



2025 NATIONAL COLLEGE HEALTH ASSESSMENT – ITHACA COLLEGE

NATIONAL COLLEGE HEALTH ASSOCIATION

Presentation Compiled by
Katelyn Towner, MSW Graduate Intern



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BACKGROUND & METHODOLOGY



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BACKGROUND

National College Health Assessment II (NCHA II)

- Developed by ACHA / Conducted nationwide.
- Conducted at IC every 2 to 3 years, 2003-2025.

Purpose of the Survey

- Track data to identify trends in health behavior and attitudes in our student population.
- Compare data with the ACHA-NCHA National Reference Group (N=97 Institutions; N=65,950 students)(Mean response Proportion=11%, Median Response Proportion=10%)
- Use data to support and enhance programs and services related to IC student health.

NCHA Spring 2025 Data Report Campus Characteristics

ACHA Membership Status	
Institutional Member	84
Nonmember	13
Religious Affiliation	
No	84
Yes	13
Postsecondary Minority Institution (US Department of Education)	
No	75
Yes	22
*If yes:	
Historically Black College or University (HBCU)	4
Hispanic-serving Institution (HSI)	13
Tribal College or University	1
Predominately Black Institution	0
Asian American and Native American Pacific Islander-serving	10
Alaska Native-serving or Native Hawaiian-serving Institution	0
Native American-serving Nontribal Institution	1
*institutions may hold more than one type of minority status	
NOTE: In an effort to protect the identity of the participating institutions, the minority institution status variables have been recoded into a single dichotomous (yes/no) variable in the Reference Group SPSS data files. Secondary researchers with access to the blind data files will not be able to ascertain which type of minority status designation an institution holds.	

NCHA SURVEY AREAS OF FOCUS

General Health and Campus Climate

Nutrition, BMI, Physical Activity, and Food Security

Health Care Utilization

Impediments to Academic Performance

Violence, Abusive Relationships, and Personal Safety

Alcohol, Nicotine, and Other Substance Use

Sexual Behavior

Mental Health and Wellbeing

Acute Conditions

Ongoing or Chronic Conditions

Sleep

METHODOLOGY

- Survey period was February 17-March 10, 2025
- Web-based; the American College Health Association emailed survey invitation to all 4,515 students enrolled in Spring 2025
 - 4017 Total Undergraduate
 - 479 Total Graduate
 - 19 Other/Non-degree Seeking Enrollment
- 432 Respondents (N=432), 9.6% response rate
- Students who completed the ACHA-NCHA were entered into a random drawing for 1 of 16 gift certificates to Grubhub or Walmart



IC RESPONDENT SAMPLE CHARACTERISTICS



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DEMOGRAPHIC DATA OF RESPONDENTS

Class Year	23.9% 1 st year 25.8% 2 nd year 23.0% 3 rd year 17.2% 4 th year 1.2% 5 th + year 6.5% Master's 2.3% Doctorate
College Athletics	10.4% Intramurals 15.9% Club Sports 18.8% Varsity
Primary Source of Health Insurance	84.7% Parents' plan 11.8% College-sponsored plan 8.1% Another plan 1.2% Have insurance, but don't know source 0.2% Don't have health insurance

DEMOGRAPHIC DATA, CONT.

Ethnicity	85.2% White 1.4% American Indian or Native Alaskan 7.6% Asian or Asian American 7.4% Black or African American 6.9% Hispanic or Latino/x 2.3% Middle Eastern/North African (MENA) or Arab Origin 1.2% Pacific Islander Native 5.1% Biracial or Multiracial 1.6% Identity not listed above
First Generation Students	20.2%
Visa to Work or Study in U.S.	13.2%

DEMOGRAPHIC DATA, CONT.

March 2025

Gender	64.8% Cis Women 20.5% Cis Men 14.7% Transgender/ Gender Non-conforming
Sexual Orientation	2.3% Asexual 23.0% Bisexual 9.4% Gay or Lesbian 4.0% Pansexual 11.5% Queer 3.3% Questioning 45.2% Straight/Heterosexual 1.4% Another identity
Housing Situation	81% Campus or university housing 2.3% Parent/guardian home 16.4% Off-campus 0.2% Other

Beginning in Spring 2021, responses for transgender and gender-nonconforming students are readily available directly in the report documents. This represents an important change in the way we have been reporting ACHA-NCHA results.



HEALTH PROBLEMS & PRACTICES



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TOP 5 ACUTE HEALTH PROBLEMS

Within the last 12 months, have you been diagnosed by a healthcare professional with any of the following?

	IC Students	National
Cold/Virus, or Other Respiratory Illness	49.5%	35.7%
Flu (influenza) or flu-like illness	14.2%	16%
Orthopedic Injury	13.6%	8.8%
Stomach or GI Virus or Bug, Food Poisoning or Gastritis	11.5%	10%
Urinary Tract Infection	9.4%	8.8%

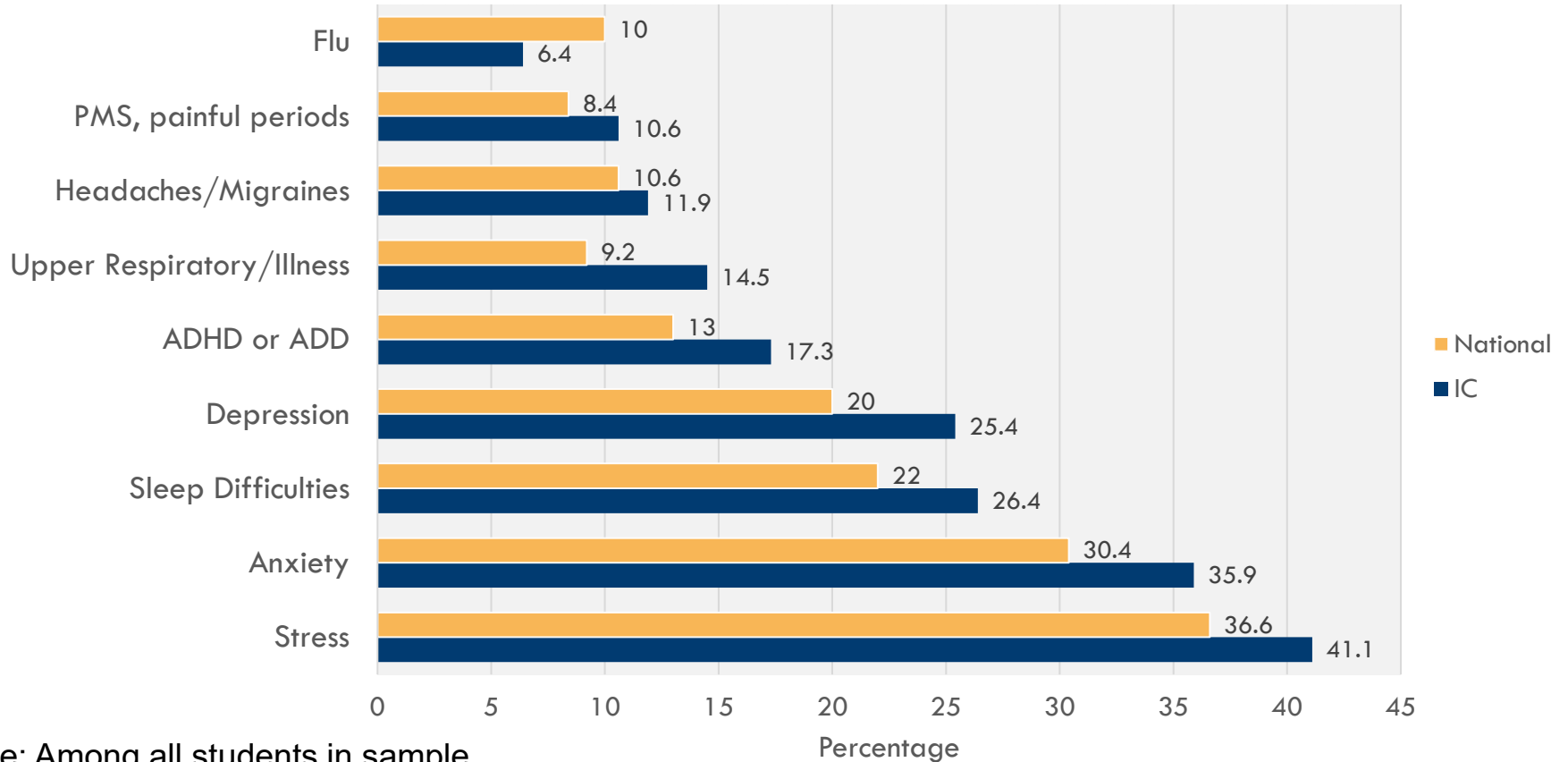
OTHER HEALTH CONCERNS

Do you have any of the following?

	IC	National
Attention-Deficit/Hyperactivity Disorder (ADD or ADHD)	21.5%	17.5%
Learning Disability	8.8%	4.7%
Autism Spectrum Disorder	8.8%	4.3%
Deafness/Hearing Loss	2.1%	2.2%
Blind/Low Vision	2.6%	3.7%
Mobility/Dexterity disability	2.4%	1.9%
Speech or language disorder	1.7%	1.1%

IMPACT OF HEALTH ON ACADEMICS

Have any of the following affected your academic performance within the past school year?

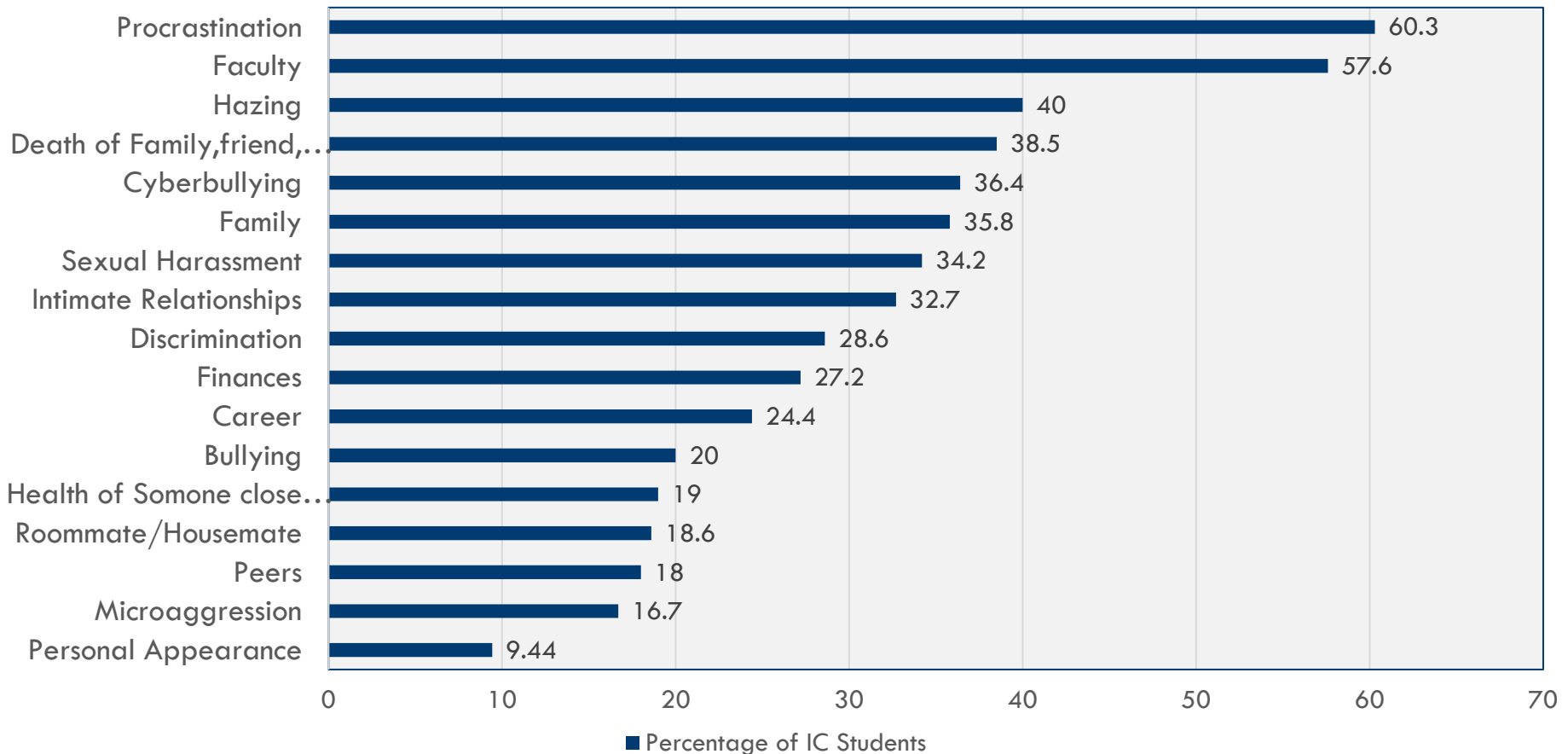


Note: Among all students in sample.

