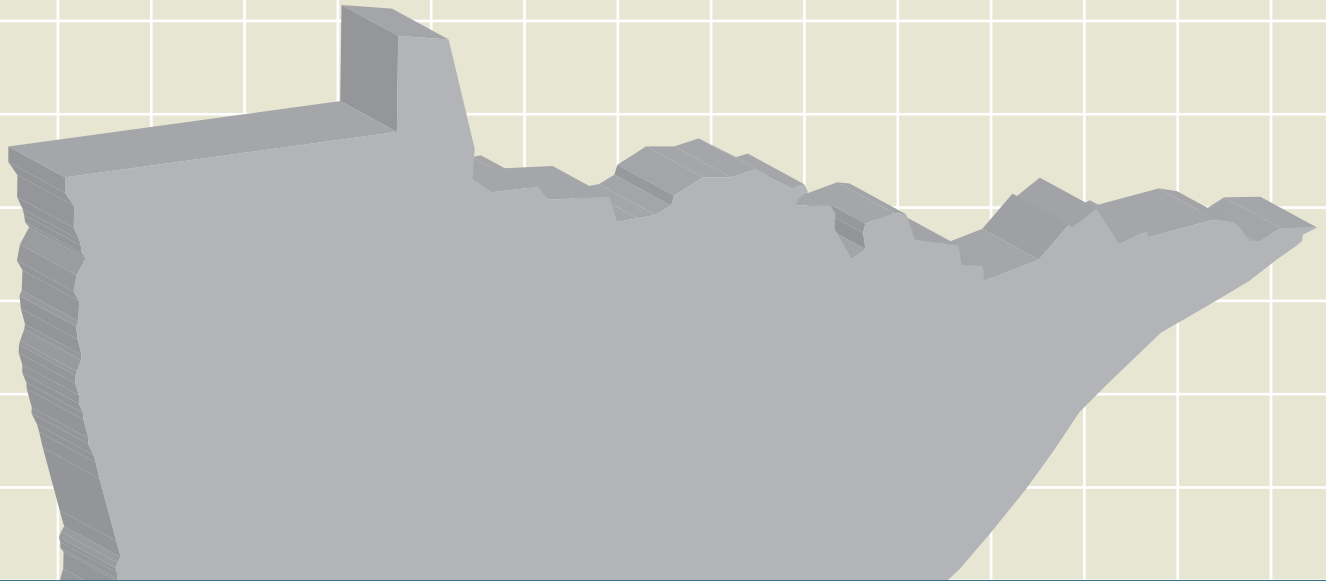




UNIVERSITY OF MINNESOTA
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2024 College Student Health Survey Report



Health and Health-Related Behaviors

University of Minnesota–Crookston On-Campus Students



BOYNTON HEALTH
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2024 College Student Health Survey Report

Introduction	iii
Survey	v
Methodology	v
Analysis Summary	vi
Results	1
Health Insurance and Health Care Utilization	1
Mental Health	3
Tobacco Use	11
Alcohol, Cannabis, and Other Drug Use	15
Personal Safety and Financial Health	23
Nutrition and Physical Activity	31
Sexual Health	35
Implications	39
Appendices	41
Appendix 1 Colleges and Universities Participating in the 2024 College Student Health Survey	41
Appendix 2 University of Minnesota–Crookston On-Campus Students Survey Demographics Based on Student Response	42
Glossary	43
References	45

Introduction

Q: What do the following health conditions and health-related behaviors have in common?

- Health insurance status
- Depression
- Ability to manage stress
- Tobacco use
- Alcohol use
- Engagement in physical activity
- Credit card debt

A: They all affect the health and academic achievement of college students.

In the spring of 2024, eight postsecondary institutions in Minnesota joined with Boynton Health at the University of Minnesota to collect information from undergraduate and graduate students about their experiences and behaviors in the areas of health insurance and health care utilization, mental health, substance use, personal safety, financial health, nutrition and physical activity, and sexual health.

This report highlights the findings of this comprehensive survey and serves as an essential first step in identifying health and health-related behavior issues affecting college students. Boynton Health hopes that the information contained in this report will be helpful to college and university leaders as they strive to develop programs and policies that will assure a safe institutional environment, promote access to health care and essential services, encourage responsible student decision making and behavior, and contribute to the health, well-being, and academic success of students enrolled in their schools. The survey results are also intended to raise awareness among state and local policymakers and community leaders concerning the importance of the health of college students to the overall educational, health, and economic status of Minnesota.

Survey

Methodology

Undergraduate and graduate students enrolled in thirteen postsecondary institutions in Minnesota completed the 2024 College Student Health Survey, developed by Boynton Health. As an incentive, all students who responded to the survey were entered into a random drawing for an Apple iPad (one winner), Apple Pencil (three winners), 3rd Generation AirPods (two winners), or a gift card for Amazon or Target worth \$200 (two winners). In addition, one student from each participating school won a gift card from Amazon or Target worth \$100.

Randomly selected students were contacted through multiple mailings and emails:

- Initial invitation email
- Multiple reminder emails



2024 College Student Health Survey Poster

University of Minnesota– Crookston Students Methodology Highlights

- **1,462** students from the University of Minnesota–Crookston (Crookston) were selected to participate in this survey.
- **377** students completed the survey.
- **25.8%** of all Crookston students responded.
- **163** students who completed the survey were online only students.
- **214** students who completed the survey were on-campus students.

Survey

Analysis Summary

The information presented in this report documents the prevalence of various diseases, health conditions, and health-related behaviors across seven areas:

- Health Insurance and Health Care Utilization
- Mental Health
- Tobacco Use
- Alcohol, Cannabis, and Other Drug Use
- Personal Safety and Financial Health
- Nutrition and Physical Activity
- Sexual Health

The prevalence of a disease, health condition, or health-related behavior is defined as the total number of occurrences in a population (in this case, college students) at a given time divided by the number of individuals in that population.

Prevalence is useful because it measures the commonality of a disease, health condition, or health-related behavior. For example, the College Student Health Survey asked students if they had ever been diagnosed with depression within their lifetime. For the purpose of illustration, if 100 students complete the survey and 10 of them report a diagnosis of depression within their lifetime, the lifetime prevalence of depression in this population of students is 10.0% (10/100).

The results from this survey are based on a random sample of students from each of the participating colleges and universities. Random sampling is a technique in which a group of subjects (in this case, the sample of college students) is selected for study from a larger group (in this case, the population of students enrolled at each of the participating institutions). Each individual is chosen entirely by chance, and each member of the population has an equal chance of being included in the sample. Random sampling ensures that the sample chosen is representative of the population and that the statistical conclusions (in this case, the prevalence) will be valid.

Results

Health Insurance and Health Care Utilization

A student's current health influences their ability to realize immediate goals of academic success and graduation, while future health affects the ability to accomplish longer-term goals of finding and sustaining a career. Access to health care has been shown to improve health. Although institutions of higher education differ in scope of services, each institution has a unique opportunity and bears a certain responsibility to address issues related to student health and to reduce barriers to health care access.

National Comparison

This section examines the areas of health insurance, health services utilization, and preventive care. The majority of young adults in the United States (91.2%) and Minnesota (86.6%) report excellent, very good, or good health.¹ In Minnesota, 90.3% of 18- to 24-year-olds and 91.5% of 25- to 34-year-olds report some kind of health care insurance.¹ At the same time, young adults (77.3%) are least likely to identify a usual place for medical care.²

Among University of Minnesota–Crookston on-campus students who obtained non-emergency mental health service, **34.8%** received that care at the school.

Health Care Service Utilization

All Students

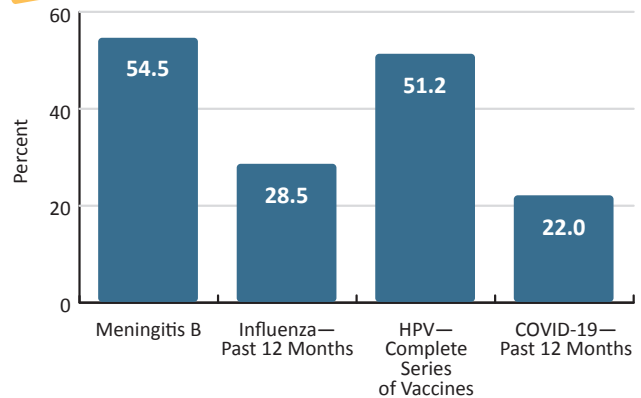
Health Care Service	Percent	
	Obtained Service While in School	Received Service at School (Among Those That Received the Service)
Dental Care	87.7	0.5
Emergency Care (Physical Condition)	72.4	9.9
Mental Health Service (Emergency/Crisis)	39.7	15.7
Mental Health Service (Non-emergency)	55.0	34.8
Routine Doctor’s Visit	83.2	6.7
Testing for Sexually Transmitted Infections (Includes HIV)	39.2	23.2
Treatment for Sexually Transmitted Infections (Includes HIV)	31.3	13.8

■ Obtained Service While in School
 ■ Received Service at School (Among Those That Received the Service)

Over half of Crookston on-campus students have obtained meningitis and HPV vaccinations, over one in four obtained an influenza vaccination in the past 12 months, and one in five students received a COVID-19 vaccination in the past 12 months. Among on-campus students, **47.3%** of males and **55.6%** of females reported obtaining a complete series of HPV vaccinations. These immunizations are not currently required for students enrolled in postsecondary institutions.

Vaccination Status

All Students



Among Crookston on-campus students, females reported more days of poor mental and physical health than males.

Average Number of Days Affected by Illness—Past 30 Days

All Students by Gender

Illness	Average Number of Days Affected	
	Males	Females
Poor Mental Health	5.5	9.3
Poor Physical Health	3.2	5.3

■ Males
 ■ Females

Results

Mental Health

Mental health issues can have a profound impact on the ability of college and university students to engage fully in the opportunities presented to them. These issues affect their physical, emotional, and cognitive well-being, and can lead to poor academic performance, lower graduation rates, and poor interpersonal relationships.³

National Comparison

This section examines areas related to the mental health of college and university students. Recent research shows that young adults in the United States have relatively high rates of mental health problems compared to other age groups. Among 18– to 25-year-olds, 33.8% have had a mental illness (i.e., a diagnosable mental, behavioral, or emotional disorder of sufficient duration to meet diagnostic criteria specified within the Diagnostic and Statistical Manual of Mental Disorders-IV) in the past year, 10.3% have had a serious mental illness (i.e., a mental illness that results in functional impairment), 17.5% have had a major depressive episode, and 12.2% have had serious thoughts of suicide.⁴ More than half (51.0%) of young adults ages 18–25 with any mental illness have received mental health treatment in the previous year.⁴

Adverse childhood experiences, or ACEs, are stressful events that occur in childhood that can have long-term impacts on physical and mental health.^{5,6} Findings from the Minnesota Behavioral Risk Factor Surveillance System (BRFSS) survey show that ACEs are common, with over half of Minnesota adults reporting at least one ACE, and 13% report four or more ACEs.⁷ In Minnesota, 36% of adults with an ACE score of 5 or more report being diagnosed with depression, compared to 8% among adults with an ACE score of 0.⁷

Among Crookston on-campus students, anxiety and depression were the two most frequently reported mental health diagnoses for both lifetime and the past 12 months.

