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American College Health Association National College Health Assessment

University of California, Riverside

Response Rate = 6.13% (N = 613)

ACHA-NCHA Methods

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.

ACHA-NCHA III Spring 2021 Survey
University of California, Riverside

Out of a Random Sample of 5,000:
613 Respondents
Response Rate = **6.13%.**

Undergraduate Respondents = **70.3%**
Graduate Respondents = **29.1%**

ACHA-NCHA Methods

Topics Covered

- General Health and Campus Climate
- Nutrition, BMI, Physical Activity, and Food Security
- Health Care Utilization
- Impediments to Academic Performance
- Violence, Abusive Relationships, and Personal Safety
- Tobacco, Alcohol, and Other Drug Use
- Sexual Behavior
- Mental Health and Wellbeing
- Acute Conditions
- Ongoing or Chronic Conditions
- Sleep

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General Health & Campus Climate

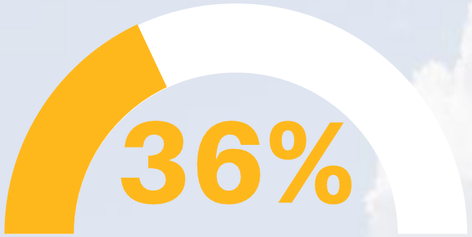
81% of college students surveyed described their health as **good, very good, or excellent**

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

At my college/university, I feel that the campus climate encourages free and open discussion of student's health and well-being **61%**

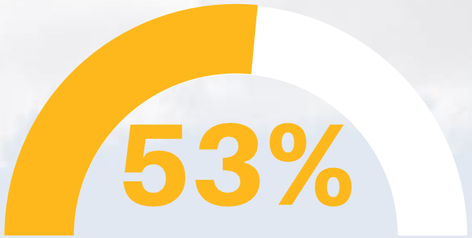
Nutrition & BMI

Drinking 0 sugar-sweetened beverage (per day), on average, in the last 7 days



Drinking energy drinks or shots on 0 of the past 30 days

18.5 - 24.9 Healthy Weight



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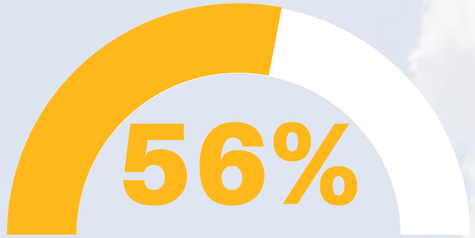
Food Security & Physical Activity

Any food insecurity (low or very low food security)

High or marginal food security

Guidelines met for aerobic exercise only*



Guidelines met for Active Adults*

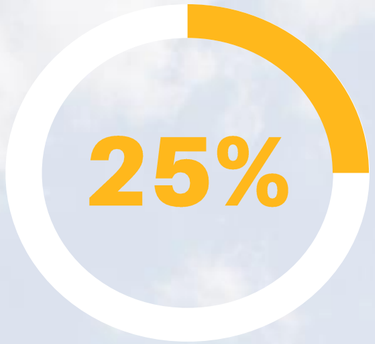
*Recommendation for aerobic activity: 150 minutes or more of moderate-intensity physical activity per week or 75 minutes of vigorous-intensity physical activity or the equivalent combination

*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 A**ND** aerobic activity

Health Care Utilization

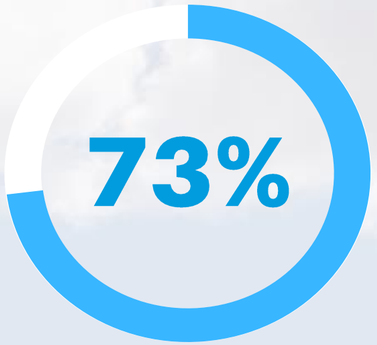
Receiving psychological or mental health services within the last 12 months



Visiting a medical provider within the last 12 months

The services were provided by:
My current campus health and/or counseling center

The services were provided by:
A medical service provider in my hometown



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Impediments to Academic Performance

Negatively impacted academic performance among all respondents in the sample:

Alcohol use 1%

Cannabis/ marijuana use 2%

Problems or challenges in the last 12 months:

Career 20%

Procrastination 61%

Family 23%

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Impediments to Academic Performance

26% Any ongoing or chronic medical conditions diagnosed or treated in the last 12 months

Other impediments to academic performance:

