California State University East Bay **Executive Summary**

pr ng



A er c n Co ege le h Assoc on N on Co ege le h Assess en A

AC, A NC, A

he AC, A NC, As s ppor s he he h of he c p s n y y f f ng he c de c ss on s ppor ng shor nd ong er he hy eh ors nd g n ng c rren prof e of he h rends h n he c p s co n y

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A. F nd ngs	
A Gener le h of Co ege den s	,
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Introduction

AC. An ed he or gn AC. ANC. An on he ns r en s sed n on de hro gh he spr ng d co ec on per od he AC. ANC. A no pro des he rges no n co prehens ed se on he he h of co ege s den s pro d ng he co ege he h nd h gher ed c on f e ds h s spec r of nfor on on s den he h

he re sed s r ey he AC, ANC, ANC s de e oped fo o ng horo gh p o es ng process A ho gh he gener c egor es of nfor on for h ch d re co ec ed re n he s e e een he or g n AC, ANC, And h s re sed s r ey

o on o

Findings

A. General Health of College Students

of co ege s den s s r eyed he r he h s very good or excellent

e nd

fe e descr ed

e nd

fe e descr ed

he r he h s good, very good or excellent

Propor on of co ege s den s ho repor ed e ng d gnosed or re ed y profess on for ny of he fo o ng he h pro e s h n he s on hs

A erg es lep s B or C As h d gh ood press re $B\ c\ p\ n$! gh cho es ero Bro en one.Fr c re. pr n nfec on Arr eBo e yndro e Bronch s Ch yd M gr ne he d che D e es Monon c eos s E r nfec on ory D se se Pe Anf Endo eross Repe e s ress n ry Gen herpes. n s nfec on r s. P Gen rep hro Gonorrhe erc os s rn ry r c nfec on

of co eges dens or re ed y profess on h one or ore of he o e cond ons h n he s on hs