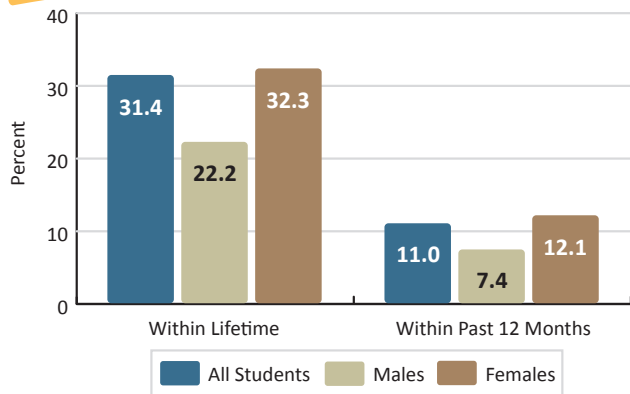
Mental Health Condition Diagnosis— Lifetime and Past 12 Months All Students

Mental Health Condition	Percent Who Reported Being Diagnosed	
Anorexia	6.6	1.4
Anxiety	42.7	16.6
Attention Deficit Disorder	11.8	6.6
Bipolar Disorder	1.4	0.5
Bulimia	2.4	0.5
Depression	31.4	11.0
Obsessive-Compulsive Disorder	5.2	2.8
Panic Attacks	22.7	9.5
Post-Traumatic Stress Disorder	6.6	1.9
Seasonal Affective Disorder	12.9	5.7
Social Phobia/ Performance Anxiety	15.2	4.7
Substance Use Disorder	1.4	0.9
Any of the Above Mental Health Conditions	49.5	24.8
Two or More Mental Health Conditions	38.3	15.5

■ Within Lifetime ■ Within Past 12 Months

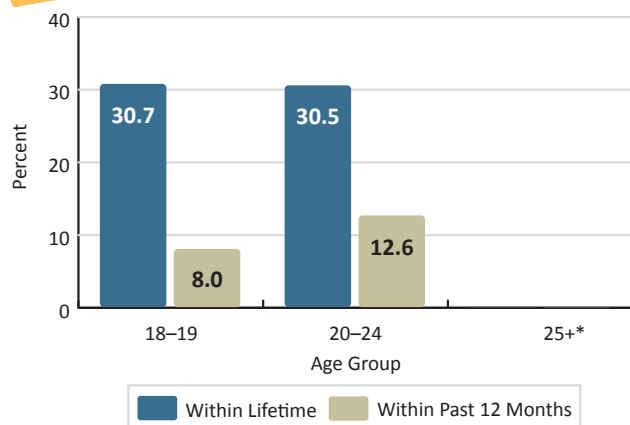
Among Crookston on-campus students, **31.4%** reported being diagnosed with depression within their lifetime, and **11.0%** reported being diagnosed with depression within the past 12 months. Females reported being diagnosed with depression at higher rates than males.

Depression Diagnosis— Lifetime and Past 12 Months All Students by Gender



Crookston on-campus students ages 20-24 and over reported the highest rates of a depression diagnosis within the past 12 months.

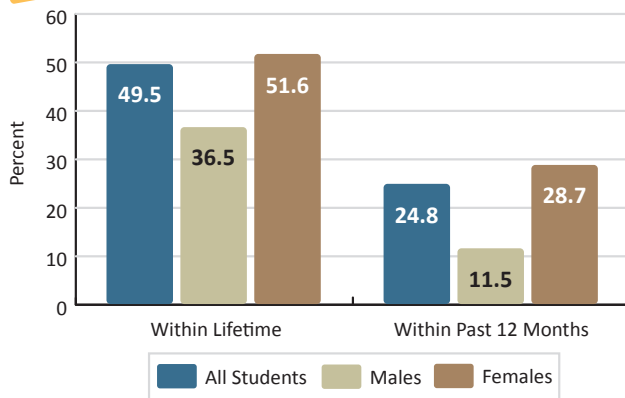
Depression Diagnosis— Lifetime and Past 12 Months All Students by Age Group



*Insufficient data.

Any Mental Health Condition Diagnosis— Lifetime and Past 12 Months

All Students by Gender

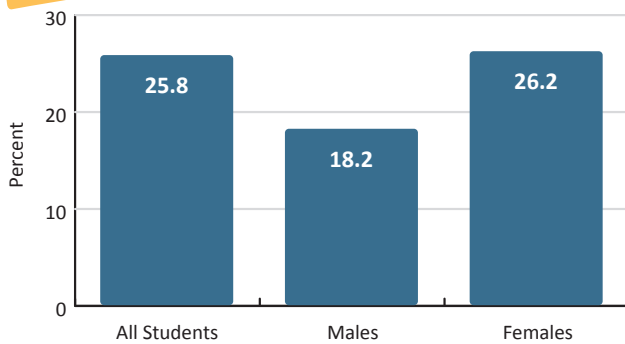


Among Crookston on-campus students, **49.5%** reported being diagnosed with at least one mental health condition within their lifetime, and **24.8%** reported being diagnosed with at least one mental health condition within the past 12 months. Females reported being diagnosed with a mental health condition within their lifetime and within the past 12 months at higher rates than males.

Additional analysis shows that **38.3%** of on-campus students reported being diagnosed with two or more mental health conditions within their lifetime.

Currently Taking Medication for a Mental Health Condition

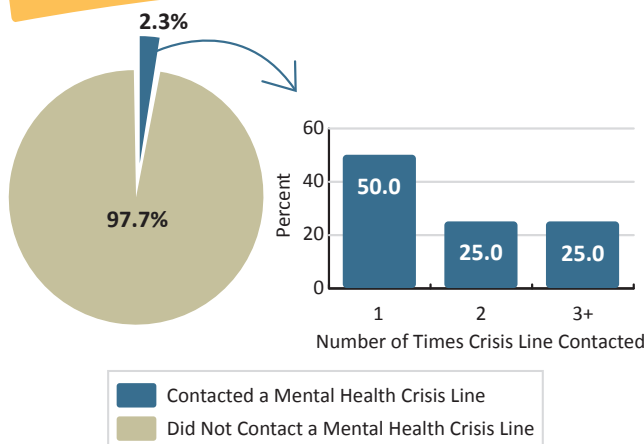
All Students by Gender



Overall, **25.8%** of Crookston on-campus students reported that they currently are taking medication for a mental health condition. Compared to males, females reported a higher rate of this medication use.

Mental Health Crisis Line Contacted— Past 12 Months

All Students



Among Crookston on-campus students, **2.3%** reported contacting a mental health crisis line within the past 12 months. Among these students, **25.0%** reported contacting a crisis line 3 or more times within the past 12 months.

The most commonly experienced stressor among Crookston on-campus students was roommate/housemate conflict. A total of **40.1%** of students reported experiencing one or two stressors within the past 12 months, and **27.5%** reported experiencing three or more stressors over that same time period.

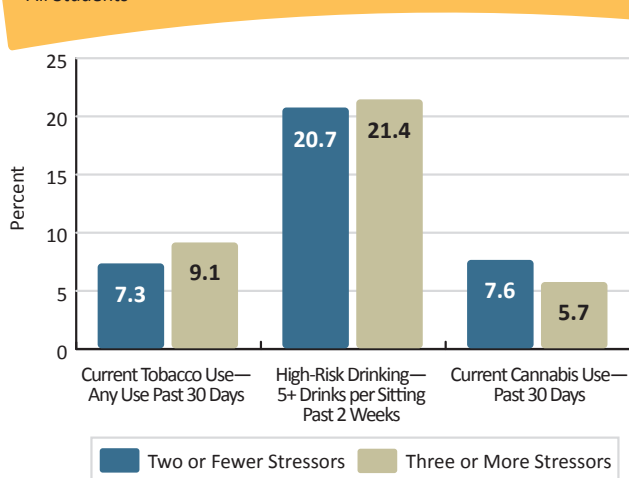
Mental Health Stressors—Past 12 Months

Stressor	Percent Who Reported Experiencing Within Past 12 Months
Arrested	0.0
Attempted Suicide	1.9
Bankruptcy	0.0
Death of Someone Close to You	26.6
Diagnosed With a Serious Mental Illness	10.1
Diagnosed With a Serious Physical Illness	7.2
Excessive Credit Card Debt	4.8
Excessive Debt Other Than Credit Card	5.8
Failing a Class	13.0
Fired or Laid Off From a Job	2.4
Getting Married	0.5
Issues Related to Sexual Orientation	3.4
Lack of Health Care Coverage	1.4
Parental Conflict	21.7
Put on Academic Probation	5.8
Roommate/Housemate Conflict	28.0
Serious Physical Illness of Someone Close to You	23.7
Spouse/Partner Conflict (Includes Divorce or Separation)	4.8
Termination of Personal Relationship (Not Including Marriage)	16.4
Zero of the Above Stressors	32.4
One or Two of the Above Stressors	40.1
Three or More of the Above Stressors	27.5

Note: Items found in this table are based on the Holmes and Rahe Stress Scale.⁸ The items included in the stress scale were adapted to college students.

Crookston on-campus students who experienced three or more stressors within the past 12 months reported higher rates of current tobacco use and current high-risk drinking compared to students who experienced two or fewer stressors.

Mental Health Stressors and Substance Use*

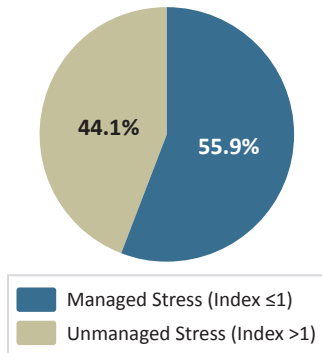


*Number of stressors is based on reported experiences within the past 12 months.

Ability to Manage Stress—Past 30 Days

All Students

In an attempt to measure effectiveness in managing stress, students were asked to rate their stress level and their ability to manage stress, each on a scale of 1 to 10. The reported stress level is then divided by the reported ability to manage stress. Any result greater than 1 means a student is not effectively managing his or her stress.



Over half of Crookston on-campus students (**55.9%**) reported that they were able to manage their stress level, compared to **44.1%** who reported that they were unable to manage their level of stress.

Stress and Diagnosis of Mental Health, Acute, and Chronic Conditions—Past 12 Months

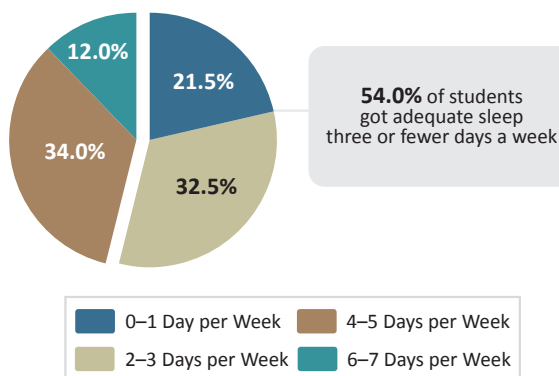
All Students

Condition	Percent Who Reported Being Diagnosed Within the Past 12 Months	
	Managed Stress (Index ≤ 1)	Unmanaged Stress (Index > 1)
Anxiety	12.7	21.5
Depression	5.9	17.6
Obsessive-Compulsive Disorder	1.7	4.3
Panic Attacks	4.2	16.1
Social Phobia/Performance Anxiety	5.0	4.3

Crookston on-campus students with unmanaged stress levels reported higher rates of diagnosis for various mental health conditions. Among Crookston on-campus students with unmanaged stress levels, **21.5%** reported being diagnosed with anxiety within the past year, compared to **12.7%** of students with managed stress levels who reported the same diagnosis. Of the students unable to manage their level of stress, **17.6%** reported a diagnosis of depression within the past 12 months compared to **5.9%** of students with managed stress levels who reported the same diagnosis.

Number of Days of Adequate Sleep—Past Seven Days

All Students

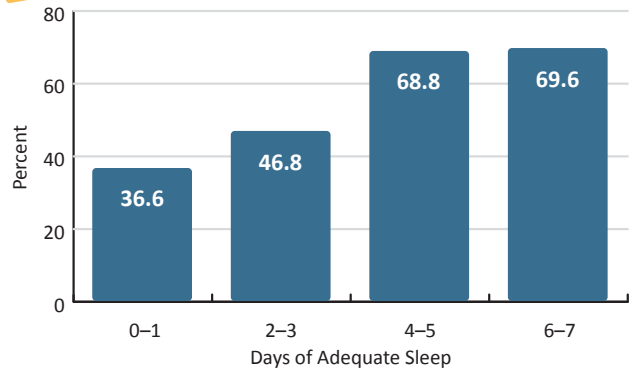


In response to a question asking Crookston on-campus students how often in the past seven days they got enough sleep to feel rested when they woke up in the morning, over half (**54.0%**) reported receiving adequate sleep on three or fewer of the previous seven days.

Students who reported more days of adequate sleep are also more likely to report being able to manage their stress. Among Crookston on-campus students who reported receiving 0–1 days of adequate sleep in the past week, **36.6%** reported that they are able to manage their stress, compared to **69.6%** of students who reported 6–7 days of adequate sleep in that period.