Anxiety
40%

Depression
27%

Sleep Difficulties
30%

Stress
52%

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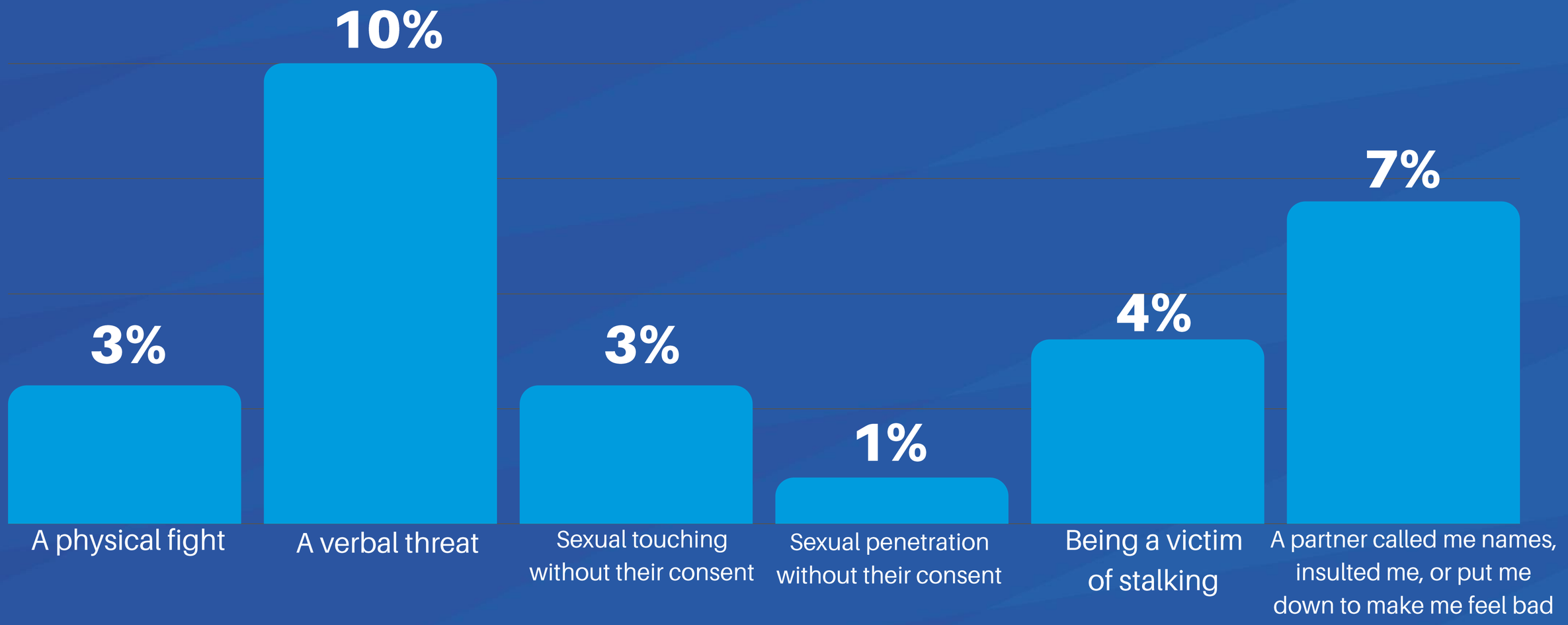
Violence, Abusive Relationships, & Personal Safety

Within the last 12 months, survey respondents reported experiencing:



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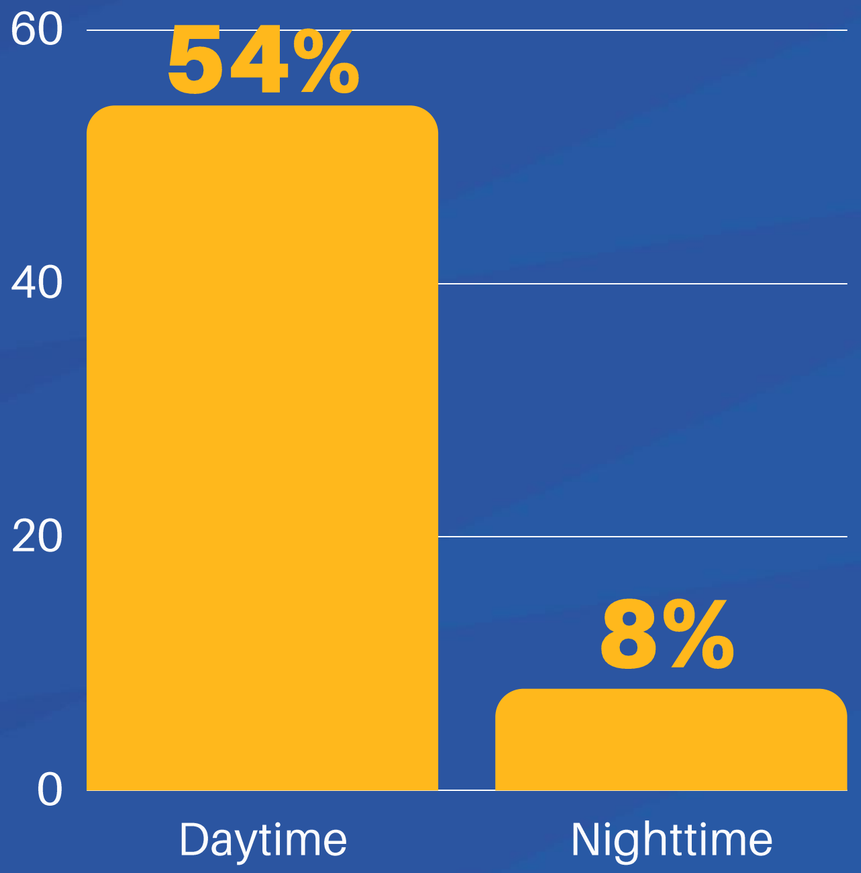
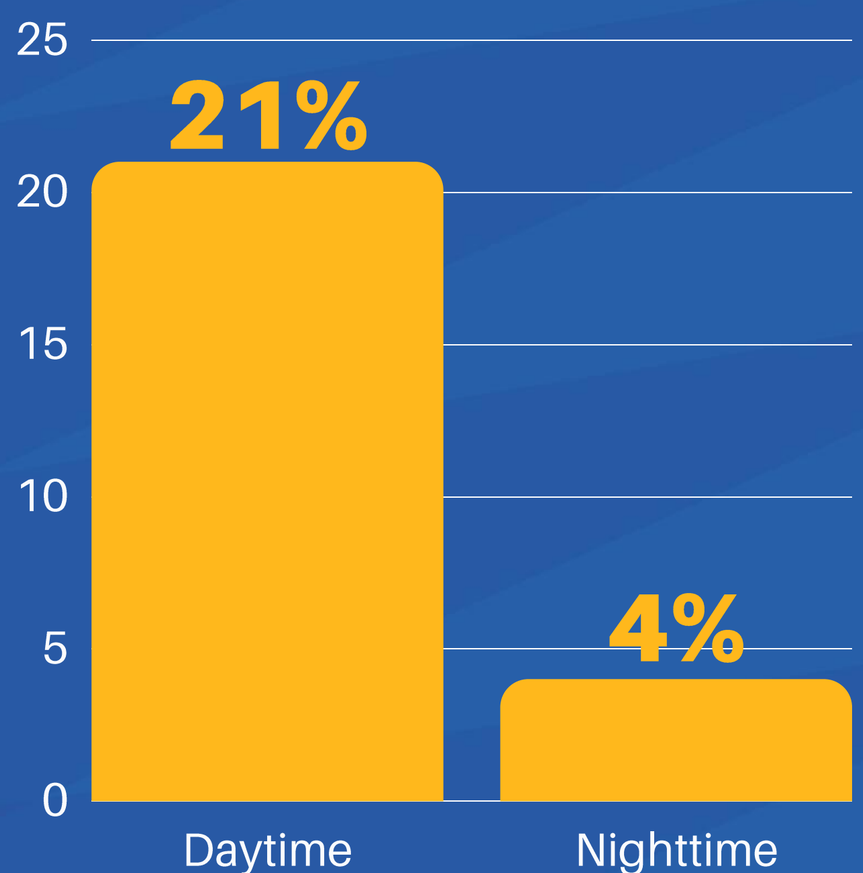
Violence, Abusive Relationships, & Personal Safety