B. Disease and Injury Prevention

Co ege s den s repor ed rece ng he fo o ng cc n ons sho s

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repor ed rece ng cc n on g ns hep sB,
repor ed rece ng cc n on g ns n P p o r s. P cer c c ncer cc ne
repor ed rece ng cc n on g ns nf enz f n he s on hs sho or n s s
repor ed rece ng cc n on g ns e s es ps r e
repor ed rece ng cc n on g ns en ngococc en ng s
repor ed rece ng cc n on g ns r ce ch c en po-
repor ed rece ng cc n on g ns r ce ch c en po-
```

C. Academic Impacts

c de c perfor nce def ned s rece ed o er gr de on n e o or n por n pro ec rece ed o er gr de n he co rse rece ed n nco p e e or dropped he co rse or e per enced s gn f c n d sr p on n hes s d sser on rese rch or pr c c or s ed ph e c y

A coho se \mathbf{G} ng o es c ness A erg es An,≤e y ▲ n ry Ass phys c An erne se.co p er g es Ass se. Le rn ng d s A en on Def c . yper c Prcp on negrc rc r y D sorder Co d.F . ore hro c es Concern for ro ed fr end Pregn ncy yo rs or p r nexs Re onsh p d ff c es y e er Chron c he h pro e or ser o s ness Roo e d ff c es Chron c p n e, y r ns ed d se se. De h of fr end or f nfec on \mathbf{D} n s nfec on.E r nfec on. Depress on D scr n on Bronch s. rep hro Dr g se eep d ff c E ng d sorder.pro e ress F n nces or O her

D. Violence, Abusive Relationships and Personal Safety

h n he s on hs co ege s den s repor ed exper enc ng

Percent (%)

Co ege s den s repor ed fee ng very safe

	Percent (%)	Male	Female	Total
On herc psdy e		•	,	1.
On herc psngh e		8 '	₹	51
♣ n he co n y s rro nd ng he r				
schoo d y e		,	S '.51	70 8
♣ n he co n y s rro nd ng he r			A J	:•••
schoo n gh e		,	,	,

E. Alcohol, Tobacco, and Other Drug Use

Reported seems sperce ed se reported se for sidens hin help sidend ys compired him hoof en sidens perce ed help ypic siden on compission on the sidens percentage of the sidens him help siden

On

Tobacco from a water pipe (hookah)

	Percent (%)	Male	Female	Total	Male	Female	Total
Ne er sed		, ,	•	•	% .	•	, 51
sed no n he s	S	, 51	4	4	2,21	•	•
sed d ys		,	5 4	5 4	1 .	%' √∆	1-
sed 🚜 d ys		√	4 9 .	10. 21	,51	<u> </u>	51
sed d ys sed d ys		4	10 3	103	, 51	S,	' ₹0
Any use within the last 30 days	s	51	•	' \$	ß	25.21	*0 3

All other drugs combined *

G	Percent (%)	Male	Female	Total	Male	Female	Total
Ne er sed		1.	√	•	•	•	,
sed no n he s sod ys	3	51	NA.	' ⊀⊅	4940	1	
sed d ys		51				2121	, 51
sed 🚜 d ys		•	25	1 .	A3 .51	\\$' ₹ 0	√
sed dys sed Mdys		√ 0	40.21	40. ≥1	Į.	A 5 :0	
Any use within the last 30 days		,	51	•	,	,	51

Any use within the last 30 days

Anc des c g rs s o e ess o cco coc ne e h phe ne o her phe nes sed es h c nogens n o c s ero ds op es nh n s MDMA o her c dr gs o her eg dr gs Exc des coho c g re es o cco fro er p pe nd r n

of co ege s den s reported dr ng fer h ng 5 or more drinks n he s of co ege s den s reported dr ng fer h ng any alcohol n he s of ys of ys of co ege s den s reported dr ng fer h ng any alcohol n he s

5h froh

\mathbf{z} n n con n

Repor ed n er of dr n s cons ed he s e s den s \dot{p} r ed-'or soc zed. On y s den s repor ng one or ore dr n s ere nc ded

Number of drinks* or fe er §I	Percent (%)	Male 51	Female	Total
or ore		,51	3 5	SS *
Me n Med n d De n o n n	cl	8 8 100 8	S' 100	SA S 100

Repor ed n er of es co ege s den s cons ed f e or ore dr n s n s ng

Co ege s den s repor ed do ng he fo o ng most of the time or always hen hey - p r ed-' or soc zed d r ng he s on hs

Percent (%)	Male	Female	Total
A ern e non coho c h coho c e er ges	-√∆	. <u>«</u>	. 1
A oddrn ngg es	1,51	51,	5 1 ,
Choose no o dr n coho	S '	18 . 1	<u>\$ '</u>
De er ne n d nce no o exceed se n er of dr n s	A3 ,	3	A 3
E efore nd.or d r ng dr n ng	,	1.	,
e frend e yo no hen yo h e h d eno gh	3'	źίξι	,
eep r c of ho ny dr n s e ng cons ed	A3,	,	1.