Adequate Sleep and Ability to Manage Stress*

All Students



*Days of adequate sleep is based on reported experiences in the past seven days and ability to manage stress is based on reported experiences within the past 12 months.

The four most commonly reported issues among on-campus students at Crookston were stress (**76.1%**), sleep difficulties (**51.9%**), mental health issues (**43.9%**), and excessive computer/internet use (**43.9%**). Among students who report a particular issue, the issues with the greatest impact on academic performance were disability (**78.0%**), sexual assault (**62.5%**), sleep difficulties (**58.2%**), and any mental health issue (**54.8%**).

Impact of Health and Personal Issues on Academic Performance—Past 12 Months

All Students

Students were asked to respond to the following question:

During the past 12 months, how have the following affected your academic performance?

The response options were:

- I do not have this issue/not applicable
- I have this issue—my academics have not been affected
- I have this issue—my academics have been affected

Health or Personal Issue	Percent	
Alcohol Use	12.1	3.8
Any Disability (Learning, ADD/ADHA, Physical, etc.)	19.3	78.0
Chronic Health Condition	15.0	21.9
Concern for Family Member or Friend	31.5	29.9
Eating Disorder	9.4	35.0
Excessive Computer/Internet Use	43.9	53.8
Financial Difficulties	33.6	31.0
Food Insecurity	9.0	31.6
Homelessness	0.9	50.0
Marijuana Use	3.3	28.6
Mental Health Issue (Depression, Anxiety, etc.)	43.9	54.8
Pregnancy	0.9	50.0
Relationship Issue with Roommate/Housemate	24.9	32.1
Relationship Issue with Someone Other Than Roommate/Housemate	21.6	23.9
Serious Injury	7.0	46.7
Sexual Assault	3.8	62.5
Sexually Transmitted Infection	0.5	0.0
Sleep Difficulties	51.9	58.2
Stress	76.1	51.2
Upper Respiratory Infection (Cold/Flu, Sinus, Strep, etc.)	31.3	50.0

- Reported Having the Issue
- Reported the Issue Impacted Academics (Among Those Who Reported Having the Issue)

Adverse Childhood Experiences

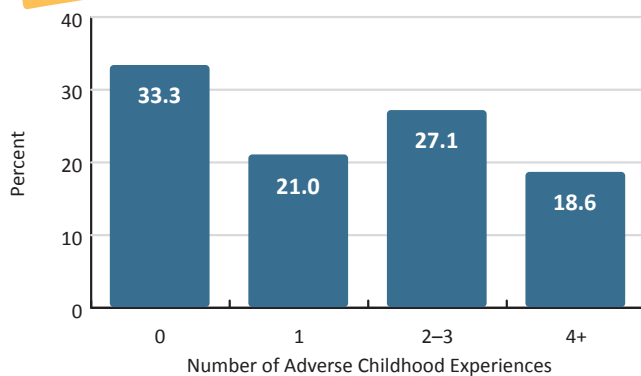
All Students

ACEs Question (Questions pertain to events happening before age 18)	Percent Who Responded Yes, Once, or More Than Once
Did you live with anyone who was depressed, mentally ill, or suicidal?	36.2
Did you live with anyone who was a problem drinker or alcoholic?	22.5
Did you live with anyone who used illegal street drugs or who abused prescription medications?	8.1
Did you live with anyone who served time or was sentenced to serve time in prison, jail, or other correctional facility?	9.0
Were your parents separated or divorced?	23.8
How often did your parents or adults in your home ever slap, hit, kick, punch, or beat each other up?	12.4
How often did a parent or adult in your home ever hit, beat, kick, or physically hurt you in any way? (Do not include spanking.)	13.9
How often did a parent or adult in your home ever swear at you, insult you, or put you down?	48.5
How often did anyone at least 5 years older than you or an adult, ever touch you sexually?	6.3
How often did anyone at least 5 years older than you or an adult, try to make you touch them sexually?	4.8
How often did anyone at least 5 years older than you or an adult, force you to have sex?	2.4

When asked about events occurring before age 18, **48.5%** of Crookston on-campus students reported that a parent or adult in their home swore at them, insulted them, or put them down, and **36.2%** reported living with someone who was depressed, mentally ill, or suicidal.

Number of Adverse Childhood Experiences—Lifetime

All Students



Three out of four (**66.7%**) Crookston on-campus students reported experiencing at least one adverse childhood experience.

Results

Tobacco Use

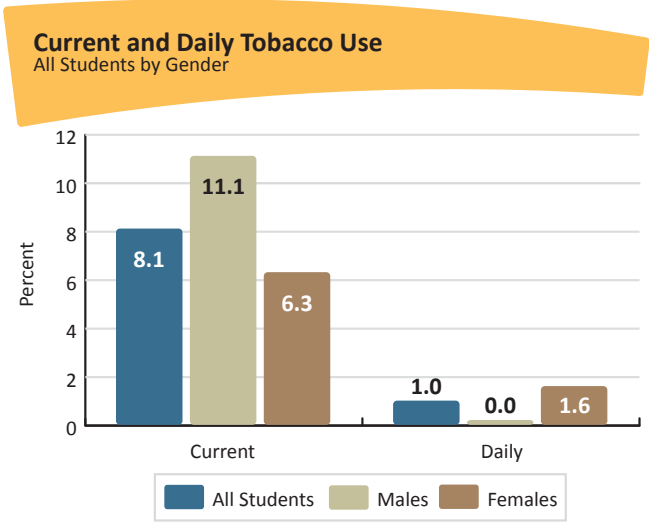
Young adults transitioning between high school and college find themselves in an environment with increased opportunities to make personal and lifestyle decisions without supervision or input from their parents. This newfound freedom, coupled with growing academic pressure and an expanding social network, can lead to experimentation and risky behaviors such as smoking. Preventing smoking among young adults is critical to reducing both the long-term use of tobacco products and their subsequent negative health consequences.

National Comparison

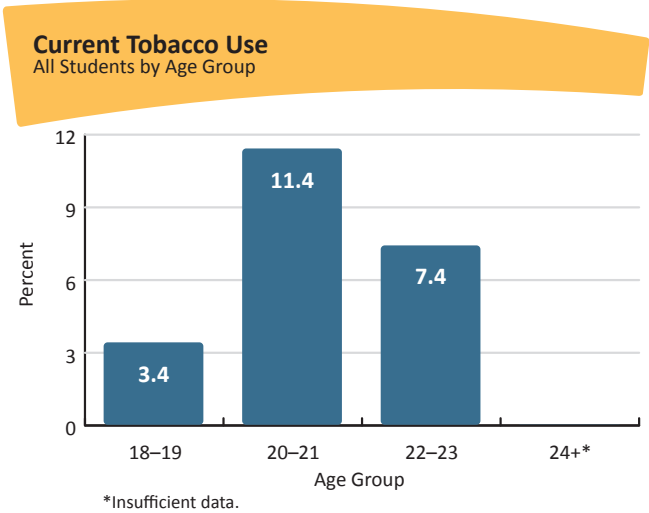
The use of cigarettes among college students has been declining in recent years. The use of cigarettes within the past 30 days has fallen from a recent high of 31% in 1999 to 4.1% in 2020, and the daily use of cigarettes has fallen from 19% in 1999 to 1.4% in 2020.⁹ However, vaping use within the past 30 days has increased from 6.1% in 2017 (6.1%) to 19% in 2020.⁹ Because smoking is the leading cause of preventable disease, disability, and death in the United States,¹⁰ quitting smoking is one of the most important actions people can take to improve their health. Among all current smokers, 68.0% want to completely stop smoking, 55.4% made an attempt to quit in the past year, and 7.4% successfully quit within the past year.¹¹ Current cigarette smokers are more likely to use other tobacco products, alcohol, or illicit drugs than nonsmokers.¹²

The reported rate of current tobacco use for on-campus students at Crookston was **8.1%**.
The reported rate of daily tobacco use was **1.0%**.

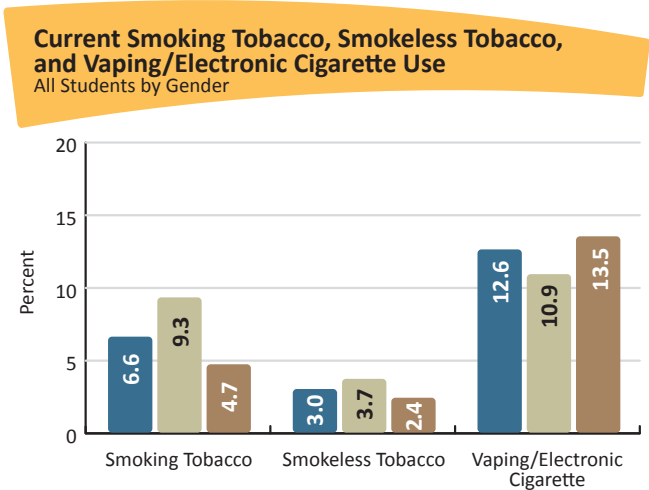
Definition:
Current Tobacco Use
Any tobacco use within the past 30 days. Tobacco use includes both smoking and smokeless tobacco.



The highest rate of current tobacco use among Crookston on-campus students was among ages 20–21 (**11.4%**).



Overall, **6.6%** of Crookston on-campus students reported using smoking tobacco, **3.0%** reported using smokeless tobacco, and **12.6%** reported vaping or using an electronic cigarette during the past 30 days. Male students had higher rates of smoking and smokeless tobacco use than female students. Female students had higher rates of vaping or electronic cigarette use than male students. The number of students who reported hookah use was too small to report.



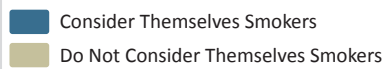
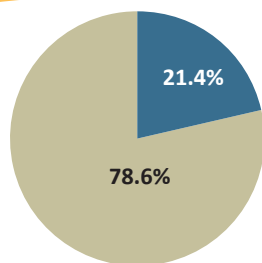
Definition:
Current Smoking Tobacco Use
Any use of smoking tobacco (e.g., cigarettes, pipe, cigar, etc.) within the past 30 days.

Definition:
Current Smokeless Tobacco Use
Any smokeless tobacco use within the past 30 days.

Definition:
Current Vaping/Electronic Cigarette Use
Any vaping/electronic cigarette use within the past 30 days.

Consider Themselves Smokers

Current Smokers



Among on-campus students at Crookston who reported smoking tobacco in the past 30 days, **78.6%** did not consider themselves smokers. The average number of cigarettes smoked per week over the past 30 days among current smokers was **9.3**.

Secondhand Smoke Exposure

All Students

Location	Percent Who Indicated Exposure					
	Nonsmokers		Current Smokers		All Students	
In a Car	14.6	N/A	30.8	N/A	15.6	N/A
Off Campus	12.4	26.5	23.1	53.8	13.1	28.1
On Campus	5.9	5.9	7.7	7.7	6.0	6.0
Where I Live	4.3	7.0	15.4	23.1	5.0	8.0
Other	5.9	12.4	7.7	15.4	6.0	12.6
N/A—Never Exposed	57.3		15.4		54.8	



Among Crookston on-campus students, **6.0%** reported being exposed to secondhand smoke on campus (outside) in an average week.

Results

Alcohol, Cannabis, and Other Drug Use

For some young adults, college life includes an introduction to or an increase in the use of alcohol, cannabis (e.g., marijuana), and various illicit drugs. Whether students are using these substances to signify emergence into adulthood, enhance their social life, or cope with stress, substance abuse can lead to a decline in classroom performance, lower grades, aggressive behavior, property damage, and personal injury.

In August 2023, Minnesota became the 23rd state in the United States to legalize non-medical cannabis use for individuals age 21 and older. Boynton Health added several cannabis questions to the College Student Health Survey in 2024 to better understand cannabis use among students. The results are presented in this section.

