusivity



Champion Wellness: 8 Dimensions of Wellness



Champion Wellness Across Campus: Initiatives

- **University (recent examples)**

- University Writing Center partners with Washtenaw Co Health Dept. for mental wellness through writing workshops (journaling, meditation, gratitude)
- Narcan in all campus AED cabinets, training across campus (partnership with Community Mental Health of Southeast Michigan)
- Faculty Development Center Mini-Grants to Support Student Wellness
- Holman Success Center Wellness workshops

- **College Level (recent examples)**

- Suicide prevention trainings (CHHS)
- JED Foundation supported Brownbag discussions (COE, open to all)
- Interpersonal vicarious trauma workshops (CHHS)
- College Wellness Hours (CHHS)

- **Program Level**

- Math: Pre-tutoring anti-anxiety exercises (CAS, open to all)
- Political Science: Post-election debriefs (CAS, open to all)

- **Building Level**

- Reflection and meditation/mindfulness spaces added and/or refreshed

Champion Wellness: Athletics Initiatives

- **Highlighting special programming supported by EMU along with MAC and NCAA**
 - Annual mental health training for all coaches and internal support staff.
 - Mental Health First Aid through a grant from the Washtenaw County YMCA. This was an 8-hour training session.
- Institutional mental health emergency action plan.
 - Two licensed mental health providers and 5 interns to address student-athlete mental health.
 - Completed the PHQ-9 mental health screening for all student-athletes during their annual athletic pre-participation exam.
 - Additional support for those who screened positive for depression, generalized anxiety, social anxiety, academic distress, eating concerns, frustration, family distress, alcohol use, and suicide ideology.
 - MAC sponsors a Mental Health week each year.
 - Guest speaker series for student-athletes.
 - Lauren Turner from The Turner Project who discussed mindfulness with our student-athletes.
 - MAC hosts a mental health sessions for student-athletes, coaches and administrators.
 - MAC holds an annual Summit for student-athletes, coaches, and administrators.
 - Includes national guest speakers on mental health for inter-institutional dialogue among MAC institutions.

Champion Wellness: Holistic Student Support

Dean of Students

Works directly with students, families, faculty, and staff to enhance each student's academic and personal success

Attendance Concerns (hospitalization, health, physical, and mental issues, emergency family concerns)

CARE Reports

Anyone concerned about a student who is making poor decisions can fill out the Student CARE report to describe the behavior observed.

Student Intervention Team

Addresses reports of inappropriate, disruptive, or harmful student behavior

Designed to help recommend proactive and non-punitive approaches to help student success

Champion Wellness: CAPS Utilization

Historically CAPS served 2% to 4% of the EMU students annually

- Over the last 5 years this has increased to 6%

Depending on the year, between 831 and 1,262 students were seen for services.

Conclusion– A higher percentage of EMU students are seeking mental health services at CAPS.

Empower Students: UNIV 101 - Introduction to Student Success

After completing this course, first year students will understand college expectations, strategies for test taking, writing, improving communication skills, understanding cultural competency, and knowledge of university resources and facilities.

Students will:

- build a “connection” with the university and the many partners within the university by becoming oriented to campus resources and facilities
- examine new methods and strategies to strengthen their academic skills.
- cultivate research and inquiry skills.
- identify approaches for exploring and selecting a major, along with refining an academic and career plan.
- explore various types of financial aid (i.e....grants and scholarships).
- develop an appreciation and awareness for diversity, ethics, social justice, and global awareness.

Empower Students: UNIV 101 – Course Content

Building a
foundation for
success

Planning your future

Motivation, decision
making & personal
responsibility

Organization and
time management

Understanding
thinking and learning

Reading for college
success,

Taking effective
notes, memory and
studying,

Performing well on
exams

Information literacy
and communication

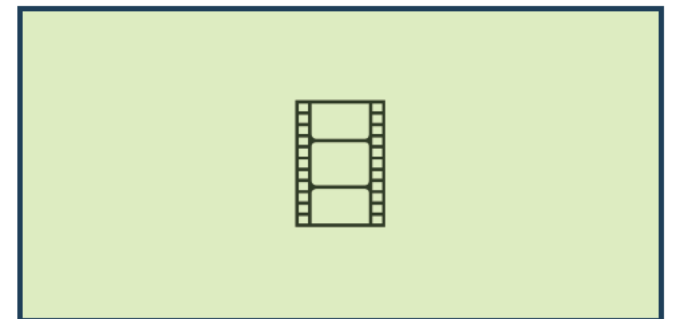
Social belonging

Career readiness

Celebrating success
& connecting to your
future

Demonstrate Care & Compassion: TaLT

- Programming
- Support Offices
- Teaching and Learning Together (TaLT) Project



Commit to Ongoing Learning

National
College Health
Assessment

EMU Assessment

Every 2years

Provides insights on
dimensions of wellness

Substance use

Sexual health

Weight, nutrition and exercise

Mental Health

Personal safety and violence

Food insecurity and homelessness

Sleep

Impediments to academic success

And more

Thank you

Questions?

National College Health Assessment III Report- Spring 2020

from the American College Health Association
Eastern Michigan University

The Office of Wellness and Community Responsibility administers the National College Health Assessment, from the American College Health Association, every other year during the winter semester. This validated survey supports the health of the campus by providing insights into the myriad of factors that impact student success and academic performance.

