

Health and Wellness

How would you describe your general health?	
Excellent	22.62%
Very good	45.09%
Good	26.82%
Fair	5.02%
Poor	0.45%
Total Respondents	11,701

Are you registered with your college's office for disability support services?	
No	87.65%
Yes	3.97%
I do not know.	8.38%
Total Respondents	11,687

Have you ever been <u>diagnosed or treated</u> by a health care professional with any of the following? - Addiction or dependence (e.g., to alcohol, nicotine, other drugs, gambling, internet/computer games)	
Before college	1.81%
After starting college	1.25%
Never	95.95%
Prefer not to respond	0.99%
Total Respondents	11,627

Have you ever been <u>diagnosed or treated</u> by a health care professional with any of the following? - Anxiety	
Before college	7.58%
After starting college	7.22%
Never	84.21%
Prefer not to respond	1.00%
Total Respondents	11,624

Health and Wellness

Have you ever been <u>diagnosed or treated</u> by a health care professional with any of the following? - Attention deficit hyperactivity disorder (ADHD)	
Before college	3.68%
After starting college	1.47%
Never	94.13%
Prefer not to respond	0.72%
Total Respondents	11,591

Have you ever been <u>diagnosed or treated</u> by a health care professional with any of the following? - Bipolar disorder	
Before college	1.11%
After starting college	0.72%
Never	97.30%
Prefer not to respond	0.88%
Total Respondents	11,535

Have you ever been <u>diagnosed or treated</u> by a health care professional with any of the following? - Chronic health problem or serious illness (e.g., allergies, asthma, cancer, diabetes, HIV, auto-immune disorders)	
Before college	15.61%
After starting college	3.27%
Never	80.43%
Prefer not to respond	0.69%
Total Respondents	11,566

Have you ever been <u>diagnosed or treated</u> by a health care professional with any of the following? - Chronic pain	
Before college	3.63%
After starting college	2.16%
Never	93.48%
Prefer not to respond	0.72%
Total Respondents	11,598

Health and Wellness

Have you ever been <u>diagnosed or treated</u> by a health care professional with any of the following? - Depression	
Before college	9.52%
After starting college	6.54%
Never	82.48%
Prefer not to respond	1.46%
Total Respondents	11,611

Have you ever been <u>diagnosed or treated</u> by a health care professional with any of the following? - Eating disorder/problem (e.g., anorexia, bulimia,	
Before college	2.09%
After starting college	1.52%
Never	95.24%
Prefer not to respond	1.16%
Total Respondents	11,599

Have you ever been <u>diagnosed or treated</u> by a health care professional with any of the following? - Hard of hearing/deaf	
Before college	2.46%
After starting college	0.46%
Never	96.50%
Prefer not to respond	0.58%
Total Respondents	11,614

Have you ever been <u>diagnosed or treated</u> by a health care professional with any of the following? - Learning disability	
Before college	4.07%
After starting college	0.94%
Never	94.31%
Prefer not to respond	0.68%
Total Respondents	11,606

Health and Wellness

Have you ever been <u>diagnosed or treated</u> by a health care professional with any of the following? - Mobility/dexterity disability	
Before college	1.00%
After starting college	0.38%
Never	98.08%
Prefer not to respond	0.54%
Total Respondents	11,583

Have you ever been <u>diagnosed or treated</u> by a health care professional with any of the following? - Obsessive compulsive disorder	
Before college	1.58%
After starting college	0.81%
Never	96.90%
Prefer not to respond	0.71%
Total Respondents	11,592

Have you ever been <u>diagnosed or treated</u> by a health care professional with any of the following? - Partial sight/blind	
Before college	3.58%
After starting college	0.38%
Never	95.42%
Prefer not to respond	0.62%
Total Respondents	11,587

Health and Wellness

Have you ever been <u>diagnosed or treated</u> by a health care professional with any of the following? - Repetitive stress injury (e.g., carpal tunnel syndrome)	
Before college	2.28%
After starting college	1.58%
Never	95.53%
Prefer not to respond	0.61%
Total Respondents	11,594

