



West Chester University

Drug-Free Schools and Campuses Regulations [Edgar Part 86]
Biennial Review: Academic Years 2020-2021 & 2021-2022

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Office of Wellness Promotion

September 27, 2022

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Executive Summary

The Drug-Free Schools and Campuses Regulations (DFSCR) were established in 1989 to outline a requirement for Institutions of Higher Education (IHE) to develop alcohol and other drug (AOD) prevention programs. These requirements were made a condition of the IHE receiving funds or any other form of financial assistance under any Federal program. All IHE are required to report on AOD prevention initiatives and adherence to the DFSCR on a biennial basis, a process titled the “Biennial Review.”

In 1997/2006, the Higher Education Center (Higher Education Center for Alcohol and Other Drug Abuse and Violence Prevention) issued guidelines for adherence to the DFSCR¹. The HEC guidelines notes that “an important aspect of the DFSCA is the requirement that campuses closely examine their prevention program on a biennial basis.” A biennial review that inventories and examines the scope and effectiveness of a campus prevention program is critical to creating a comprehensive effort and complying with the regulations. (Complying with the Drug-Free Schools and Campuses Regulations, pg.1)

In order to support this process, the HEC referenced and recommended using the 2002 report by the National Institute on Alcohol Abuse and Alcoholism (NIAAA), A Call to Action: Changing the Culture of Drinking at U.S. Colleges. Implementation of the NIAAA evidence-informed strategies will increase the likelihood of success in reducing the consequences of heavy episodic and illegal alcohol use on campus. The NIAAA guidelines have been updated and supplemented by the recommendations of the College Alcohol Intervention Matrix (AIM).

The HEC guidelines established two tools that can be used to guide the Biennial Review and resulting report: (1) the Part 86 Compliance Checklist and (2) A Supplemental Checklist. This report contains both checklists and additional supporting materials outlining WCU initiatives related to AOD prevention programs for the academic years 2020-2021 and 2021-2022.

Introduction to Campus

Located 25 miles west of Philadelphia Pennsylvania, West Chester University is the fourth-largest university in the Philadelphia region and the largest institution in Pennsylvania's State System of Higher Education. Receiving national accolades, including Top 100 Best Values in Public Colleges & Universities according to Kiplinger's Personal Finance as well as Top 100 Regional Universities North according to U.S. News & World Report, West Chester University has more than 118 undergraduate, 91 master's degree programs, and four doctoral programs.

Founded in 1871, West Chester University enrolls approximately 17,000 degree-seeking students: 2,900 graduate and 14,500 undergraduate students. Most students primarily come from Pennsylvania, Delaware, New Jersey, and Maryland. The undergraduate body is comprised of 60% female-identified individuals, 40% male-identified individuals, and 22% students of color.

West Chester University offers 299 clubs and organizations to engage undergraduate and graduate students in co-curricular activities and programs. The university sponsors one of the largest varsity programs in NCAA Division II with 24 intercollegiate women's and men's sports. West Chester University is home to 16 fraternities and 18 sororities dedicated to service, honor, and study initiatives. Approximately 90% of first-year students reside in 13 undergraduate residence facilities.

Biennial Review Process

The current Biennial Review covers the academic years 2020-2021 and 2021-2022.

Various individuals played an important role in compiling information, reviewing the report, and making recommendations for future action in the completion of this report. These individuals include:

- Dr. Tabetha Adkins, Interim Vice President for Student Affairs
- Christina Brenner, Director, Office of Student Conduct
- JP Carr, Clery Act Compliance Officer, Department of Public Safety
- Dr. Diane D’Arcangelo, Interim Assistant Vice President for Health & Wellness
- Tammy Hock, Alcohol and Other Drug Counselor, Counseling and Psychological Services
- Scott Sherman, Executive Director, Office of Human Resources
- Jayme Trogus, Director, Office of Wellness Promotion

As a result of participating in the Higher Education Center for Alcohol and Drug Misuse Prevention and Recovery training in fall 2020, a new process was initiated for the current report. Our plan is to create a more systematic and routine approach to collecting data through the creation of a Microsoft Teams site and submission form for key campus stakeholders to submit their information on an annual basis. Due to staffing changes over the past year, the current report is being prepared by Jayme Trogus, Director in the Office of Wellness Promotion who initiated the collection of data in April 2022. Data has been submitted by the individuals named above through the completion of a form in Microsoft Teams. This information was utilized to create a draft of the Biennial Review which was then submitted to all members for review and feedback. A final report was then generated.

The Biennial Review at West Chester University is stored in the Division of Student Affairs Assessment SharePoint Site. Individuals requesting a copy of the current and past Biennial Review reports should contact the Assistant Vice President for Health and Wellness in the Division of Student Affairs.

Program Inventory and Assessment

Program: BASICS		
Description: Brief Alcohol Screening and Intervention of College Students (BASICS) is a harm-reduction intervention for college students. Students often conform to patterns of heavy drinking they see as acceptable while holding false beliefs about alcohol’s effects or actual alcohol-use norms. BASICS is designed to help students make better decisions about using alcohol.		
Location	Office of Wellness Promotion	
Timing	By Appointment	
Target	All students Sanctioned students	
Classification	Indicated	
College AIM	IND-17 Brief Motivational Intervention, Individual	
Category	Screening/education/policy enforcement	
Data	2020-2021	24 participants
	2021-2022	Not offered: wellness coaching introduced
Program: CASICS		
Description: Cannabis Screening and Intervention of College Students (CASICS) is a harm-reduction intervention for college students. Students often conform to patterns of cannabis use they see as acceptable, while holding false beliefs about the effects of cannabis or actual cannabis-use norms. CASICS is designed to help students make better decisions about using cannabis.		
Location	Office of Wellness Promotion	
Timing	By Appointment	
Target	All students Sanctioned students	
Classification	Indicated	
College AIM	IND-17 Brief Motivational Intervention, Individual	
Category	Screening/education/policy enforcement	
Data	2020-2021	8 participants
	2021-2022	Not offered: wellness coaching introduced
Program: Choices About Cannabis		
Description: Choices About Cannabis workshop provides students with the opportunity to learn about the effects of cannabis on their brain and body, the impact of being around those who consume it, as well as the impact it may be having on their life if choosing to use cannabis in an interactive small group environment with their peers. The information in this workshop can help students make informed decisions if they choose to consume cannabis or help others who might make the decision to consume.		

Location	Office of Wellness Promotion	
Timing	Offered numerous times per semester	
Target	All students Sanctioned students	
Classification	Universal, indicated	
College AIM	IND-1: Information/knowledge/education, Group	
Category	Education/policy enforcement	
Data	2020-2021	2 participants
	2021-2022	37 participants
Program: Decisions About Drinking Workshop		
Description: The Decisions About Drinking Workshop provides students with the opportunity to learn about the effects of alcohol on their brain and body, the impact of being around those who consume it, as well as the impact it may be having on their life if choosing to drink. This program provides an opportunity for students to have an open and honest conversation about various topics such as standard drink size and WCU policies, resources, and support regarding alcohol.		
Location	Office of Wellness Promotion	
Timing	Offered numerous times per semester	
Target	All students Sanctioned students	
Classification	Universal, indicated	
College AIM	IND-1: Information/knowledge/education, Group	
Category	Education/policy enforcement	
Data	2020-2021	40 participants
	2021-2022	240 participants
Program: Alcohol eCHECKUP TO GO		
Description: eCHECKUP TO GO (Alcohol) provides students with personalized feedback about their drinking patterns, risk patterns, aspirations and goals, and links them to resources.		
Location	Office of Wellness Promotion & Office of Student Conduct	
Timing	Included in CASICS program, on Wellness Promotion website, used as a stand-alone sanction	
Target	Sanctioned students	
Classification	Universal, selective and indicated	
College AIM	IND-24 Personalized Feedback Intervention, Individual	
Category	Screening/policy enforcement	
Data	2020-2021	40 completed
	2021-2022	185 completed
Program: Cannabis eCHECKUP TO GO		
Description: eCHECKUP TO GO (Cannabis) provides students with personalized feedback about their cannabis use patterns, risk patterns, aspirations and goals, and links them to resources.		
Location	Office of Wellness Promotion & Office of Student Conduct	
Timing	Included in CASICS program, on Wellness Promotion website, used as a stand-alone sanction	

Target	Sanctioned students	
Classification	Universal, selective and indicated	
College AIM	IND-24 Personalized Feedback Intervention, Individual	
Category	Screening/policy enforcement	
Data	2020-2021	39 completed
	2021-2022	35 completed
Program: Peer Education Initiatives		
Description	Student peer educators provide peer-to-peer education on a variety of substance use topics. Modes include outreach, tabling and workshops.	
Location	Office of Wellness Promotion	
Timing	Ongoing	
Target	All students	
Classification	Universal, selective and indicated	
College AIM	IND-1 Information/knowledge/education	
Category	Health Promotion	
Data	2020-2021	11 initiatives
	2021-2022	27 initiatives
Program: Rams After Hours		
Description:	Rams After Hours is a free, late-night program for West Chester University students occurring on Friday nights during the academic year from 9:00 pm to 12:00 am. Food, entertainment, and a take-home novelty item make these must-attend events.	
Location	Student Activities	
Timing	Ongoing	
Target	All students	
Classification	Universal prevention	
College AIM	ENV-2: alcohol-free programming	
Category	Normative environment	
Data	2020-2021	951 attendees
	2021-2022	3,591 attendees
Program: RefRAME Social Norms Campaign		
Description:	A social norms campaign to help RefRAME the narrative of alcohol use was created and implemented by student leaders.	
Location	Office of Wellness Promotion	
Timing	Ongoing throughout the year	
Target	All students	
Classification	Universal prevention	
College AIM	ENV-7: campus-wide social norms campaign	
Category	Normative environment	
Data	2020-2021	N/A
	2021-2022	895 marketing pieces printed