Findings

- The survey was sent to a stratified random sample of 5,000 EMU undergraduate and graduate students.
- A total of 757 students responded for a response rate of 15.2%

A. General Health and Campus Climate

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

	Percent (%)	Male	Female	Total
I feel that I belong at my college/university		73.3	66.7	67.5
I feel that students' health and well-being is a priority at my college/university		62.9	57.3	57.5
At my college/university, I feel that the campus climate encourages free and open discussion of students' health and well-being.		60.6	64.2	62.5
At my college/university, we are a campus where we look out for each other		40.0	48.8	45.5

Additional Insights

- 58.7 % of college students surveyed (65.9 % male and 58.3% female) described their health as very good or excellent
- 92.0 % of college students surveyed (93.8 % male and 93.0% female) described their health as good, very good or excellent.

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

College students reported:

	Percent (%)	Male	Female	Total
Drinking 0 sugar-sweetened beverages (per day), on average, in the last 7 days		36.1	34.2	34.4
Drinking 1 or more sugar-sweetened beverages (per day), on average, in the last 7 days		63.9	65.8	65.6
Drinking energy drinks or shots on 0 of the past 30 days		73.9	84.8	81.9

Drinking energy drinks or shots on 1-4 of the past 30 days	9.4	8.9	9.1
Drinking energy drinks or shots on 5 or more of the past 30 days	16.7	6.3	9.0
Eating 3 or more servings of fruits (per day), on average, in the last 7 days	23.2	26.8	25.8
Eating 3 or more servings of vegetables (per day), on average, in the last 7 days	34.8	32.9	33.4

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.

BMI	Percent (%)	Male	Female	Total
<18.5 Underweight		3.4	4.2	4.2
18.5-24.9 Healthy Weight		37.9	45.6	43.4
25-29.9 Overweight		36.7	24.2	26.6
30-34.9 Class I Obesity		11.9	12.6	13.0
35-39.9 Class II Obesity		7.3	7.6	7.6
≥40 Class III Obesity		2.8	5.7	5.2
Mean		26.83	26.87	26.92
Median		25.80	25.02	25.15
Std Dev		5.97	6.97	6.81

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 (%)	Male	Female	Total
Guidelines met for aerobic exercise only		63.5	57.1	58.1
Guidelines met for Active Adults		41.4	31.8	34.0

Guidelines met for Highly Active Adults	35.9	23.1	25.9
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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 (%)	Male	Female	Total
High or marginal food security (score 0-1)		65.2	59.8	60.3
Low food security (score 2-4)		20.2	22.0	22.0
Very low food security (score 5-6)		14.6	18.2	17.8
Any food insecurity (low or very low food security)		34.8	40.2	39.7

Additional Insights

- Comparing BMI classifications with question four, which asks students to describe their weight, shows that students have an accurate understanding of their weight in relation to their BMI classification.
- 54.7% of students are attempting to lose weight. This desire to lose weight is supported by data showing increased BMI in over 50% of respondents.
- 42.6% of students don't exercise at all.
- At least 66.7% of students fail to meet recommendations for daily vegetable intake and at least 75% fall short on daily fruit intake.

C. Health Care Utilization

College students reported:

	Percent (%)	Male	Female	Total
Receiving psychological or mental health services within the last 12 months		19.9	31.7	29.8

*The services were provided by:

My current campus health and/or counseling center	30.0	38.8	39.2
A mental health provider in the local community near my campus	26.7	28.0	28.4
A mental health provider in my home town	45.2	47.7	48.7
A mental health provider not described above	13.8	10.2	10.1

*Only students who reported receiving care in the last 12 months were asked these questions

	Percent (%)	Male	Female	Total
Visiting a medical provider within the last 12 months		63.0	82.6	77.9

*The services were provided by:

My current campus health center	10.5	10.3	10.4
A medical service provider in the local community near my campus	28.4	30.7	31.0
A medical service provider in my home town	71.4	77.2	75.8
A medical service provider not described above	8.4	7.2	7.3

College students reported:

	Percent (%)	Male	Female	Total
Flu vaccine within the last 12 months		38.3	43.1	42.3
Not starting the HPV vaccine series		37.2	29.8	30.5
Starting, but not completing HPV vaccine series		3.9	7.7	6.9
Completing HPV vaccine series		30.0	42.7	40.2
Not knowing their HPV vaccine status		28.9	19.9	22.5
Ever having a GYN visit or exam (females only)			57.1	
Having a dental exam in the last 12 months		69.1	72.8	71.3
Being tested for HIV within the last 12 months		9.4	17.5	16.0
Being tested for HIV more than 12 months ago		14.9	16.7	15.6
Wearing sunscreen usually or always when outdoors		18.8	36.6	32.1
Spending time outdoors with the intention of tanning at least once in the last 12 months		43.8	55.8	52.2

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. 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.