Have you ever been <u>diagnosed or treated</u> by a health care professional with any of the following? - Schizophrenia	
Before college	0.13%
After starting college	0.11%
Never	99.20%
Prefer not to respond	0.56%
Total Respondents	11,598

Have you ever been <u>diagnosed or treated</u> by a health care professional with any of the following? - Seasonal affective disorder	
Before college	1.16%
After starting college	0.85%
Never	97.25%
Prefer not to respond	0.74%
Total Respondents	11,599

Health and Wellness

Have any of the below negatively affected your academic performance in college (e.g., received lower grade on an exam/paper/project, received a lower grade in the course, received an incomplete or dropped the course)? - Addiction or dependence (e.g., to alcohol, nicotine, other drugs, gambling, internet/computer games)	
No	56.32%
Yes	43.68%
Total Respondents	348

Have any of the below negatively affected your academic performance in college (e.g., received lower grade on an exam/paper/project, received a lower grade in the course, received an incomplete or dropped the course)? - Anxiety	
No	30.08%
Yes	69.92%
Total Respondents	1,652

Have any of the below negatively affected your academic performance in college (e.g., received lower grade on an exam/paper/project, received a lower grade in the course, received an incomplete or dropped the course)? - Attention deficit hyperactivity disorder (ADHD)	
No	37.24%
Yes	62.76%
Total Respondents	580

Have any of the below negatively affected your academic performance in college (e.g., received lower grade on an exam/paper/project, received a lower grade in the course, received an incomplete or dropped the course)? - Bipolar disorder	
No	44.88%
Yes	55.12%
Total Respondents	205

Health and Wellness

Have any of the below negatively affected your academic performance in college (e.g., received lower grade on an exam/paper/project, received a lower grade in the course, received an incomplete or dropped the course)? - Chronic health problem or serious illness (e.g., allergies, asthma, cancer, diabetes, HIV, auto-immune disorders)	
No	75.17%
Yes	24.83%
Total Respondents	2,118

Have any of the below negatively affected your academic performance in college (e.g., received lower grade on an exam/paper/project, received a lower grade in the course, received an incomplete or dropped the course)? - Chronic pain	
No	58.71%
Yes	41.29%
Total Respondents	649

Have any of the below negatively affected your academic performance in college (e.g., received lower grade on an exam/paper/project, received a lower grade in the course, received an incomplete or dropped the course)? - Depression	
No	35.14%
Yes	64.86%
Total Respondents	1793

Have any of the below negatively affected your academic performance in college (e.g., received lower grade on an exam/paper/project, received a lower grade in the course, received an incomplete or dropped the course)? - Eating disorder/problem (e.g., anorexia, bulimia, and/or binge eating disorder)	
No	65.57%
Yes	34.43%
Total Respondents	395

Health and Wellness

Have any of the below negatively affected your academic performance in college (e.g., received lower grade on an exam/paper/project, received a lower grade in the course, received an incomplete or dropped the course)? - Hard of hearing/deaf	
No	78.31%
Yes	21.69%
Total Respondents	332

Have any of the below negatively affected your academic performance in college (e.g., received lower grade on an exam/paper/project, received a lower grade in the course, received an incomplete or dropped the course)? - Learning disability	
No	45.49%
Yes	54.51%
Total Respondents	554

Have any of the below negatively affected your academic performance in college (e.g., received lower grade on an exam/paper/project, received a lower grade in the course, received an incomplete or dropped the course)? - Mobility/dexterity disability	
No	69.87%
Yes	30.13%
Total Respondents	156

Have any of the below negatively affected your academic performance in college (e.g., received lower grade on an exam/paper/project, received a lower grade in the course, received an incomplete or dropped the course)? - Obsessive compulsive disorder	
No	62.45%
Yes	37.55%
Total Respondents	269