Respondents reported feeling ***very safe***:

On UC Riverside:



In the community surrounding UC Riverside:



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Tobacco, Alcohol, & Other Drug Use

Ever Used

Tobacco or nicotine delivery products (cigarettes, e- cigarettes, Juul or other vape products, water pipe or hookah, chewing tobacco, cigars, etc.)	23%
Alcoholic beverages (beer, wine, liquor, etc.)	58%
Cannabis (marijuana, weed, hash, edibles, vaped cannabis, etc.) [nonmedical use only]	37%
Prescription stimulants (Ritalin, Concerta, Dexedrine, Adderall, diet pills, etc.) [nonmedical use only]	7%

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Tobacco, Alcohol, & Other Drug Use

Sedatives or Sleeping Pills
(Valium, Ativan, Xanax, Klonopin, Librium, Rohypnol, GHB, etc.)
[nonmedical use only]
Ever used:

4%

Hallucinogens
(Ecstasy, MDMA, Molly, LSD, acid, mushrooms, PCP, Special K, etc.)

Ever used:

10%

Prescription opioids
(morphine, codeine, fentanyl, oxycodone [OxyContin, Percocet], hydrocodone [Vicodin], methadone, buprenorphine [Suboxone], etc.)
[nonmedical use only]

Ever used:

4%

Tobacco or nicotine delivery products used in the last 3 months

E-cigarettes or other vape products (for example: Juul, etc.)

6%

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Tobacco, Alcohol, & Other Drug Use

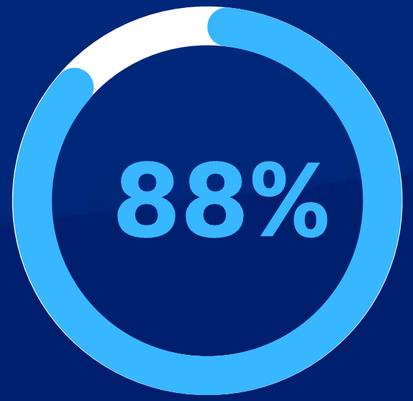
Driving under the influence:

9% of respondents reported driving after having *any alcohol* in the last 30 days

24% of respondents reported driving within 6 hours of using cannabis/marijuana in the last 30 days

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

4 or fewer



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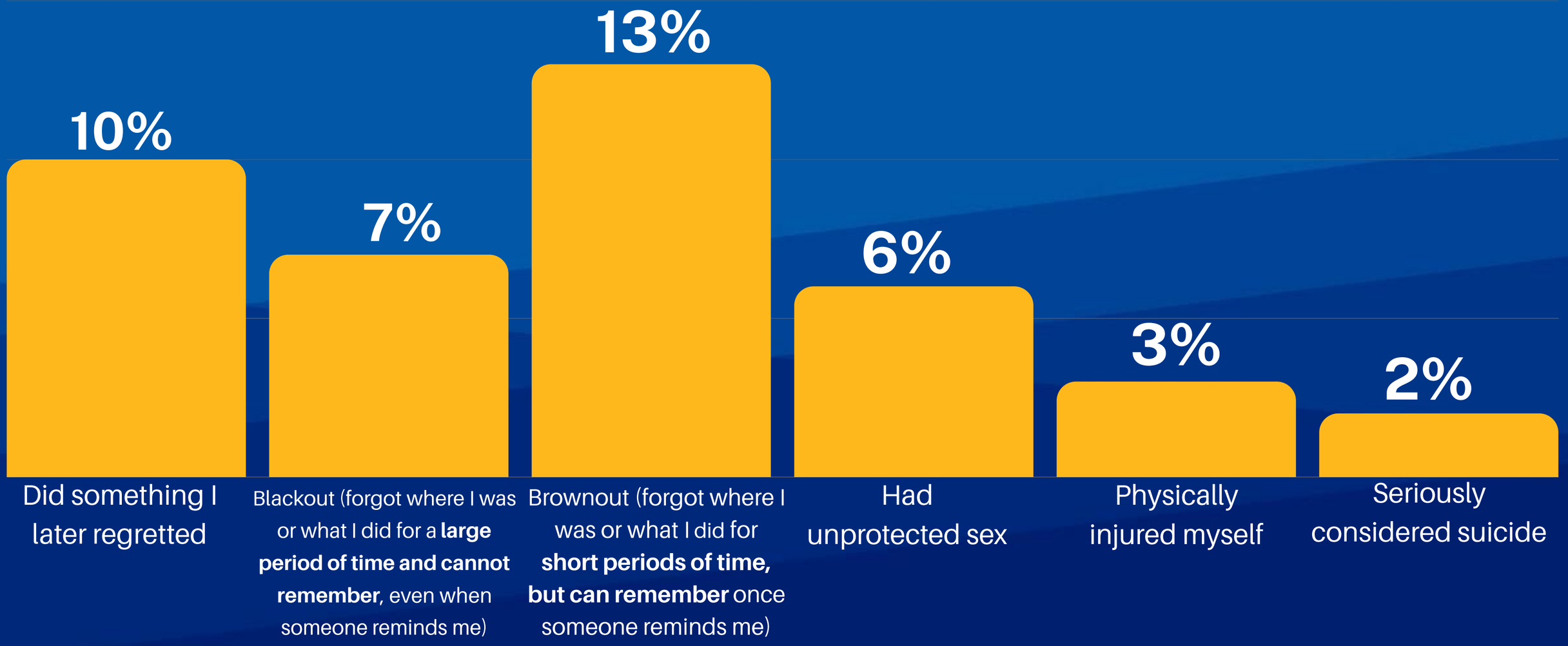
Tobacco, Alcohol, & Other Drug Use