P ce dr n s o one or fe er n ho r	<u>.s</u> '	!·	<u> </u>
y h he s e gro p of fr ends he en re e dr n ng	. i		S
c h on y one nd of coho hen dr n ng	اعِ, اعِ	,	<u> </u>
se des gn ed dr er	,	,	,
Reported one or more of the above	' -1	' -7	,
$\frac{1}{n}$ on n A on n cl o n k	· ·	!	

Co ege s den s ho dr n coho repor ed exper enc ng he fo o ng n he s on hs hen dr n ng coho $_{1^k}$

	Percent (%)	Male	Female	Total
D d so e h ng yo er regre ed		, <u>\$</u> 1	4	
Forgo here yo ere or h yo d d		Σį	,	ध्
Go n ro e h he po ce		'8	S	. C'
o eone h d se s h e ho y consen		4949 ▼1	,	1 .
d see h so eone ho he r consen		4949	,	, 5 1
d npro ec ed se		1	' 🗸	,
Phys c y n red yo rse f		,	,	'.8
Phys c y n red no her person		,	, ,	1 ,
er o s y cons dered s c de		4949	3,51	, 51
		;0 ;0	A3	
Reported one or more of the above		8 '	3.	12.51
n on n A on n c	o n	4,3	A 3	A 3

F. Sexual Behavior

Co ege s den s repor ed h ng he fo o ng n er of ser pr ners or ser gn or n n erco rse h n he s on hs

None Percent (%) Male Female Total

None

Sor ore

Me n
Med n
d De

Male Female Total

Co ege s den s repor ed h ng or g n or n se s n he s n d ys

Oral sex within the past 30 days

Percent (%) Male Female Total

G. Nutrition and Exercise

Co ege s den s repor ed s y e ng he fo o ng n er of ser ngs of fr s nd ege es per d y

ser ngs per d y
per d y
per d y
or ore per d y

Percent (%)	Male	Female	Total
		į	51
	ूर्ग इंग	A'A	,

Co ege s den s repor ed he fo o ng eh ors h n he p s d ys

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

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

Phys c Ac y nd P c le h pd ed Reco end ons for Ad s Fro he A er c n
Co ege of por s Med c ne nd he A er c n le r Assoc on Moder e n ens y
c rd o or ero c exerc se for e s n es on for ore d ys per ee or goro s n ens y
c rd o or ero c exerc se for e s n es on for ore d ys per ee.

Students meeting the Recommendations for moderate-intensity exercise, vigorous-intensity exercise, or a combination of the two (2 moderate-intensity exercise periods = 1 vigorous-intensity exercise period).

G de nes e Percent (%) Male Female Total

Es ed er ge Body M sa nder BM h s f g re ncorpor es repor ed he gh nd e gh o for gener nd c or of phys c he h C egor es def ned y he or d le h Org n z on Org n epr n ed Org n z on Org n epr n ed Ep de COrg n ech Repor er es

BMI ·	Percent (%)	Male	Female	Total
nder e gh		4	% ' ·	
e hy e gh		21	2 (2)	1 21
O er e gh		_	,51	N'A
C ss O es y		١,	√∆ √∆	4
C ssh O es y		ū,	قام ا	51
C sall O es y		1	,	, S '
•				
Me n		ş	51 3	51
Med n		4	, 4,	,
d De	•	5 ;	' 4	•

H. Mental Health

den s repor ed exper enc ng he fo o ng h n he s on hs

Felt things were hopeless

Percent (%)	Male	Female	Total
No ne er	₹' ₹	23	121
No no s on hs	A J !	4	43
Yes s ee s	-	•	' '8
Yes s d ys		-	1
Yes n s on hs	_ (' %	•
		A J	
Any time within			
the last 12 months	4	,	,

Felt exhausted (not from physical activity)

Percent (%)	Male	Female	Total
No ne er	2.2	' %	,
No no s on hs	, ''S	, <u>\$</u>	' 4
Yes s ee s	'S' '	''.	,
Yes s d ys	1.21		,
Yes n s on hs	% '	Į,	' 4 0
	A J		į
Any time within	,		,
the last 12 months	21	Ş İ	51

Felt overwhelmed by all you had to do

Male	Female	Total
,	4	•
4	51	'.%
1	1.	,Q 1
1	Į.	43 .51
4040	,	,
,	_/29	' -70
	Male	· <u> </u>

Felt very lonely

Percent (%)	Male	Female	Total
No ne er	,	13-4	3- 2 -2
No no s on hs	.	1	A D:0:0
Yes s ee s	75	4	√
Yes s d ys	ļ	,	,
Yes n s on hs	'.8	,	' 4 0
	AJ		:
Any time within		,	•
the last 12 months	1	Į, 1	•

Felt very sad	Felt very sad Felt so depressed that it was difficult to				to		
				function			
Percent (%)	Male	Female	Total	Percent (%)	Male	Female	Total
No ne er	25	54	٠.,	No ne er	•	•	' √۵
No no s on hs	3 5	•	, 51	No no s on hs	' √∆	√	,
Yes s ee s	'A3	K '-	•	Yes s ee s	4.8	1	4
Yes s 🚜 d ys	1	3	' \$	Yes s 🔥 d ys	El 2 ,	١,	<u> 5</u> į