Problems or challenges in the last 12 months	Negatively impacted academic performance among <u>all students in the sample</u>			Negatively impacted academic performance among <u>only students that experienced the issue</u>		
	Male	Female	Total	Male	Female	Total
Alcohol	0.6	1.3	1.3	0.7	1.7	1.7
Cannabis	0.6	1.3	1.6	1.7	3.7	4.5
Career	11.0	13.2	13.2	40	38	38.3
Finances	14.9	19.6	19.6	33.8	37.4	37.9
Procrastination	35.9	38.6	39.2	52.8	52.7	54.3
Faculty	7.7	7.6	7.8	70.0	56.9	59.6
Family	8.8	13.4	12.9	32.7	32.0	33.4
Intimate Relationships	6.6	11.8	10.6	22.2	30.3	29.0
Roommate/Housemate	4.4	6.3	5.9	25.0	29.3	28.1
Peers	1.1	4.5	3.8	22.2	30.3	29.0
Personal Appearance	1.7	7.1	6.3	7.7	13.6	14.0
Health of someone close to me	8.3	11.8	11.2	20.8	28.3	26.6

Death of a family member, friend or someone close	7.7	12.9	12.0	33.3	48.3	45.5
Bullying	0.6	2.2	1.8	16.7	26.1	25.0
Cyberbullying	0.6	0.9	0.9	20.0	29.4	29.2
Hazing	0.0	0.0	0.1	0.0	0.0	25.0
Microaggression	0.0	3.2	2.9	0.0	19.5	18.8
Sexual harassment	0.0	2.6	2.2	0.0	21.5	22.1
Discrimination	0.6	4.3	3.6	6.3	33.8	28.4

Other impediments to academic performance	Negatively impacted academic performance among all students in the sample			Negatively impacted academic performance among <u>only students that experienced the issue</u>		
	Male	Female	Total	Male	Female	Total
Assault (physical)	0.0	1.9	1.5	0.0	40.0	37.9
Assault (sexual)	0.0	2.6	2.1	0.0	31.8	30.8
Allergies	2.2	0.9	1.5	8.7	2.1	3.6
Anxiety	19.3	32.8	31.4	38.9	44.8	45.8
ADHD or ADD	7.2	7.6	9.4	54.2	57.7	62.8
Concussion or TBI	1.1	1.9	1.8	66.7	47.6	53.8
Depression	16.6	28.2	27.3	40.5	53.5	53.4
Eating disorder/problem	1.1	3.0	2.9	33.3	19.3	21.8
Headaches/migraines	7.2	13.6	12.4	27.1	27.5	28.6
Influenza or influenza-like illness (the flu)	2.2	8.2	6.9	13.3	39.6	34.7
Injury	1.1	1.9	2.0	12.5	13.2	15.2
PMS	0.0	11.8	9.2	0.0	20.8	21.5
PTSD	0.6	4.5	4.1	12.5	42.1	40.8
Short-term illness	3.9	6.0	5.8	33.3	28.3	30.1
Upper respiratory illness	4.4	9.1	8.5	17.8	22.3	22.2
Sleep difficulties	17.1	23.7	22.3	40.3	40.6	40.6
Stress	21.0	39.2	36.5	33.0	45.0	44.7

Acute Diagnoses in the last 12 months

Acute Diagnosis	Negatively impacted academic performance among all students in the sample			Negatively impacted academic performance among <u>only students that experienced the issue</u>		
	Male	Female	Total	Male	Female	Total
Bronchitis	0.6	3.0	2.6	100.0	47.1	52.6
Chlamydia	0.0	0.4	0.3	0.0	20.0	20.0

Chicken Pox (Varicella)	0.0	0.0	0.0	0.0	0.0	0.0
Cold/Virus or other respiratory illness	5.5	16.2	13.7	24.4	41.2	39.0
Concussion	0.0	2.6	2.0	0.0	66.7	60.0
Gonorrhea	0.0	0.2	0.1	0.0	33.3	33.3
Flu (influenza or flu-like illness)	3.9	8.0	7.0	35.0	53.1	50.5
Mumps	0.0	0.2	0.1	0.0	33.3	33.3
Mononucleosis (mono)	0.0	0.9	0.8	0.0	50.0	54.5
Orthopedic injury	1.7	2.8	2.8	17.6	24.2	25.0
Pelvic Inflammatory Disease	0.0	0.2	0.1	0.0	25.0	20.0
Pneumonia	0.0	1.5	1.1	0.0	53.3	50.0
Shingles	0.6	0.4	0.4	50.0	40.0	42.9
Stomach or GI virus or bug, food poisoning or gastritis	1.1	4.5	3.7	20.0	36.9	36.4
Urinary tract infection	0.0	2.8	2.0	0.0	19.5	18.5
Any ongoing or chronic medical conditions diagnosed or treated in the last 12 months	20.4	27.6	27.5	28.5	33.3	34.1

E. Violence, Abusive Relationships, and Personal Safety

Within the last 12 months, college students reported experiencing:

	Percent (%)	Male	Female	Total
A physical fight		2.2	2.1	2.1
A physical assault (not sexual assault)		2.2	2.2	2.3
A verbal threat		8.9	12.8	12.4
Sexual touching without their consent		0.6	6.2	4.9
Sexual penetration attempt without their consent		0.0	2.3	1.7
Sexual penetration without their consent		0.0	1.1	0.9
Being a victim of stalking		1.1	6.1	5.2
A partner called me names, insulted me, or put me down to make me feel bad		11.2	16.4	14.6
A partner often insisted on knowing who I was with and where I was or tried to limit my contact with family or friends		5.0	11.3	9.5
A partner pushed, grabbed, shoved, slapped, kicked, bit, choked or hit me without my consent		1.7	4.3	3.7
A partner forced me into unwanted sexual contact by holding me down or hurting me in some way		0.0	2.1	1.9