National Comparison

American college students consume alcohol at very high rates. Among full-time college students, four in five (79.2%) have consumed alcohol at least one time, nearly four in five (76.7%) have consumed alcohol in the past year, and about three in five (55.7%) consume alcohol monthly.⁹ The rate of binge drinking (consuming five or more alcoholic beverages in a row in the previous 30 days) is highest for those ages 18–25, at 28.7%, and is 22.7% among adults age 26 and older.⁴

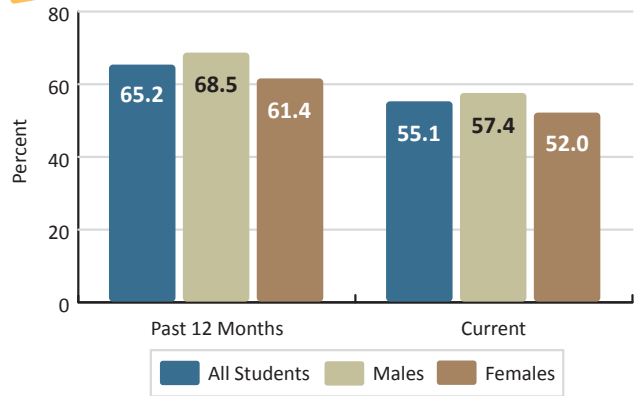
Cannabis is the second most commonly used drug among full-time college students, with more than half (55.4%) having used the drug at least once in their lifetime, more than two in five (43.9%) having used it in the past year, and approximately one-fourth (24.5%) having used it in the past month.⁹ About one in eight college students report vaping cannabis/marijuana within the past 30 days.⁹ Among full-time college students, 6.5% have used amphetamines, 3.8% have used cocaine, and 8.6% have used hallucinogens in the previous year.⁹

Among Crookston on-campus students, **65.2%** reported using alcohol in the past 12 months, and **55.1%** reported using alcohol in the past 30 days.

Definition: Past 12-Month Alcohol Use
Any alcohol use within the past year.
Definition: Current Alcohol Use
Any alcohol use within the past 30 days.

Alcohol Use—Past 12 Months and Current

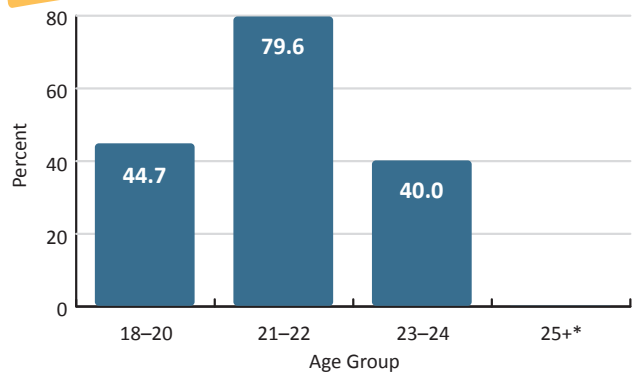
All Students by Gender



Crookston on-campus students ages 21–22 reported the highest rate of consuming alcohol in the past 30 days (**79.6%**). Four in ten (**44.7%**) students ages 18–20 reported consuming alcohol in the past 30 days.

Current Alcohol Use

All Students by Age Group

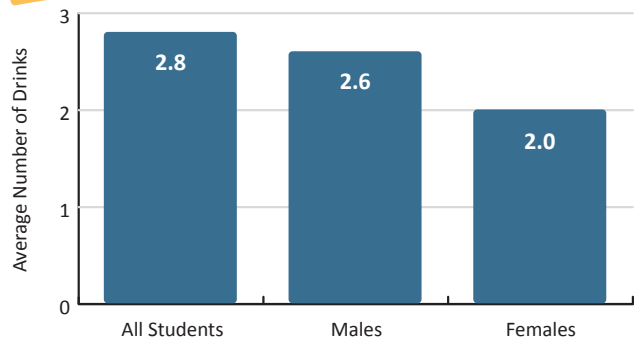


*Insufficient data.

Crookston on-campus students consumed an average of **2.8** drinks per week. Male students reported consuming a higher average number of drinks per week than female students at the school (**2.6** vs. **2.0**).

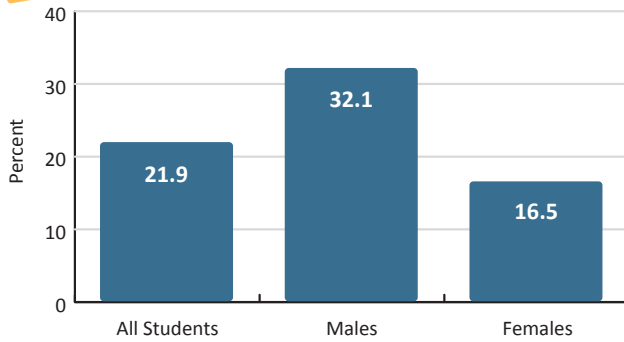
Average Number of Drinks per Week—Past 30 Days

All Students by Gender



High-Risk Drinking

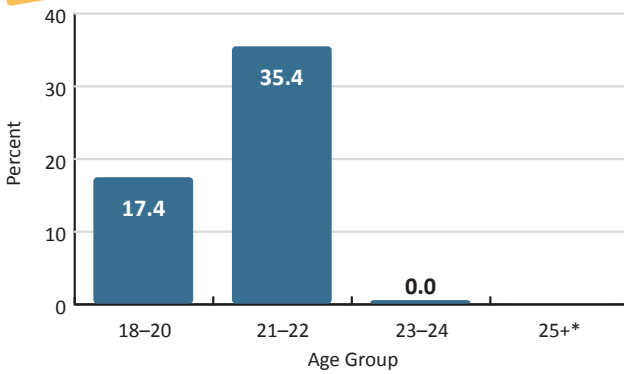
All Students by Gender



Among on-campus students at Crookston, males reported higher rates of high-risk drinking than females (**32.1%** vs. **16.5%**).

High-Risk Drinking

All Students by Age Group



*Insufficient data.

Crookston on-campus students ages 21-22 reported the highest rates of high-risk drinking (**35.4%**).

High-Risk Drinking Rates on Campus— Perceived vs. Actual

All Students

Question asked:

In the past two weeks, what percentage of students at your school do you think had five or more drinks at a sitting? (One drink = one shot of alcohol, a 12-ounce beer, a mixed drink containing 1 or 1.5 ounces of alcohol, a 12-ounce wine cooler, or a 5-ounce glass of wine.)

High-Risk Drinking Status	Students' Perception of High-Risk Drinking by School Peers	Actual High-Risk Drinking Rate
All Students	31.9%	21.9% of All Students
High-Risk Drinkers	32.8%	
Non-High-Risk Drinkers	34.3%	

Crookston on-campus students overestimated the rate of high-risk drinking on their campus. The estimate from all students was **31.9%**, while the actual rate was **21.9%**.

Definition:

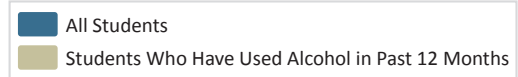
High-Risk Drinking

Consumption of five or more alcoholic drinks at one sitting within the past two weeks for both males and females. A drink is defined as one shot of alcohol, a 12-ounce beer, a mixed drink containing 1 or 1.5 ounces of alcohol, a 12-ounce wine cooler, or a 5-ounce glass of wine.

Among Crookston on-campus students who have used alcohol in the past 12 months, **5.0%** reported having driven a car within the past 12 months while under the influence of alcohol, **13.3%** reported missing a class as a result of alcohol use, and **8.3%** reported performing poorly on a test or project as a result of alcohol use.

Negative Consequences of Alcohol Use— Past 12 Months

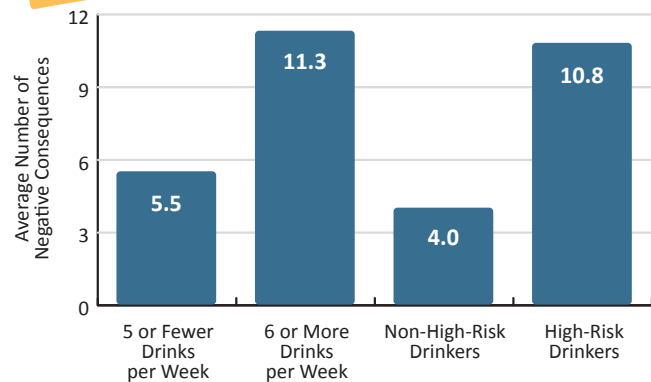
Negative Consequence Due to Alcohol Use	Percent Who Reported Experiencing Within Past 12 Months	
	All Students	Students Who Have Used Alcohol in Past 12 Months
Arrested for a DWI/DUI	0.5	0.8
Criticized by Someone I Know	10.3	18.3
Damaged Property, Pulled Fire Alarm, etc.	0.9	1.7
Done Something I Later Regretted	11.7	21.0
Driven a Car While Under the Influence	2.8	5.0
Got Into an Argument or Fight	6.1	10.8
Got Nauseated or Vomited	29.0	51.7
Had a Hangover	33.2	59.2
Had a Memory Loss	14.0	25.0
Have Been Taken Advantage of Sexually	1.4	2.5
Have Taken Advantage of Another Sexually	0.5	0.8
Hurt or Injured	5.6	10.0
Missed a Class	7.5	13.3
Performed Poorly on a Test or Important Project	4.7	8.3
Seriously Thought About Suicide	2.3	4.2
Seriously Tried to Commit Suicide	0.9	1.7
Thought I Might Have a Drinking Problem	4.2	7.5
Tried Unsuccessfully to Stop Using	1.4	2.5
Trouble with Police, Residence Hall, or Other University/College Authorities	2.8	5.0



Crookston on-campus students who consumed 6 or more drinks per week or engaged in high-risk drinking within the past two weeks reported higher average numbers of alcohol-related negative consequences experienced over the past 12 months.

Average Number of Alcohol-Related Negative Consequences*

Students Who Have Used Alcohol in Past 12 Months



*The average number of drinks is based on behavior in the past 30 days, high-risk drinking is based on behavior in the past two weeks, and the average number of negative consequences is based on reported experiences in the past 12 months.

High-Risk Drinking and Selected Consequences*

Students Who Have Used Alcohol in Past 12 Months

Negative Consequence Due to Alcohol Use	Percent		
Driven a Car While Under the Influence	5.0	3.8	7.1
Got into an Argument or Fight	10.8	7.7	16.7
Have Been Taken Advantage of Sexually (Includes Males and Females)	2.5	1.3	4.8
Missed a Class	13.3	6.4	26.2
Performed Poorly on a Test or Important Project	8.3	3.9	14.3

■ All Students
 ■ Non-High-Risk Drinkers
 ■ High-Risk Drinkers

*High-risk drinking is based on behavior in the past two weeks while the rate for negative consequences is based on reported experiences in the past 12 months.

Rates for most alcohol-related negative consequences were higher among Crookston on-campus students who engaged in high-risk drinking in the previous two weeks compared to those who did not. One in four (26.2%) students who engaged in high-risk drinking in the past two weeks reported missing class due to alcohol use one or more times in the past 12 months.

Likelihood of Calling 911 in an Alcohol- or Drug-Related Situation

All Students

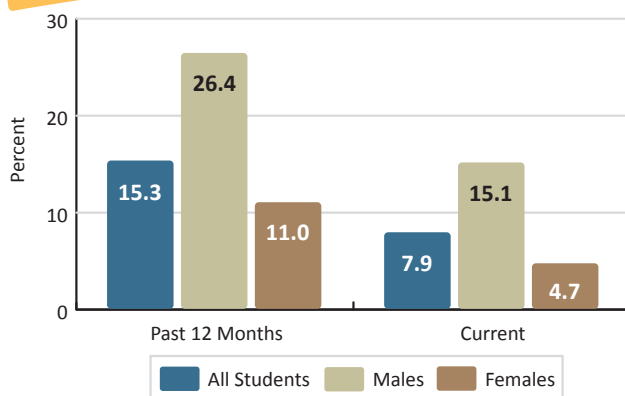
Response	Percent		
Very Likely	61.0	56.3	65.0
Somewhat Likely	27.8	32.2	24.0
Somewhat Unlikely	5.3	4.6	6.0
Very Unlikely	5.9	6.9	5.0

■ All Students
 ■ Students Who Have Not Used Alcohol Within the Past 30 Days
 ■ Students Who Have Used Alcohol Within the Past 30 Days

Asked if they would call 911 if someone passes out due to alcohol/drug use and couldn't be awakened, 61.0% of all Crookston on-campus students reported they would be "very likely" to call for emergency assistance.