Health and Wellness

Have any of the below negatively affected your academic performance in college (e.g., received lower grade on an exam/paper/project, received a lower grade in the course, received an incomplete or dropped the course)? - Partial sight/blind	
No	86.88%
Yes	13.12%
Total Respondents	442

Have any of the below negatively affected your academic performance in college (e.g., received lower grade on an exam/paper/project, received a lower grade in the course, received an incomplete or dropped the course)? - Repetitive stress injury (e.g., carpal tunnel syndrome)	
No	74.94%
Yes	25.06%
Total Respondents	439

Have any of the below negatively affected your academic performance in college (e.g., received lower grade on an exam/paper/project, received a lower grade in the course, received an incomplete or dropped the course)? - Schizophrenia	
No	53.85%
Yes	46.15%
Total Respondents	26

Have any of the below negatively affected your academic performance in college (e.g., received lower grade on an exam/paper/project, received a lower grade in the course, received an incomplete or dropped the course)? - Seasonal affective disorder	
No	32.13%
Yes	67.87%
Total Respondents	221

Health and Wellness

Within the last 12 months, have you experienced any of the following? Please select all that apply.	
Abuse - verbal, emotional or physical by a friend, family member or partner	12.94%
Anxiety	42.45%
Assault (e.g., physical, sexual)	2.63%
Cold, flu, sore throat, sinus infection, bronchitis, or strep throat	80.66%
Concern for a troubled friend or family member	55.63%
Chronic health problem or serious illness (e.g., allergies, asthma, cancer, diabetes, HIV, auto-immune disorders)	13.78%
Chronic pain	6.59%
Death of a friend or family member	25.89%
Depression	24.81%
Discrimination (e.g., homophobia, racism, sexism)	8.71%
Eating disorder/problem (e.g., anorexia, bulimia, and/or binge eating disorder)	4.97%
Financial problems	38.26%
Homesickness	23.76%
Injury (e.g., fracture, sprain, cut)	19.11%
Pregnancy (yours or your partner's)	1.88%
Relationship difficulties (e.g., with friends, roommates, romantic partners, family members)	47.38%
Sexually transmitted infection (e.g., chlamydia, gonorrhea, herpes, HPV)	2.21%
Sleep difficulties	44.03%
Stress	74.21%
None of the above	2.82%
I prefer to not respond to this question.	0.63%
Other	1.75%
Total Respondents	11,546

Have any of the below negatively affected your academic performance in college (e.g., received lower grade on an exam/paper/project, received a lower grade in the course, received an incomplete or dropped the course)? - Abuse - verbal, emotional or physical by a friend, family member or partner	
No	59.96%
Yes	40.04%
Total Respondents	1,436

Health and Wellness

Have any of the below negatively affected your academic performance in college (e.g., received lower grade on an exam/paper/project, received a lower grade in the course, received an incomplete or dropped the course)? - Anxiety	
No	40.62%
Yes	59.38%
Total Respondents	4,732

Have any of the below negatively affected your academic performance in college (e.g., received lower grade on an exam/paper/project, received a lower grade in the course, received an incomplete or dropped the course)? - Assault (e.g., physical, sexual)	
No	65.66%
Yes	34.34%
Total Respondents	297

Have any of the below negatively affected your academic performance in college (e.g., received lower grade on an exam/paper/project, received a lower grade in the course, received an incomplete or dropped the course)? - Cold, flu, sore throat, sinus infection, bronchitis, or strep throat	
No	58.01%
Yes	41.99%
Total Respondents	9,002

Have any of the below negatively affected your academic performance in college (e.g., received lower grade on an exam/paper/project, received a lower grade in the course, received an incomplete or dropped the course)? - Concern for a troubled friend or family member	
No	69.43%
Yes	30.57%
Total Respondents	6,176