A partner pressured me into unwanted sexual contact by threatening me, coercing me, or using alcohol or other drugs	0.6	4.2	3.4
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College students reported feeling *very safe* :

	<i>Percent (%)</i>	Male	Female	Total
On their campus (daytime)		74.9	61.4	64.2
On their campus (nighttime)		33.0	9.6	15.4
In the community surrounding their campus (daytime)		26.5	22.7	23.1
In the community surrounding their campus (nighttime)		12.2	4.3	6.1

F. Tobacco, Alcohol, and Other Drug Use

Substance	Ever Used			Used within the last 3 months		
	Male	Female	Total	Male	Female	Total
Tobacco or nicotine delivery products (cigarettes, ecigarettes, Juul or other vape products, water pipe or hookah, chewing tobacco, cigars, etc.)	42.5	36.0	37.2	27.1	20.5	21.9
Alcoholic beverages (beer, wine, liquor, etc.)	75.1	76.4	75.8	68.0	68.5	68.0
Cannabis (marijuana, weed, hash, edibles, vaped cannabis, etc.)	42.0	47.7	46.7	26.5	30.0	30.0
Cocaine (coke, crack, etc.)	6.7	5.1	5.6	1.7	0.9	1.5
Prescription stimulants (Ritalin, Concerta, Dexedrine, Adderall, diet pills, etc.)	13.3	9.8	10.7	1.7	2.4	2.5
Methamphetamine (speed, crystal meth, ice, etc.)	1.7	0.9	1.2	0.0	0.2	0.3
Inhalants	3.9	2.3	2.9	1.1	0.9	1.3

(poppers, nitrous, glue, gas, paint thinner, etc.)						
Sedatives or Sleeping Pills (Valium, Ativan, Xanax, Klonopin, Librium, Rohypnol, GHB, etc.)	8.3	7.9	8.5	1.1	2.6	2.6
Hallucinogens (Ecstasy, MDMA, Molly, LSD, acid, mushrooms, PCP, Special K, etc.)	13.3	8.3	10.0	1.7	1.5	2.2
Heroin	2.3	0.6	1.1	0.0	0.2	0.3
Prescription opioids (morphine, codeine, fentanyl, oxycodone [OxyContin, Percocet], hydrocodone [Vicodin], methadone, buprenorphine [Suboxone], etc.)	8.3	4.7	5.7	1.7	0.9	1.2

**Reports non-medical use only*

**These figures use all students in the sample as the denominator*

Substance Specific Involvement Scores (SSIS) from the ASSIST

Substance	Moderate risk use of the substance			High risk use of the substance		
	Male	Female	Total	Male	Female	Total
Tobacco or nicotine delivery products	17.1	14.2	14.8	1.7	1.3	1.3
Alcoholic beverages	11.0	9.3	9.8	1.1	0.4	0.8
Cannabis (nonmedical use)	17.1	20.5	20.3	1.1	0.2	0.9
Cocaine	1.7	0.6	1.1	0.0	0.2	0.3
Prescription stimulants (nonmedical use)	2.2	1.5	1.8	0.0	0.2	0.3
Methamphetamine	0.6	0.0	0.1	0.0	0.2	0.3
Inhalants	0.6	0.4	0.5	0.0	0.0	0.1

Sedatives or Sleeping Pills (nonmedical use)	2.2	0.9	1.6	0.0	0.6	0.5
Hallucinogens	1.7	1.1	1.6	0.0	0.0	0.1
Heroin	1.7	0.2	0.5	0.0	0.2	0.3
Prescription opioids (nonmedical use)	2.2	1.1	1.5	0.0	0.2	0.3

Proportion of students (overall sample) who report misusing prescription medications (taking without a prescription, or taking more medication or more often than prescribed) in the past 3 months:

	Percent (%)	Male	Female	Total
Prescription stimulants		1.1	1.7	1.8
Prescription sedatives or sleeping pills		1.1	1.7	1.7
Prescription opioids		0.6	0.6	0.7

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

	Percent (%)	Male	Female	Total
Cigarettes		8.3	8.2	8.3
E-cigarettes or other vape products (for example: Juul, etc.)		16.6	12.9	14.0
Water pipe or hookah		1.7	3.0	2.8
Chewing or smokeless tobacco		3.3	0.6	1.3
Cigars or little cigars		6.1	1.3	2.5
Other		2.2	0.4	0.9

**These figures use all students in the sample as the denominator.*

Recent alcohol and cannabis use patterns

Frequency	Drank Alcohol			Used Cannabis		
	Male	Female	Total	Male	Female	Total
Never	16.6	16.2	16.6	51.9	47.9	48.4
Within the last 2 weeks	50.8	50.6	50.1	17.1	17.9	18.4
More than 2 weeks ago but within the last 30 days	10.5	11.2	11.3	6.6	3.6	4.5
More than 30 days ago but within the last 3 months	9.9	9.7	9.5	4.4	7.3	6.4
More than 3 months ago but within the last 12 months	6.1	7.3	6.9	5.5	7.9	7.4

More than 12 months ago	6.1	5.0	5.7	14.4	15.5	14.9
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*Includes medical and non-medical use.

