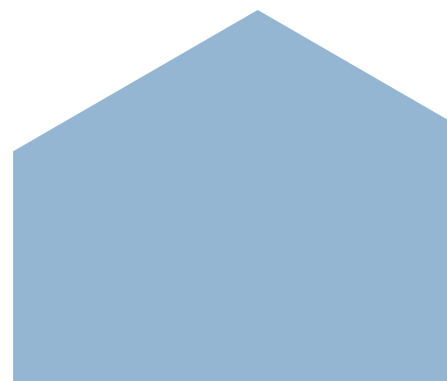
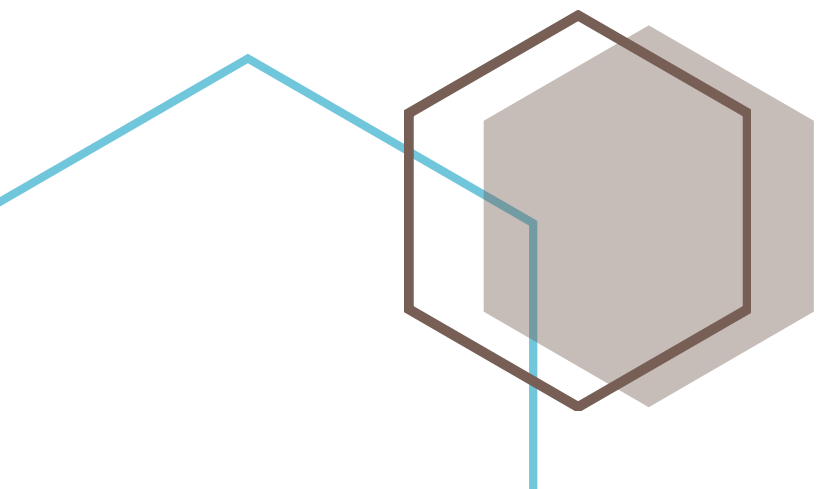


The American College Health Association – National College Health Assessment is a standardized tool used to assess student health and wellness, including impediments to academic success, mental health, substance use, sexual behaviors, health problems, basic needs, and more.





The ACHA-NCHA survey provides CSULB with information about students' health, health behaviors, mental health, and personal safety. These data are valuable for observation of trends, evaluations, and implementation of programs and services offered to students.

The NCHA survey was sent out to 20,000 randomly selected students in Spring 2023. A 12.3% response rate was achieved for this survey (n=2467 respondents). This page provides a summary, while the subsequent report pages provide further detail on these data results and meaning. Limitations for this study include statistically significant differences in those who responded to this survey and our student body population (race/ethnicity and sex), which may impact the generalizability of these data outcomes.

General Health

Only 44% of respondents described their health as very good or excellent. The majority of our student responders (60%) do not meet the guidelines for being an Active Adult. Getting enough sleep to feel rested during most days of the week is elusive for most of our students, with only 40% feeling rested. Most students (95%) reported having their COVID-19 vaccination.

Top 5 Impactors on Academic Performance

1. Procrastination (reported by 54% of students)
2. Stress (41%)
3. Anxiety (32%)
4. Finances (25%)
5. Sleep difficulties (23%)

Basic Needs

Low or very low food security was reported by 55% of our respondents. Temporary living situations or no place to live was reported by 1% of our respondents. The number of students reporting food insecurity and being unhoused has increased since the 2021 NCHA.

Mental Health

High stress levels were reported by 31% of students, which is a decrease since 2021 (38%). Anxiety and depression were the leading mental health diagnoses. Intentional self-injury was reported by 8% of our respondents. Suicide attempts in the last 12 months were reported by 47 (2%) of our respondents. Transgender/gender non-conforming (T/GNC) students reported disproportionately higher rates of self-injury, psychological distress, loneliness, and suicidality.

Substance Use

Only 24% of students reported use of tobacco/nicotine products in their entire life. Many (58%) of our respondents also reported not engaging in binge drinking in the two weeks prior to the survey. Cannabis use was reported by 27% of our respondents in the past three months, which has increased by 4% since 2021.

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Loneliness is considered a predictor for mental and physical health, as well as cognitive functioning. A positive score for loneliness means that one is negatively imbalanced with social relationships.

The mean score for CSULB respondents was 5.51. In 2021 the mean score was 5.76.



Belonging and Campus Climate

Most (66%) of our students reported feeling that they belong at CSULB and almost half believed that on our campus we look out for each other. However, only 41% of T/GNC students felt that campus looks out for them. Many (64%) also reported feeling that our campus encourages free and open discussion of students' health and well-being; however, only 55% of T/GNC students felt as positive. About half of students (53%) reported feeling that our campus prioritizes health and well-being.

Safety and Violence

For the first time, questions about guns/firearms were included in the survey for our campus. While 68% of students indicate feeling safe on campus during the day, at least one respondent reported carrying a gun 3-4 times during the previous 30 days. Most (83%) students have concerns about gun violence on campus.

4% reported being a victim of stalking; 2% reported physical assault; and 9% reported being verbally threatened. T/GNC students reported higher instances of physical assault



General Health

In the table above, this represents the students who report their health as very good or



Substance Use

Cannabis use in the last 3 months was reported by 27% of respondents. In 2021, 23% of students reported use of cannabis in the last 3 months.

1% of respondents were identified as having high-risk use of cannabis, and 17% were identified as having moderate risk use (based on the Substance Specific Involvement Scores from the ASSIST scale).

Reported use of cocaine and hallucinogens has increased since 2021.

76% of respondents reported they have never used a tobacco or nicotine delivery product. For those that smoked in the last 3 months, the most used products were e-cigarettes/vapes (77%) followed by cigarettes (38%).

40% of respondents reported consuming alcohol within the last 2 weeks, while 26% reported *never* having consumed alcohol.

58% of respondents who consumed alcohol within the last 2 weeks reported they had not engaged in binge drinking in the last 2 weeks, and the average number of drinks consumed at the last drinking event was just under three.

16% of alcohol users reported having two or more negative experiences in the last 12 months due to their alcohol use (i.e., black out, police trouble, unprotected sex, etc.). 11% of respondents reported driving after having alcohol in the last 30 days, and 27% reported driving within 6 hours of using cannabis/marijuana in the last 30 days.

9% of respondents were considered at moderate risk and 1% at high risk for alcohol use



Individual departments may be able to use these outcomes for grant proposals, funding research, as well as publications. Creation of innovative programming addressing issues impacting academic performance (i.e., procrastination, stress, finances, anxiety, and sleep) is recommended.

Mental health and LGBTQ+ collaborations may find these data useful for the development