Health and Wellness

Have any of the below negatively affected your academic performance in college (e.g., received lower grade on an exam/paper/project, received a lower grade in the course, received an incomplete or dropped the course)? - Chronic health problem or serious illness (e.g., allergies, asthma, cancer, diabetes, HIV, auto-immune disorders)	
No	67.02%
Yes	32.98%
Total Respondents	1,528

Have any of the below negatively affected your academic performance in college (e.g., received lower grade on an exam/paper/project, received a lower grade in the course, received an incomplete or dropped the course)? - Chronic pain	
No	55.49%
Yes	44.51%
Total Respondents	728

Have any of the below negatively affected your academic performance in college (e.g., received lower grade on an exam/paper/project, received a lower grade in the course, received an incomplete or dropped the course)? - Death of a friend or family member	
No	59.33%
Yes	40.67%
Total Respondents	2,884

Have any of the below negatively affected your academic performance in college (e.g., received lower grade on an exam/paper/project, received a lower grade in the course, received an incomplete or dropped the course)? - Depression	
No	31.80%
Yes	68.20%
Total Respondents	2,767

Health and Wellness

Have any of the below negatively affected your academic performance in college (e.g., received lower grade on an exam/paper/project, received a lower grade in the course, received an incomplete or dropped the course)? - Discrimination (e.g., homophobia, racism, sexism)	
No	80.63%
Yes	19.38%
Total Respondents	960

Have any of the below negatively affected your academic performance in college (e.g., received lower grade on an exam/paper/project, received a lower grade in the course, received an incomplete or dropped the course)? - Eating disorder/problem (e.g., anorexia, bulimia, and/or binge eating disorder)	
No	68.92%
Yes	31.08%
Total Respondents	547

Have any of the below negatively affected your academic performance in college (e.g., received lower grade on an exam/paper/project, received a lower grade in the course, received an incomplete or dropped the course)? - Sexual harassment	
No	61.66%
Yes	38.34%
Total Respondents	4,265

Have any of the below negatively affected your academic performance in college (e.g., received lower grade on an exam/paper/project, received a lower grade in the course, received an incomplete or dropped the course)? - Stalking	
No	73.95%
Yes	26.05%
Total Respondents	2,637

Have any of the below negatively affected your academic performance in college (e.g., received lower grade on an exam/paper/project, received a lower grade in the course, received an incomplete or dropped the course)? - Unwanted sexual contact	
No	81.54%
Yes	18.46%
Total Respondents	2,129

Health and Wellness

Have any of the below negatively affected your academic performance in college (e.g., received lower grade on an exam/paper/project, received a	
No	52.58%
Yes	47.42%
Total Respondents	213

Have any of the below negatively affected your academic performance in college (e.g., received lower grade on an exam/paper/project, received a	
No	53.15%
Yes	46.85%
Total Respondents	5,291

Have any of the below negatively affected your academic performance in college (e.g., received lower grade on an exam/paper/project, received a	
No	82.52%
Yes	17.48%
Total Respondents	246

Have any of the below negatively affected your academic performance in college (e.g., received lower grade on an exam/paper/project, received a	
No	33.46%
Yes	66.54%
Total Respondents	4,917

Have any of the below negatively affected your academic performance in college (e.g., received lower grade on an exam/paper/project, received a	
No	36.44%
Yes	63.56%
Total Respondents	8,290

Health and Wellness

Within the <u>last 12 months</u>, have you participated in counseling (individual and/or group) for a mental health issue?	
Yes, I participated in counseling with the counseling center on-campus.	6.00%
Yes, I participated in counseling with a counselor off-campus.	5.71%
No, I have not participated in counseling in the last 12 months, but I have previously.	14.82%
No, I have never participated in counseling.	73.47%
Total Respondents	11,505

Within the <u>last 12 months</u>, have you been treated with prescription medication by a health care provider for a mental health issue?	
Yes, I started taking prescription medication for a mental health issue within the last 12 months.	3.45%
Yes, I started taking prescription medication for a mental health issue more than a year ago.	4.56%
No, but I have taken prescription medication for a mental health issue previously.	6.70%
No, I have never taken prescription medication for a mental health issue.	85.29%
Total Respondents	11,518