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



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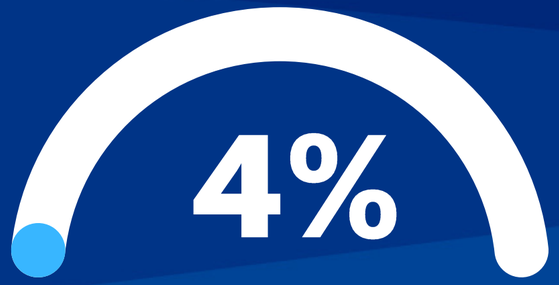
Sexual Behavior

Respondents 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*:

Oral sex



Vaginal intercourse

Anal intercourse

Respondents 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:

83% Yes, used a method of contraception

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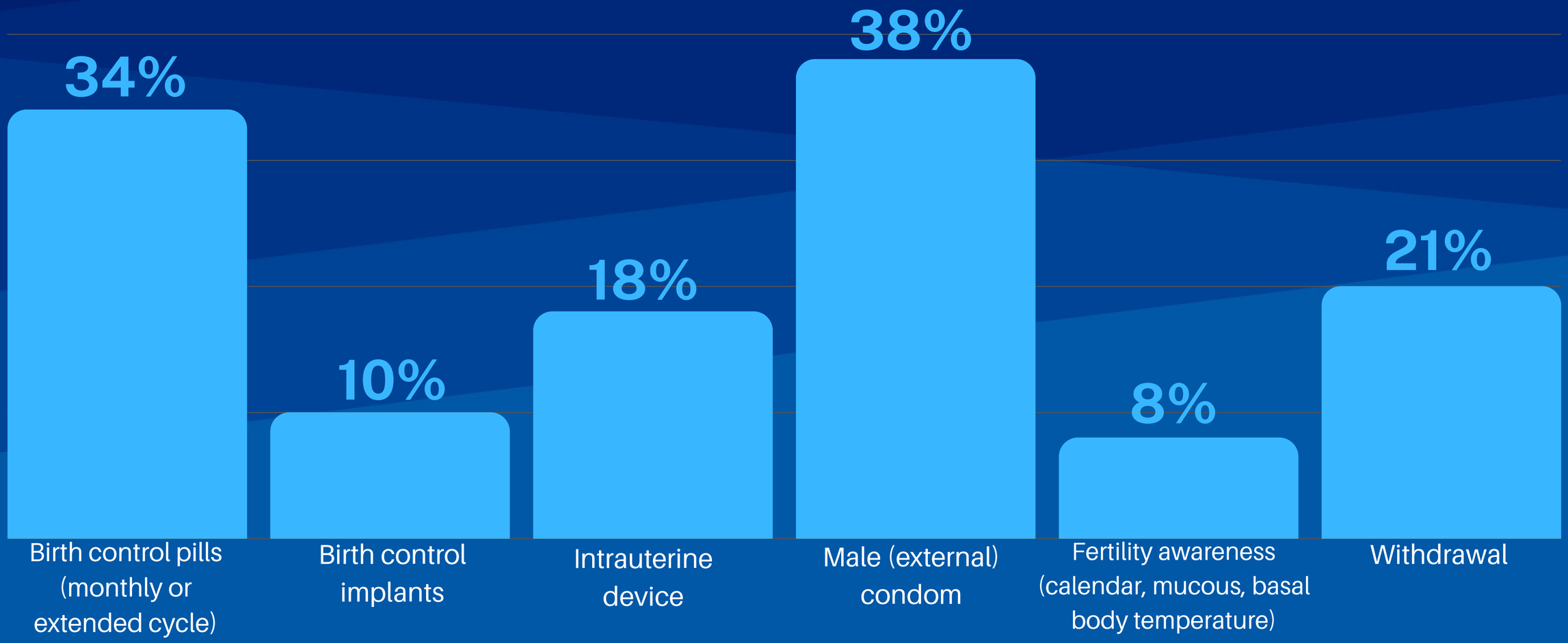
Sexual Behavior

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



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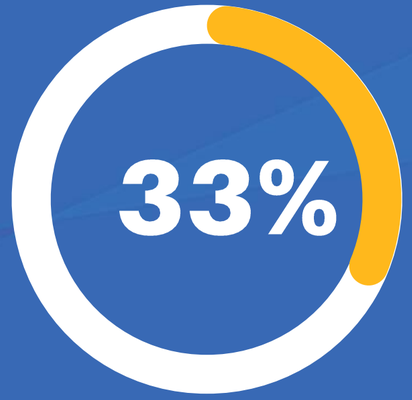
Mental Health and Wellbeing

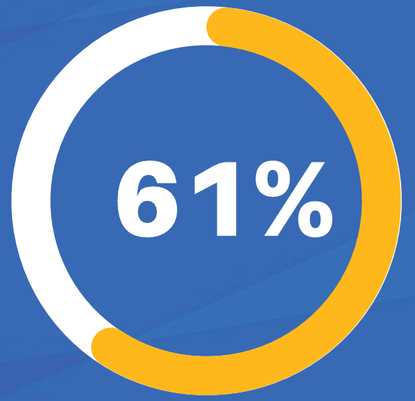
Kessler 6 (K6) Non-Specific Psychological Distress Score (Range is 0-24)

Serious psychological distress (13-24)



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

Positive for loneliness (6-9)