Fewer than 5% of students reported experiencing the following: Sexual Assault (3.8% IC, 1.7% National), Eating Disorder (3.6% IC, 3.4% National), Allergies (3.5% IC, 3.2% National), Injury (burn/sprain/broken) (3.5% IC, 2.6% National), Concussion (3.5% IC, 1.7% National), COVID-19 (3.3% IC, 3.4% National), PTSD (3.1% IC, 3.5% National), and Physical Assault (0.9% IC, 0.8% National)

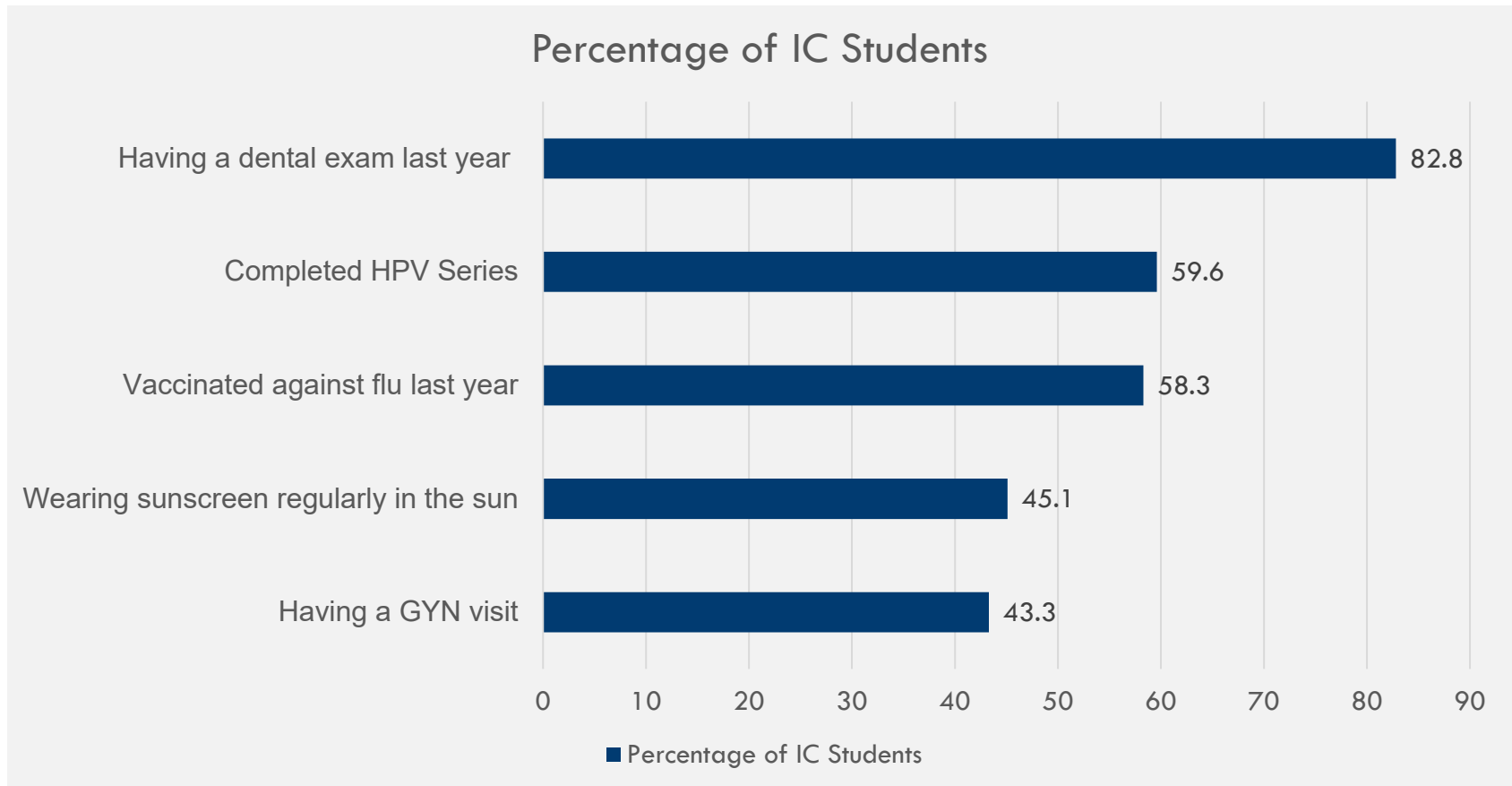
NEGATIVELY IMPACTED ACADEMIC PERFORMANCE

Among students who indicated academic performance impacted by problems or challenges faced.



IC PREVENTATIVE HEALTH PRACTICES

Students reported receiving the following in the last 12 months:



COMPARATIVE PREVENTIVE HEALTH PRACTICES

Students reported receiving the following in the last 12 months:

	IC	National
Had a dental exam/cleaning last year	82.8%	73.5%
Used sunscreen regularly in the sun (usually/always)	45.1%	41.2%
Ever had gynecologic visit or exam	43.3%	39%
Vaccinated against flu last year	58.3%	49.8%
Completing HPV Vaccine Series	59.6%	53.8%

SUBSTANCE USE



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SUBSTANCE USE

N Range=419-426

In your lifetime, which of the following have you used?

	# of IC students	IC	National
Alcoholic Beverages	320	75.1%	67.8%
Cannabis	221	51.4%	41.1%
Tobacco/Nicotine Delivery Products	124	28.8%	31.6%
Prescription Stimulants**	26	6.1%	6.7%
Hallucinogens (LSD, PCP)	26	6.1%	10.3%
Inhalants	21	4.9%	4.6%
Sedatives or Sleeping Pills	11	2.6%	4.4%
Cocaine	11	2.6%	5.6%
Prescription Opioids**	10	2.3%	2.9%
Methamphetamine	5	1.2%	1.2%
Heroin	1	0.2%	0.7%

**For prescription medications, please report nonmedical use only (taking prescription drugs just for the feeling or experience they cause, or taking them more often or at higher doses than prescribed)

SUBSTANCE USE: IN LAST 3 MONTHS

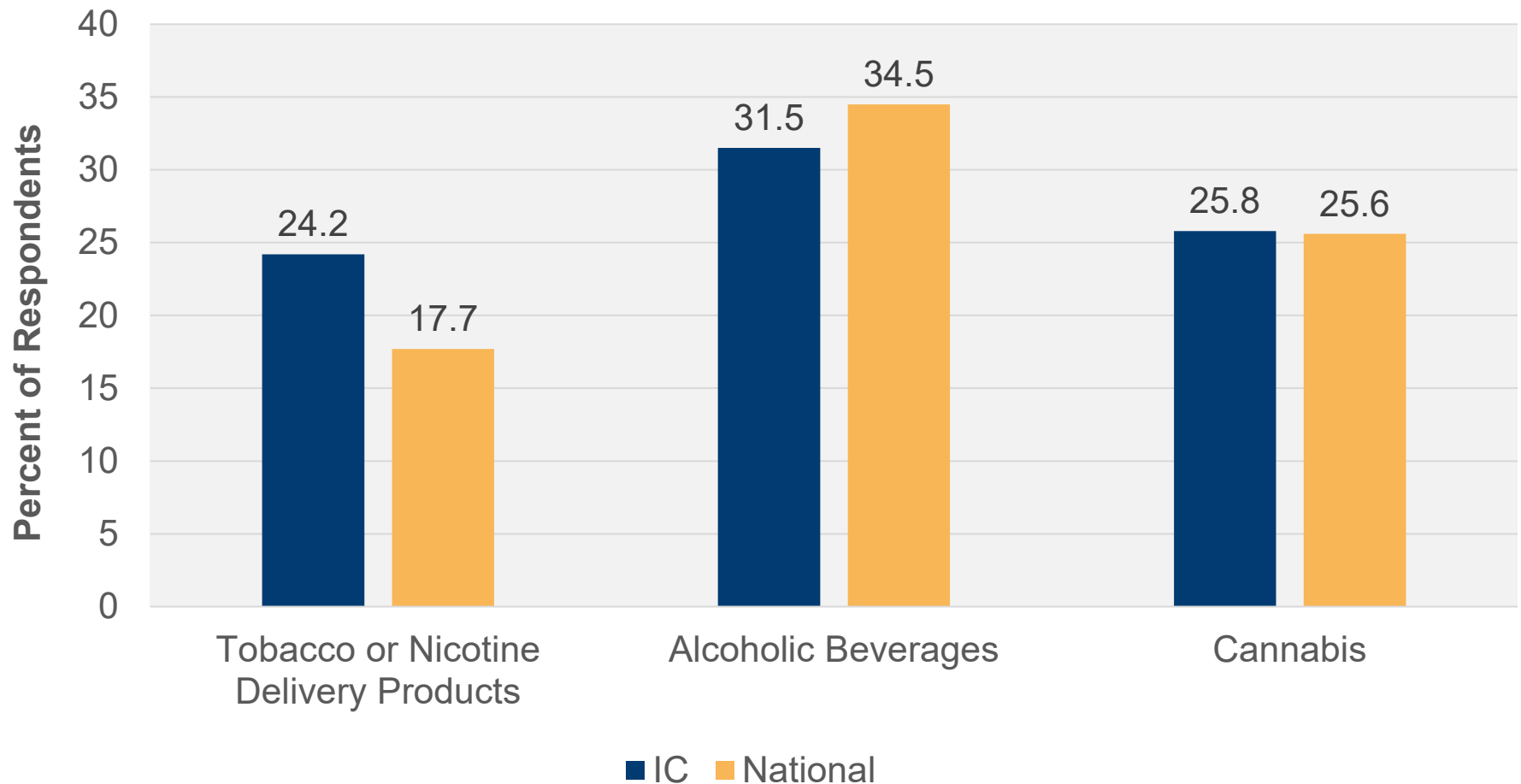
N range=320-1

(Students who have used this substance \geq 1-2 times in the 3-month period)