Cannabis Use—Past 12 Months and Current

All Students by Gender



Among Crookston on-campus students, the rate for any cannabis use within the past 12 months was 15.3%, while the rate of current use was 7.9%. Male students reported a higher rate of current cannabis use than female students at the school (15.1% vs. 4.7%).

Definition:
Past 12-Month Cannabis Use

Any cannabis use within the past year.

Definition:
Current Cannabis Use

Any cannabis use within the past 30 days.

Among Crookston on-campus students who have used cannabis in the past 12 months, **28.6%** reported having trouble concentrating or paying attention due to cannabis use, and **17.9%** reported feeling antisocial or intentionally avoiding others due to cannabis use.

Negative Consequences of Cannabis Use—Past 12 Months

Students Who Have Used Cannabis in Past 12 Months

Negative Consequence of Cannabis Use	Percent Who Reported Experiencing Within Past 12 Months
Had the Munchies	41.4
Experienced Dry Mouth	35.7
Trouble Concentrating or Paying Attention	28.6
Acted Foolish or Goofy	28.6
Trouble Remembering Things	21.4
Low Motivation	17.9
Felt Antisocial or Intentionally Avoided Others	17.9
Problems Following Through on Things	7.1
Felt Paranoid	10.7
Felt Anxiety or Worry	10.7
Developed a Cough or Had Trouble Breathing	10.7
Trouble Managing Time	3.6
Noticed a Change in Personality	7.1
Felt Down	7.1
Not Able To Do Homework, Study for a Test, or Complete a Work Assignment	3.4
Felt Dizzy or Sick	3.6
Spent Too Much Money on Marijuana	0.0
Trouble Sleeping	3.6
Made Decisions That Were Later Regretted	3.6
Worried About Being Addicted to Marijuana	0.0
Relationships with Friends, Partners, or Family Impacted Negatively	0.0
Driving Affected After Using Marijuana	0.0
Had a Panic or Anxiety Attack	7.1
Caused Shame or Embarrassment to Someone	3.6
Got in Trouble with School or Employer	0.0
Got into Legal Trouble Because of Marijuana	0.0

Note: Items found in this table are based on the Marijuana Consequences Checklist.¹³

Among Crookston on-campus students who reported using cannabis in the past 12 months, **62.1%** reported eating or drinking cannabis, and **51.7%** reported smoking cannabis.

Methods of Using Cannabis—Past 12 Months

Students Who Have Used Cannabis in Past 12 Months

Method of Using Cannabis	Percent Who Reported Use Within Past 12 Months
Smoking	51.7
Vaping	31.0
Dabbing Waxes, Shatter, or Concentrates	6.9
Eating or Drinking	62.1
Putting Drops, Strips, Lozenges, or Sprays in Mouth or Under Tongue	3.4
Applying Lotion, Cream, or Patches to Skin	6.9
Taking Pills	0.0
Some Other Way	0.0

Methods of Obtaining Cannabis—Past 12 Months

Students Who Have Used Cannabis in Past 12 Months

Usual Method of Obtaining Cannabis	Percent Who Reported Use Within Past 12 Months
Buy From a Retail Marijuana Store	25.9
Buy From a Medical Dispensary	11.1
Buy From a Grocery Store, Gas Station, Mall or Other Convenience Store	3.7
Buy From a Dealer	11.1
Buy From a Friend	20.7
Get it Free or Share Someone Else's	66.7
Grow it at Home or Have Someone Grow it	3.7
Get it Somewhere Else	3.7
Don't Know	3.7
Refuse to Answer	7.4

Among Crookston on-campus students who reported using cannabis in the past 12 months, **66.7%** got it for free or shared someone else's, and **25.9%** obtained it from a retail marijuana store.

Selected Drug Use—Past 12 Months

All Students

Drug	Percent Who Reported Use Within Past 12 Months
Amphetamines	0.0
Cocaine	0.5
Ecstasy	0.0
GHB/Rohypnol	0.0
Hallucinogens	0.0
Inhalants	0.5
Opiates	0.0
Sedatives	0.0
Use of at Least One of the Above Listed Drugs	1.1
Use of Another Person's ADHD Medication	1.1
Use of Another Person's Medication Other Than ADHD	0.5

Among Crookston on-campus students, **1.1%** reported having used at least one of the eight listed illicit drugs within the past 12 months, **1.1%** reported using another person's ADHD medication, and **0.5%** indicated that they used another person's prescription medication (other than ADHD medication).

Results

Personal Safety and Financial Health

The health of students and their subsequent success in academic life depends on a multitude of factors. A safe campus offers students the opportunity to pursue learning in an environment free from threats to their physical or emotional well-being. Students' decisions related to finances also affect their academic success. This section concentrates on the areas of personal safety and financial health.

National Comparison

Though many efforts are made to reduce violence and victimization on campus, these unfortunate events still occur. One in four women (26.8%) and one in 26 men (3.8%) in the United States have been victims of rape or attempted rape in their lifetime.¹⁴ Based on estimates from the National Crime Victimization Survey, the rate of rape or sexual assault among female college students is 6.1 per 1,000, and more than one in nine (12.0%) student victims state the victimization was not important enough to report.¹⁵ Sexual harassment is a prevalent occurrence for college students, with 62% reporting that they have experienced some form of sexual harassment.¹⁶

Financial health is another area of concern. According to the U.S. Department of Education, the average tuition cost (including tuition and fees) for full-time students is \$9,750 at four-year public institutions, \$35,248 at four-year private non-profit institutions, and \$3,598 at two-year public institutions, with room and board adding \$12,000 to 14,000 more.¹⁷ The average annual loan amount received by full-time students is \$13,100.¹⁸ Over half of undergraduates have at least one credit card, with one-third (34%) carrying a balance on their credit card.¹⁹

Among female on-campus students at Crookston, **24.6%** reported that they experienced a sexual assault within their lifetime, and **8.6%** reported that they experienced an assault within the past 12 months. Male students at the school experienced lower sexual assault rates, at **11.3%** within their lifetime and **8.0%** within the past 12 months. Male students at the school experienced lower sexual assault rates, at **11.3%** within their lifetime and **8.0%** within the past 12 months.

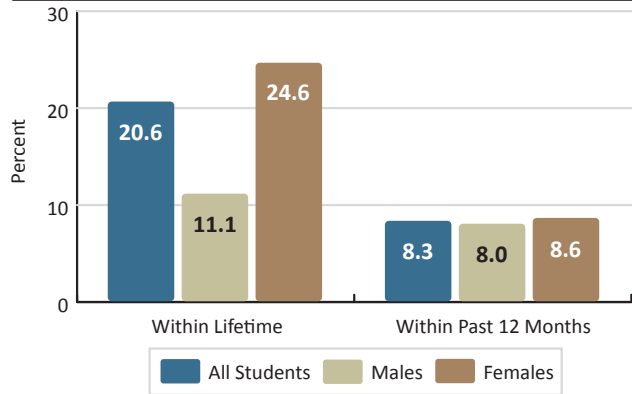
Sexual Assault—Lifetime and Past 12 Months

All Students by Gender

Sexual assault is defined as answering yes to at least one of the following two questions:

Within your lifetime or during the past 12 months, have you:

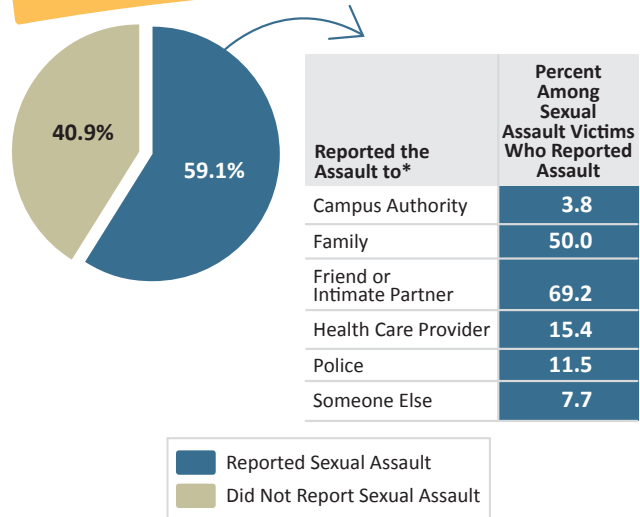
- Experienced actual or attempted sexual intercourse without your consent or against your will?
- Experienced actual or attempted sexual touching without your consent or against your will?



Of Crookston on-campus students who experienced a sexual assault within their lifetime (20.6%), **59.1%** stated that they reported the incident. Of these students, **69.2%** reported it to a friend or intimate partner, **50.0%** reported it to family, and **15.4%** reported it to a health care provider.

Sexual Assault Reporting by Victims—Lifetime

Sexual Assault Victims



*Students may have reported incident to individuals in more than one category.

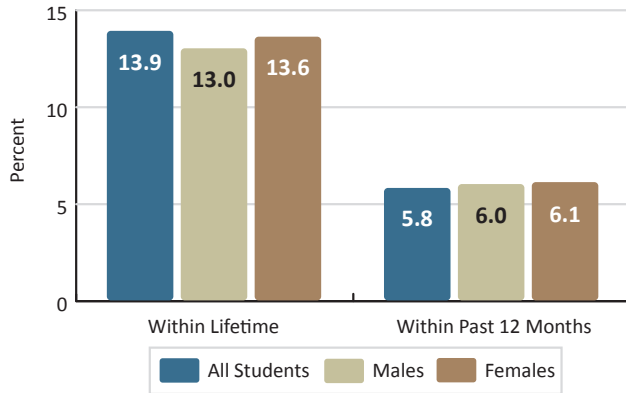
Domestic Violence—Lifetime and Past 12 Months

All Students by Gender

Domestic violence is defined as answering yes to at least one of the following two questions:

Within your lifetime or during the past 12 months, have you:

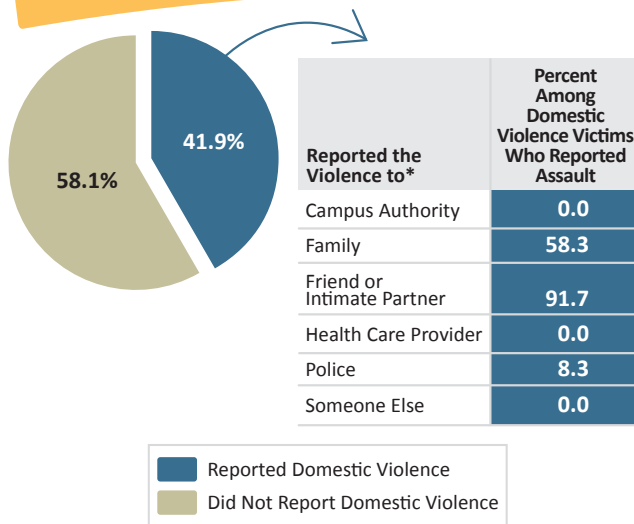
- Been slapped, kicked, or pushed by your significant other or spouse/partner?
- Been hurt by threats, “put-downs,” or yelling by your significant other or spouse/partner?



Among on-campus students at Crookston, **13.9%** reported that they experienced domestic violence within their lifetime, and **5.8%** reported that they experienced domestic violence within the past 12 months.

Domestic Violence Reporting by Victims—Lifetime

Domestic Violence Victims

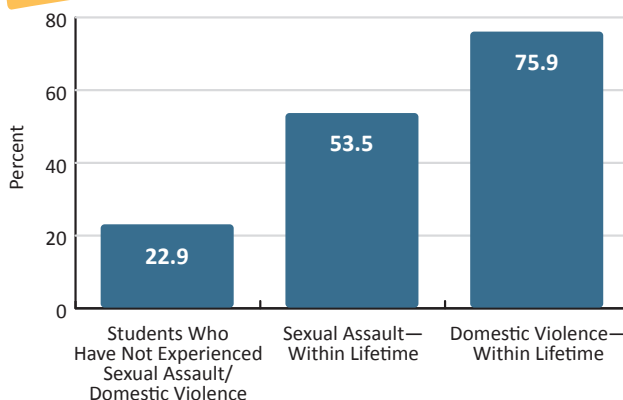


Of Crookston on-campus students who experienced domestic violence within their lifetime (13.9%), **41.9%** stated that they reported the incident. Of these students, **91.7%** reported it to a friend or intimate partner, **58.3%** reported it to family, and **8.3%** reported it to the police.