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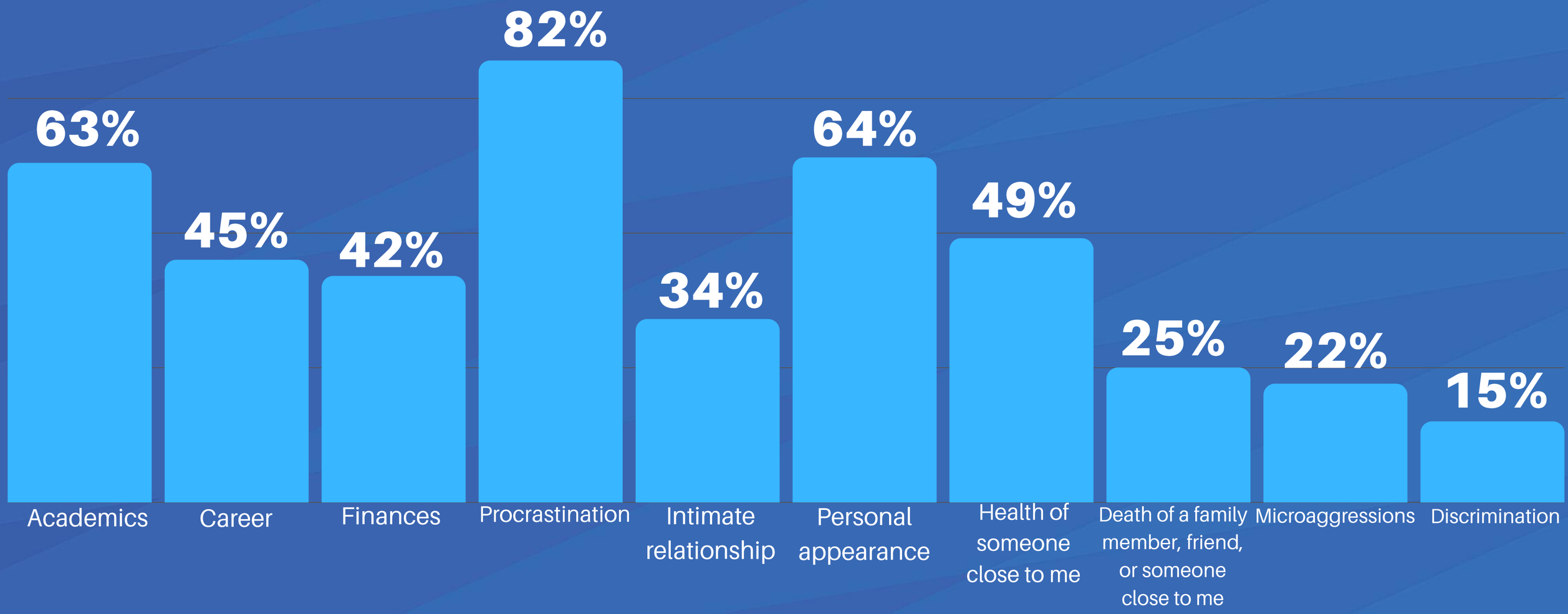
Mental Health and Wellbeing

Within the last 12 months, respondents reported having problems or challenges with the following:



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Mental Health and Wellbeing

Self Injury

of college students surveyed indicated they had intentionally cut, burned, bruised, or otherwise injured themselves within the last 12 months

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

Positive suicidal screening (7-18)

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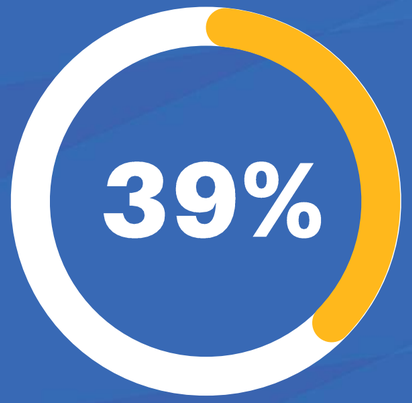
Mental Health and Wellbeing

Suicide Attempt

3% of college students surveyed 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:

High Stress



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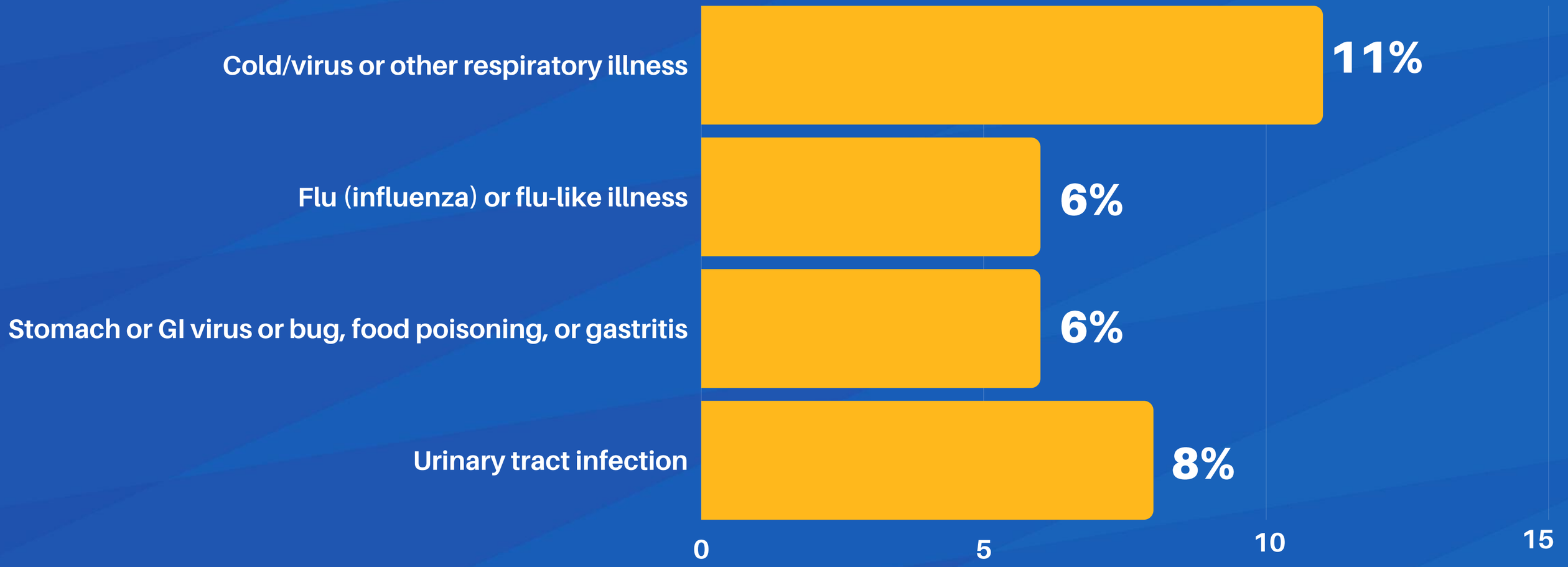
Acute Conditions