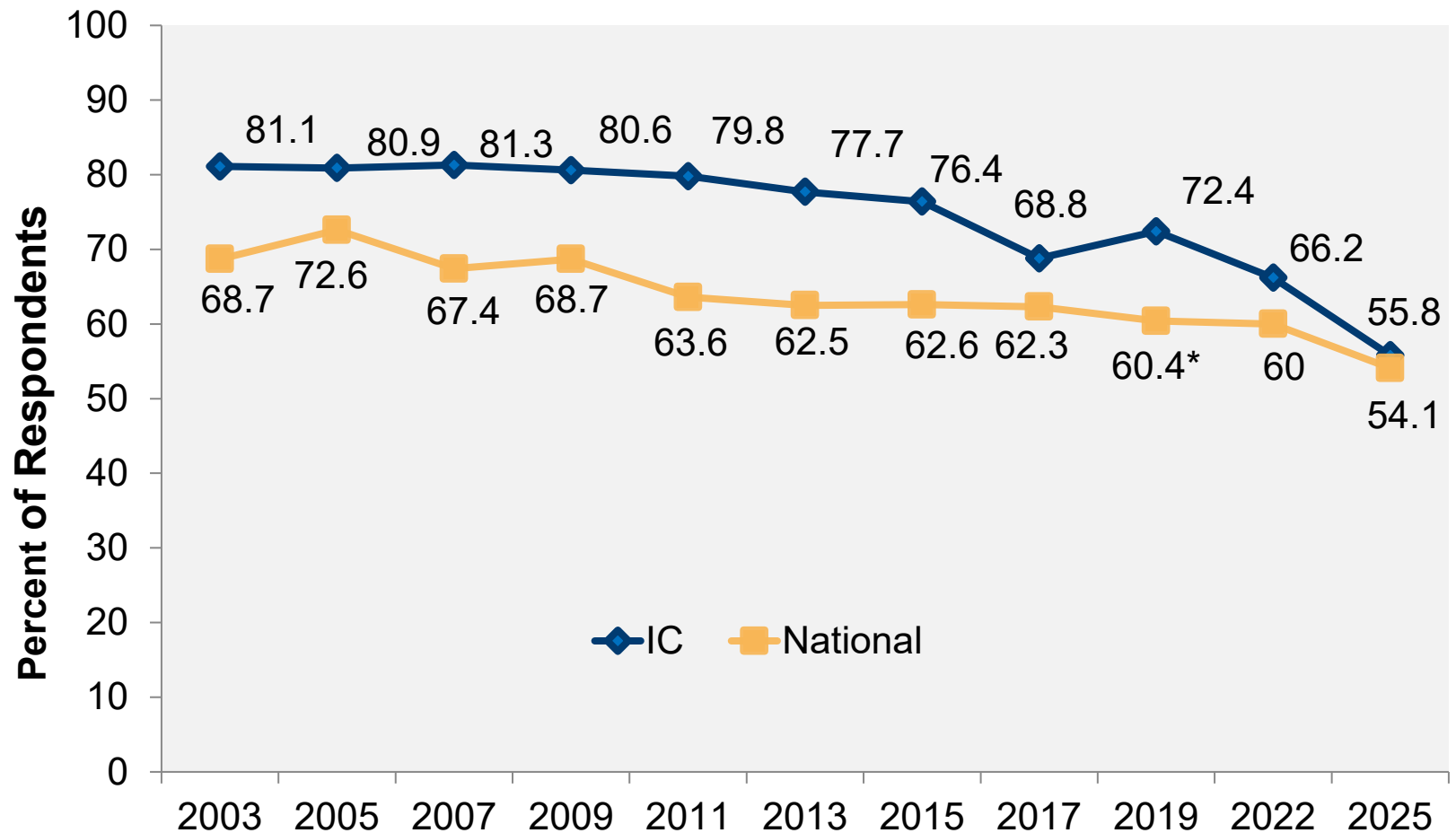
	IC	National
Alcoholic Beverages	92.4%	91.5%
Cannabis	73.8%	65.4%
Tobacco/Nicotine Delivery Products	62.1%	66.4%
Prescription Stimulants	30.7%	33.7%
Hallucinogens (LSD, PCP)	42.3%	32.4%
Inhalants	42.9%	36.9%
Sedatives or Sleeping Pills	45.5%	33.2%
Cocaine	18.2%	29.7%
Prescription Opioids	20%	19.3%
Heroin	0%	41.1%
Methamphetamine	0%	26.3%

ALCOHOL, CANNABIS & NICOTINE

Includes only students who have ever used substance in their lifetime who have used this substance weekly or daily within the last three months.

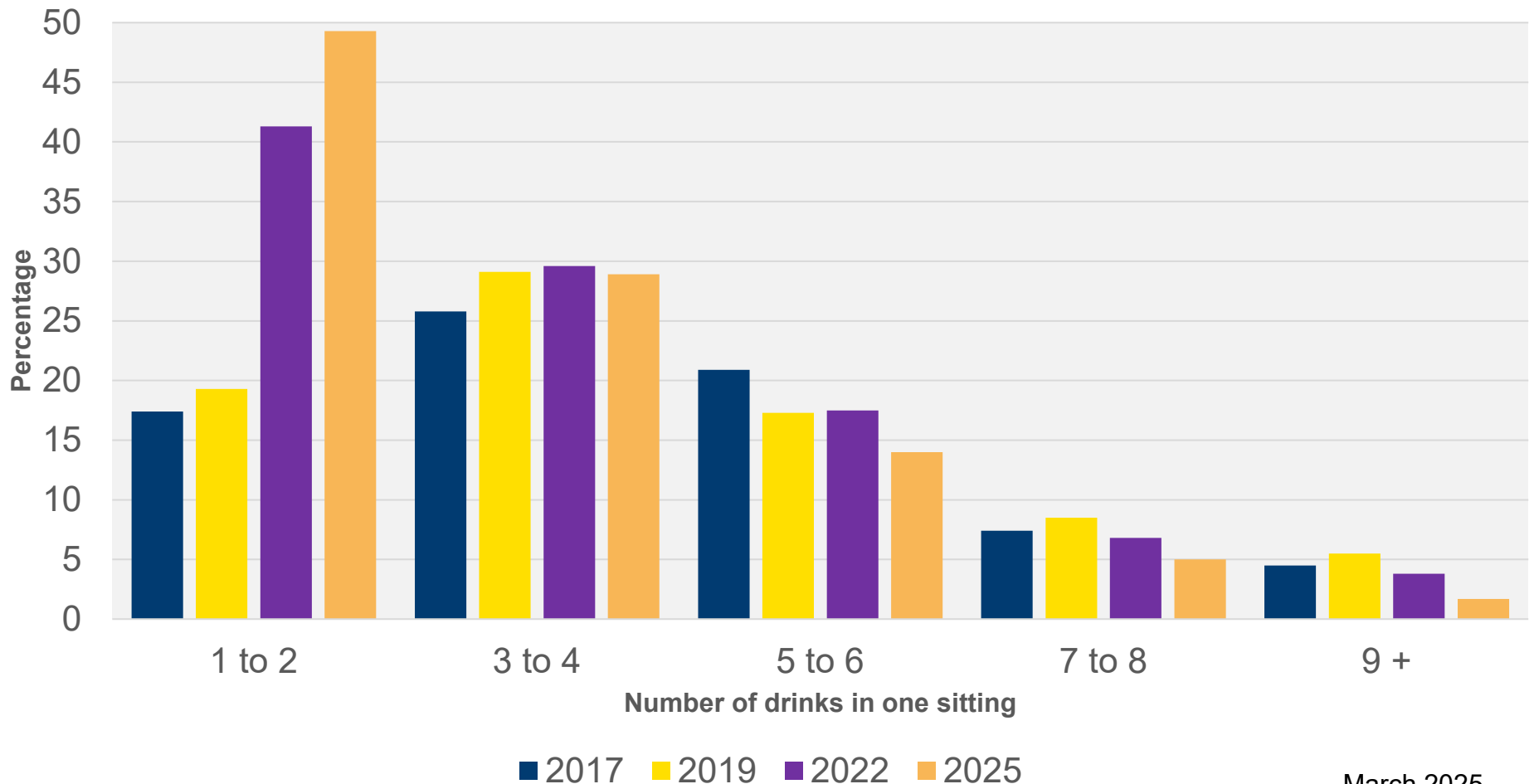


TRENDS: ALCOHOL USE IN THE PAST MONTH



IC STUDENTS NUMBER OF DRINKS IN A SITTING

The last time alcohol used, how many drinks of alcohol did you have? (only includes students who drank alcohol within the last 3 months)



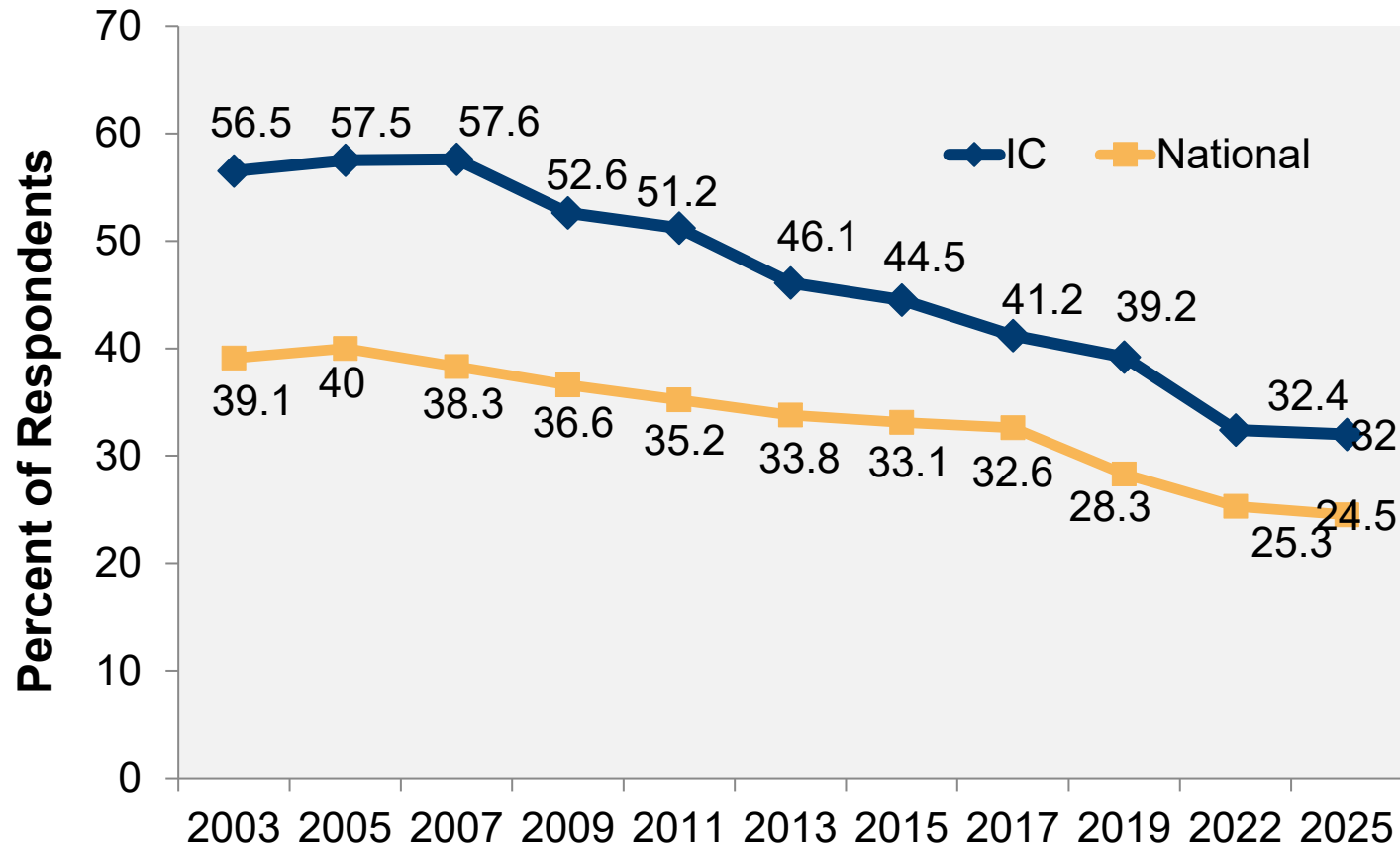
HIGH RISK (BINGE) DRINKING

Over the last two weeks, how many times have you had five or more drinks (AMAB) or four or more drinks (AFAB) containing any kind of alcohol at a sitting? *(only includes students who drank alcohol within the last 2 weeks)*