Estimated Blood Alcohol Concentration

Estimated BAC	Percent (%)	Male	Female	Total
< .08		86.7	85.9	86.3
< .10		89.1	90.5	90.1
Mean		0.03	0.04	0.03
Median		0.01	0.02	0.01
Std Dev		0.06	0.06	0.06

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

Number of drinks	Percent (%)	Male	Female	Total
4 or fewer		76.7	85.6	83.7
5		4.7	8.1	6.9
6		1.6	3.4	3.0
7 or more		17.1	2.9	6.4
Mean		3.6	2.7	2.9
Median		2.0	2.0	2.0
Std Dev		3.6	2.0	2.5

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

Frequency	Among all students surveyed			Among those reporting alcohol use in the last two weeks		
	Male	Female	Total	Male	Female	Total
Did not drink alcohol in the last two weeks (includes non-drinkers)	49.2	49.5	50.0			
None	30.9	32.7	32.1	60.9	64.8	64.2
1-2 times	14.4	14.6	14.1	28.3	28.9	28.1
3-5 times	2.8	2.6	2.8	5.4	5.2	5.6
6 or more times	2.8	0.6	1.1	5.4	1.1	2.1

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

	Percent (%)	Male	Female	Total
Did something I later regretted		15.0	15.1	14.9
Blackout (forgot where I was or what I did for a large period of time and cannot remember , even when someone reminds me)		10.0	9.0	9.1
Brownout (forgot where I was or what I did for short periods of time, but can remember once someone reminds me)		14.4	18.7	17.9
Got in trouble with the police		0.0	0.5	0.3
Got in trouble with college/university authorities		0.7	0.2	0.3
Someone had sex with me without my consent		0.7	1.7	1.4
Had sex with someone without their consent		0.7	0.2	0.3
Had unprotected sex		9.4	12.2	11.2
Physically injured myself		3.6	5.8	5.2
Physically injured another person		0.0	0.2	0.2
Seriously considered suicide		0.0	3.1	2.6
Needed medical help		0.0	1.0	0.9
Reported one or more of the above		14.4	21.8	20.0

Additional Insights

- 2.4 % of college student’s surveyed (2.7% male and 1.8% female) indicated they were in recovery from alcohol or other drug use.
- 10.8 % of college students reported driving after having **any alcohol** in the last 30 days.*
- 32.3 % of college students reported driving within 6 hours of using cannabis/marijuana in the last 30 days
- 24.2% of respondents report never having used alcohol, per question 22A.
- Per question 22B, of those that use alcohol, 93.2% use it once per week or less
 - 83.6% of students report having <4 drinks last time they consumed alcohol (question 22B2) and 76.7% of students who drink report having consumed said drinks over a 1-4 hour period (question 27).
 - Per question 75.9% report not getting drunk the last time they drank and 73.7% report not trying to get drunk. These similar numbers infer students are aware of their level of intoxication.
- Per question 29B, 14.9% of those who drink alcohol report having done something they later regretted while under the influence within the last year.
- Per question 22B3, of those who use cannabis, 87.7% report using it once a week or less.
- 92% of students who use alcohol and/or cannabis report that it doesn’t have negative impact on their health, social, legal or financial status.
- Per question 22O3- 10.6% of students who’ve used cannabis have tried to reduce their cannabis use but failed *at some point in their lives*.
- Per question 23B- Of those who’ve used tobacco in the last three months, 64.6% of them are vaping.

G. Sexual Behavior

Frequency	Oral Sex	Vaginal Intercourse
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	Male	Female	Total	Male	Female	Total
Never	31.5	24.0	26.5	34.3	27.3	29.9
Within the last 2 weeks	34.3	35.3	34.0	38.2	38.6	37.4
More than 2 weeks ago but within the last 30 days	7.3	10.2	9.7	5.1	8.7	7.7
More than 30 days ago but within the last 3 months	7.3	8.7	8.3	6.2	7.4	7.0
More than 3 months ago but within the last 12 months	8.4	9.5	9.4	6.7	8.1	7.9
More than 12 months ago	11.2	12.3	12.1	9.6	9.8	10.1
Frequency (continued)	Anal intercourse					
	Male	Female	Total			
Never	72.7	75.6	75.0			
Within the last 2 weeks	5.7	1.7	2.7			
More than 2 weeks ago but within the last 30 days	2.3	1.1	1.5			
More than 30 days ago but within the last 3 months	1.7	1.7	1.8			
More than 3 months ago but within the last 12 months	3.4	4.9	4.5			
More than 12 months ago	14.2	15.0	14.6			

Additional Insights

- Per question 37- 13.9% of respondents who didn't want a baby report not using any form of contraception during their sexual encounters in the last 30 days.