*Students may have reported incident to individuals in more than one category.

Depression Diagnosis—Lifetime

All Students by Sexual Assault/Domestic Violence



Among Crookston on-campus students, **53.5%** of victims of sexual assault and **75.9%** of victims of domestic violence reported a diagnosis of depression within their lifetime. These rates were higher than the lifetime depression rate (**22.9%**) reported among Crookston on-campus students who had not experienced sexual assault or domestic violence within their lifetime.

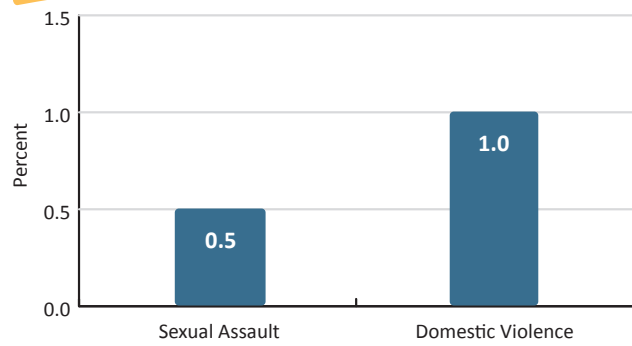
Among Crookston on-campus students, **0.5%** reported being a perpetrator of sexual assault within the past 12 months and **1.0%** reported having been a perpetrator of domestic violence within that same time period.

In addition, **3.8%** of on-campus students at the school reported either sexually assaulting or inflicting domestic violence on another person within their lifetime. Of these students, **62.5%** reported that they had been a victim of a sexual assault within their lifetime.

Overall, **65.6%** of on-campus students at Crookston reported having experienced any sort of sexual harassment. Sexual harassment was more commonly reported by female than by male students at the university (**72.1%** vs. **54.0%**, respectively). The most common type of sexual harassment reported was that someone repeatedly told sexual jokes or stories that were offensive (**37.1%**).

Sexual Assault and Domestic Violence Perpetrator—Past 12 Months

All Students



Sexual Harassment

All Students by Gender

Students were asked to indicate whether they experienced any of the types of sexual harassment provided in the table. Student response options were: Not applicable, did not happen to me, occurred by a peer at my college/university; occurred by faculty/staff at my college/university; occurred by someone not at my college/university. Students were able to select all response options that applied.

Type of Harassment	Percent		
Someone Told Sexual Joke/Story	37.1	32.7	39.7
Someone Attempted to Draw You into a Discussion of Sexual Matters	35.5	36.5	37.3
Someone Made Offensive Comments About Your Appearance	32.0	25.0	35.7
Someone Used Body Language of a Sexual Nature	16.8	15.4	18.3
Someone Attempted to Establish a Sexual Relationship	15.2	13.5	16.7
Someone Continued to Ask for Dates	16.2	7.7	20.6
Someone Touched You in a Way That Made You Feel Uncomfortable	19.8	9.6	23.0
Someone Appeared to Bribe You With a Reward or Special Tickets	4.6	1.9	5.6
Someone Made You Feel Threatened Through Retaliation	5.6	1.9	5.6
Someone Treated You Badly for Refusing to Have Sex	12.2	5.8	13.5
Someone Referred to People of Your Gender in Offensive Terms	24.5	13.5	27.8
Someone Treated You “Differently” Because of Your Gender	28.7	11.5	34.4
Someone Made Offensive Sexist Remarks	29.9	15.4	36.3
Someone Acted Condescendingly to You Because of Your Gender	28.8	14.0	33.1
Experienced Any Sexual Harassment	65.6	54.0	72.1

■ All Students ■ Males ■ Females

Sexual Harassment—Perpetrator

All Students by Gender

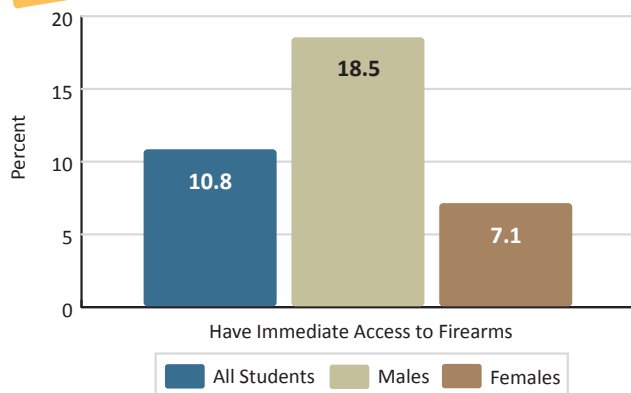
Type of Harassment	Percent								
	Perpetrated by a Peer at My College/University			Perpetrated by Faculty/Staff at My College/University			Perpetrated by Someone Not at My College/University		
Someone Told Sexual Joke/Story	24.4	25.0	25.4	1.0	1.9	0.8	24.9	17.3	27.8
Someone Attempted to Draw You into a Discussion of Sexual Matters	21.8	26.9	21.4	0.0	0.0	0.0	19.3	13.5	22.0
Someone Made Offensive Comments About Your Appearance	15.2	19.2	15.9	1.0	3.8	0.0	22.8	17.3	24.6
Someone Used Body Language of a Sexual Nature	9.6	7.7	10.3	0.0	0.0	0.0	11.7	11.5	11.9
Someone Attempted to Establish a Sexual Relationship	8.6	9.6	9.5	0.5	0.0	0.8	11.7	9.6	12.7
Someone Continued to Ask for Dates	8.6	5.8	11.1	0.0	0.0	0.0	11.7	1.9	15.9
Someone Touched You in a Way That Made You Feel Uncomfortable	6.1	3.8	7.1	0.0	0.0	0.0	15.7	5.8	18.3
Someone Appeared to Bribe You With a Reward or Special Tickets	0.5	1.9	0.0	0.0	0.0	0.0	4.1	0.0	5.6
Someone Made You Feel Threatened Through Retaliation	1.0	1.9	0.8	0.0	0.0	0.0	5.1	0.0	5.6
Someone Treated You Badly for Refusing to Have Sex	3.1	3.8	3.2	0.0	0.0	0.0	9.7	1.9	11.1
Someone Referred to People of Your Gender in Offensive Terms	12.8	11.5	13.5	3.6	3.8	2.4	17.9	7.7	20.6
Someone Treated You “Differently” Because of Your Gender	6.7	3.8	8.8	3.6	3.8	3.2	21.5	5.8	25.6
Someone Made Offensive Sexist Remarks	13.9	9.6	16.1	3.6	3.8	3.2	22.7	11.5	26.6
Someone Acted Condescendingly to You Because of Your Gender	9.9	8.0	11.3	1.6	4.0	0.8	20.9	8.0	23.4
Experienced Any Sexual Harassment	42.6	46.0	43.8	8.0	12.0	5.8	46.6	28.0	53.3

■ All Students ■ Males ■ Females

Among on-campus students at Crookston, males were more likely to have experienced sexual harassment from a peer at the university and from faculty or staff member at the university, while females were more likely to have experienced sexual harassment from someone not at the university. Overall, the most common sexual harassment experienced from a peer was repeatedly telling sexual jokes or stories that were offensive (24.4%); the most common sexual harassment experienced from a faculty or staff member was making an offensive sexist remark (3.6%); and the most common sexual harassment experienced from someone not at school was repeatedly telling sexual jokes or stories that were offensive (24.9%).

Immediate Firearm Access

All Students by Gender

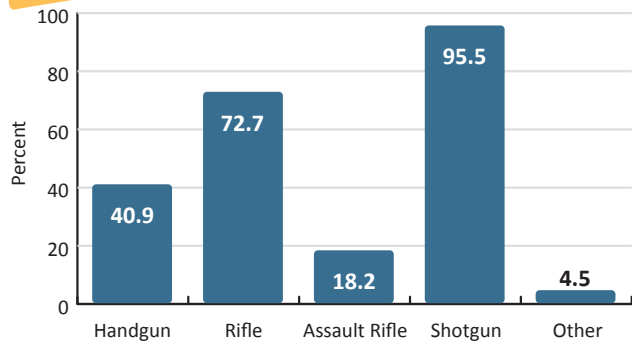


Male on-campus students at Crookston reported higher rates of immediate access to a firearm than female students (18.5% vs. 7.1%, respectively).

Among Crookston on-campus students with immediate access to firearms, the most common type of firearm was a shotgun (95.5%). Of those with immediate access to firearms, 22.7% reported that they have a license for concealed carry (CCW permit).

Firearm Access—Type of Firearm

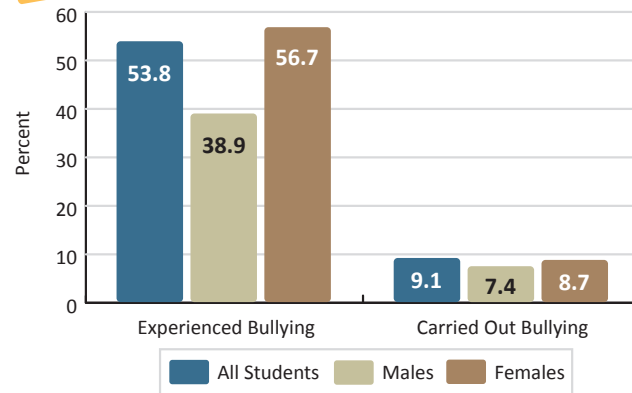
Those with Immediate Access to Firearms



Overall, 53.8% on-campus students at Crookston reported experiencing bullying sometimes or frequently within their lifetime, and 9.1% students reported carrying out bullying sometimes or frequently within their lifetime.

Bullying—Lifetime

All Students by Gender



Among Crookston on-campus students, 63.4% reported being treated as if they were not smart, and 62.9% reported being treated with less courtesy or respect than other people within their lifetime.

Discrimination Experience—Lifetime

All Students by Gender

Type of Discrimination	Percent		
People Act as if They Are Afraid of You	32.2	32.1	33.9
People Act as if They Think You Are Not Smart	63.4	52.8	66.9
Received Poorer Service Than Other People at Restaurants or Stores	28.2	15.1	32.3
Treated with Less Courtesy or Respect Than Other People	62.9	52.8	65.4
You Are Threatened or Harassed	31.0	30.2	29.4

Note: Items found in this table are based on the Everyday Discrimination Scale, short version.²⁰

Discrimination Type/Reason—Lifetime

Students Who Reported Discrimination

Reason for Discrimination	Percent		
Age	46.9	35.3	51.0
Ancestry or National Origin	7.6	8.8	6.3
Education/Income Level	24.1	17.6	24.0
Gender	49.0	23.5	56.3
Height	20.7	23.5	19.8
HIV Status	0.0	0.0	0.0
Physical Disability	9.0	8.8	10.4
Race	15.9	20.6	13.5
Religion	11.0	20.6	6.3
Sexual Orientation	9.0	17.6	4.2
Shade of Skin Color	5.5	8.8	4.2
Weight	30.3	41.2	24.0
Other Aspect of Physical Appearance	34.5	32.4	35.4
Other	16.6	26.5	13.5

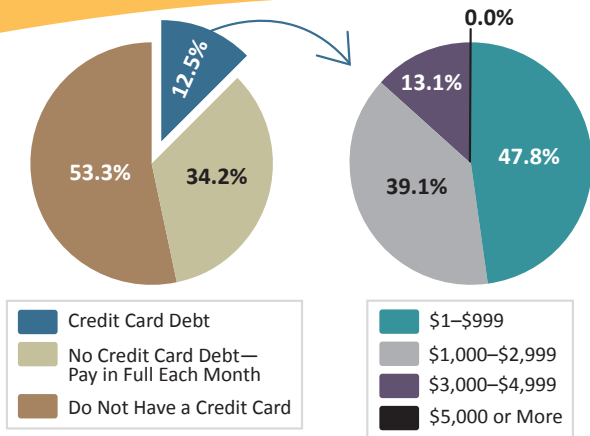


Note: Items found in this table are adapted from Williams et al (1997).²¹

For male on-campus students at Crookston, some weight was the most common reason for discrimination within their lifetime (41.2%). For female on-campus students at the school, gender was the most common reason for discrimination within their lifetime (56.3%).