	National	IC Total	IC Cisgender-Men	IC Cisgender-Woman	IC Trans/Gender Non-Conforming
0 times	54.2%	48.5%	39.0%	50.0%	52.0%
1 time	24.5%	32.0%	35.0%	31.0%	32.0%
2 times	11.6%	12.4%	19.0%	12.0%	12.0%
3 times	4.5%	3.1%	4.0%	4.0%	0%
4 times	2.6%	2.1%	0%	2.0%	4.0%
5+ times	2.5%	2.0%	4.0%	2.0%	0%

TRENDS: HIGH RISK (BINGE) DRINKING

Consumed 5 or more drinks (AMAB) or 4 or more drinks (AFAB)* in one or more sittings during the past 2 weeks



AFAB: assigned female at birth; AMAB: assigned male at birth

CONSEQUENCES OF ALCOHOL USE

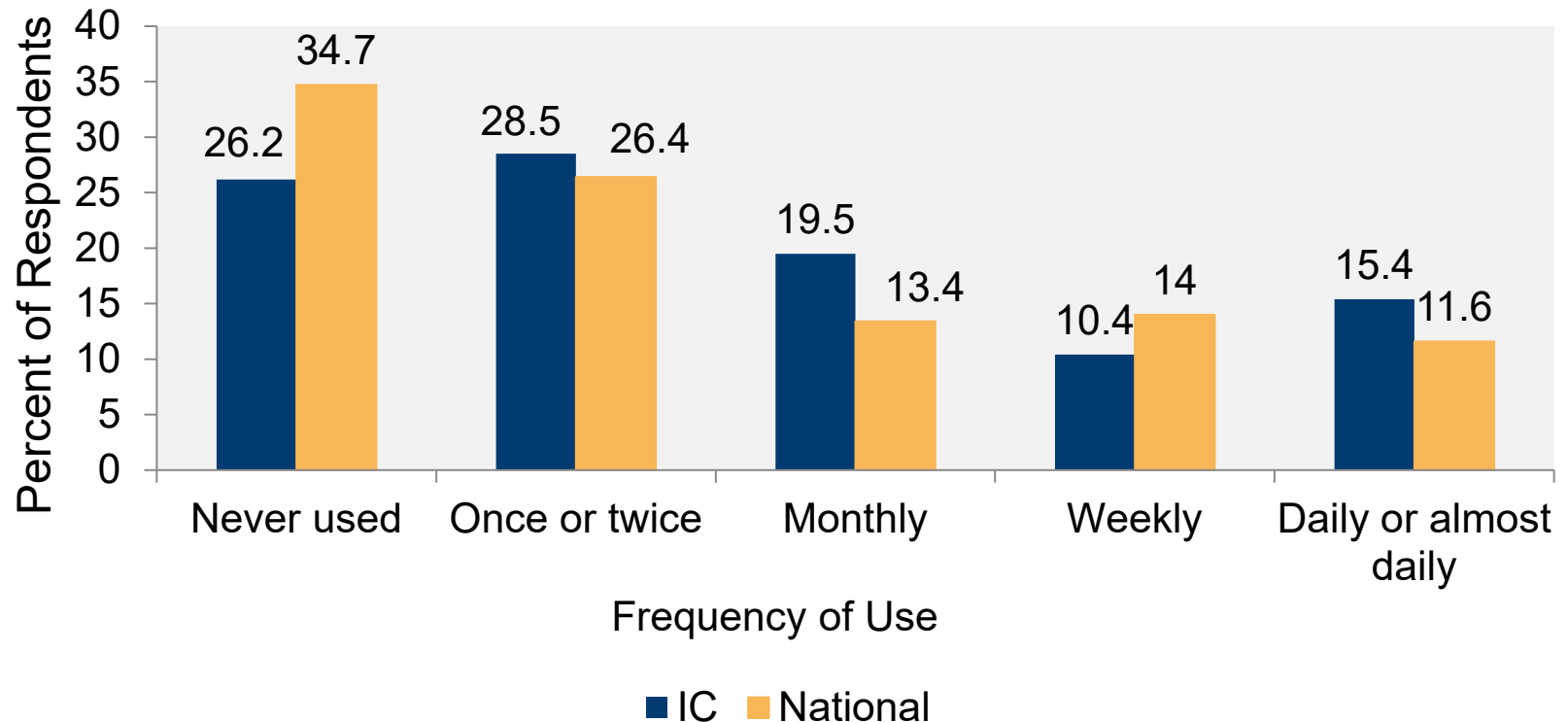
Have you experienced any of the following during the past year as a consequences of your drinking?

	IC	National
Brownout	22.80%	19%
Did something I later regretted	18.70%	17.80%
Had unprotected sex	8.90%	9.80%
Blackout	8.00%	9.50%
Physically injured myself	6.80%	5.90%

Fewer than 5% of students reported experiencing the following: Seriously Considered Suicide (2.7% IC, 2% Nationally), Non-Consensual Sexual Activity (1.8% IC, 1.3% Nationally), Getting in Trouble with the Police (1.5% IC, 0.8% Nationally), Disciplinary Action by College Authorities (0.6% IC, 0.8% Nationally), Requiring Medical Attention (0.6% IC, 1% Nationally), and Physically Injuring Another Person (0.3% IC, 0.6% Nationally)

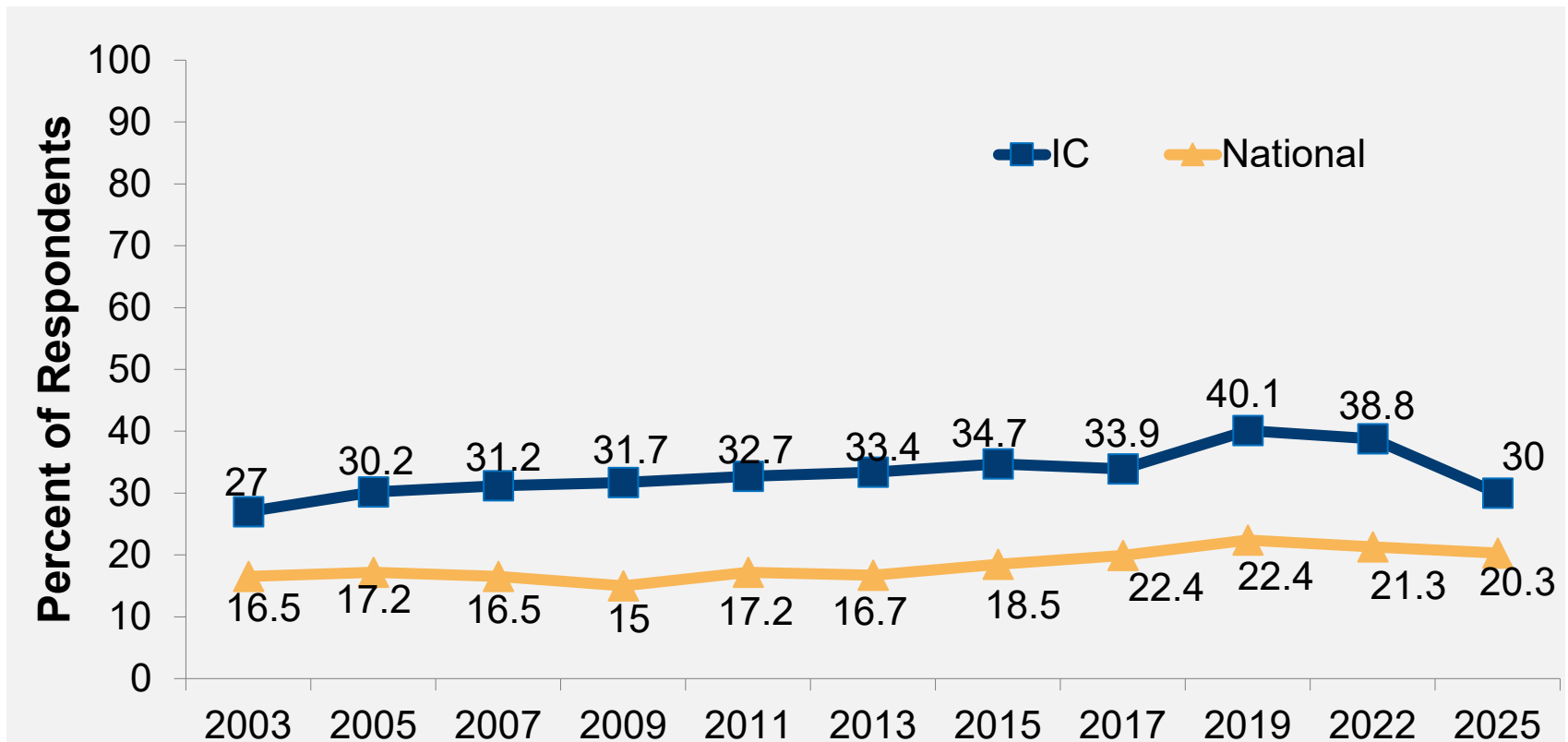
CANNABIS USE

In the past 3 months, how often have you used the substance(s) you mentioned? (only includes students who have ever used this substance)



TRENDS: CANNABIS USE, PAST MONTH

Cannabis use in the last 30 days, includes medical and non-medical use



PRESCRIPTION DRUGS: NONMEDICAL USE

In your life, which of the following substances have you ever used?
Nonmedical use only.

	IC	National
Prescription Stimulants (e.g., Ritalin, Adderall)	6.1%	6.7%
Opioids (e.g., OxyContin, Vicodin)	2.3%	2.9%
Sedatives or Sleeping Pills (e.g., Xanax, Valium)	2.6%	4.4%
Methamphetamine (speed, crystal meth, ice, etc.)	1.2%	1.2%
Inhalants (e.g., Poppers, Nitrous, Glue, Gas)	4.9%	4.6%