H. Mental Health and Wellbeing

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

	Percent (%)	Male	Female	Total
No or low psychological distress (0-8)		69.1	54.4	56.5
Moderate psychological distress (9-12)		19.9	24.4	23.4
Serious psychological distress (13-24)		11.0	21.2	20.1

Mean	6.36	8.44	8.11
Median	6.00	8.00	8.00
Std Dev	4.53	5.16	5.16

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

	<i>Percent (%)</i>	Male	Female	Total
Negative for loneliness (3-5)		61.9	48.2	50.7
Positive for loneliness (6-9)		38.1	51.8	49.3
Mean		5.14	5.51	5.45
Median		5.00	6.00	5.00
Std Dev		1.93	1.87	1.88

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

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

	Male	Female	Total
Mean	45.32	46.01	45.59
Median	47.00	48.00	47.00
Std Dev	8.42	8.10	8.25

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

(higher scores reflect greater resilience)

	Male	Female	Total
Mean	6.29	6.06	6.08
Median	6.00	6.00	6.00
Std Dev	1.40	1.47	1.48

Within the last 12 months, have you had problems or challenges with any of the following:

Challenge	Of all students			Of those reporting this issue, it caused moderate or high distress		
	Male	Female	Total	Male	Female	Total
Academics	31.5	40.7	40.0	89.5	84.8	86.0
Career	27.6	35.1	34.7	66.0	72.3	70.6
Finances	44.2	52.6	51.0	71.3	81.5	79.7
Procrastination	68.0	73.9	72.8	48.0	62.1	59.8
Faculty	11.7	13.5	13.3	61.9	43.1	47.0
Family	27.1	42.4	39.1	53.1	66.5	64.4
Intimate relationships	29.8	38.8	36.6	51.9	66.7	62.5
Roommate/housemate	17.8	21.6	21.2	62.5	64.3	61.6

Peers	8.9	22.1	19.4	37.5	37.6	35.9
Personal appearance	21.5	52.2	45.7	35.9	60.8	58.9
Health of someone close to me	39.8	41.8	42.4	66.7	64.3	65.3
Death of a family member, friend, or someone close to me	23.2	27.0	26.7	81.0	79.0	79.0
Bullying	3.3	8.6	7.4	50.0	58.7	60.7
Cyberbullying	2.8	3.2	3.2	40.0	58.8	58.3
Hazing	1.1	0.2	0.5	0.0	0.0	25.0
Microaggression	7.2	16.3	15.5	53.8	33.3	37.6
Sexual Harassment	1.1	12.1	10.2	0.0	60.0	58.4
Discrimination	8.8	12.7	12.6	31.3	54.4	52.6

Students reporting none of the above	11.6	5.8	6.9
Students reporting only one of the above	12.7	7.6	8.5
Students reporting 2 of the above	17.7	11.9	13.0
Students reporting 3 or more of the above	58.0	74.6	71.7

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

	Percent (%)	Male	Female	Total
Negative suicidal screening (3-6)		75.6	69.0	68.9
Positive suicidal screening (7-18)		24.4	31.0	31.1
Mean		5.17	5.59	5.64
Median		4.00	4.00	4.00
Std Dev		2.88	3.25	3.30

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

	Percent (%)	Male	Female	Total
No stress		5.0	1.1	2.0
Low		31.3	15.3	18.6
Moderate		40.2	51.2	48.0
High		23.5	32.3	31.4

Additional Insights

- 11.1 % of college students surveyed (3.4% male and 11.3% female) indicated they had intentionally cut, burned, bruised, or otherwise injured themselves within the last 12 months.
- 2.3 % of college students surveyed (2.2% male and 2.1% female) indicated they had attempted suicide within the last 12 months.
- 68.2% of students report feeling nervous some, most or all of the time, per question 44A.

- 45.2% of respondents report a lack of companionship sometimes and 18% report having no companionship at all, per question 45A
- 42.6% of respondents reported feeling socially isolated sometimes and 21.5% reported feeling isolated all of the time.
- 31.4% of respondents report high stress in the last 30 days, per question 48
- 37.4% of students have been diagnosed with anxiety and 32.8% with depression, per questions 65A7 and 65A15 respectively.
- 10.2% of respondents have experienced sexual harassment and 15.5% have experienced microaggression, in the last twelve months, per questions 47A17 and 47A16 respectively.

I. Acute Conditions

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

	<i>Percent (%)</i>	Male	Female	Total
Bronchitis		0.6	6.9	5.5
Chlamydia		0.0	1.9	1.3
Chicken Pox (Varicella)		0.0	0.8	0.5
Cold/virus or other respiratory illness (for example: sinus infection, ear infection, strep throat, tonsillitis, pharyngitis, or laryngitis)		24.7	41.3	37.5
Concussion		1.1	3.9	3.3
Gonorrhea		0.0	0.6	0.4
Flu (influenza) or flu-like illness		11.7	15.6	14.4
Mumps		0.0	0.6	0.4
Mononucleosis (mono)		0.0	2.1	1.6
Orthopedic injury (for example: broken bone, fracture, sprain, bursitis, tendinitis, or ligament injury)		10.0	11.8	11.5
Pelvic Inflammatory Disease		0.0	0.8	0.7
Pneumonia		1.1	2.8	2.3
Shingles		1.1	0.9	0.9
Stomach or GI virus or bug, food poisoning or gastritis		5.6	12.6	10.5
Urinary tract infection		1.1	15.4	11.5

J. Ongoing or Chronic Conditions

In this report the findings are divided into mental health conditions, STIs and other chronic infections, and other ongoing or chronic conditions.