Yes n s on hs	₹	•	^ 3	Yes n s on hs	1	35' E1	•
Any time within			•	Any time within			
the last 12 months	ß	[1],	[1]	the last 12 months	,	\$ '	24/02
Felt overwhelming anxiety			Felt overwhelming anger				
Percent (%)	Male	Female	Total	Percent (%)	Male	Female	Total
No ne er	1 _:	8-18	3 '	No ne er	'8	103	₹0
No no s on hs	, 51	7 3/ 1 3		No no s on hs	40		1.
Yes s ee s	' ⊀0	' ₹0	,	Yes s ee s	_:' ▼	•	51
Yes s sod ys	1:	,	10 5	Yes s sod ys	1	•	•
Yes n s on hs	5 4	•		Yes n s on hs	' 10	ß	•
Any time within				Any time within			
the last 12 months	\$ '	,	•	the last 12 months	\$ '	& '	\$ '40
Seriously considered s	uicide			Attempted suicide			
Percent (%)	Male	Female	Total	Percent (%)	Male	Female	Total
No ne er	,	5 !	, 51	No ne er	' \$		•
No no s on hs	,	•	,	No no s on hs	'A	, 51	•
Yes s ee s	•	' -/ A	•	Yes s ee s	√ A3	10 5	√
Yes s 🚜 d ys	•	1.4 7	,	Yes s 🔥 d ys	√		√ Δ
Yes n s on hs	,	51 **	•	Yes n s on hs	'	403	₹0
Any time within				Any time within			
the last 12 months	•	' &'	•	the last 12 months	•	,	,

 $Intentionally\ cut,\ burned,\ b\&60\&2-4.\&477(n)-2.57531(t)-1.2\rlap/463.571\ 0)-2701.07(7)-4.\&60\&)2.\rlap/2\ 432.\rlap/983(b)-2.57531(u)-2.5753$

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

Percent (%	Male	Female	Total
Anore	,	1	,
An se y	,	1	,
A en on Def c nd Jyper c y D sorder	,	1	',\$
B po r D sorder	'A	1	, ,
В	,	' √	,
Depress on	,	'8	,
▲ nso n	'8	N	S'
O her s eep d sorder	, 43	45	<u>'3</u>
O sess e Co p s e D sorder	,	,	, 43
Pnc cs	,	,	',3
Pho	,	' -/-	<u>, 43</u>
ch zophren	,	17	-A
s nce se or dd c on	'3	' -	,
O her dd c on	,	1,57	- A
O her en he h cond on	,	'3	7.51
St. Lada and St. Lada	5151	,	
Students reporting none of the above	ξίξι		-1
Students reporting only one of the above	51.	51	51
Students reporting both Depression and Anxiety	ξį	51	5 !
Students reporting any two or more of the above			
excluding the combination of Depression and Anxiety	,	,	3'

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

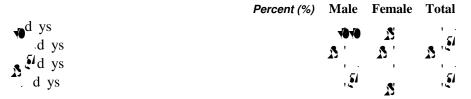
Percent (%)	Male	Female	Total
Ac de cs		51	ξίξι
C reer re ed ss e	A3 , 51	!	, 51
De h of f y e er or fr end	,	,	1,8-
F y pro e s	,	-A	, <u>(</u>
n e re onsh ps	,	1.	A J ,
O her soc re onsh ps	,	5 1.	<u>'A</u>
F.n nces	335	5 !	,
le h pro e of f y e er or p r ner	\ \ \\	'- -	3'
Person ppe r nce	*0 \$	18.51 in	7.4D.S
Person he h ss e	· \	•	\ \ \
eep d ff c es	1 ,	34	,
O her	4	33	•
Students reporting none of the above	S 'S	,	' '
Students reporting only one of the above	43 43	1	√ A
Students reporting 2 of the above	,	3	- 1,1
Students reporting 3 or more of the above	Ŋ	51 ³ ,	₹1 , ^ 3

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

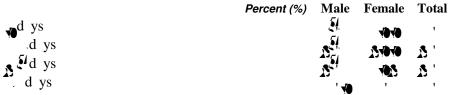
	Percent (%)	Male	Female	Total
No s ress		51	,	•
Less h n er ge s ress		5	,	√
A er ge s ress		8 '8	,	4
More h n er ge s ress		A.	\$ '₹0	8 8
re endo s s ress		25/25	1	'A

I. Sleep

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



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



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

Demographics and Student Characteristics

Age: A er ge ge ye rs ye rs ye rs Med n d De ye rs ye rs ye rs Gender* Fe e M e r nsgender **Student status:** s ye r ndergr d e nd ye r ndergr d e ard ye r ndergr d e h ye r ndergr d e h ye r or ore ndergr d e Gr d e or profess on No see ng degree O her F e s den Рr e s den O her s den

Relationship status:

Students describe themselves as: B c or Afr c n A er c n sp n c or L no. As n or P c f & s nder A erc n nd n A s n e or N e Brc or M r c O her **International Student:** ▲ n ern on Students describe themselves as: le erose G y.Les n B se,≤ ns re **Housing:** C p s res dence h Fr ern y or soror y ho se O her n ers y ho s ng P ren .g rd n ho e O her off c p s ho s ng O her Participated in organized college athletics:

C spor s