SEXUAL HEALTH

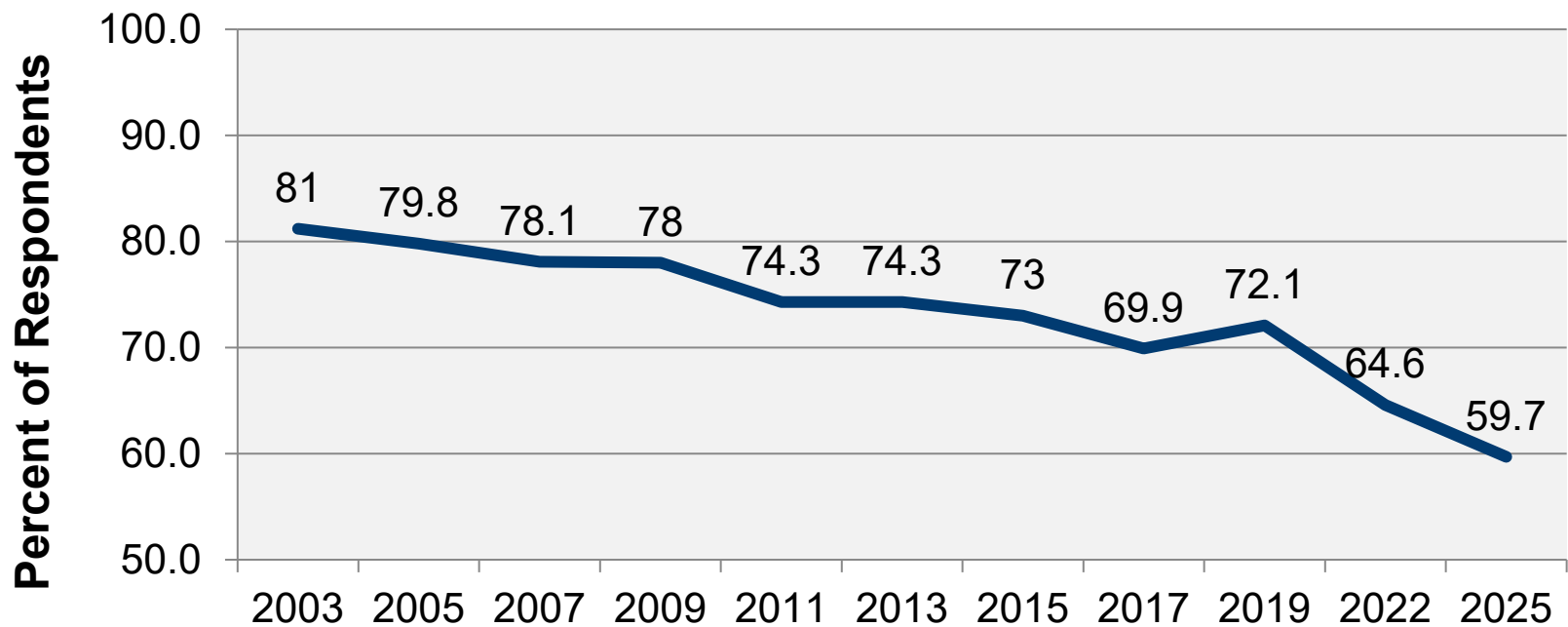


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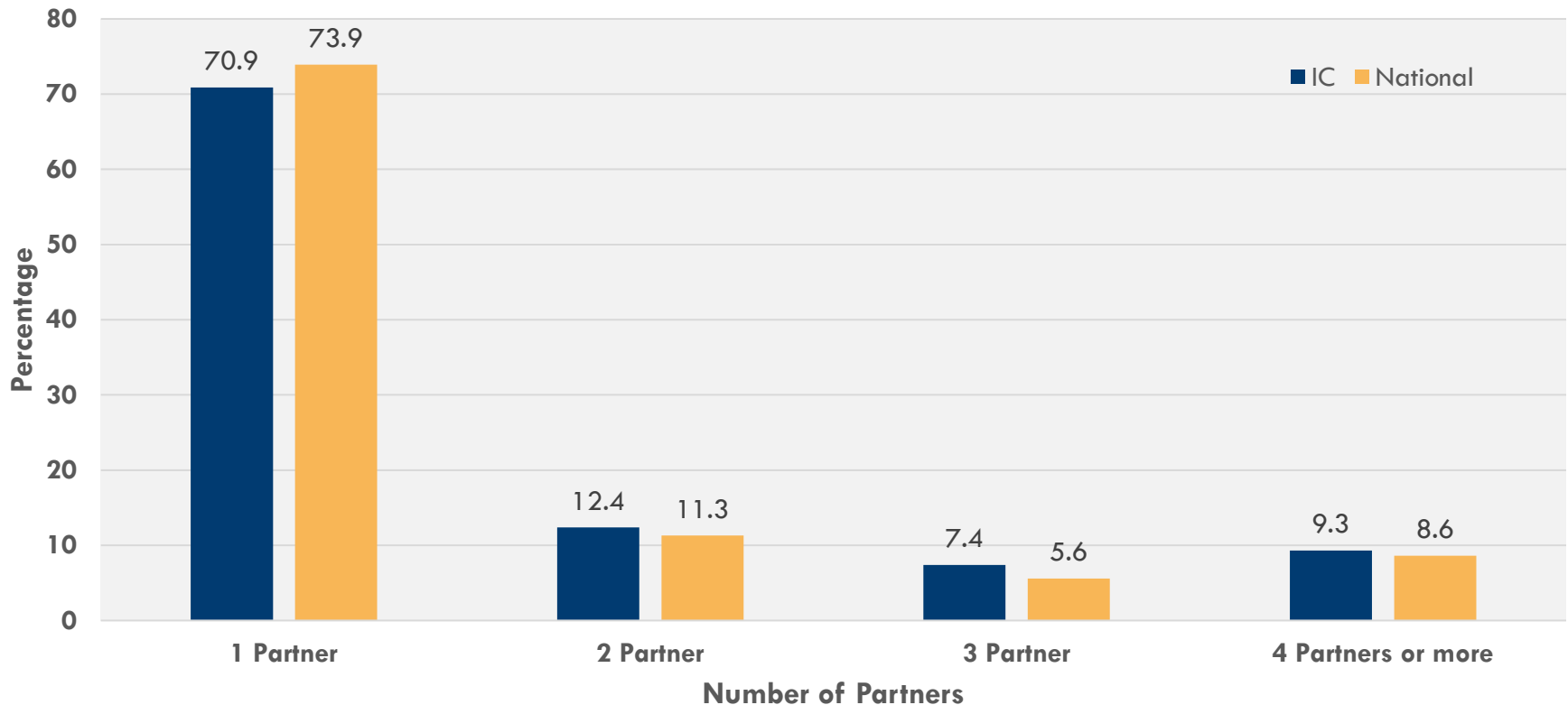
TRENDS: SEXUAL ACTIVITY

IC students reporting one or more sexual partners within the last 12 months



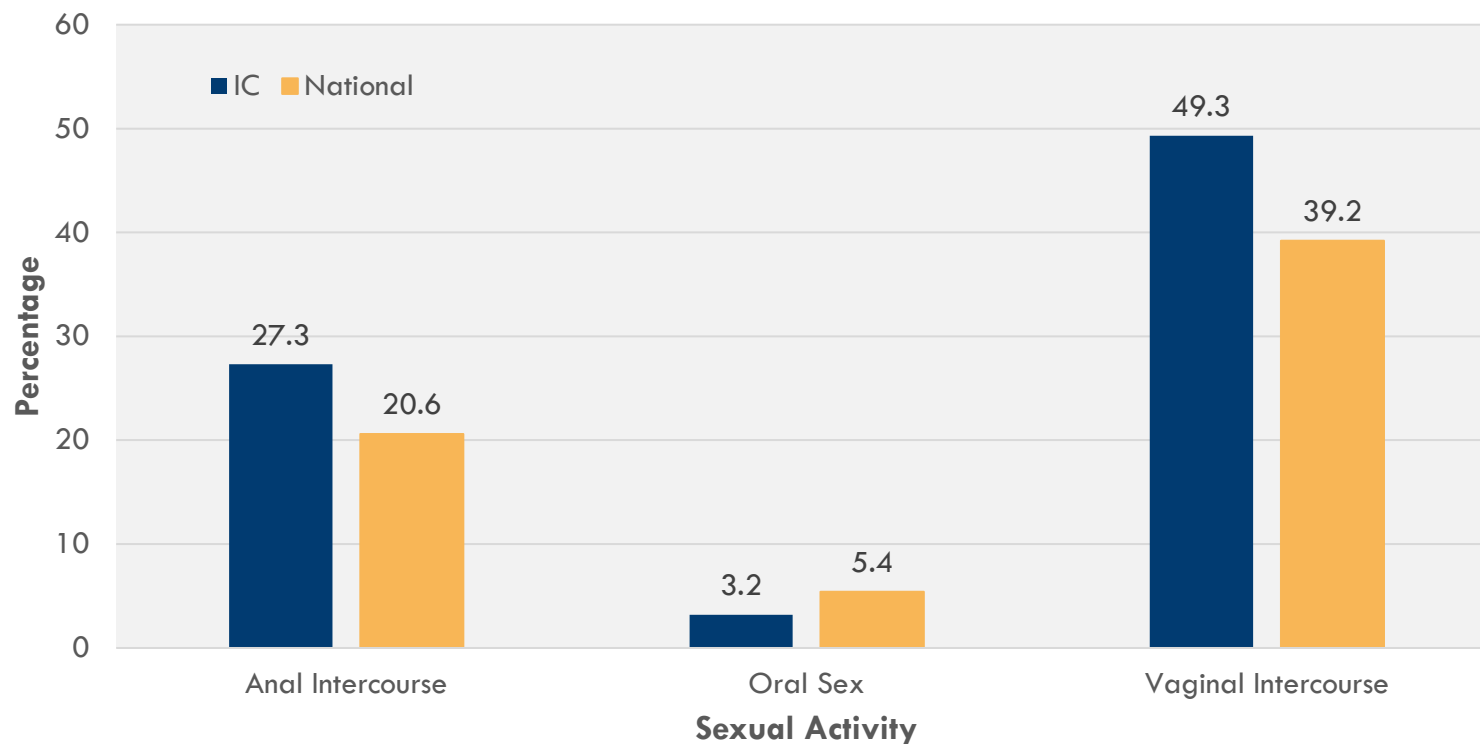
SEXUAL PARTNERS

Within the last 12 months, how many partners have you had? (only includes students that have participated in anal, oral, and/or vaginal intercourse in the last 12 months)



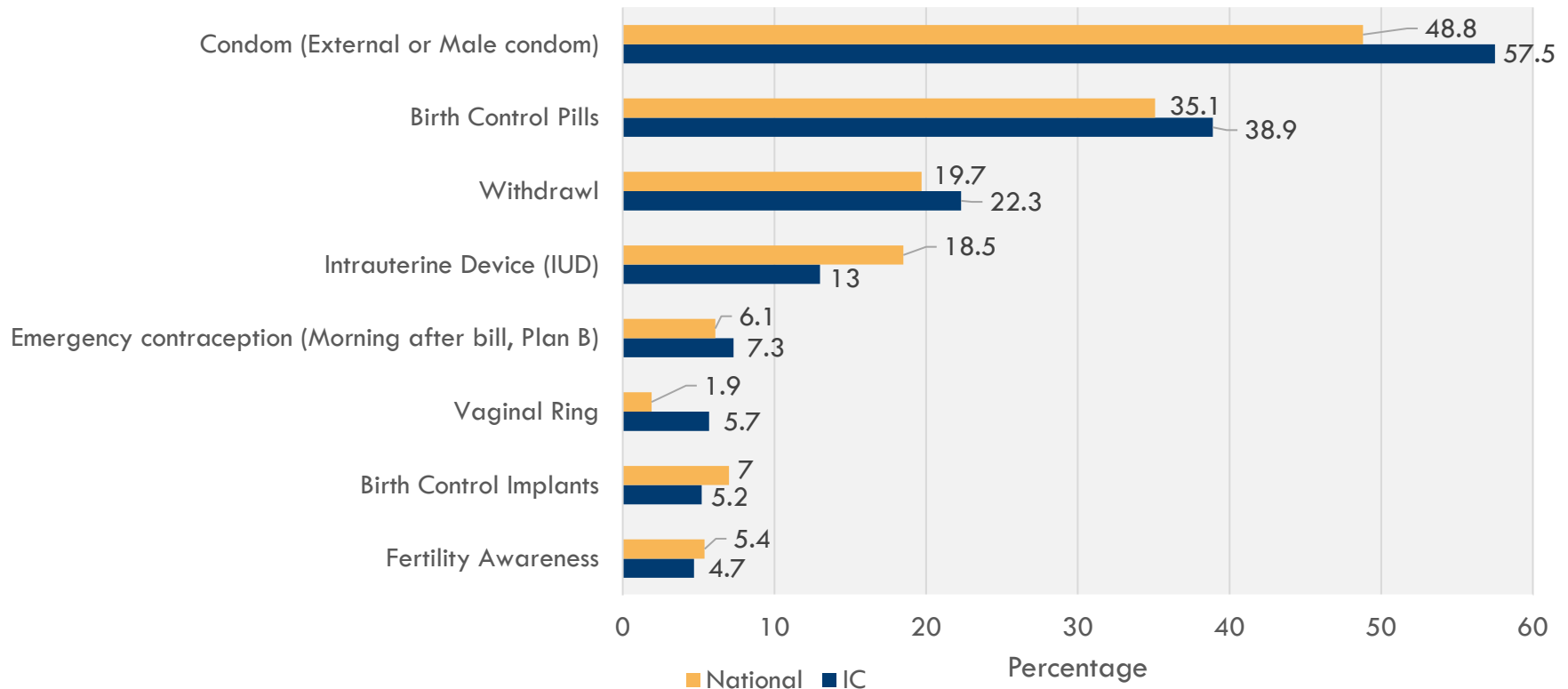
USE OF A BARRIER

Used a condom or other protective barrier (external/male condom, internal/female condom, dam, or glove, etc.) most of the time or always within last 30 days. Students responding “Never did this sexual activity” or “Have not done this during the last 30 days” were excluded.