Program: Social Media		
Description	Robust social media messages are distributed to students on an ongoing basis regarding a variety of topics including medical amnesty, harm reduction strategies, responsible use, sober driving, social norms, etc.	
Location	Office of Wellness Promotion	
Timing	Ongoing	
Target	All students	
Classification	Universal	
College AIM	IND-1 Information/knowledge/education	
Category	Education	
Data	2020-2021	41 specific AOD content messaging posts
	2021-2022	26 specific AOD content messaging posts
Program: Wellness Coaching		
Description	Wellness coaching is an individualized process that empowers students to explore and practice strategies to support their health and well-being focusing on stress, sleep, social support, and substance use. Coaching is a short-term, action-oriented tool to help students explore their strengths and personal motivations, identify topics they want to explore, and work towards their health and well-being vision using sustainable strategies in a supportive environment.	
Location	Office of Wellness Promotion	
Timing	By Appointment	
Target	All students Sanctioned students	
Classification	Universal, selective and indicated	
College AIM	IND-17 Brief Motivational Intervention, Individual	
Category	Screening/education/policy enforcement	
Data	2020-2021	Not offered
	2021-2022	26 students who chose to focus on substance use alone: 81 total participants in coaching.
Program: New Student Welcome Week Program		
Description	All incoming students are required to participate in a presentation: A Better High	
Location	New Student Programs	
Timing	August before the start of the academic year	
Target	All students Sanctioned students	
Classification	Universal	
College AIM	IND-1 Information/knowledge/education	
Category	Prevention Education	
Data	2020-2021	1,337
	2021-2022	346
Program: New Student Online Education Module		
Description	All incoming students are invited to complete an online learning module regarding campus policies, practices, and procedures around substance use. Interactive	

	features and videos created by WCU students help new students to learn the information.	
Location	Office of Wellness Promotion	
Timing	August before the start of the academic year	
Target	All students	
Classification	Universal	
College AIM	IND-1 Information/knowledge/education	
Category	Prevention Education	
Data	2020-2021	448
	2021-2022	N/A
Program: Sphere of Influence		
Description	Students reflect on their reasons for being a student at WCU, how their decision-making is impacted by others, and how their decision-making impacts those around them.	
Location	Office of Student Conduct	
Timing	Ongoing	
Target	Sanctioned Students	
Classification	Indicated	
College AIM	IND-1 Information/knowledge/education	
Category	Normative environment/policy enforcement	
Data	2020-2021	27 completed
	2021-2022	39 completed
Program: Bystander Exercise		
Description	This exercise helps students to understand how to be an active bystander and how bystanders can impact situations in a positive way.	
Location	Office of Student Conduct	
Timing	Ongoing	
Target	Sanctioned Students	
Classification	Indicated	
College AIM	IND-1 Information/knowledge/education	
Category	Normative environment/policy enforcement	
Data	2020-2021	N/A
	2021-2022	2 completed
Program: Voice Your Values		
Description	The Voice Your Values workshop provides students with the opportunity to learn what is a value, how values influence decision-making, begin to identify personal values, and explore how values congruence connects to finding purpose in a small group environment with their peers. The information in this workshop can support students in exploring their personal values and how they can use them to make and evaluate their personal decision-making.	
Location	Office of Wellness Promotion & Office of Student Conduct	
Timing	Ongoing	

Target	Sanctioned Students All students	
Classification	Indicative Universal	
College AIM	IND-1 Information/knowledge/education	
Category	Education/policy enforcement	
Data	2020-2021	N/A
	2021-2022	7 completed who were sanctioned; 24 total completed
Program: Counseling and Psychological Services		
Description	Mental health and substance use counseling, crisis intervention, referrals to community resources	
Location	Counseling and Psychological Services	
Timing	Ongoing	
Target	Sanctioned Students All students	
Classification	Indicative Selected	
College AIM	IND-1 Information/knowledge/education	
Category	Assessment and Treatment	
Data	2020-2021	108
	2021-2022	149
Program: Alcohol Education Training		
Description	Alcohol education course that all new fraternity and sorority members complete. The content covers responsible alcohol consumption, what to do in an emergency, and the University's good Samaritan policy.	
Location	Fraternity and Sorority Life	
Timing	Ongoing	
Target	New Fraternity and Sorority Members	
Classification	Indicative Selected	
College AIM	IND-1 Information/knowledge/education	
Category	Education	
Data	2020-2021	N/A
	2021-2022	796
Program: Sober Monitor Training		
Description	All fraternity and sorority members are enrolled in this virtual course that teaches them their duty and responsibility when serving as a sober monitor for events with alcohol. The online training is self-paced and includes 4 modules: Responsibility of the Organization, Duties and Structure, what if Something Happens, and Planning for Everything. Within these modules, students learn the signs of alcohol poisoning, what to do in case of an emergency, and how to keep guests and events safe.	
Location	Fraternity and Sorority Life	
Timing	Ongoing	
Target	Fraternity and Sorority Members	
Classification	Indicative Selected	
College AIM	IND-1 Information/knowledge/education	

Category	Education	
Data	2020-2021	N/A
	2021-2022	716

Policy and Enforcement

Policy: Student Code of Conduct	
Description: The Student Code of Conduct reflects the University community's concern that students maintain high standards. It guarantees due process and protects the individual freedom of the student as well as requires accountability for their actions. The document is applicable to all students at West Chester University.	
Responsible Office	Office of Student Conduct
Link:	studentCodeofConduct.pdf (wcupa.edu)
Policy: Tailgating	
Description: This policy applies to any person or group intending to participate in tailgating in the parking lots surrounding south campus athletics facilities.	
Responsible Office	Athletics
Link:	Tailgating Policy (wcupa.edu)

Violations and Frequency

Office of Student Conduct:

Academic Year 2020-2021	Fall 2020	Spring 2021	Total
Violation 1: Empty Alcohol Containers	12	12	24
Violation 2: Alcohol on Campus Over 21	62	12	74
Violation 3: Underage Alcohol	35	91	126
Violation 4: Open Container	8	16	24
Violation 5: Public Intoxication	0	17	17
Violation 6: Furnishing to Minors	0	0	0
Violation 7: DUI	0	1	1

Violation 8: Drug Possession/Use	24	26	50
Violation 9: Drug Paraphernalia	18	14	32
Violation 10: Drug Sales or Significant Qty.	0	1	1

Academic Year 2021-2022	Fall 2021	Spring 2022	Total
Violation 1: Empty Alcohol Containers	7	17	24
Violation 2: Alcohol on Campus Over 21	19	23	42
Violation 3: Underage Alcohol	381	333	714
Violation 4: Open Container	20	8	28
Violation 5: Public Intoxication	59	65	124
Violation 6: Furnishing to Minors	0	6	6
Violation 7: DUI	2	0	2
Violation 8: Drug Possession/Use	82	76	158
Violation 9: Drug Paraphernalia	41	35	76
Violation 10: Drug Sales or Significant Qty.	3	1	13

Public Safety:

Academic Year 2020-2021	Fall 2020	Spring 2021	Total
Violation 1: Liquor Law Arrest	6	20	28
Violation 2: Disciplinary Referral	8	50	58
Violation 3: Drug Law Arrest	6	7	13
Violation 4: Drug Disciplinary Referral	22	21	43

Academic Year 2022-2022	Fall 2021	Spring 2022	Total
Violation 1: Liquor Law Arrest	122	94	216
Violation 2: Disciplinary Referral	202	88	290
Violation 3: Drug Law Arrest	13	13	26
Violation 4: Drug Disciplinary Referral	64	46	110

Highlights and Significant Accomplishments:

- Modifying protocols for students referred by the Office of Student Conduct to the Counseling Center for services as a result of a policy violation.
- Campus Counseling Center now offers a group for loved ones of addicted individuals.
- AOD Counselor on-campus Counseling Center is now available 12 months and provides counseling to students over summer/winter/fall/spring breaks.
- AOD Counselor on-campus Counseling Center is earning an Applied Mindfulness certification through WCU and is incorporating MBSR into counseling.
- AOD Counselor is now offering a Meditating for Life workshop open to all students that teaches ways to effectively cope with stress. It is the hope that this will result in reduced use of substances.
- Office of Wellness Promotion is now offering Wellness Coaching by trained coaches which helps students set goals related to their substance use over a six-week period.
- The Office of Wellness Promotion, Counseling Center, and Office of Student Conduct meet regularly to discuss how to continually make improvements in our collaborative approach to educational sanctions for policy violations.
- The Office of Wellness Promotion received a 2-year, \$39,848 grant to help change the culture of alcohol use at West Chester University through a comprehensive social norming campaign with accompanying educational programs and events.
- The Office of Wellness Promotion administered the National College Health Assessment in October 2020 to capture important student health data. Information was widely distributed across campus, was used to inform the social norms campaign, as well as to incorporate information into educational efforts.
- The Office of Wellness Promotion developed several new educational programs including Decisions About Drinking, Choices About Cannabis, Any Ram Can, Shift Happens, and Voice Your Values; all having a focus or inclusion of substance use information.
- During the period in 2020 and 2021 when the university was operating in a remote learning environment, the Office of Wellness Promotion transitioned educational programs and services to online available formats. Students could participate in services through Zoom and phone and through educational programs through Zoom and online learning systems.
- A campus Healthy Campus Network was formed, including staff and faculty, to strategically address health and well-being needs of students and engage students in intentional educational efforts.