When did you start taking prescription medication for your mental health issue?	
Before starting college	46.64%
After starting college	53.36%
Total Respondents	892

Within the <u>last month</u>, how many times have you felt things were hopeless?	
Zero	57.57%
One time	16.88%
Two times	11.54%
Three times	5.66%
Four times	1.79%
Five or more times	6.56%
Total Respondents	11,478

Health and Wellness

Within the <u>last month</u> , how many times have you felt overwhelmed by all you had to do?	
Zero	14.25%
One time	14.83%
Two times	18.09%
Three times	16.21%
Four times	7.97%
Five or more times	28.65%
Total Respondents	11,475

Within the <u>last month</u> , how many times have you felt so depressed it was difficult to function?	
Zero	68.26%
One time	14.81%
Two times	6.98%
Three times	3.76%
Four times	1.63%
Five or more times	4.56%
Total Respondents	11,482

Within the <u>last 30 days</u> , on how many days did you drink alcohol?	
Zero	34.53%
1-4 days	35.99%
5-10 days	20.22%
11-20 days	7.88%
21-29 days	1.17%
All 30 days	0.21%
Total Respondents	11,414

Health and Wellness

Within the last two weeks, how many times, if any, have you had five or more drinks at a sitting?	
Zero	65.16%
One time	13.24%
Two times	8.45%
Three times	4.75%
Four times	3.56%
Five times	2.17%
Six times	1.16%
Seven times	0.58%
Eight or more times	0.93%
Total Respondents	11,394

Within the last 30 days, on how many days did you use cigarettes, cigars, or smokeless tobacco?	
Zero	79.01%
1-4 days	8.34%
5-10 days	2.52%
11-20 days	1.82%
21-29 days	2.05%
All 30 days	6.26%
Total Respondents	11,364

Within the last 30 days, on how many days did you use marijuana?	
Zero	88.67%
1-4 days	6.06%
5-10 days	1.58%
11-20 days	1.31%
21-29 days	1.32%
All 30 days	1.06%
Total Respondents	11,355

Health and Wellness

Within the <u>last 30 days</u>, on how many days did you use an illegal substance (e.g., cocaine, heroine, ecstasy)?	
Zero	97.91%
1-4 days	1.39%
5-10 days	0.35%
11-20 days	0.17%
21-29 days	0.09%
All 30 days	0.09%
Total Respondents	11,350

Within the <u>last seven days</u>, on how many days did you eat breakfast?	
Zero	10.34%
One day	9.11%
Two days	12.07%
Three days	11.97%
Four days	9.19%
Five days	11.28%
Six days	9.12%
Seven days	26.93%
Total Respondents	11,397

Within the <u>last seven days</u>, on how many days did you get enough sleep so that you felt rested when you woke up?	
Zero	13.42%
One day	13.38%
Two days	17.67%
Three days	16.27%
Four days	14.72%
Five days	13.21%
Six days	6.04%
Seven days	5.28%
Total Respondents	11,424

Health and Wellness

Which of the following dietary practices do you engage in? Please select all that apply.	
Fast for Lent	12.96%
Fast for Ramadan	0.92%
Fast for Yom Kippur	1.95%
Food Allergies	6.08%
Halal	0.65%
Kosher	0.71%
Passover	2.55%
Vegan (no animal products including eggs and dairy products)	0.51%
Vegetarian (no meat, including fish)	3.82%
None of the above	75.27%
Total Respondents	11,234

What is your primary source of medical insurance?	
My college/university sponsored plan	5.17%
My parent's plan	70.19%
My spouse/partner's plan	3.83%
My employer's sponsored plan	6.52%
A public insurance program	3.31%
I do not have health insurance	8.36%
Other	2.62%
Total Respondents	11,369