Condition	Of all students			Of those ever diagnosed, those reporting contact with healthcare or MH professional within last 12 months		
	Male	Female	Total	Male	Female	Total
ADD/ADHD - Attention Deficit/Hyperactivity Disorder	10.5	9.8	10.9	53.3	38.8	45.9
Alcohol or Other Drug-Related Abuse or Addiction	2.8	1.5	1.9	0.0	25.0	21.4
Anxiety	21.0	40.8	37.4	60.5	65.9	66.2
Autism Spectrum	3.3	0.6	1.3	40.0	33.3	33.3
Bipolar and Related Conditions	0.6	3.9	2.9	0.0	52.4	50.0
Borderline Personality Disorder (BPD), Avoidant Personality, Dependent Personality, or another personality disorder	0.0	1.1	1.2	0.0	66.7	66.7
Depression	24.9	33.0	32.8	55.6	71.7	69.3
Eating Disorders	0.6	6.6	5.6	100.0	55.9	53.7
Gambling Disorder	0.0	0.4	0.3	0.0	0.0	0.0
Insomnia	6.1	7.2	7.5	45.5	47.4	42.9
Obsessive-Compulsive and Related Conditions	2.8	5.8	5.3	60.0	64.5	65.0
PTSD	3.3	7.9	7.5	83.3	73.8	71.4
Schizophrenia and Other Psychotic Conditions	0.6	1.3	1.2	0.0	28.6	33.3
Tourette's or other neurodevelopmental condition not already listed	0.0	0.6	0.4	0.0	0.0	0.0
Traumatic brain injury (TBI)	1.1	2.1	1.9	50.0	45.5	42.9

STI's/Other Chronic Infections	Of all students			Of those ever diagnosed, those reporting contact with healthcare or MH professional within last 12 months		
	Male	Female	Total	Male	Female	Total

Genital herpes	0.6	1.7	1.3	0.0	11.1	10.0
Hepatitis B or C	1.7	0.4	0.7	33.3	0.0	20.0
HIV or AIDS	0.0	0.0	0.0	0.0	0.0	0.0
Human papillomavirus (HPV) or genital warts	1.1	3.6	2.8	0.0	57.9	52.4

Other Chronic Conditions	Of all students			Of those ever diagnosed, those reporting contact with healthcare or MH professional within last 12 months		
	Male	Female	Total	Male	Female	Total
Acne	17.7	28.4	26.4	18.8	44.4	40.4
Allergies - food allergy	7.2	13.2	11.9	30.8	33.3	34.1
Allergies - animals/pets	11.2	16.9	16.0	20.0	37.1	35.3
Allergies - environmental	27.1	36.4	34.3	30.6	40.1	38.7
Asthma	13.9	19.2	18.4	20.0	43.4	37.8
Cancer	0.6	0.9	0.8	100.0	60.0	66.7
Celiac disease	0.6	1.3	1.1	0.0	42.9	37.5
Chronic pain	9.4	11.5	11.2	64.7	68.9	69.0
Diabetes or pre-diabetes/insulin resistance	2.2	3.4	3.3	100.0	72.2	80.0
Endometriosis	0.0	3.8	2.7	0.0	60.0	60.0
Gastroesophageal Reflux Disease (GERD) or acid reflux	6.7	9.1	8.6	50.0	45.8	46.9
Heart & vascular disorders	1.7	3.0	2.9	33.3	31.3	40.9
High blood pressure	9.4	4.7	5.7	70.6	52.0	58.1
High cholesterol	5.0	4.3	4.3	22.2	56.5	46.9
Irritable bowel syndrome	2.2	8.0	6.7	100.0	45.2	50.0
Migraine headaches	9.4	20.9	17.8	29.4	60.4	56.7
Polycystic Ovarian Syndrome (PCOS)	0.0	5.1	4.0	0.0	69.2	72.4
Sleep Apnea	3.9	2.4	2.8	42.9	30.8	33.3
Thyroid condition or disorder	1.7	7.0	5.4	100.0	64.9	67.5
Urinary system disorder	0.6	2.1	1.6	100.0	63.6	66.7

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

	<i>Percent (%)</i>	Male	Female	Total
Type I Diabetes		0.0	16.7	12.0
Type II Diabetes		25.0	5.6	8.0
Pre-diabetes or insulin resistance		75.0	72.2	76.0
Gestational Diabetes		0.0	0.0	0.0

Additional Insights

- 30.5% of respondents haven't received HPV vaccine, 6.9% have started but not completed the series and another 22.5% are unsure if they've started/completed the series, per question 61.
- 54.7% of respondents didn't receive the annual flu vaccine last year, per question 62.
 - 14.4% of students reported contracting the flu last year, per question 63A7.
 - 47.6% of those who contracted the flu reported that it negatively impacted their academics, per question 63B7.