2018-2020 Program Recommendations and Progress

Recommendation	Progress
Distribution of notice to students and employees every semester instead of annually	Improvement in sending all semesters was made.
Improve data collecting procedures for the Biennial Review	A Microsoft Teams site was created to collect information for the Biennial Review. A form was collected for campus partners to insert their information for the report. This form will be completed annually moving forward vs. collecting information from 2 years at the end of the reporting period.
Appointment of a standing biennial review committee for period review of the AOD program	While a formal committee was not appointed, individuals with key reporting areas have worked together using the Teams site.
Increase access and availability of employee resources by working with the employee assistance program and health insurance carriers	Human Resources (HR) created and/or shared curated articles, job aids, and resources with WCU employees to support them and their families through the challenges of the pandemic, remote work, etc. Many of the communications used content from the Pennsylvania State Employee Assistance Program (SEAP) and its partners. Employees were reminded regularly of the SEAP services that are available to them and their family member.
Administer the National College Health Assessment to gather benchmark data about student health experiences and outcomes	The assessment was administered to all WCU students in October 2020.
Adopt the ACHA Healthy Campus Framework to promote holistic wellness and well-being at the university	The Healthy Campus Network was established to bring staff and faculty together to promote health and well-being. Due to changes in the ACHA model, it was determined that WCU would not use this Framework moving forward.
Develop additional training for faculty and staff on recognizing signs of high-risk alcohol and drug use as resources available to support students	This goal was not addressed during this time period and will be revisited in the next reporting period.

Program Strengths and Weaknesses

AOD Prevention Programming Strengths & Weaknesses	
Strengths	Weaknesses
Many knowledgeable campus partners leading educational initiatives and supporting the substance use needs of students.	WCU would like to offer more weekend programming as a preventative measure but has seen limited interest.
Collaboration among faculty, staff, and students.	WCU does not offer sober living themed community in residence halls.
Numerous available educational programs and events to engage students in learning about substance use.	
Peer to peer models where students learn from other students.	
Both proactive and responsive programming.	

Annual Distribution Protocol

Notices are distributed through email to both students and employees at the start of each academic semester. Student notifications are distributed by the Vice President of Student Affairs and employee notification by the Senior Associate Vice President and Chief Human Resources administrator.

Conclusion and Recommendations for 2020-2022:

- Improve data collection processes for the bi-annual review through creation of an annual progress report. The Assistant Vice President for Student Affairs will lead efforts in collecting this information from campus partners.
- Research, recommend, and select a new framework other than the ACHA Healthy Campus model to promote holistic wellness and well-being at the university. This initiative will be led by the Division of Student Affairs in partnership with faculty and staff throughout the university.

- In partnership with the Counseling and Psychological Services, Office of Wellness Promotion, and Office of Human Resources, provide training and/or resources to faculty and staff on recognizing signs of high-risk alcohol and drug use as resources available to support students
- The Counseling and Psychological Services will work to increase connections to off-campus community resources so that university providers can refer students when needed.
- Explore future opportunities for Human Resources (HR) to lead or partner with internal/external wellness and wellbeing partners to support employee engagement, wellness, and wellbeing as well as student success; this could include hrConnection newsletters, campus email blasts, social media, training programs, affiliate groups, etc.

Appendices

Certification

**WEST CHESTER UNIVERSITY
Drug-Free Schools and Campuses Regulations [EDGAR Part 86]
Alcohol and Other Drug Prevention Certification**

The undersigned certifies that it has adopted and implemented an alcohol and other drug prevention program for its students and employees that, at a minimum, includes –

1. The annual distribution to each employee, and to each student who is taking one or more classes of any kind of academic credit except for continuing education units, regardless of the length of the student’s program of study, of:

- Standards of conduct that clearly prohibit, at a minimum, the unlawful possession, use or distribution of illicit drugs and alcohol by students and employees on its property or as part of any of its activities
- A description of the applicable legal sanctions under local, State, or Federal law for the unlawful possession or distribution of illicit drugs and alcohol
- A description of the health risks associated with the use of illicit drugs and the abuse of alcohol
- A description of any drug or alcohol counseling, treatment or rehabilitation or re-entry programs that are available to employees or students
- A clear statement that the institution will impose disciplinary sanctions on students and employees (consistent with State and Federal law), and a description of those sanctions, up to and including expulsion or termination of employment and referral for prosecution, for violations of the standards of conduct. A disciplinary sanction may include the completion of an appropriate rehabilitation program.

2. A biennial review by the institution of its alcohol and other drug prevention comprehensive program to:

- Determine its effectiveness and implement changes to its comprehensive alcohol and other drug prevention program and policies, if they are needed
- Ensure that its disciplinary sanctions are consistently enforced.

West Chester University
700 High Street
West Chester, PA 19383

IRS Employer Identification Number: 25-1690694



Signature of the Chief Executive Officer

Date: November 4, 2022

Christopher M. Fiorentino

Typed Name of Chief Executive Officer

Telephone Number: 610-436-2471

e-mail address: president@wcupa.edu

Annual Notification - Student

From: [Vice President for Student Affairs](#)
Subject: Drug Free Schools Notification for students - Fall 2020
Date: Thursday, October 29, 2020 11:46:00 AM
Attachments: [image001.png](#)

Dear WCU Student,

This e-mail contains information about the WCU Drug and Alcohol Abuse Prevention Program (DAAPP). It is sent at least annually as a requirement of the Drug Free Schools and Communities Act.

The federal government enacted The Drug-Free Schools and Communities Act Amendment (Public Law 101-226) in 1989. This law requires institutions of higher education to inform the campus community about issues related to substance use and abuse, including information describing the resources available to assist students, faculty, and staff in combating alcohol and drug problems, and listing the appropriate regulations and laws.

An “**Alcohol Amnesty**” law is in effect in Pennsylvania. The law states that an underage person who calls for medical assistance for a friend in need will not be charged for alcohol related violations. West Chester University will also waive alcohol related judicial charges in this instance.

A similar **Drug Overdose Immunity law** protects both the caller and the person needing medical attention in a medical emergency related to a possible drug overdose.

Medical Amnesty

West Chester University’s priority is for the safety and well-being of WCU students. The WCU Medical Amnesty policy has been instituted to encourage students to seek emergency medical assistance in situations that are possibly life-threatening due to alcohol or drug use, without fear of conduct violations for alcohol and drug use. In order for a student to receive medical amnesty, the student seeking assistance must:

- A. Call 911, Public Safety, Police, Emergency Services, or otherwise contact another Authorized University Representative based on a reasonable belief that someone, including themselves, is in need of immediate medical assistance;
- B. Reasonably believe that they were the first person to make the 911 call or a call to Public Safety, Police, Emergency Services, or otherwise contact another Authorized University Representative and reported that a person needed immediate medical assistance;
- C. Provide their own name to the 911 operator, Public Safety, Police Emergency Officer, University Staff or other Authorized University Representative;
- D. Remain with the person needing medical assistance until emergency health care providers have arrived and taken care of the person in need of medical assistance; and
- E. Comply with post event educational/counseling objectives issued by the Office of Wellness Promotion and/or the Office of Student Conduct.

Students should keep in mind that medical amnesty is not intended to shield or protect students from other violations of the Student Code of Conduct related to the incident or protect students who repeatedly violate the Student Code of Conduct.

For more information see the Medical Amnesty policy in the [Student Code of Conduct](#).

LEGAL SANCTIONS

West Chester University prohibits the unlawful possession, use, or distribution of illicit drugs and alcohol by students and employees on its property or as part of any of its activities. The University vigorously enforces all local, state, and federal laws as they pertain to the unlawful possession, use, or distribution of illicit drugs and alcohol. Conviction under such laws provides for punishment that includes fines and/or imprisonment.

- A. Legal Sanctions for alcohol law violation under PA [state law](#).
- B. Legal Sanctions for [marijuana law violations](#) under state law.
- C. Legal Sanctions for drug violations under [federal law](#)

UNIVERSITY STANDARDS OF CONDUCT

In addition to state laws prohibiting use of alcohol for persons under 21 years of age, the rules of West Chester University state that no alcohol shall be used on campus. Other state laws forbid the possession, use, sale, or distribution of controlled drugs. For further information about campus policies and sanctions refer to:

- A. [WCU Code of Conduct: Alcohol and Drug Policies](#)
- B. [WCU Sanctions for alcohol and drug violations](#)

HEALTH RISKS

Excessive or dangerous alcohol use can lead to short term and long-term health risks. Please read the following carefully:

- A. [Health Risks associated with alcohol use](#)
- B. [Drugs of Abuse Uses and Effects](#)

PREVENTION AND INTERVENTION RESOURCES

If you would like information or assistance for an alcohol or drug related concern, use the following resources for free confidential conversations about alcohol or drug use

- A. [Office of Wellness Promotion](#), Commonwealth Hall, 610-430-0730
- B. [WCU Counseling and Psychological Services](#), Lawrence Hall, 610-436-2301
- C. [Community Resources](#) are described at the linked site under Resources for Students.

MEDICAL MARIJUANA

Federal law, specifically the Drug Free Schools and Communities Act, supersedes Pennsylvania state law. *The use and possession of all marijuana is prohibited on campus.* Some people need to use medical marijuana that is lawfully obtained under state law. However, lawful use and possession must occur at a location outside the University's campus property.

Sincerely,

Zebulun R. Davenport

Zebulun R. Davenport Ed.D.

Vice President for Student Affairs

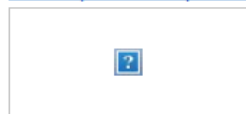
624 S. High Street Rm 201

West Chester, PA 19383

Phone - 610-436-3302

Fax - 610-436-2480

zdavenport@wcupa.edu



From: [WCU-VP Student Affairs Announcement \(No Replies\)](#)
Subject: Drug-Free Schools and Communities Act Notice
Date: Monday, September 27, 2021 2:07:47 PM
Attachments: [image002.png](#)

Dear Student:

This e-mail contains information about the WCU Drug and Alcohol Abuse Prevention Program (DAAPP). It is sent at least annually as a requirement of the Drug Free Schools and Communities Act.

The federal government enacted The Drug-Free Schools and Communities Act Amendment (Public Law 101-226) in 1989. This law requires institutions of higher education to inform the campus community about substance use and abuse, including information describing resources available to support students, faculty, and staff, and listing applicable regulations and laws.