BIRTH CONTROL

What method did you/your partner(s) use to prevent pregnancy?



Fewer than 5% of students include the following: Sterilization (0.5% IC, 3% Nationally), Birth Control Shots (0% IC, 1.4% Nationally), Birth Control Patch (1% IC, 1.3% Nationally), Female Condom (0% IC, 0.3% Nationally), Diaphragm (0% IC, 0.1% Nationally), Other Methods (2.1% IC, 1.3% Nationally), and students who were unsure of the method used (1.6% IC, 0.7% Nationally)

USE OF EMERGENCY CONTRACEPTION OR EXPERIENCED AN UNINTENDED PREGNANCY

For those who are sexually active, in the past 12 months, have you or your partner used emergency contraception or experienced an unintended pregnancy?

	IC	National
Emergency Contraception ("Plan B," "Morning After Pill," etc.)	21.7%	19%
Unintended Pregnancy	2.4%	1.5%



MENTAL HEALTH



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STUDENT LONELINESS

UCLA loneliness scale score (Range is 3-9)

	IC	National
Negative for loneliness (3-5)	52.7%	53.3%
Positive for loneliness (6-9)	47.3%	46.7%
Average score	5.36	5.32

The UCLA 3-item Loneliness Scale (UCLA-LS-3), the total score ranges from 3 to 9, with scores from 3 to 5 indicating low loneliness and scores from 6 to 9 indicating high loneliness.

The scale assesses feelings of loneliness by having individuals respond to three items, such as "I lack companionship," on a scale from 1 ("Hardly ever") to 3 ("Often"). A numerically higher score indicates that the person is lonelier.

CHALLENGES EXPERIENCED, LAST 12 MONTHS

	IC	National
Procrastination	73.6%	72.3%
Personal appearance	54.6%	50.7%
Health of someone close to me	45.9%	38.7%
Finances	44.6%	48.4%
Academics	42.8%	45.5%
Intimate relationships	35.2%	35.1%
Family	34.7%	35.6%
Peers	33.7%	22.8%
Roommate/Housemate	30.2%	26.2%
Career	27.9%	38.3%
Death of family member, friend, or someone else close	24.3%	22.6%
Microaggressions directed at me	18.2%	18.3%
Faculty	15.5%	12%
Discrimination	9.8%	10.5%
I was bullied	9.3%	6.2 %
Sexual Harassment	8.9%	8.1%
I was cyberbullied	2.6%	3.1%
I was hazed	1.2%	1.1%

STRESS

Within the last 30 days, how would you rate the overall level of stress you have experienced?

	IC	National
No stress	0.5%	1.9%
Low	19.8%	22.1%
Moderate	51.9%	50.6%
High	27.9%	25.4%

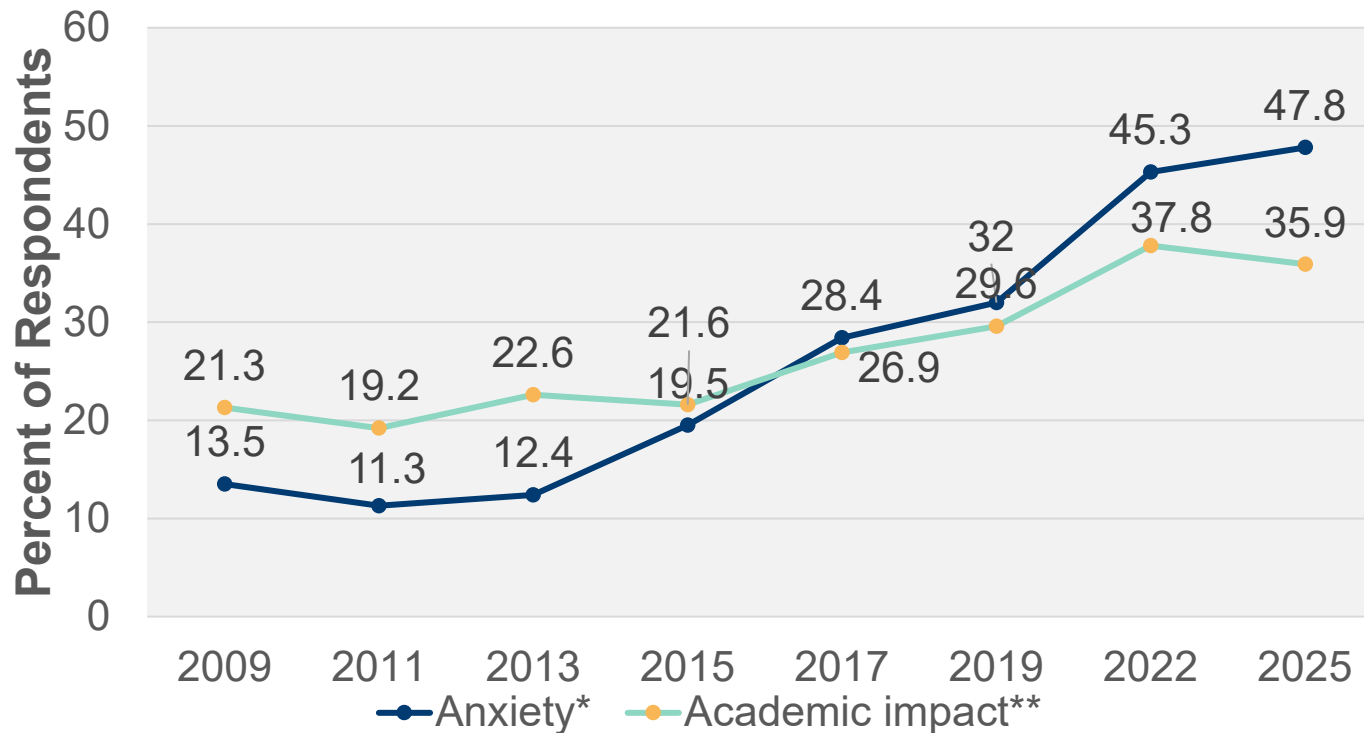
PSYCHOLOGICAL DISTRESS

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

	IC	National
No or low psychological distress (0-12)	78%	81.3%
Serious psychological distress (13-24)	22%	18.7%
Average (Mean) score	8.42	8.04

The Kessler 6 (K6) is a short, self-report questionnaire that screens for non-specific psychological distress in adults. It uses six items, each rated on a five-point scale, resulting in a total score ranging from 0 to 24. While a score of 13 or higher is used to indicate probable serious mental illness, a score of 5 or higher signals moderate distress.

TREND: ANXIETY DIAGNOSIS OR TREATMENT

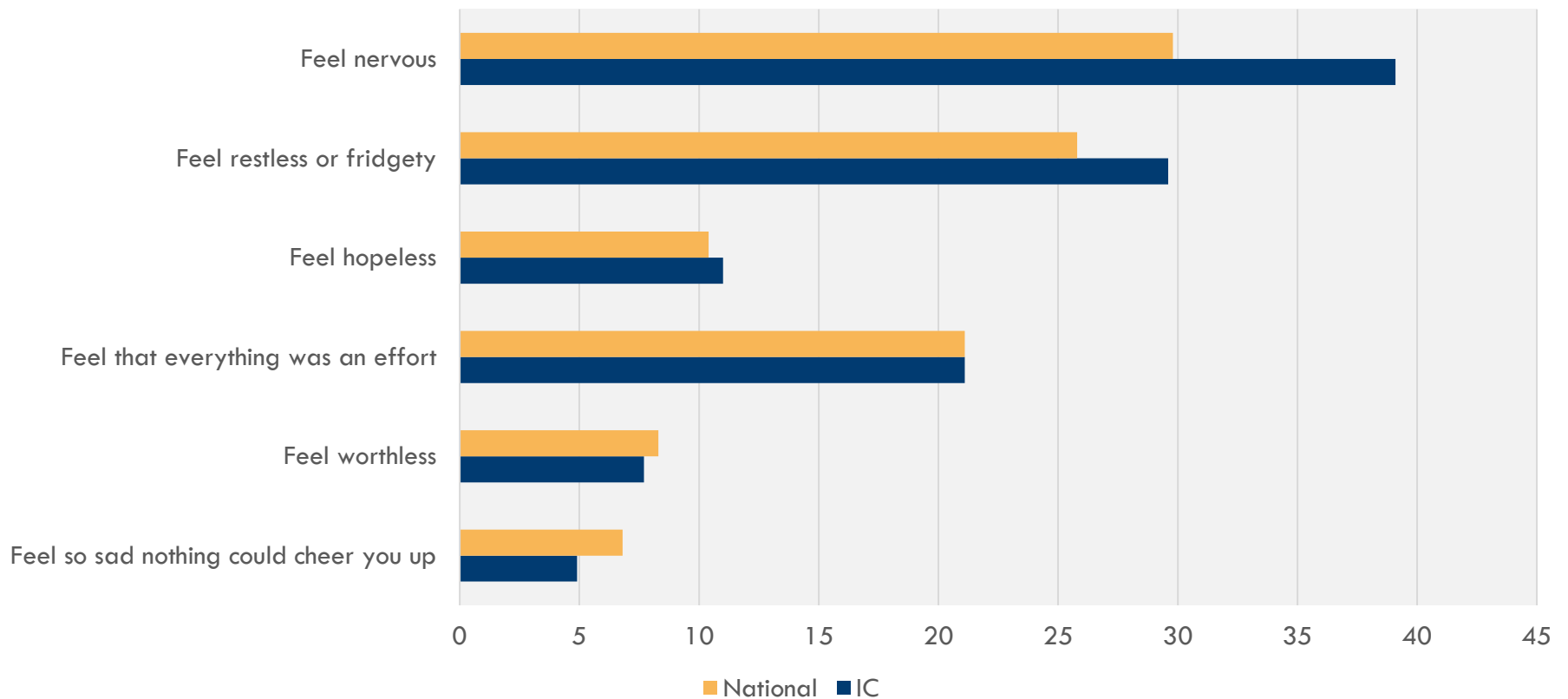


*In the 2022 and 2025 survey, the question asked students if they have ever been diagnosed with anxiety. The 2009-2019 question asked students if they had been diagnosed **or treated** for anxiety within the last 12 months.