K. Sleep

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

	<i>Percent (%)</i>	Male	Female	Total
Less than 15 minutes		50.8	42.1	43.3
16 to 30 minutes		24.9	24.5	25.0
31 minutes or more		24.3	33.5	31.7

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

Amount	On weeknights			On weekend nights		
	Male	Female	Total	Male	Female	Total
Less than 7 hours	38.7	36.9	37.2	28.2	22.9	24.1
7 to 9 hours	57.5	60.3	56.7	65.7	68.3	67.5
10 or more hours	3.9	2.8	3.2	6.1	8.8	8.5

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

Amount	Felt tired or sleepy during the day			Got enough sleep so that they felt rested		
	Male	Female	Total	Male	Female	Total
0 days	10.5	5.8	6.7	14.4	20.0	18.6
1-2 days	32.6	20.7	23.3	28.7	32.8	31.7
3-5 days	34.8	39.2	38.0	39.2	33.3	35.0
6-7 days	22.1	34.3	32.0	17.7	13.9	14.7

Additional Insights

- 37.2% of students report falling short of the recommended minimum of 7 hours sleep/night for the college-aged population.
- Students getting inadequate sleep on weekday nights may be sleeping more on the weekends to compensate.
- 26.9% of respondents report feeling tired every day of the week and 54.7% report feeling tired most days of the week.
- 63.8% of respondents report not feeling rested majority of the days each week.

Narrative

Culminating this data creates a picture of what's impacting our student's wellbeing and academic success. First, we see there's low flu vaccination rates and many people are unclear if they've completed and are immune to HPV. This presents an opportunity for the University to educate on the importance of or provide access to these preventative health measures. Mental health diagnosis, specifically anxiety and depression, are at an all-time high and majority of students report moderate-high stress most days. This is no surprise however since almost three-quarters of students report dealing with three or more stressors and almost half of respondents are classified as lonely. Students also report struggling to maintain positive health behaviors that directly impact mental health such as adequate sleep, physical activity and proper nutrition. Addressing our current mental health crisis will involve targeting the culprit of student stressors and academic impediments so we may teach students how to better manage their emotions in these areas, also known as resilience. And, we must provide the resources, education and environment to reinforce and encourage proper sleep, activity, diet and other factors that contribute to mental wellbeing. Sleep is an important topic because data shows a majority of our students aren't getting adequate sleep and research shows a high correlation between adequate sleep and academic performance. The need for nutrition and diet education may be of particular importance given the high proportion of students at an unhealthy weight paired with the high frequency of food insecurity in the respondent population. Lastly, correlational data from our campus supports the idea that engaging in physical activity and recreation supports feelings of community, stress-relief and academic performance. Luckily, as seen in the flourishing scale and resilience scale, our students are equipped to tackle these challenges with our help.

Demographics and Sample Characteristics

Age	
18-20 years	34.9%
21-24 years	31.6%
25-29 years	16.7%
30+ years	16.8%
Mean	24.8 years
Median	22.0 years

Gender	
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Female	70.8%
Males	23.9%
Non-binary	4.9%

Relationship Status	
Not in a relationship:	43.6 %
In a relationship but not married/partnered:	41.8 %
Married/partnered:	14.6 %

Students Describe Themselves as	
Straight/Heterosexual	74.3%
Asexual	1.7%
Bisexual	11.7%
Gay	2.0%
Lesbian	2.7%
Pansexual	3.3%
Queer	1.5%
Questioning	2.5%
Identity not listed above	0.4%

Students Describe Themselves as	
American Indian or Native Alaskan	1.5 %
Asian or Asian American	5.8 %
Black or African American	12.7 %
Hispanic or Latino/a/x Middle Eastern/North African (MENA)	4.6 %
Native Hawaiian or Pacific Islander	0.5%
White	75.6%
Biracial or Multiracial	3.7%
Identity not listed above	1.6%
If Hispanic or Latino, are you...	
Mexican, Mexican American, Chicano	62.9 %
Puerto Rican	2.9 %
Cuban:	11.4 %
Spanish Origin	31.4 %
If Asian or Asian American, are you...	

East Asian	40.9 %
Southeast Asian	29.5 %

Student Status	
1st year undergraduate:	14.7 %
2nd year undergraduate:	12.7 %
3rd year undergraduate:	22.4 %
4th year undergraduate:	15.9 %
5th year or more undergraduate:	11.0 %
Master's (MA, MS, MFA, MBA, etc.):	18.1 %
Doctorate (PhD, EdD, MD, JD, etc.):	1.9 %
Not seeking a degree:	0.5 %
Other:	2.8 %
Full-time student	76.6%
Part-time student	2.6%
Other student	0.8%

Housing	
Campus or university housing:	13.4 %
Fraternity or sorority residence:	1.3 %
Parent/guardian/other family:	37.6 %
Off-campus:	43.4 %
Temporary or "couch surfing":	0.7 %
Don't have a place to live:	0.3 %
Other:	3.3 %

Primary Source of Health Insurance	
College/university sponsored SHIP plan:	3.3 %
Parent or guardian's plan:	55.7 %
Employer (mine or my spouse/partners):	18.3 %
Medicaid, Medicare, SCHIP, or VA:	13.3 %
Bought a plan on my own:	3.1 %
Don't have health insurance:	4.8 %

Don't know if I have health insurance:	0.9 %
Have insurance, but don't know source:	0.7 %

Other	
Visa to work in the U.S.	5.7%
Student Veterans	2.1%
First Generation Students	45.0%
Member of Greek Life	5.8%
Participates in Varsity Sports	2.0%
Participates in Club Sports	2.9%
Intramurals	4.2%