An “**Alcohol Amnesty**” law is in effect in Pennsylvania. The law states that an underage person who calls for medical assistance for a friend in need will not be charged for alcohol related violations. A similar **Drug Overdose Immunity law** protects both the caller and the person needing medical attention in a medical emergency related to a possible drug overdose.

Medical Amnesty at WCU

West Chester University’s priority is for the safety and well-being of WCU students. The WCU Medical Amnesty policy has been instituted to encourage students to seek emergency medical assistance in situations that are possibly life-threatening due to alcohol or drug use, without fear of conduct violations for alcohol and drug use. In order for a student to receive medical amnesty, the student seeking assistance must:

- A. Call 911, Public Safety, Police, Emergency Services, or otherwise contact another Authorized University Representative based on a reasonable belief that someone, including themselves, is in need of immediate medical assistance;
- B. Reasonably believe that they were the first person to make the 911 call or a call to Public Safety, Police, Emergency Services, or otherwise contact another Authorized University Representative and reported that a person needed immediate medical assistance;
- C. Provide their own name to the 911 operator, Public Safety, Police Emergency Officer, University Staff or other Authorized University Representative;
- D. Remain with the person needing medical assistance until emergency health care providers have arrived and taken care of the person in need of medical assistance; and
- E. Comply with post event educational/counseling objectives issued by the Office of Wellness Promotion and/or the Office of Student Conduct.

Students should keep in mind that medical amnesty is not intended to shield or protect students from other violations of the Student Code of Conduct related to the incident or protect students who repeatedly violate the Student Code of Conduct.

For more information see the Medical Amnesty policy in the [Student Code of Conduct](#).

LEGAL SANCTIONS

West Chester University prohibits the unlawful possession, use, or distribution of illicit drugs and alcohol by students and employees on its property or as part of any of its activities. The University vigorously enforces all local, state, and federal laws as they pertain to the unlawful possession, use, or distribution of illicit drugs and alcohol. Conviction under such laws provides for punishment that includes fines and/or imprisonment.

- A. Legal Sanctions for alcohol law violation under PA [state law](#).
- B. Legal Sanctions for [marijuana law violations](#) under state law.
- C. Legal Sanctions for drug violations under [federal law](#)

UNIVERSITY STANDARDS OF CONDUCT

In addition to state laws prohibiting use of alcohol for persons under 21 years of age, the rules of West Chester University state that no alcohol shall be used on campus. Other state laws forbid the possession, use, sale, or distribution of controlled drugs. For further information about campus policies and sanctions refer to:

- A. [WCU Code of Conduct: Alcohol and Drug Policies](#)
- B. [WCU Sanctions for alcohol and drug violations](#)

HEALTH RISKS

Excessive or dangerous alcohol use can lead to short and long-term health risks. Please read the following carefully:

- A. [Health Risks associated with alcohol use](#)
- B. [Drugs of Abuse Uses and Effects](#)

PREVENTION AND INTERVENTION RESOURCES

If you would like information or assistance for an alcohol or drug related concern, use the following resources for free confidential conversations about alcohol or drug use

- A. [Office of Wellness Promotion](#), Commonwealth Hall, 610-430-0730
- B. [WCU Counseling and Psychological Services](#), Lawrence Hall, 610-436-2301
- C. [Community Resources](#) are described at the linked site under Resources for Students.

MEDICAL MARIJUANA

Federal law, specifically the Drug Free Schools and Communities Act, supersedes Pennsylvania state law. *The use and possession of all marijuana is prohibited on campus.* Some people need to use medical marijuana that is lawfully obtained under state law. However, lawful use and possession must occur at a location outside the University's campus property.

Sincerely,

Zebulun R. Davenport

Zebulun R. Davenport Ed.D.

Vice President for Student Affairs



From: [WCU-VP Student Affairs Announcement \(No Replies\)](#)
Subject: Drug-Free Schools and Communities Act Notice
Date: Wednesday, February 2, 2022 9:23:00 AM
Attachments: [image001.png](#)



TO: West Chester University Students
FROM: Dr. Zebulun R. Davenport
Vice President for Student Affairs
RE: Drug-Free Schools and Communities Act Notice
DATE: February 2, 2022

This e-mail contains information about the WCU Drug and Alcohol Abuse Prevention Program (DAAPP). It is sent at least annually as a Drug-Free Schools and Communities Act requirement.

The federal government enacted The Drug-Free Schools and Communities Act Amendment (Public Law 101-226) in 1989. This law requires institutions of higher education to inform the campus community about substance use and abuse, including information describing resources available to support students, faculty, and staff and listing applicable regulations and laws.

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From: [Human Resources](#)
To: [WCU-All Employees](#)
Subject: Drug-Free Schools and Communities Act Notice
Date: Thursday, October 29, 2020 9:53:52 AM
Attachments: [image001.png](#)



TO: West Chester University Faculty, Staff and Administrators
FROM: William J. Helzlsouer
Associate Vice President and Chief Human Resources Officer
RE: Drug-Free Schools and Communities Act Notice
DATE: October 29, 2020

West Chester University is committed to providing a healthy working environment, consistent with PASSHE Policy 1989-02: Drug-Free Workplace; and the maintenance of a campus free from unlawful drug and alcohol-related activity. West Chester University certifies its compliance with The Drug-Free Workplace Act (41 USCA 701), The Drug-Free Schools and Communities Act of 1989 (P.C. 101.226) and their implementing criteria: the Drug and Alcohol Abuse Prevention Regulations (34 CFR 86).

As such, the University is taking the opportunity to inform all faculty and staff of PASSHE Policy 1989-02: Drug-Free Workplace, the health risks associated with drug and alcohol use, University and legal sanctions associated with their use in the workplace, and prevention and/or intervention programs available to employees or the local public.

This compliance notice shall be issued by the Office of Human Resources annually. It will also be provided at new employee orientation and will be posted on the Office of Human Resources website.

- I. [PASSHE Policy 1989-02: Drug-Free Workplace](#)
- II. **Health Risks**
 - a. [Health Risks associated with alcohol use](#)
 - b. [Drugs of Abuse Uses and Effects](#)
- III. **Legal Sanctions**
 - a. [Federal](#)
 - b. [Crimes Code of Commonwealth of Pennsylvania](#)
- IV. **Prevention and Intervention Resources**
 - a. [SEAP](#)
 - b. [Community Resources](#)

From: [Human Resources](#)
Subject: Drug-Free Schools and Communities Act Notice
Date: Tuesday, September 28, 2021 9:15:37 AM
Attachments: [image001.png](#)



TO: West Chester University Faculty, Staff and Administrators
FROM: William J. Helzlsouer
Associate Vice President and Chief Human Resources Officer
RE: Drug-Free Schools and Communities Act Notice
DATE: September 28, 2021

West Chester University is committed to providing a healthy working environment, consistent with PASSHE Policy 1989-02: Drug-Free Workplace; and the maintenance of a campus free from unlawful drug and alcohol-related activity. West Chester University certifies its compliance with The Drug-Free Workplace Act (41 USCA 701), The Drug-Free Schools and Communities Act of 1989 (P.C. 101.226) and their implementing criteria: the Drug and Alcohol Abuse Prevention Regulations (34 CFR 86).

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 - a. [Federal](#)
 - b. [Crimes Code of Commonwealth of Pennsylvania](#)
- IV. **Prevention and Intervention Resources**
 - a. [SEAP](#)
 - b. [Community Resources](#)



Office of Human Resources | West Chester University
201 Carter Drive, Suite 100 | West Chester, PA 19383 | 610-436-2800 | fax: 610-436-3464 | www.wcupa.edu

TO: West Chester University Faculty and Staff
FROM: William J. Helzlsouer
Associate Vice President and Chief Human Resources Officer
RE: Drug-Free Schools and Communities Act Notice
DATE: February 2, 2022

West Chester University is committed to providing a healthy working environment, consistent with PASSHE Policy 1989-02: Drug-Free Workplace; and the maintenance of a campus free from unlawful drug and alcohol-related activity. West Chester University certifies its compliance with The Drug-Free Workplace Act (41 USCA 701), The Drug-Free Schools and Communities Act of 1989 (P.C. 101.226) and their implementing criteria: the Drug and Alcohol Abuse Prevention Regulations (34 CFR 86).

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 - b. [Drugs Abuse Uses and Effects](#)
- III. **Legal Sanctions**
 - a. [Federal](#)
 - b. [Crimes Code of Commonwealth of Pennsylvania](#)
- IV. **Prevention and Intervention Resources**
 - a. [SEAP](#)
 - b. [Community Resources](#)

WEST CHESTER UNIVERSITY

Executive Summary

Fall 2020

American College Health Association National College Health Assessment III

ACHA-NCHA III

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



AMERICAN COLLEGE HEALTH ASSOCIATION

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ACHA, the nation's principal advocate and leadership organization for college and university health, represents a diverse membership that provides and supports the delivery of health care and prevention and wellness services for the nation's 20 million college students. For more information about the association's programs and services, visit www.acha.org, and www.acha.org/NCHA.

Suggested citation for this document:

American College Health Association. American College Health Association-National College Health Assessment III: West Chester University Executive Summary Fall 2020. Silver Spring, MD: American College Health Association; 2020.

Introduction and Notes

The ACHA-National College Health Assessment (ACHA-NCHA) is a national research survey organized by the American College Health Association (ACHA) to assist college health service providers, health educators, counselors, and administrators in collecting data about their students' habits and behaviors on the most prevalent health topics. The ACHA-NCHA now provides the largest known comprehensive data set on the health of college students, providing the college health and higher education fields with a vast spectrum of information on student health.