Current Credit Card Debt

All Students



Nearly one in eight (12.5%) Crookston on-campus students reported carrying some level of credit card debt over the past month. Of these students, 13.1% reported the debt as \$3,000 per month or more.

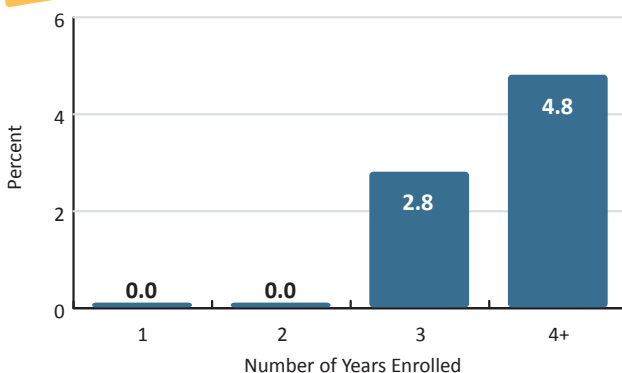
Definition:

Current Credit Card Debt

Any unpaid balance at the end of the past month.

Credit Card Debt and Class Status

All Students



The percentage of Crookston on-campus students with a monthly credit card debt of \$3,000 or more was highest among fourth year or more undergraduate students (4.8%).

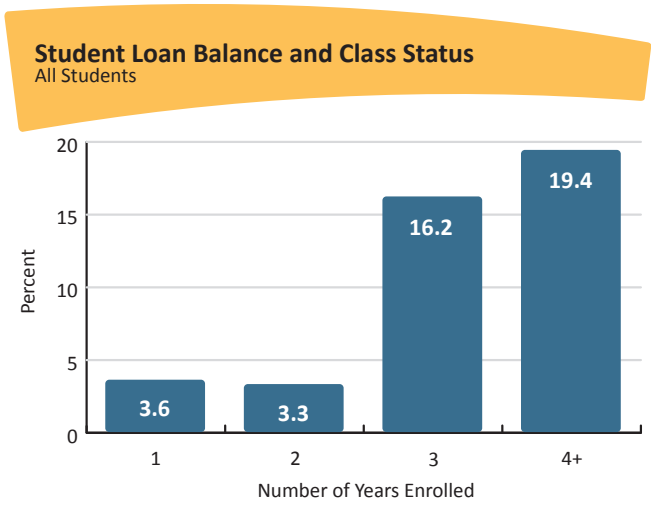
Definition:

Credit Card Debt

A monthly debt of \$3,000 or more.

The percentage of Crookston on-campus students who reported a student loan balance of more than \$25,000 ranges from **3.6%** among first-year students to **19.4%** among fourth year or more undergraduate students.

Definition:
Student Loan Balance
A student loan balance of \$25,000 or more.



Results

Nutrition and Physical Activity

For many students, the college years represent a time of new experiences and increased opportunities to make personal health decisions. Some of these decisions encompass the areas of nutrition and physical activity. Students are on their own, free to eat what they want, when they want. Busy academic and social schedules can take priority over eating well and exercising regularly. Limited finances may also translate into budget challenges, pitting dollars for tuition, textbooks, and housing against dollars for food.

Food security is a necessary component to household and personal well-being. Food insecurity measures something different from nutritional deprivation, and can be a precursor to nutritional, health, and developmental problems.²² Mental and physical changes accompanying inadequate food intake have a bearing on learning, productivity, and physical and psychological health.^{23,24}

National Comparison

Compared to older adults, young adults ages 18–24 generally eat fewer fruits and vegetables but are more physically active.²⁵ Young adults ages 18–27 report consuming breakfast an average of 3.1 days per week, and consuming fast food an average of 2.5 days per week.²⁶

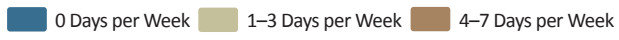
The prevalence of food and housing insecurity among college students and its negative outcomes on academic success are issues of increasing concern. Survey results document 48.0% of students at two-year institutions and 41.0% of students attending four-year postsecondary institutions report experiencing food insecurity.²⁷ Sixty percent of students at two-year institutions and 48% at four-year institutions experience housing insecurity.²⁷

Among Crookston on-campus students, females reported higher rates than males of never eating breakfast (**21.6%**) within the past seven days.

Breakfast Consumption—Past Seven Days

All Students by Gender

	Percent		
All Students	18.3	37.2	44.5
Male	12.0	34.0	54.0
Female	21.6	36.8	41.6



Among Crookston on-campus students, males reported higher rates than females (**34.6%**) of fast-food consumption once per week or more within the past 12 months.

Fast Food Consumption—Past 12 Months

All Students by Gender

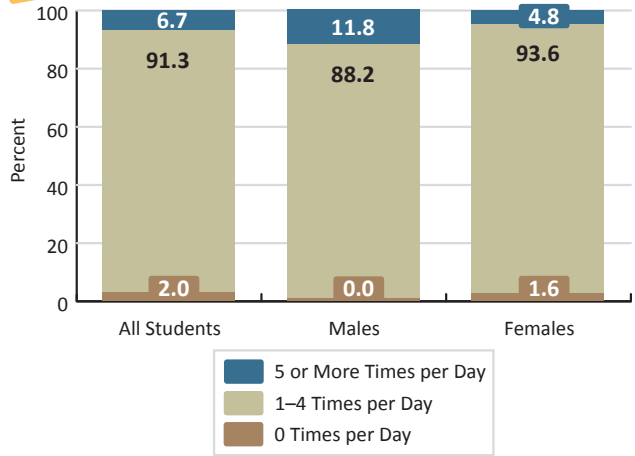
	Percent	
All Students	68.4	31.6
Male	65.4	34.6
Female	67.7	32.3



A majority of Crookston on-campus students reported consuming fruits and vegetables 1–4 times per day in the past seven days, with **6.7%** consuming fruits and vegetables five or more times per day. On average, all on-campus students consumed fruits and vegetables **2.3** times per day.

Fruit and Vegetable Consumption—Past Seven Days

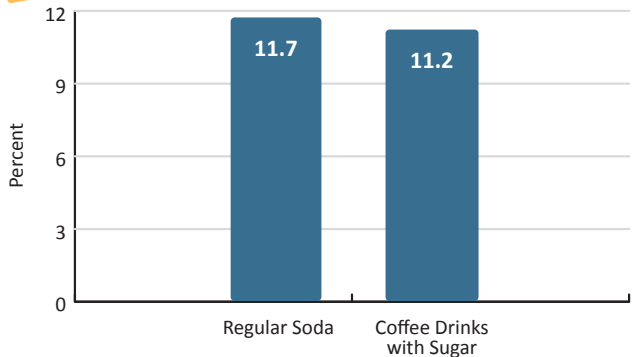
All Students by Gender



Asked to report their consumption of sweetened beverages, **11.2%** of Crookston on-campus students reported consuming coffee drinks with sugar every day in the past seven days.

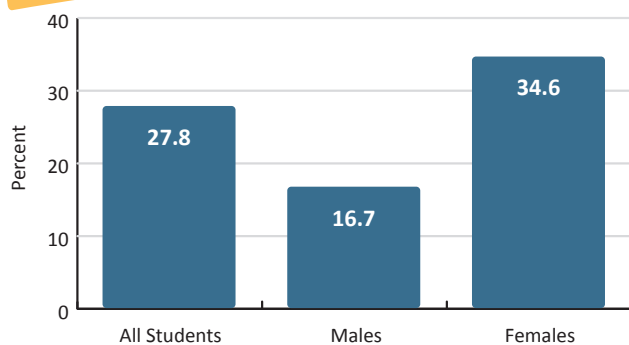
Daily Sweetened Beverage Consumption—Past Seven Days

All Students



Binge-Eating Behavior—Past 12 Months

All Students by Gender



Over one in four (**27.8%**) Crookston on-campus students reported engaging in binge eating over the past 12 months.

Physical Activity Level—Past Seven Days

All Students

Students were asked several questions related to their physical activity level. The survey questions that relate to recommendations outlined by the Centers for Disease Control and Prevention (CDC) are:

In the past seven days, how many minutes did you spend doing the following activities?

- Strenuous exercise (heart beats rapidly)
- Moderate exercise (not exhausting)
- Exercises to strengthen or tone your muscles

The CDC recommends that adults:²⁹

- Engage in 150 minutes of moderate-intensity physical activity every week, and engage in muscle-strengthening activities two or more days a week.

Or

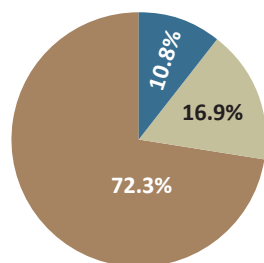
- Engage in 75 minutes of vigorous-intensity physical activity every week, and engage in muscle-strengthening activities two or more days a week.

Or

- Engage in an equivalent mix of moderate- and vigorous-intensity aerobic activity and muscle-strengthening activities two or more days a week.

Based on their responses, students were classified into one of three physical activity levels (none/limited, moderate, or high). The high classification meets the CDC’s recommended level of physical activity for moderate- and vigorous-intensity physical activity.

Nearly three in four (**72.3%**) Crookston on-campus students reported levels of physical activity that place them in the high classification, meeting the CDC’s recommendations.



One in four (**25.5%**) Crookston on-campus students reported worrying about whether their food would run out before they had money to buy more. One in five (**20.0%**) reported experiencing a food shortage and lacking money to buy more within the past 12 months.

Food Insecurity—Past 12 Months

All Students

Question	Percent			
Within the past 12 months, I worried whether my food would run out before I got money to buy more.	6.1	19.4	73.0	1.5
Within the past 12 months, the food I bought just didn't last and I didn't have money to get more.	4.1	15.9	79.5	0.5



Note: Items found in this table are based on a validated two-question food security screening based on the United States Department of Agriculture 18-Item Household Food Security Survey.^{22,28}

Nearly one in four (**24.1%**) Crookston on-campus students reported worrying about whether they would have enough money to cover the cost of housing. One in twenty (**5.7%**) reported being unable to pay all the cost of their housing on time within the past 12 months.

Housing Insecurity—Past 12 Months

All Students

Question	Percent			
Within the past 12 months, I worried I would not have enough money to cover the cost of my housing.	5.6	18.5	74.9	1.0
Within the past 12 months, I was unable to pay all the cost of my housing on time.	2.1	3.6	92.8	1.5



Results

Sexual Health

Sexual health is an essential element of overall health and well-being. Choices colleges students make relating to sexual behavior has the potential for significant, and often long-term, consequences.

National Comparison

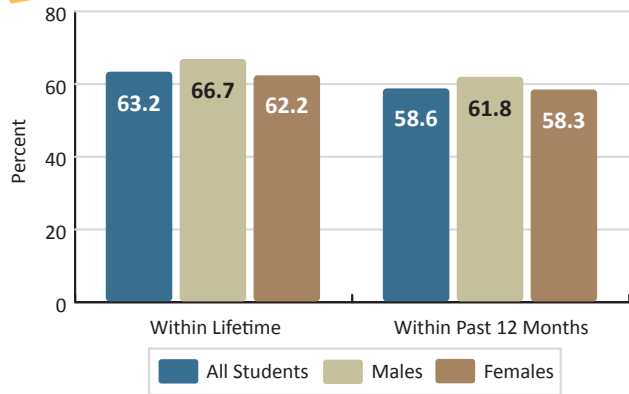
The majority of young adults in the United States are sexually active. Among males ages 18–19 and 20–24, respectively, 60.9% and 70.3% report that they have engaged in vaginal intercourse within their lifetime, 59.4% and 73.5% report that they have received oral sex from a partner of the opposite sex, and 9.7% and 23.7% report that they have engaged in anal intercourse.²⁹ Among females ages 18–19 and 20–24, respectively, 64.0% and 85.6% report that they have engaged in vaginal intercourse within their lifetime, 62.0% and 79.7% report that they have received oral sex from a partner of the opposite sex, and 20.0% and 39.9% report that they have engaged in anal intercourse.²⁹ During their most recent vaginal intercourse event, 42.6% of 18- to 24-year-old males and 36.7% of 18- to 24-year-old females used a condom.³⁰

Nationally, about half of reported cases of chlamydia, gonorrhea, and syphilis were among young people aged 15–24 years.³¹ Among all males, 20- to 24-year-olds have the highest rate of chlamydia (1,571.2 cases per 100,000 people) and gonorrhea (739.4 cases per 100,000 people) and the fourth highest rate of syphilis (50.1 cases per 100,000 people).³¹ Among all females, 20- to 24-year-olds have the highest rates of chlamydia (3,532.3 cases per 100,000 people) and gonorrhea (715.1 cases per 100,000 people), and the third highest rate of syphilis (21.7 cases per 100,000 people).³¹

Among Crookston on-campus students, males reported higher rates of sexual activity within their lifetime and within the past 12 months than females.