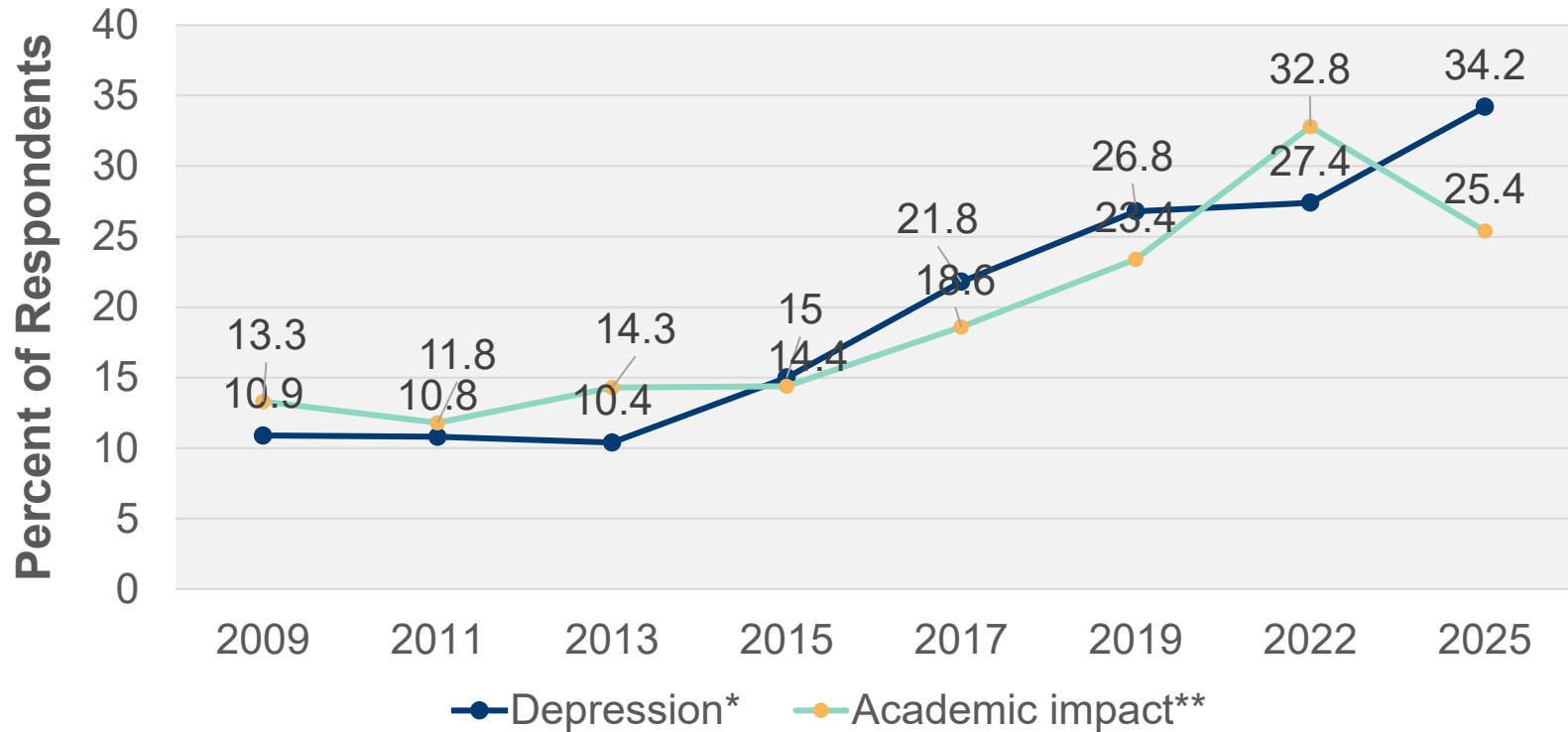
** IC students who reported that anxiety had an academic impact in the last 12 months.

DEPRESSION SYMPTOMS

Within the last 30, have you felt ...? (most or all the time)



TREND: DEPRESSION DIAGNOSIS OR TREATMENT



*In the 2022 and 2025 survey, the question asked students if they have ever been diagnosed. The 2009-2019 question asked students if they had been diagnosed **or treated** for depression within the last 12 months.

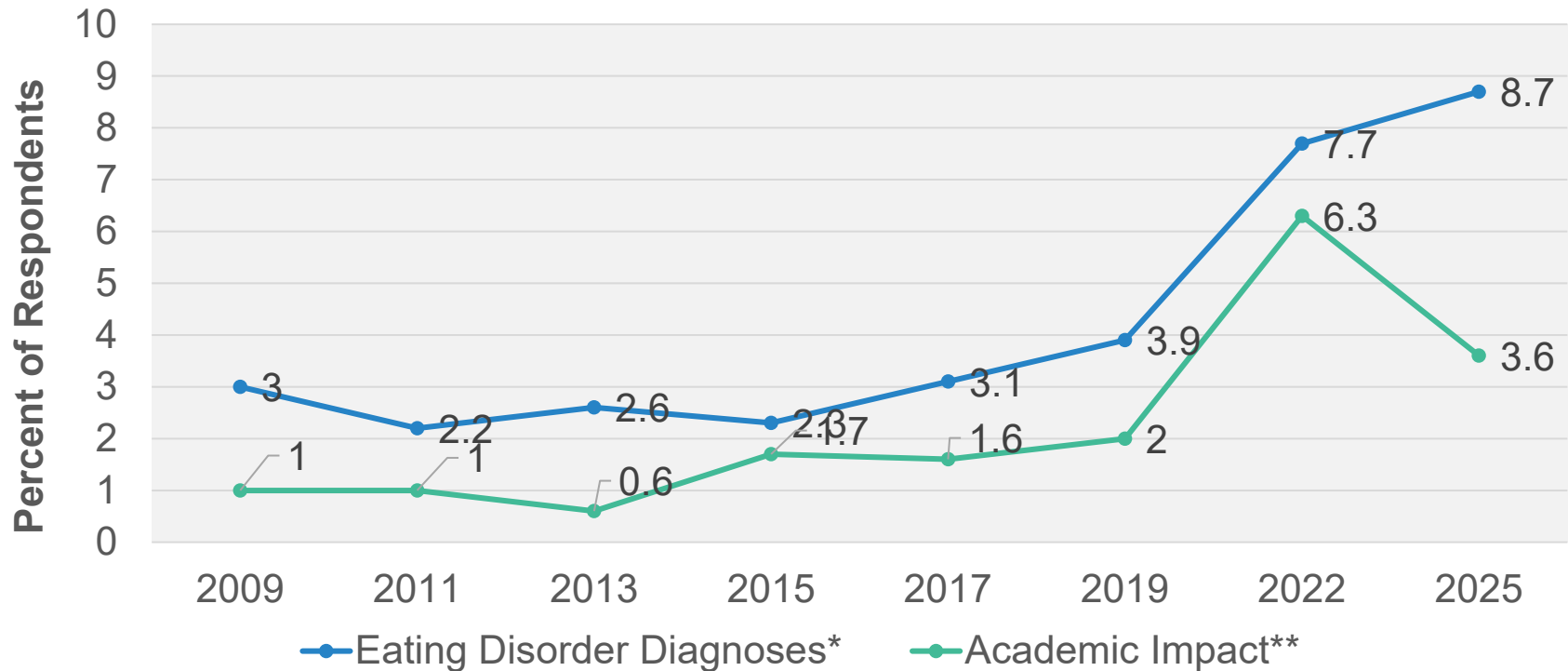
** IC students who reported that depression had an academic impact in the last 12 months.

EATING DISORDERS & RELATED CONCERNS

Eating disorders include Anorexia Nervosa, Bulimia Nervosa, and Binge-Eating

	IC	National
Diagnosed or treated for eating disorder(s)– ever	8.7%	6.7%
Appointment or discussion with healthcare or mental health professional within last 12 months (of students who have been diagnosed with eating disorder)	64.9%	48%

TREND: EATING DISORDERS

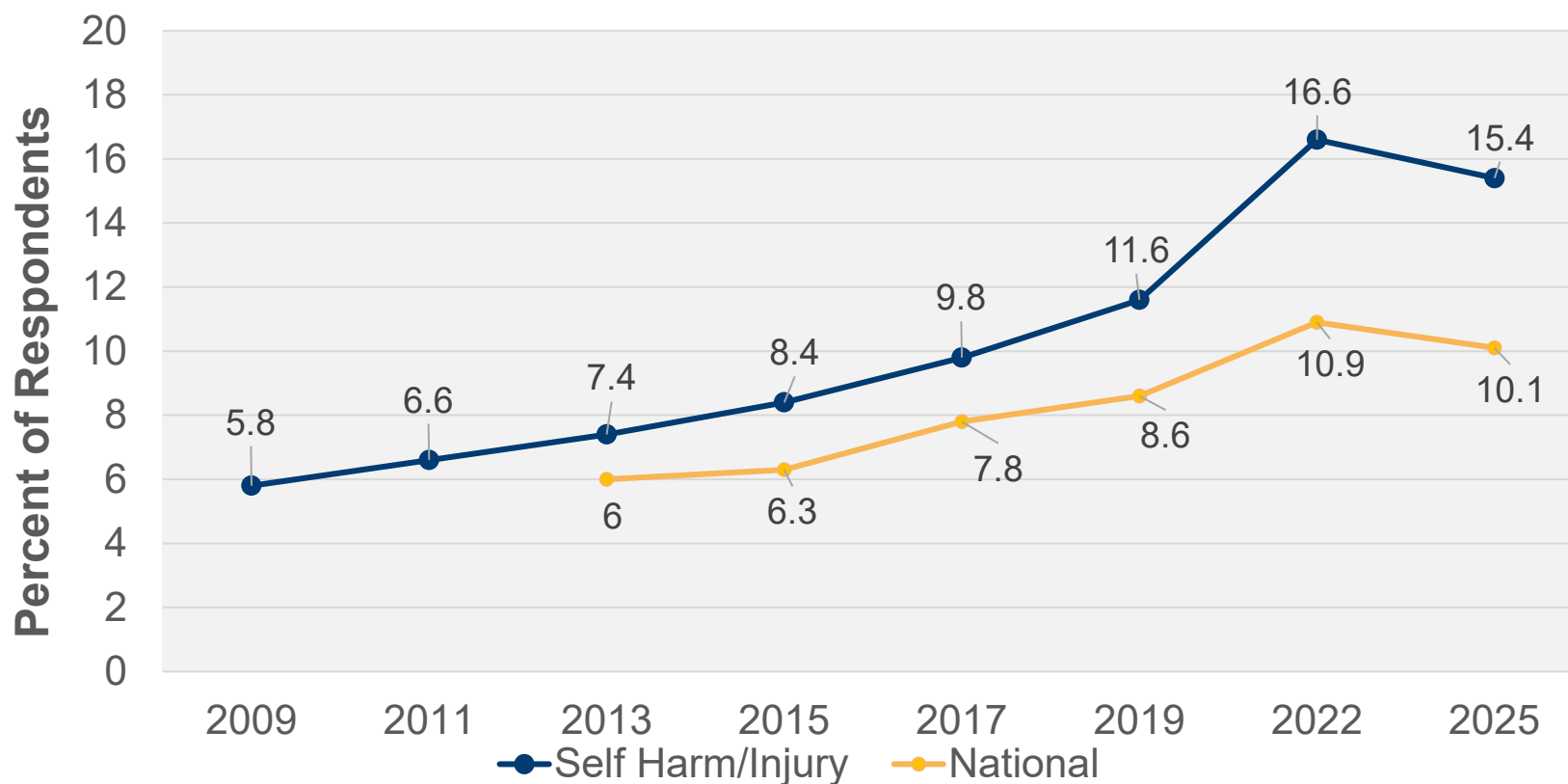


*2022 and 2025 data includes binge eating and asked if students have ever been diagnosed. Anorexia, Bulimia, self reported by students who have been diagnosed or treated within the last 12 months from 2009-2019.

**Report of eating disorder/problem having an academic impact in the last 12 months.

SELF INJURY

Within the last 12 months have you intentionally cut, burned, bruised, or otherwise injured yourself one or more times



SUICIDAL BEHAVIOR QUESTIONNAIRE-REVISED (SBQR) SCREENING SCORE

	IC	National
Negative suicidal screening (3-6)	72.3%	74.5%
Positive suicidal screening (7-18)	27.7%	25.5%
Average score	5.52	5.18

The Suicide Behavior Questionnaire-Revised (SBQ-R) score, with a range of 3–18, represents a brief four-item screening tool used to assess suicide risk. It evaluates lifetime suicidal thoughts and behaviors, recent ideation, communication of intent, and future likelihood of suicide attempt. A total score of 7 or higher among general adults (or 8 or higher for clinical populations) suggests elevated suicide risk. Higher scores indicate greater severity and frequency of suicidal behavior and ideation.