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

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

Notes about this report:

1. Missing values have been excluded from analysis and only valid percents are included in this document, unless otherwise noted.
2. **The ACHA-NCHA III is programmed differently than earlier versions of the survey.** Rather than asking the respondents to answer every question (and offering a "not applicable" option), display logic was used throughout the survey to determine whether, based on their response to an earlier question, the student saw a follow-up question. This makes the valid percents of certain questions impossible to apply to the entire sample, as the denominator used was limited to only the number of students that saw the question. When appropriate, results are also presented using the entire sample as the denominator to show the proportion of the overall sample that experienced a particular issue. These differences in presentation are carefully noted throughout the document and will often explain differences observed between this document and the full data report. Please look carefully at descriptions of the data presented in each table, as well as any footnotes included.
3. **About the use of sex and gender in this report:** Survey responses are reported by sex based on the responses to questions 67A, 67B, and 67C. 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 gender identity is consistent with sex at birth AND "no" is selected 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 selects "intersex" for sex at birth, "no" for transgender, and man or woman for gender identity are designated as *male* or *female*. A respondent that selects "intersex" for sex at birth, "yes" for transgender, or selects a gender identity other than man or woman 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 responses.

For additional information about the survey's development, design, and methodology, email Mary T Hoban, PhD, MCHES, (mhoban@acha.org), Christine Kukich, MS (ckukich@acha.org), or visit www.acha-ncha.org.

This Executive Summary highlights results of the ACHA-NCHA III Fall 2020 survey for West Chester University consisting of 1377 respondents.

The response rate was 7.8%.

Findings

A. General Health and Campus Climate

- 58.3 % of college students surveyed (62.7 % male and 58.0 % female) described their health as *very good or excellent*.
- 91.9 % of college students surveyed (92.1 % male and 92.4 % female) described their health as *good, very good or excellent*.

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		66.9	71.3	70.3
I feel that students' health and well-being is a priority at my college/university		66.0	67.7	67.2
At my college/university, I feel that the campus climate encourages free and open discussion of students' health and well-being.		61.0	65.1	64.1
At my college/university, we are a campus where we look out for each other		50.4	58.0	56.1

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		35.1	33.5	33.9
Drinking 1 or more sugar-sweetened beverages (per day), on average, in the last 7 days		64.9	66.5	66.1
Drinking energy drinks or shots on 0 of the past 30 days		81.3	87.0	85.7
Drinking energy drinks or shots on 1-4 of the past 30 days		11.0	8.4	8.9
Drinking energy drinks or shots on 5 or more of the past 30 days		7.7	4.6	5.4
Eating 3 or more servings of fruits (per day), on average, in the last 7 days		18.2	24.8	23.4
Eating 3 or more servings of vegetables (per day), on average, in the last 7 days		33.9	35.0	34.7

■ **Estimated Body Mass Index (BMI):** This figure incorporates reported height and weight to form a general indicator of physical health. Categories defined by The World Health Organization (WHO) 2000, reprinted 2004. Obesity: Preventing and Managing the Global Epidemic. WHO Tech Report Series: 894.

BMI	Percent (%)	Male	Female	Total
<18.5 Underweight		6.1	5.3	5.4
18.5-24.9 Healthy Weight		47.0	55.8	53.9
25-29.9 Overweight		32.4	23.3	25.2
30-34.9 Class I Obesity		7.7	9.7	9.3
35-39.9 Class II Obesity		4.5	3.4	3.7
≥40 Class III Obesity		2.4	2.5	2.6
Mean		25.60	25.00	25.16
Median		24.41	23.70	23.80
Std Dev		5.50	5.84	5.82

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		74.2	65.6	67.2
Guidelines met for Active Adults		49.6	40.2	42.0
Guidelines met for Highly Active Adults		38.3	31.2	32.4

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)		69.8	67.7	68.1
Low food security (score 2-4)		19.2	19.6	19.3
Very low food security (score 5-6)		11.0	12.7	12.6
Any food insecurity (low or very low food security)		30.2	32.3	31.9

C. Health Care Utilization

College students reported:

	Percent (%)	Male	Female	Total
Receiving psychological or mental health services within the last 12 months		23.0	30.2	29.2

*The services were provided by:

My current campus health and/or counseling center		21.8	17.5	19.2
A mental health provider in the local community near my campus		24.1	21.6	22.2
A mental health provider in my home town		51.9	68.3	65.3
A mental health provider not described above		25.5	11.3	12.9

*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		57.5	75.5	72.2

*The services were provided by:

My current campus health center		13.2	10.3	10.7
A medical service provider in the local community near my campus		16.7	16.7	17.1
A medical service provider in my home town		79.0	90.4	88.5
A medical service provider not described above		16.2	5.2	6.8

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

College students reported:

	Percent (%)	Male	Female	Total
Flu vaccine within the last 12 month		49.4	54.9	53.9
Not starting the HPV vaccine series		27.1	19.8	21.1
Starting, but not completing HPV vaccine series		3.6	3.5	3.4
Completing HPV vaccine series		43.7	58.9	56.1
Not knowing their HPV vaccine status		25.5	17.8	19.4
Ever having a GYN visit or exam (females only)			61.3	
Having a dental exam in the last 12 months		69.6	75.5	73.9
Being tested for HIV within the last 12 months		7.3	12.7	11.8
Being tested for HIV more than 12 months ago		15.8	11.1	11.8
Wearing sunscreen usually or always when outdoors		23.8	44.6	41.0
Spending time outdoors with the intention of tanning at least once in the last 12 months		47.5	72.9	67.5

D. Impediments to Academic Performance

Respondents are asked in numerous places throughout the survey about issues that might have negatively impacted their academic performance within the last 12 months. This is defined as negatively impacting their performance in a class or delaying progress towards their degree. Both types of negative impacts are represented in the figures below. Please refer to the corresponding Data Report for specific figures on each type of impact. Figures in the left columns use all students in the sample as the denominator. Figures in the right columns use only the students that experienced that issue (e.g. students who used cannabis, reported a problem or challenge with finances, or experienced a particular health issue) in the denominator. (items are listed in the order in which they appear in the survey)

Negatively impacted academic performance among all students in the sample

Negatively impacted academic performance among only students that experienced the issue

	Percent (%)	Male	Female	Total
Alcohol use		1.6	2.0	2.0
Cannabis/marijuana use		2.0	1.1	1.3

	Male	Female	Total
Alcohol use	2.1	2.5	2.5
Cannabis/marijuana use	6.4	3.0	3.7

Career	14.5	12.2	12.6
Finances	12.9	14.1	13.7
Procrastination	46.0	41.4	42.4
Faculty	8.9	5.4	5.9
Family	11.7	11.6	12.1
Intimate Relationships	8.1	8.8	8.7
Roommate/housemate	4.8	4.6	4.6
Peers	4.0	3.2	3.3
Personal appearance	3.2	5.3	4.9
Health of someone close to me	9.3	9.5	9.5
Death of a family member, friend, or someone close to me	8.9	9.1	9.4
Bullying	0.8	1.4	1.3
Cyberbullying	0.4	0.8	0.8
Hazing	0.8	0.1	0.2
Microaggression	1.6	1.8	2.0
Sexual Harassment	1.2	2.1	2.1
Discrimination	1.2	1.7	1.7

Career	38.3	36.8	36.8
Finances	35.2	30.4	30.8
Procrastination	63.7	56.2	58.1
Faculty	64.7	56.3	56.6
Family	32.2	30.1	31.6
Intimate Relationships	22.5	23.6	23.6
Roommate/housemate	23.5	19.8	20.4
Peers	21.7	13.7	14.9
Personal appearance	9.2	9.7	9.7
Health of someone close to me	29.5	26.4	27.1
Death of a family member, friend, or someone close to me	39.3	35.1	37.2
Bullying	25.0	22.7	23.4
Cyberbullying	33.3	21.4	22.9
Hazing	100.0	50.0	75.0
Microaggression	16.7	14.0	15.3
Sexual Harassment	42.9	18.0	20.7
Discrimination	20.0	20.5	21.1

Problems or challenges in the last 12 months

**Negatively impacted
academic performance
among all students in the
sample**

**Negatively impacted
academic performance
among only students that
experienced the issue**

Acute Diagnoses in the last 12 months

Percent (%)

	Male	Female	Total
Bronchitis	1.2	1.5	1.4
Chlamydia	0.4	0.2	0.2
Chicken Pox (Varicella)	0.0	0.0	0.0
Cold/Virus or other respiratory illness	5.6	11.7	10.5
Concussion	0.4	2.4	2.1
Gonorrhea	0.0	0.1	0.1
Flu (influenza or flu-like illness)	4.0	3.9	4.2
Mumps	0.0	0.0	0.0
Mononucleosis (mono)	0.8	1.8	1.6
Orthopedic injury	2.8	2.7	2.7
Pelvic Inflammatory Disease	0.0	0.2	0.1
Pneumonia	0.4	0.7	0.7
Shingles	0.0	0.2	0.1
Stomach or GI virus or bug, food poisoning or gastritis	2.4	4.4	4.1
Urinary tract infection	0.4	2.0	1.7

Male | **Female** | **Total**

Male	Female	Total
42.9	40.0	40.4
20.0	12.5	14.3
0.0	0.0	0.0
21.9	31.5	30.1
14.3	56.5	52.7
0.0	100.0	50.0
71.4	48.8	54.2
0.0	0.0	0.0
50.0	76.0	73.3
33.3	25.7	26.8
0.0	50.0	50.0
25.0	53.3	50.0
0.0	33.3	28.6
35.3	36.4	37.3
33.3	13.1	13.4

Percent (%)