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



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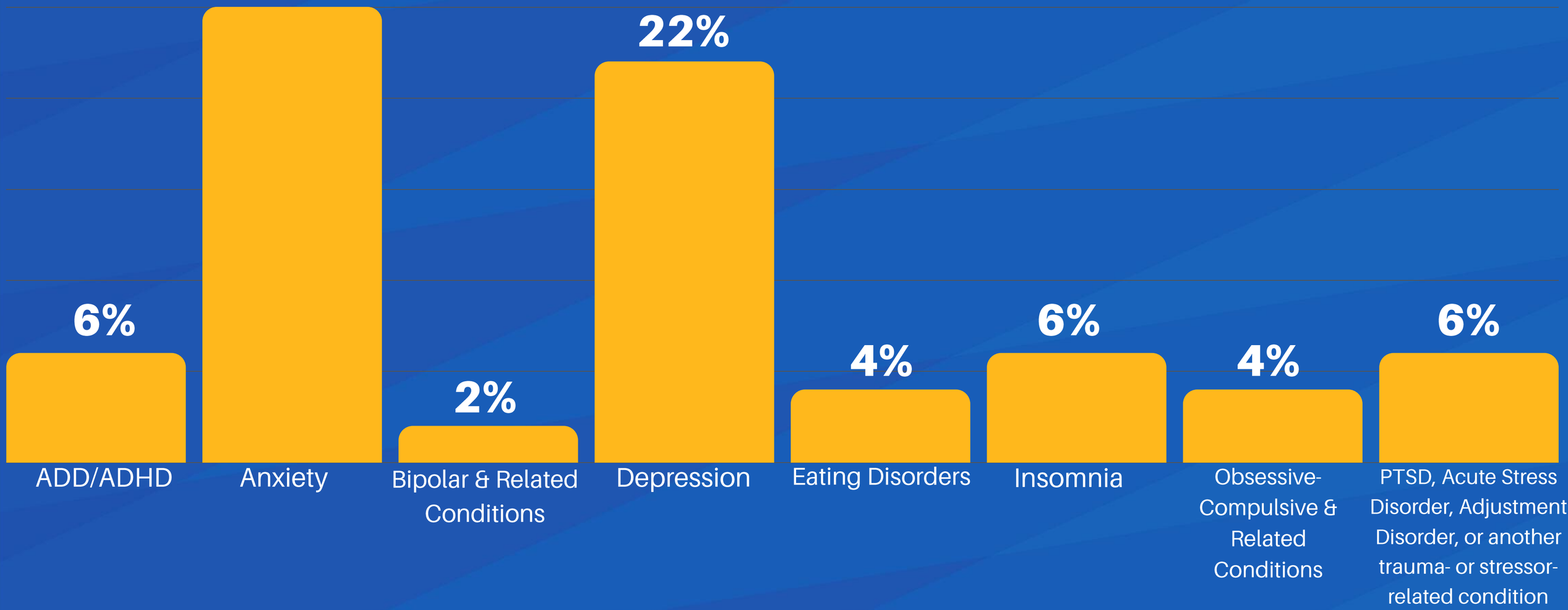
Ongoing or Chronic Conditions

Mental Health

Respondents reported ever being diagnosed with the following:



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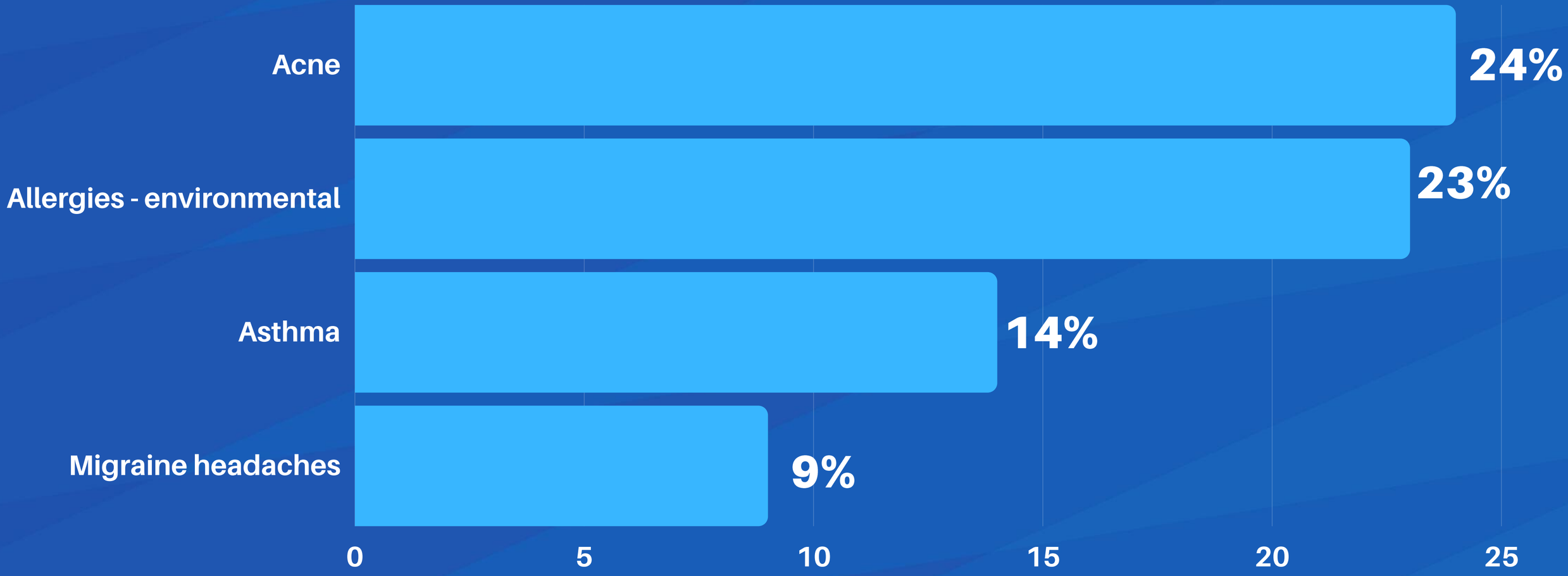
Ongoing or Chronic Conditions