Sexually Active—Lifetime and Past 12 Months

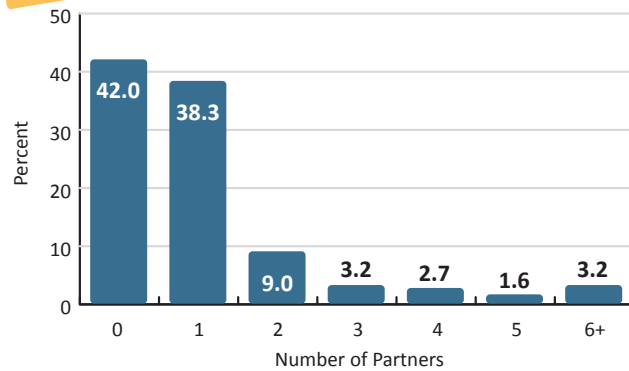
All Students by Gender



Eight in ten (**80.3%**) Crookston on-campus students reported having 0–1 sexual partners within the past 12 months. On average, Crookston on-campus students who were sexually active in the past 12 months had **1.9** sexual partners in that period.

Number of Sexual Partners—Past 12 Months

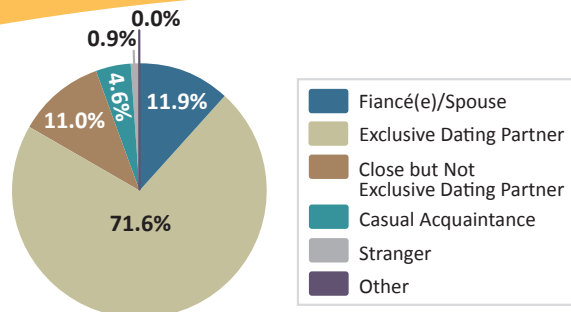
All Students



Among Crookston on-campus students who reported being sexually active within the past 12 months, **83.5%** reported that their most recent sexual partner was either a fiancé(e)/spouse or an exclusive dating partner.

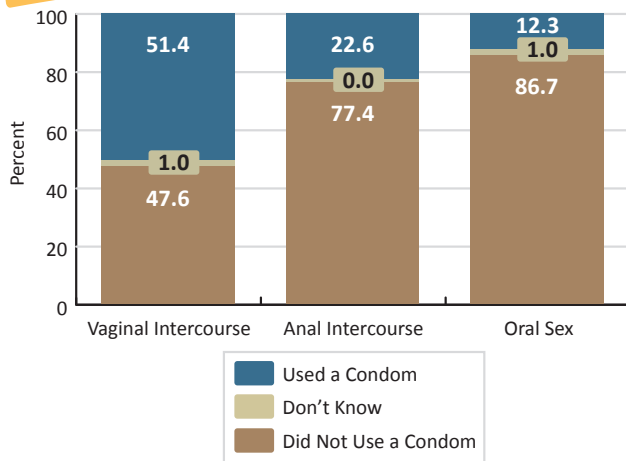
Most Recent Sexual Partner—Past 12 Months

Sexually Active Students Within Past 12 Months



Condom Use

Sexually Active Students Within Lifetime
(Does Not Include Those Who Are Married or With a Domestic Partner)



Among Crookston on-campus students who reported being sexually active within their lifetime, **51.4%** used a condom the last time they engaged in vaginal intercourse, **22.6%** used a condom during the last time they had anal intercourse, and **12.3%** used a condom during their last oral sex experience. Percentages are among those who reported they engaged in the activity.

Additional analysis shows that of the 63.2% of Crookston on-campus students who reported being sexually active within their lifetime, **92.2%** have engaged in vaginal intercourse, **87.8%** have engaged in oral sex, and **28.3%** have engaged in anal intercourse.

Pregnancy Prevention Methods

Sexually Active Students Within Lifetime

Type of Method	Percent Who Reported Using Method
Birth Control Pills	50.5
Condoms	50.5
Depo-Provera (Shots)	3.8
Diaphragm and Spermicide	0.0
Emergency Contraception	3.8
Fertility Awareness	1.9
Implanon (Hormone Implant)	3.8
Intrauterine Device	12.4
NuvaRing	0.0
Patch	1.9
Sterilization (Hysterectomy, Vasectomy)	1.0
Withdrawal	26.7
Other	1.9
Don't Know/Can't Remember	0.0
Report Not Using any Method of Pregnancy Prevention	6.7

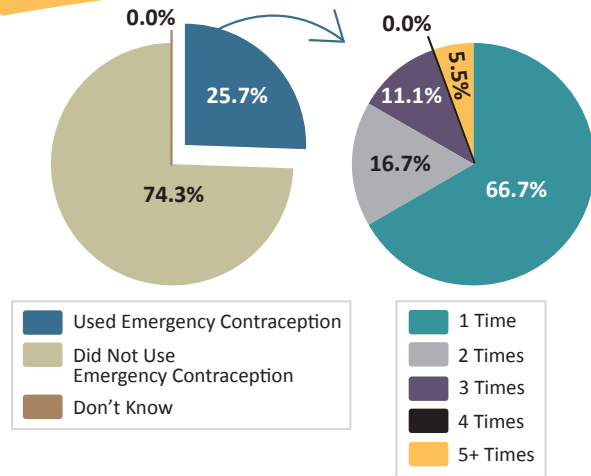
The two methods that Crookston on-campus students reported using most commonly to prevent pregnancy the last time they engaged in vaginal intercourse were condoms (**50.5%**) and birth control pills (**50.5%**).

Additional analysis shows that **0.0%** of Crookston on-campus students reported being involved in a pregnancy within the past 12 months.

Among sexually active female students attending Crookston on-campus, **25.7%** reported using emergency contraception within the past 12 months. Among these students, **33.3%** have used emergency contraception two or more times.

Emergency Contraception Use—Past 12 Months

Female Sexually Active Students Within Past 12 Months



Among Crookston on-campus students who have been sexually active within their lifetime, **4.5%** reported being diagnosed with a sexually transmitted infection (STI) within their lifetime, and **1.8%** reported being diagnosed with an STI within the past 12 months. Chlamydia is the most commonly diagnosed STI within students' lifetimes and chlamydia and genital herpes are the most commonly diagnosed STI within the past 12 months.

Sexually Transmitted Infection Diagnosis—Lifetime and Past 12 Months

Sexually Active Students Within Past 12 Months

Sexually Transmitted Infection	Percent Who Reported Being Diagnosed	
Chlamydia	3.5	0.9
Genital Herpes	0.9	0.9
Genital Warts/HPV	0.0	0.0
Gonorrhea	0.0	0.0
HIV/AIDS	0.0	0.0
Pubic Lice	0.9	0.0
Syphilis	0.0	0.0
At Least One of the Above Sexually Transmitted Infections	4.5	1.8



Implications

Healthy individuals make better students, and better students make healthier communities.

Results from the 2024 College Student Health Survey presented in this report offer a comprehensive look at the diseases, health conditions, and health-related behaviors impacting students attending postsecondary schools in Minnesota. Identification of these health-related issues is critical, because the health of college students in Minnesota affects not only their academic achievement but also the overall health of our society.

It is well known that health conditions can affect academic performance. The link to overall societal health is more subtle, but no less profound. Given that there are now more students enrolled in postsecondary institutions than in high schools, that college students help set the norms of behavior for our society and serve as role models for younger students, that college students are establishing and solidifying lifestyles and behaviors that will stay with them for the rest of their lives, and that obtaining a college degree is one of the major determinants of future health and economic status, the impact of the health of college students on our society becomes evident.

Appendix 1

Colleges and Universities Participating in the 2024 College Student Health Survey

School	Location	Enrollment
Minnesota State University Moorhead ¹	Moorhead, MN	6,443
Rochester Community and Technical College ¹	Rochester, MN	6,189
St. Catherine University ²	St. Paul, MN	3,360
University of Minnesota–Crookston ³	Crookston, MN	2,518
University of Minnesota–Duluth ³	Duluth, MN	9,350
University of Minnesota–Morris ³	Morris, MN	1,020
University of Minnesota–Rochester ³	Rochester, MN	588
University of Minnesota–Twin Cities ³	Minneapolis, MN St. Paul, MN	54,890

Appendix 1 References

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Appendix 2

University of Minnesota–Crookston On-Campus Students Survey Demographics Based on Student Response

	All Students
Average Age (Years)	20.0
Age Range (Years)	18–54
18–24 Years	98.9%
25 Years of Age or Older	1.1%
Average GPA	3.44
Class Status	
Undergraduate—Enrolled One Year	33.2%
Undergraduate—Enrolled Two Years	15.4%
Undergraduate—Enrolled Three Years	17.8%
Undergraduate—Enrolled Four Years	18.7%
Undergraduate—Enrolled Five or More Years	0.9%
Master’s, Graduate, or Professional Program	0.0%
Non-Degree Seeking	0.5%
Unspecified	13.6%
Gender	
Male	25.7%
Female	59.3%
TransMale, TransFemale, Genderqueer, Preferred Another Descriptor (Write-in)	2.8%
Preferred to Not Answer	12.1%
Racial Identity	
American Indian/Alaska Native	1.4%
Asian/Pacific Islander	4.7%
Black or African American	2.8%
Middle Eastern	0.0%
Native Hawaiian/Other Pacific Islander	0.0%
White	79.4%
Preferred Another Descriptor (Write-in)	0.9%
Ethnic Identity	
Hispanic or Latino/a/x	3.7%
Hmong	0.9%
Somali	0.9%
None of the Above	79.9%
Preferred to Not Answer	1.4%
Sexual Identity	
Heterosexual or Straight	86.5%
Gay or Lesbian	1.6%
Bisexual	8.1%
Not Sure Yet	2.2%
Not Sure What Question Means	0.0%
Preferred Another Descriptor (Write-in)	1.6%
Current Residence	
Residence Hall or Fraternity/Sorority	76.6%
No Stable Residence/Homeless	0.0%
Other	23.4%
Other Status	
International Student	8.6%
Veteran of United States Armed Forces	1.6%
Reported at Least One Disability	24.0%

Glossary

Credit Card Debt

A monthly debt of \$3,000 or more.

Current Alcohol Use

Any alcohol use within the past 30 days.

Current Credit Card Debt

Any unpaid balance at the end of the past month.

Current Vaping/Electronic Cigarette Use

Any use of a vaping device/electronic cigarette within the past 30 days.

Current Cannabis Use

Any cannabis use within the past 30 days.

Current Smoking Tobacco Use

Any use of smoking tobacco (e.g., cigarettes, pipe, cigar, etc.) within the past 30 days.

Current Smokeless Tobacco Use

Any smokeless tobacco use within the past 30 days.

Current Tobacco Use

Any use of tobacco within the past 30 days. Tobacco use includes both smoking and smokeless tobacco.

High-Risk Drinking

Consumption of five or more alcoholic drinks at one sitting within the past two weeks for both males and females. A drink is defined as one shot of alcohol, a 12-ounce beer, a mixed drink containing 1 or 1.5 ounces of alcohol, a 12-ounce wine cooler, or a 5-ounce glass of wine.

Past 12-Month Alcohol Use

Any alcohol use within the past year.

Past 12-Month Cannabis Use

Any cannabis use within the past year.

Student Loan Balance

A student loan balance of \$25,000 or more.

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