**Any ongoing or chronic medical conditions
diagnosed or treated in the last 12 months**

	Male	Female	Total
	22.2	29.2	28.3

Male | **Female** | **Total**

Male	Female	Total
30.2	35.5	35.3

	Male	Female	Total
Assault (physical)	0.0	0.6	0.6
Assault (sexual)	0.8	1.7	1.5
Allergies	2.4	2.3	2.5
Anxiety	22.2	37.5	35.1
ADHD or ADD	10.1	7.9	8.5
Concussion or TBI	1.2	3.3	2.9
Depression	18.5	25.0	24.3
Eating disorder/problem	1.2	4.5	3.8
Headaches/migraines	6.9	15.5	14.1
Influenza or influenza-like illness (the flu)	2.4	4.5	4.1
Injury	4.0	2.2	2.5
PMS	0.0	12.2	9.9
PTSD	4.4	3.8	4.2
Short-term illness	3.6	4.3	4.1
Upper respiratory illness	3.2	7.1	6.3
Sleep difficulties	17.7	22.6	21.7
Stress	28.2	45.2	42.2

Male	Female	Total
0.0	21.4	19.5
33.3	25.4	25.6
6.1	5.5	6.0
40.7	52.0	50.8
48.1	61.2	57.6
18.8	57.1	49.4
48.4	56.4	55.6
15.8	27.4	26.1
23.9	35.4	34.6
30.0	40.7	39.6
28.6	21.6	22.7
0.0	23.1	23.1
44.0	42.7	45.0
33.3	27.5	28.6
16.7	22.8	22.1
37.3	42.7	41.8
40.9	53.8	52.2

Other impediments to academic performance

E. Violence, Abusive Relationships, and Personal Safety

Within the last 12 months, college students reported experiencing:

	Percent (%)	Male	Female	Total
A physical fight		6.9	1.1	2.3
A physical assault (not sexual assault)		2.0	1.9	2.0
A verbal threat		14.7	10.3	11.2
Sexual touching without their consent		2.0	7.0	6.1
Sexual penetration attempt without their consent		0.0	3.6	2.9
Sexual penetration without their consent		0.0	2.7	2.3
Being a victim of stalking		1.6	4.9	4.2
A partner called me names, insulted me, or put me down to make me feel bad		8.5	11.6	11.1
A partner often insisted on knowing who I was with and where I was or tried to limit my contact with family or friends		5.2	4.3	4.6
A partner pushed, grabbed, shoved, slapped, kicked, bit, choked or hit me without my consent		4.0	2.4	2.7
A partner forced me into unwanted sexual contact by holding me down or hurting me in some way		1.2	1.7	1.6
A partner pressured me into unwanted sexual contact by threatening me, coercing me, or using alcohol or other drugs		0.4	3.9	3.2

College students reported feeling **very safe** :

	Percent (%)	Male	Female	Total
On their campus (daytime)		83.3	73.6	75.0
On their campus (nighttime)		51.4	19.4	25.0
In the community surrounding their campus (daytime)		64.9	52.8	54.5
In the community surrounding their campus (nighttime)		38.4	13.5	18.0

F. Tobacco, Alcohol, and Other Drug Use

Ever Used

*Used in the last 3 months

	Percent (%)	Male	Female	Total	Male	Female	Total
Tobacco or nicotine delivery products (cigarettes, e-cigarettes, Juul or other vape products, water pipe or hookah, chewing tobacco, cigars, etc.)		42.7	37.3	38.2	26.2	23.8	23.9
Alcoholic beverages (beer, wine, liquor, etc.)		74.2	77.5	76.6	66.5	70.8	69.4
Cannabis (marijuana, weed, hash, edibles, vaped cannabis, etc.) [Please report nonmedical use only.]		43.5	45.8	45.1	23.4	30.4	28.8
Cocaine (coke, crack, etc.)		8.1	5.3	5.8	2.4	1.7	1.8
Prescription stimulants (Ritalin, Concerta, Dexedrine, Adderall, diet pills, etc.) [Please report nonmedical use only.]		12.1	8.5	9.2	4.0	3.5	3.5
Methamphetamine (speed, crystal meth, ice, etc.)		1.2	0.7	0.8	0.0	0.2	0.1
Inhalants (poppers, nitrous, glue, gas, paint thinner, etc.)		4.4	2.2	2.7	0.4	0.6	0.6
Sedatives or Sleeping Pills (Valium, Ativan, Xanax, Klonopin, Librium, Rohypnol, GHB, etc.) [Please report nonmedical use only.]		6.9	4.2	5.0	2.8	1.8	2.0
Hallucinogens (Ecstasy, MDMA, Molly, LSD, acid, mushrooms, PCP, Special K, etc.)		13.0	7.0	8.2	3.2	2.0	2.3
Heroin		0.8	0.4	0.6	0.0	0.0	0.0
Prescription opioids (morphine, codeine, fentanyl, oxycodone [OxyContin, Percocet], hydrocodone [Vicodin], methadone, buprenorphine [Suboxone], etc.) [Please report nonmedical use only.]		4.1	2.4	2.9	0.4	0.5	0.4

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

Substance Specific Involvement Scores (SSIS) from the ASSIST

*Moderate risk use of the substance

*High risk use of the substance

	Percent (%)	Male	Female	Total	Male	Female	Total
Tobacco or nicotine delivery products		19.0	16.6	16.8	0.8	0.9	0.9
Alcoholic beverages		12.1	11.3	11.4	0.8	0.9	0.9
Cannabis (nonmedical use)		19.8	20.4	20.1	0.0	0.8	0.7
Cocaine		0.8	0.8	0.9	0.0	0.1	0.1
Prescription stimulants (nonmedical use)		3.2	1.6	1.9	0.0	0.1	0.1
Methamphetamine		0.4	0.2	0.2	0.0	0.1	0.1
Inhalants		0.4	0.4	0.4	0.0	0.0	0.0
Sedatives or Sleeping Pills (nonmedical use)		1.6	1.1	1.2	0.0	0.0	0.0
Hallucinogens		2.4	1.1	1.4	0.0	0.1	0.1
Heroin		0.8	0.1	0.2	0.0	0.0	0.0
Prescription opioids (nonmedical use)		0.8	0.6	0.6	0.0	0.1	0.1

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

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		2.0	2.8	2.5
Prescription sedatives or sleeping pills		2.0	1.1	1.3
Prescription opioids		0.0	0.3	0.2

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

	Percent (%)	Male	Female	Total
Cigarettes		8.9	5.9	6.7
E-cigarettes or other vape products (for example: Juul, etc.)		16.9	19.4	18.5
Water pipe or hookah		2.0	1.4	1.5
Chewing or smokeless tobacco		6.9	0.4	1.7
Cigars or little cigars		8.1	2.4	3.4
Other		2.0	0.1	0.4

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

Students in Recovery

- 2.3 % of college students surveyed (3.3 % male and 1.6 % female) indicated they were in recovery from alcohol or other drug use.

When, if ever, was the last time you:

	Percent (%)	Male	Female	Total
Never		15.4	15.9	16.0
Within the last 2 weeks		52.2	57.8	56.5
More than 2 weeks ago but within the last 30 days		7.7	9.2	8.9
More than 30 days ago but within the last 3 months		11.3	6.8	7.5
More than 3 months ago but within the last 12 months		4.5	7.3	6.9
More than 12 months ago		8.9	3.0	4.3

***Used Cannabis/Marijuana**

	Male	Female	Total
Never	48.2	46.1	46.7
Within the last 2 weeks	14.6	19.6	18.6
More than 2 weeks ago but within the last 30 days	4.0	3.8	3.7
More than 30 days ago but within the last 3 months	7.3	6.2	6.3
More than 3 months ago but within the last 12 months	6.5	8.4	8.1
More than 12 months ago	19.4	15.9	16.5

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

Driving under the influence

- 10.1 % of college students reported driving after having **any alcohol** in the last 30 days.*
*Only students who reported driving in the last 30 days and drinking alcohol in the last 30 days were asked this question.
- 30.4 % of college students reported driving within 6 hours of using cannabis/marijuana in the last 30 days.*
*Only students who reported driving in the last 30 days and using cannabis in the last 30 days were asked this question.

Estimated Blood Alcohol Concentration (or eBAC) of college students. Due to the improbability of a student surviving a drinking episode resulting in an extremely high eBAC, all students with an eBAC of 0.50 or higher are also omitted from these eBAC figures. eBAC is an estimated figure based on the reported number of drinks consumed during the last time they drank alcohol in a social setting, their approximate time of consumption, sex, weight, and the average rate of ethanol metabolism. Only students who reported drinking alcohol within the last 3 months answered these questions.

Estimated BAC	Percent (%)	Male	Female	Total
< .08		83.0	77.1	78.5
< .10		86.9	85.1	85.6
Mean		0.04	0.05	0.05
Median		0.01	0.03	0.03
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		64.8	77.9	75.7
5		9.1	9.7	9.5
6		10.8	4.6	5.7
7 or more		15.3	7.8	9.0
Mean		4.0	3.3	3.4
Median		3.0	3.0	3.0
Std Dev		3.1	2.6	2.7

*Only students who reported drinking alcohol in the last three months were asked this question.

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

Among all students surveyed

*Among those who reported drinking alcohol within the last two weeks

	Percent (%)	Male	Female	Total	Male	Female	Total
Did not drink alcohol in the last two weeks (includes non-drinkers)		47.8	42.4	43.7			
None		22.3	28.6	27.7	42.6	49.7	49.2
1-2 times		19.8	21.2	20.6	38.0	36.7	36.5
3-5 times		10.1	6.1	6.7	19.4	10.5	11.8
6 or more times		0.0	1.8	1.4	0.0	3.1	2.5

*Only students who reported drinking alcohol in the last two weeks were asked this question.