Other Chronic /Ongoing Medical Conditions

Respondents reported ever being diagnosed with the following:



Sleep

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

31 minutes or more

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

On Weeknights: 7-9 Hours

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

Felt tired or sleepy during the day: 6-7 Days

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Demographics

Age

18-20 years **48%**

First Generation Students

49%

Member of a social fraternity or sorority:

Greek member: **5%**

Gender

Cis Women

70%

Cis Men

25%

Transgender/Gender Non-conforming

5%

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Demographics

Student Status

Undergraduates

70%

Full-time student

98%

Master's

7%

Doctorate

22%

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Demographics

Primary Source of Health Insurance

College/university sponsored SHIP plan

34%

Parent or guardian's plan

46%

Housing

Campus or university housing

10%

Parent/guardian/ other family

58%

Off-campus

30%

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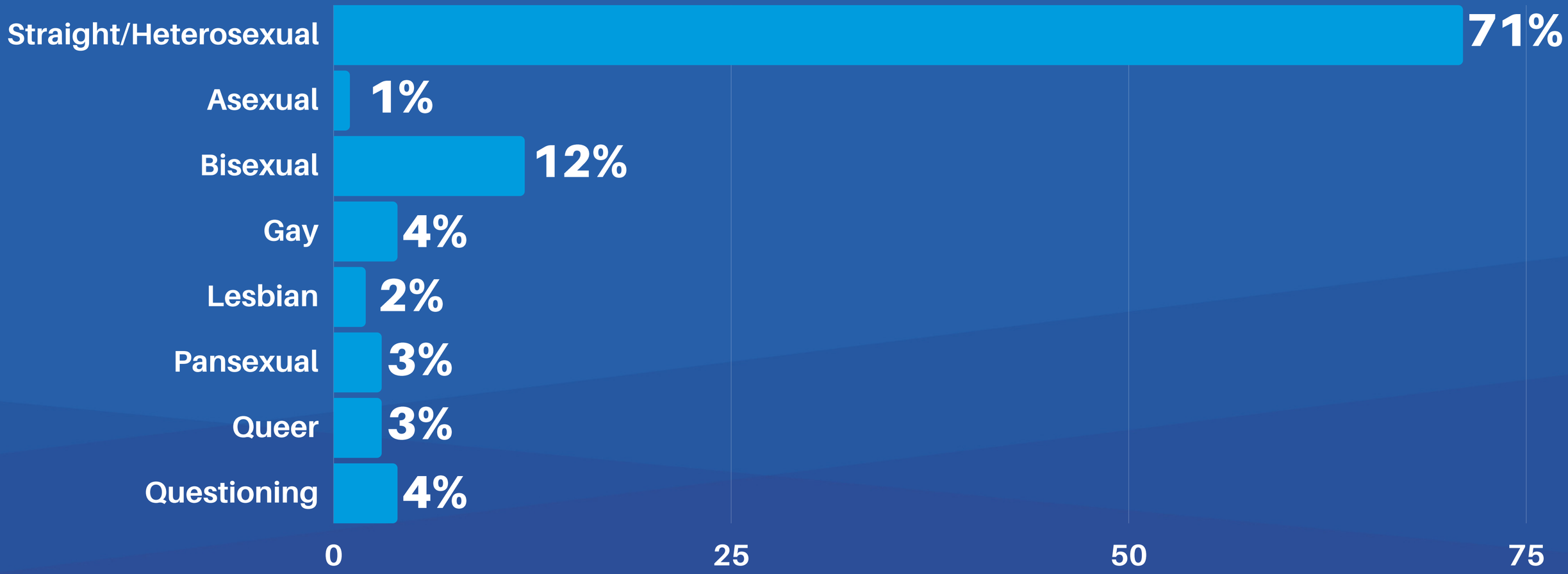
Demographics

Respondents describe themselves as:



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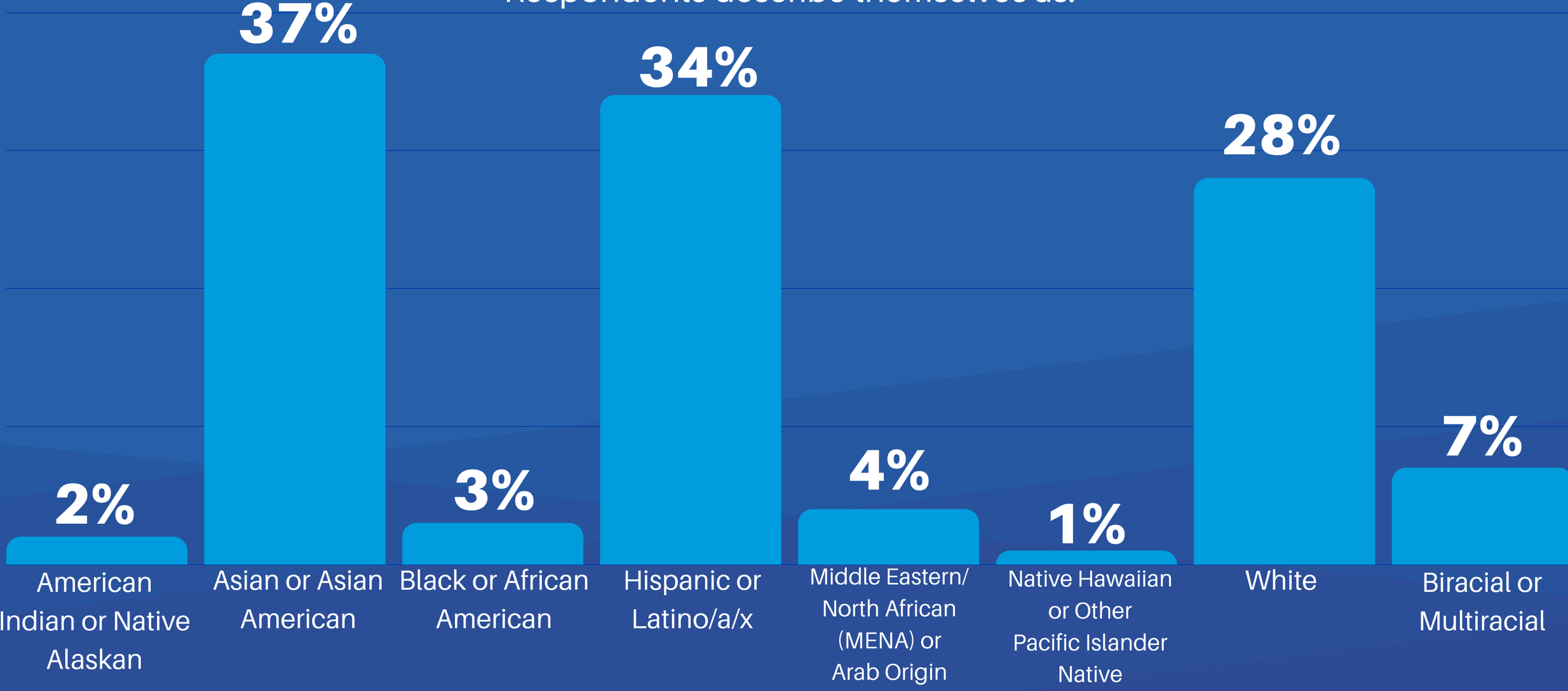

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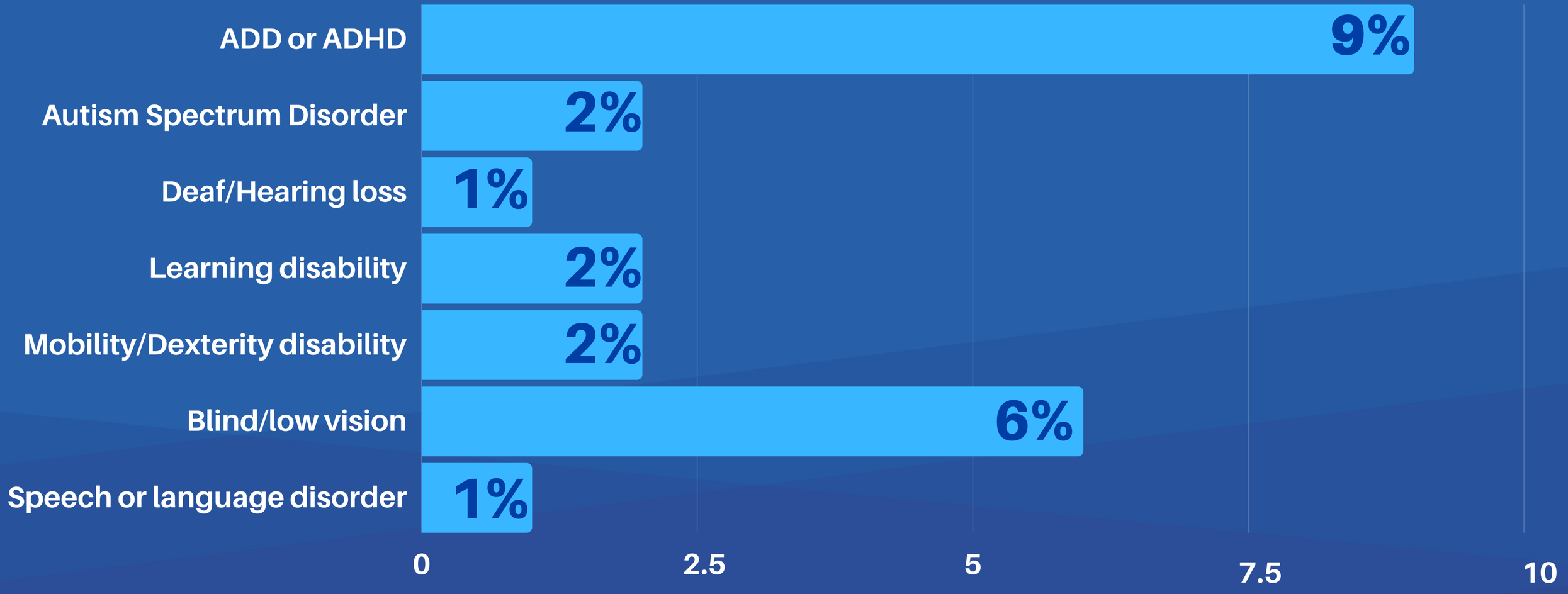
Demographics

Respondents reported having the following health conditions:



For additional information about the survey's development, design, and methodology, email:

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