*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		13.9	20.1	18.9
Blackout (forgot where I was or what I did for a large period of time and cannot remember , even when someone reminds me)		11.2	12.5	12.2
Brownout (forgot where I was or what I did for short periods of time, but can remember once someone reminds me)		12.4	24.7	22.4
Got in trouble with the police		0.5	1.5	1.3
Got in trouble with college/university authorities		0.5	1.0	0.9
Someone had sex with me without my consent		0.5	2.2	1.8
Had sex with someone without their consent		1.1	0.1	0.3
Had unprotected sex		11.3	14.3	13.8
Physically injured myself		5.3	6.9	6.8
Physically injured another person		0.5	0.6	0.6
Seriously considered suicide		2.7	1.7	2.0
Needed medical help		1.1	1.5	1.4
Reported one or more of the above		17.2	27.1	25.3

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

G. Sexual Behavior

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

Oral sex

Vaginal intercourse

	Percent (%)	Male	Female	Total
Never		26.9	26.7	27.2
Within the last 2 weeks		29.0	38.4	36.3
More than 2 weeks ago but within the last 30 days		6.1	8.5	8.2
More than 30 days ago but within the last 3 months		10.2	8.4	8.9
More than 3 months ago but within the last 12 months		11.4	10.1	10.2
More than 12 months ago		16.3	7.8	9.3

	Male	Female	Total
Never	31.6	27.6	29.0
Within the last 2 weeks	31.1	42.3	39.7
More than 2 weeks ago but within the last 30 days	5.7	7.8	7.4
More than 30 days ago but within the last 3 months	6.6	6.9	6.8
More than 3 months ago but within the last 12 months	11.5	7.6	8.2
More than 12 months ago	13.5	7.8	8.9

Anal intercourse

	Percent (%)	Male	Female	Total
Never		75.7	79.7	79.1
Within the last 2 weeks		4.1	2.2	2.6
More than 2 weeks ago but within the last 30 days		1.2	0.9	1.0
More than 30 days ago but within the last 3 months		2.9	1.9	2.0
More than 3 months ago but within the last 12 months		2.9	3.9	3.7
More than 12 months ago		13.2	11.5	11.6

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

	Percent (%)	Male	Female	Total
None		0.0	0.1	0.1
1		64.2	69.2	68.6
2		16.9	11.9	12.7
3		6.8	7.8	7.4
4 or more		12.2	10.9	11.2
Mean		2.3	1.8	1.9
Median		1.0	1.0	1.0
Std Dev		3.9	2.0	2.4

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

College students who reported having oral sex, or vaginal or anal intercourse within the last 30 days who reported using a condom or another protective barrier *most of the time* or *always*:

	Percent (%)	Male	Female	Total
Oral sex		8.1	4.2	5.0
Vaginal intercourse		36.7	39.7	39.3
Anal intercourse		38.5	33.3	33.3

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

College students who reported having vaginal intercourse (penis in vagina) within the last 12 months were asked if they or their partner used any method to prevent pregnancy the last time they had vaginal intercourse:

	Percent (%)	Male	Female	Total
Yes, used a method of contraception		77.4	85.7	84.3
No, did not want to prevent pregnancy		1.5	2.3	2.2
No, did not use any method		18.0	10.9	12.1
Don't know		3.0	1.0	1.4

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

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

	Percent (%)	Male	Female	Total
Birth control pills (monthly or extended cycle)		54.4	56.0	55.7
Birth control shots		0.0	2.0	1.8
Birth control implants		4.9	4.9	4.8
Birth control patch		1.0	0.9	1.0
The ring		0.0	2.4	2.0
Emergency contraception ("morning after pill" or "Plan B")		1.0	3.6	3.1
Intrauterine device		11.7	11.2	11.3
Male (external) condom		55.3	46.2	47.4
Female (internal) condom		0.0	0.2	0.1
Diaphragm or cervical cap		0.0	0.2	0.1
Contraceptive sponge		0.0	0.0	0.0
Withdrawal		22.3	26.4	26.1
Fertility awareness (calendar, mucous, basal body temperature)		2.9	5.5	5.1
Sterilization (hysterectomy, tubes tied, vasectomy)		1.9	2.0	2.0
Other method		3.9	0.7	1.1
<i>Male condom use plus another method</i>		33.0	35.3	34.9
<i>Any two or more methods (excluding male condoms)</i>		20.4	24.5	24.0

*Only students who reported they or their partner used a method the last time they had vaginal intercourse were asked these questions.

College students who reported having vaginal intercourse (penis in vagina) within the last 12 months were asked if they or their partner used emergency contraception ("morning after pill" or "Plan B") in the last 12 months:

Yes (male: 12.7 %; female: 17 %).

College students who reported having vaginal intercourse (penis in vagina) within the last 12 months were asked if they experienced an unintentional pregnancy or got someone pregnant within the last 12 months:

Yes (male: 0.7 %; female: 1.9 %).

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)		63.1	51.2	52.9
Moderate psychological distress (9-12)		20.1	25.5	24.7
Serious psychological distress (13-24)		16.8	23.3	22.4
Mean		7.45	8.70	8.54
Median		6.00	8.00	8.00
Std Dev		5.41	5.27	5.33

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

	Percent (%)	Male	Female	Total
Negative for loneliness (3-5)		58.0	49.8	51.2
Positive for loneliness (6-9)		42.0	50.2	48.8
Mean		5.24	5.44	5.41
Median		5.00	6.00	5.00
Std Dev		1.84	1.84	1.85

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	45.48	46.07	45.84
Median	48.00	48.00	48.00
Std Dev	9.12	7.94	8.27

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

(higher scores reflect greater resilience)

	Male	Female	Total
Mean	6.28	5.86	5.93
Median	6.00	6.00	6.00
Std Dev	1.49	1.45	1.48

Self injury

■ 10.3 % of college students surveyed (3.6 % male and 11.6 % female) indicated they had intentionally cut, burned, bruised, or otherwise injured themselves within the last 12 months.

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

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

	Percent (%)	Male	Female	Total
Academics		42.3	40.6	41.4
Career		37.9	33.5	34.6
Finances		36.8	46.5	44.9
Procrastination		72.2	74.1	73.7
Faculty		13.7	9.6	10.5
Family		36.3	39.0	39.0
Intimate relationships		35.9	37.5	37.1
Roommate/housemate		20.6	23.5	23.0
Peers		19.0	23.3	22.4
Personal appearance		35.1	54.8	51.2
Health of someone close to me		31.5	36.1	35.4
Death of a family member, friend, or someone close to me		22.6	25.9	25.5
Bullying		3.2	6.2	5.7
Cyberbullying		1.2	4.0	3.6
Hazing		0.8	0.2	0.3
Microaggression		9.7	12.8	13.0
Sexual Harassment		2.8	12.0	10.3
Discrimination		6.0	8.2	7.9

Male	Female	Total
84.8	87.8	87.5
78.5	75.2	75.6
73.6	78.8	78.0
57.3	66.1	64.7
47.1	54.4	51.7
53.9	68.7	66.5
65.2	63.4	63.7
45.1	54.5	53.7
46.8	45.2	45.2
52.9	66.1	64.5
57.1	69.8	68.5
76.8	77.6	77.8
50.0	49.3	50.0
100.0	42.9	47.9
100.0	50.0	75.0
50.0	42.3	44.1
57.1	49.2	51.4
80.0	68.2	67.9

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

<i>Students reporting none of the above</i>	12.1	8.8	9.5
<i>Students reporting only one of the above</i>	9.3	8.0	8.2
<i>Students reporting 2 of the above</i>	12.5	10.8	10.7
<i>Students reporting 3 or more of the above</i>	66.1	72.4	71.7

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

	<i>Percent (%)</i>	Male	Female	Total
Negative suicidal screening (3-6)		73.7	75.7	74.7
Positive suicidal screening (7-18)		26.3	24.3	25.3
Mean		5.12	5.06	5.13
Median		3.00	3.00	3.00
Std Dev		2.99	2.99	3.04

Suicide attempt

■ 2.5 % of college students surveyed (3.3 % male and 2.3 % female) indicated they had attempted suicide within the last 12 months.

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

	<i>Percent (%)</i>	Male	Female	Total
No stress		0.8	0.9	0.9
Low		29.8	13.8	16.5
Moderate		48.0	52.6	51.7
High		21.4	32.7	30.8

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		3.2	3.8	3.6
Chlamydia		2.0	1.5	1.5
Chicken Pox (Varicella)		0.8	0.1	0.3
Cold/virus or other respiratory illness (for example: sinus infection, ear infection, strep throat, tonsillitis, pharyngitis, or laryngitis)		26.7	38.1	35.9
Concussion		3.2	4.3	4.2
Gonorrhea		0.4	0.1	0.1
Flu (influenza) or flu-like illness		6.1	8.2	8.0
Mumps		0.4	0.3	0.3
Mononucleosis (mono)		1.6	2.4	2.3
Orthopedic injury (for example: broken bone, fracture, sprain, bursitis, tendinitis, or ligament injury)		8.5	10.7	10.2
Pelvic Inflammatory Disease		0.0	0.4	0.3
Pneumonia		2.0	1.6	1.8
Shingles		0.4	0.6	0.5
Stomach or GI virus or bug, food poisoning or gastritis		6.9	12.3	11.2
Urinary tract infection		1.2	16.2	13.6

J. Ongoing or Chronic Conditions

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

Mental Health	College students reported <u>ever</u> being diagnosed with the following:			*Of those ever diagnosed, those reporting contact with healthcare or MH professional within last 12 months			
	Percent (%)	Male	Female	Total	Male	Female	Total
ADD/ADHD - Attention Deficit/Hyperactivity Disorder		16.8	9.4	10.9	37.1	59.1	53.7
Alcohol or Other Drug-Related Abuse or Addiction		4.1	1.4	2.1	40.0	33.3	34.5
Anxiety (for example: Generalized Anxiety, Social Anxiety, Panic Disorder, Specific Phobia)		26.1	39.4	37.6	63.5	71.7	71.0
Autism Spectrum		4.9	0.8	1.6	60.0	44.4	55.0
Bipolar and Related Conditions (for example: Bipolar I, II, Hypomanic Episode)		4.0	2.6	3.1	60.0	67.9	62.8
Borderline Personality Disorder (BPD), Avoidant Personality, Dependent Personality, or another personality disorder		1.2	0.9	1.1	0.0	40.0	40.0
Depression (for example: Major depression, persistent depressive disorder, disruptive mood disorder)		22.3	27.0	26.7	61.8	70.9	70.0
Eating Disorders (for example: Anorexia Nervosa, Bulimia Nervosa, Binge-Eating)		1.6	7.6	6.7	25.0	46.3	44.0
Gambling Disorder		0.4	0.0	0.1	0.0	0.0	0.0
Insomnia		6.9	5.9	6.5	81.3	49.2	54.0
Obsessive-Compulsive and Related Conditions (for example: OCD, Body Dysmorphia, Hoarding, Trichotillomania and other body-focused repetitive behavior disorders)		6.9	8.2	8.2	52.9	62.5	61.6
PTSD (Posttraumatic Stress Disorder), Acute Stress Disorder, Adjustment Disorder, or another trauma- or stressor- related condition		9.7	7.4	8.2	43.5	65.0	58.6
Schizophrenia and Other Psychotic Conditions (for example: Schizophrenia, Schizoaffective Disorder, Schizophreniform Disorder, Delusional Disorder)		0.8	0.7	0.7	0.0	28.6	30.0
Tourette's or other neurodevelopmental condition not already listed		1.6	0.6	0.8	0.0	33.3	27.3
Traumatic brain injury (TBI)		2.4	1.6	1.8	33.3	41.2	37.5

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

	Percent (%)	Male	Female	Total
<i>Students reporting none of the above</i>		55.5	50.7	51.0
<i>Students reporting only one of the above</i>		19.0	18.0	18.1
<i>Students reporting both Depression and Anxiety</i>		16.6	23.8	22.9
<i>Students reporting any two or more of the above (excluding the combination of Depression and Anxiety)</i>		8.9	7.5	8.0

STI's/Other chronic infections

**College students reported
ever being diagnosed
with the following:**

***Of those ever diagnosed,
had contact with healthcare
or MH professional within
last 12 months**

	Percent (%)	Male	Female	Total
Genital herpes		0.4	1.1	1.0
Hepatitis B or C		1.2	0.1	0.4
HIV or AIDS		0.0	0.0	0.0
Human papillomavirus (HPV) or genital warts		0.4	1.9	1.6

Male	Female	Total
100.0	41.7	46.2
0.0	100.0	20.0
0.0	0.0	0.0
100.0	55.0	54.5

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

Other Chronic /Ongoing Medical Conditions

**College students reported
ever being diagnosed
with the following:**

***Of those ever diagnosed,
had contact with healthcare
or MH professional within
last 12 months**

	Percent (%)	Male	Female	Total
Acne		26.8	33.0	31.6
Allergies - food allergy		6.5	14.0	12.5
Allergies - animals/pets		11.4	15.3	14.7
Allergies - environmental (for example: pollen, grass, dust, mold)		35.1	37.7	37.2
Asthma		22.6	20.0	20.1
Cancer		1.2	1.5	1.4
Celiac disease		0.0	1.3	1.0
Chronic pain (for example: back or joint pain, arthritis, nerve pain)		10.2	8.3	8.8
Diabetes or pre-diabetes/insulin resistance		2.1	1.7	1.9
Endometriosis		0.0	2.0	1.6
Gastroesophageal Reflux Disease (GERD) or acid reflux		4.1	9.3	8.4
Heart & vascular disorders (for example: atrial fibrillation or other cardiac arrhythmia, mitral valve prolapse or other valvular heart disease, congenital heart condition)		2.4	2.0	2.0
High blood pressure (hypertension)		4.0	2.3	2.6
High cholesterol (hyperlipidemia)		6.1	3.8	4.2
Irritable bowel syndrome (spastic colon or spastic bowel)		2.4	9.2	8.1
Migraine headaches		6.9	16.6	15.3
Polycystic Ovarian Syndrome (PCOS)		0.4	4.2	3.7
Sleep Apnea		2.4	1.9	2.0
Thyroid condition or disorder		2.4	4.6	4.2
Urinary system disorder (for example: bladder or kidney disease, urinary reflux, interstitial cystitis)		0.8	2.1	1.8

Male	Female	Total
31.8	43.8	41.4
50.0	32.4	34.9
22.2	27.2	27.4
22.6	31.9	30.3
29.1	37.3	35.8
66.7	62.5	63.2
0.0	35.7	35.7
72.0	66.3	68.3
60.0	61.1	61.5
0.0	59.1	59.1
50.0	48.0	47.4
66.7	42.9	46.4
60.0	44.0	50.0
66.7	48.8	54.4
50.0	62.2	61.5
52.9	42.9	45.9
100.0	64.4	68.0
83.3	45.0	51.9
66.7	77.1	76.8
100.0	40.9	45.8

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

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

	<i>Percent (%)</i>	Male	Female	Total
Type I Diabetes		40.0	38.9	34.6
Type II Diabetes		50.0	29.4	33.3
Pre-diabetes or insulin resistance		50.0	35.3	41.7
Gestational Diabetes		25.0	5.9	8.3

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		42.3	38.4	38.4
16 to 30 minutes		27.0	26.5	26.6
31 minutes or more		30.6	35.1	35.0

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

	<i>Percent (%)</i>	Male	Female	Total
Less than 7 hours		37.5	36.7	37.1
7 to 9 hours		60.5	60.6	60.4
10 or more hours		2.0	2.7	2.5

On weeknights

Male	Female	Total
29.4	25.0	25.9
60.9	66.0	65.2
9.7	9.0	8.9

On weekend nights

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

Felt tired or sleepy
during the day

Got enough sleep so that they
felt rested

	<i>Percent (%)</i>	Male	Female	Total
0 days		8.5	4.5	5.3
1-2 days		34.6	18.7	21.6
3-5 days		34.6	40.7	39.6
6-7 days		22.4	36.1	33.6

Male	Female	Total
16.1	21.0	20.4
31.5	37.9	36.3
35.1	30.6	31.4
17.3	10.5	11.9

Demographics and Sample Characteristics

Age		Students describe themselves as	
18 - 20 years:	45.7 %	Straight/Heterosexual:	79.1 %
21 - 24 years:	34.5 %	Asexual:	0.3 %
25 - 29 years:	9.5 %	Bisexual:	10.5 %
30+ years:	10.3 %	Gay:	1.2 %
Mean age:	23.1 years	Lesbian:	2.2 %
Median age:	21.0 years	Pansexual:	2.3 %
Gender*		Queer:	1.1 %
Female:	78.3 %	Questioning:	2.4 %
Male:	18.0 %	Identity not listed above:	0.9 %
Non-binary:	3.1 %		
<i>* See note on page 2 regarding gender categories</i>			
Student status		Housing	
1st year undergraduate:	18.2 %	Campus or university housing:	4.9 %
2nd year undergraduate:	16.2 %	Fraternity or sorority residence:	0.9 %
3rd year undergraduate:	20.3 %	Parent/guardian/other family:	52.7 %
4th year undergraduate:	19.3 %	Off-campus:	38.0 %
5th year or more undergraduate:	6.4 %	Temporary or "couch surfing":	0.8 %
Master's (MA, MS, MFA, MBA, etc.):	15.6 %	Don't have a place to live:	0.0 %
Doctorate (PhD, EdD, MD, JD, etc.):	1.8 %	Other:	2.7 %
Not seeking a degree:	0.4 %		
Other:	1.9 %		
Full-time student:	87.1 %	Students describe themselves as	
Part-time student:	12.4 %	American Indian or Native Alaskan	1.9 %
Other student:	0.5 %	Asian or Asian American	4.9 %
		Black or African American	9.0 %
		Hispanic or Latino/a/x	4.7 %
		Middle Eastern/North African (MENA) or Arab Origin:	0.7 %
		Native Hawaiian or Other Pacific Islander Native:	0.4 %
		White:	81.7 %
		Biracial or Multiracial:	2.9 %
		Identity not listed above:	1.3 %
Visa to work or study in the US:	5.6 %	If Hispanic or Latino/a/x, are you	
Relationship status		Mexican, Mexican American, Chicano:	26.2 %
Not in a relationship:	47.6 %	Puerto Rican:	35.4 %
In a relationship but not married/partnered:	43.7 %	Cuban:	9.2 %
Married/partnered:	8.7 %	Another Hispanic, Latino/a/x, or Spanish Origin:	35.4 %
Primary Source of Health Insurance		If Asian or Asian American, are you	
College/university sponsored SHIP plan:	0.6 %	East Asian:	45.6 %
Parent or guardian's plan:	71.6 %	Southeast Asian:	17.6 %
Employer (mine or my spouse/partners):	10.6 %	South Asian:	35.3 %
Medicaid, Medicare, SCHIP, or VA:	9.1 %	Other Asian:	2.9 %
Bought a plan on my own:	3.4 %		
Don't have health insurance:	2.8 %		
Don't know if I have health insurance:	0.3 %		
Have insurance, but don't know source:	1.7 %		
Student Veteran:	1.2 %		
Parent or primary responsibility for someone else's child/children under 18 years old:	5.5 %		

■ **First generation students** 38.8 %
 (Proportion of students for whom no parent/guardian have completed a bachelor's degree)

■ **Do you have any of the following?**

Attention Deficit/Hyperactivity Disorder (ADD or ADHD):	11.4 %
Autism Spectrum Disorder:	1.5 %
Deaf/Hearing loss:	1.6 %
Learning disability:	4.1 %
Mobility/Dexterity disability:	1.0 %
Blind/low vision:	3.3 %
Speech or language disorder:	1.0 %

■ **Participated in organized college athletics:**

Varsity:	5.8 %
Club sports:	4.4 %
Intramurals:	6.9 %

■ **Member of a social fraternity or sorority:**

Greek member:	8.9 %
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