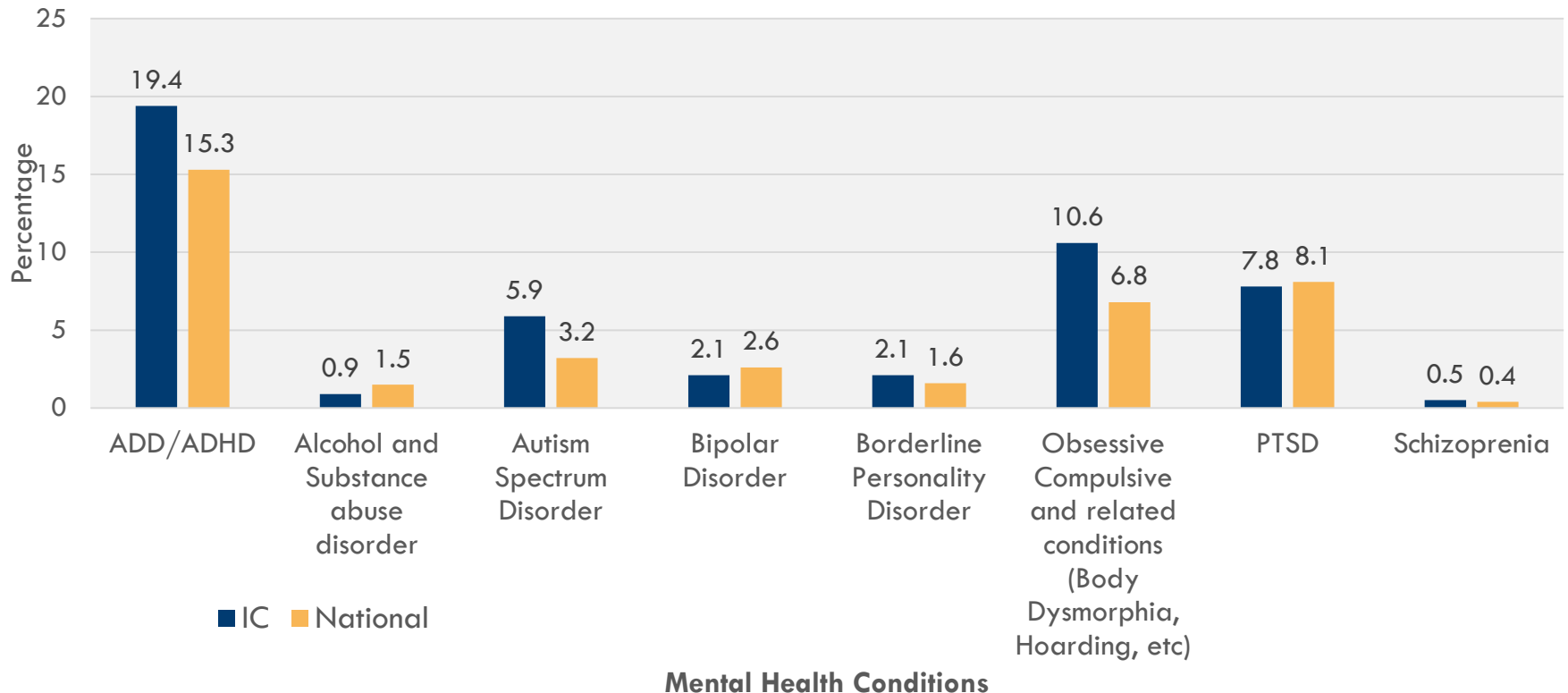
SUICIDE ATTEMPTS

Within the last 12 months, have you attempted suicide?

	IC	National
Reported attempting suicide	1.9%	2.2%
Men	1%	3%
Women	1%	2%
Transgender/Gender Non-conforming	6%	5%

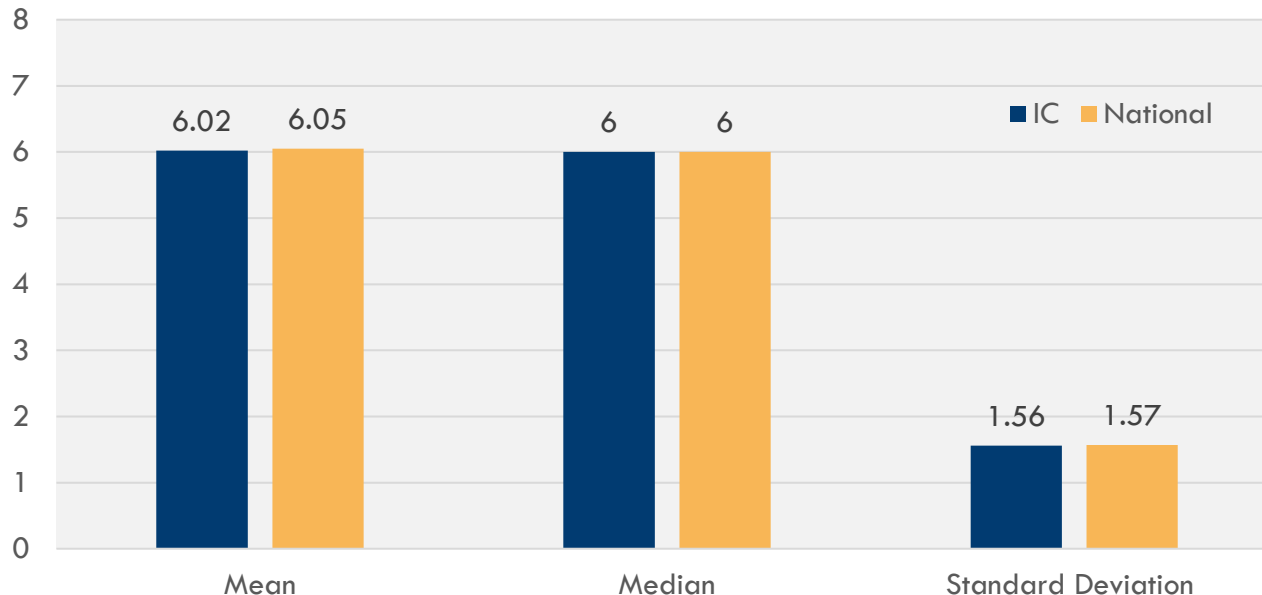
ADDITIONAL MENTAL HEALTH CONDITIONS

Students report ever diagnosed by a professional



STUDENT RESILIENCY

The Connor-Davidson Resilience Scale (CD-RISC2) Score (Range is 0-8)



The Connor-Davidson Resilience Scale (CD-RISC) score with a range of 0-8 indicates the CD-RISC 2, a brief two-item version of the scale that measures "bounce-back" and adaptability. A score of 0 represents the lowest level of resilience, while a score of 8 signifies the highest, with numerically higher numbers indicating greater adaptability and resilience in the face of stress and adversity.

COMPONENTS OF STUDENT RESILIENCY

I am able to adapt when changes occur.

	IC	National
0 Not at all true	0.5%	1.0%
1 Rarely true	4.7%	2.5%
2 Sometimes true	19.3%	20.3%
3 Often true	47.8%	45.7%
4 True nearly all the time	27.7%	30.6%

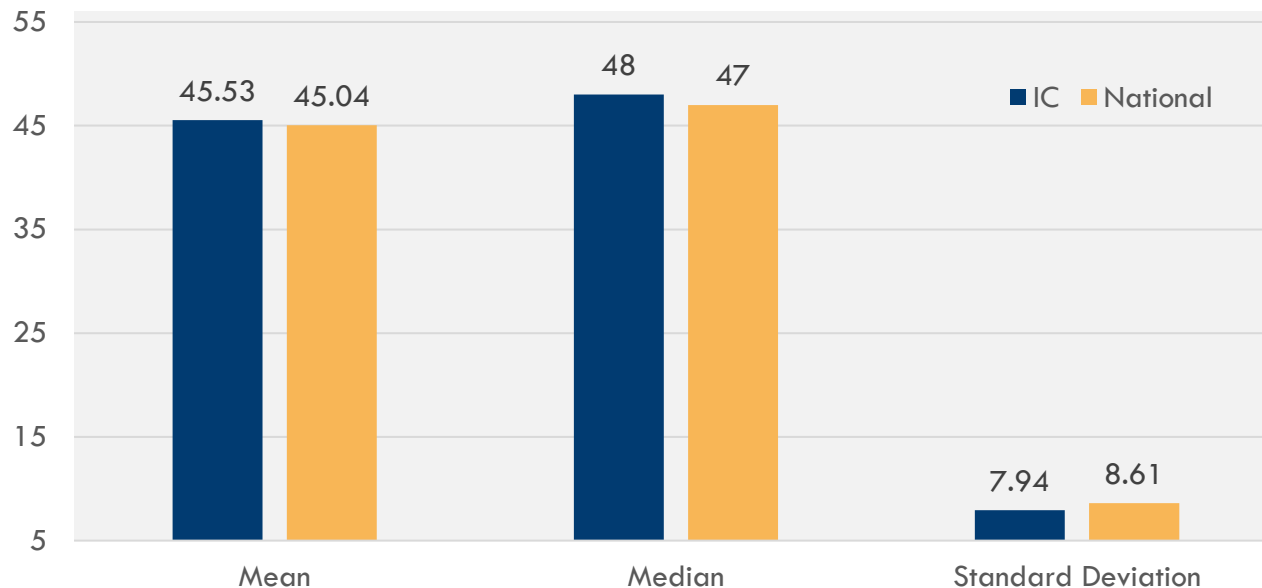
COMPONENTS OF STUDENT RESILIENCY

I tend to bounce back after illness, injury, or other hardships

	IC	National
0 Not at all true	0.9%	1.4%
1 Rarely true	4.9%	3.7%
2 Sometimes true	16.4%	19.3%
3 Often true	45.1%	41.9%
4 True nearly all the time	32.7%	33.7%

STUDENT FLOURISHING

The Diener Flourishing Scale (Range is 8-56)



The Flourishing Scale is an 8-item measure designed to assess self-perceived success in areas such as relationships, self-esteem, purpose, and optimism — key components of psychological well-being. The total score ranges from 8 to 56, with higher scores indicating greater levels of flourishing. A score of 8 represents the lowest level of psychological well-being, while 56 reflects the highest. Each item is rated on a 7-point Likert scale, from 1 (Strongly disagree) to 7 (Strongly agree). This scale captures an individual's overall sense of thriving in important life domains such as meaning, relationships, and engagement.

COMPONENTS OF FLOURISHING

IC Student Responses to the statements listed below

	Agree	Disagree	Neither Agree nor Disagree
I lead a purposeful and meaningful life	82.5% (23%)	8% (0.7%)	9.5%
My social relationships are supportive and rewarding	90.2% (29.5%)	4.6% (0.9%)	5.1%
I am engaging and interested in my daily activities	84.1% (20.2%)	9.3% (0.7%)	6.5%
I actively contribute to the happiness and well-being of others	94.2% (28.4%)	4% (0.5%)	6.5%
I am competent and capable in the activities that are important to me	91.1% (32.2%)	4.6% (0.2%)	4.2%
I am a good person and live a good life.	85.8% (29.3%)	6.6% (0.7%)	7.7%
I am optimistic about my future	79.7% (23%)	10.8% (1.2%)	9.5%
People respect me	80.2% (20%)	7.2% (0.7%)	12.6%

In the above chart percentages include individuals that strong and slightly agreed/disagreed with the statement. In parenthesis is the percentage that **strongly** agreed/disagreed.



SLEEP, NUTRITION, & EXERCISE



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BODY MASS INDEX (BMI)

Estimated BMI based on self-reported height and weight

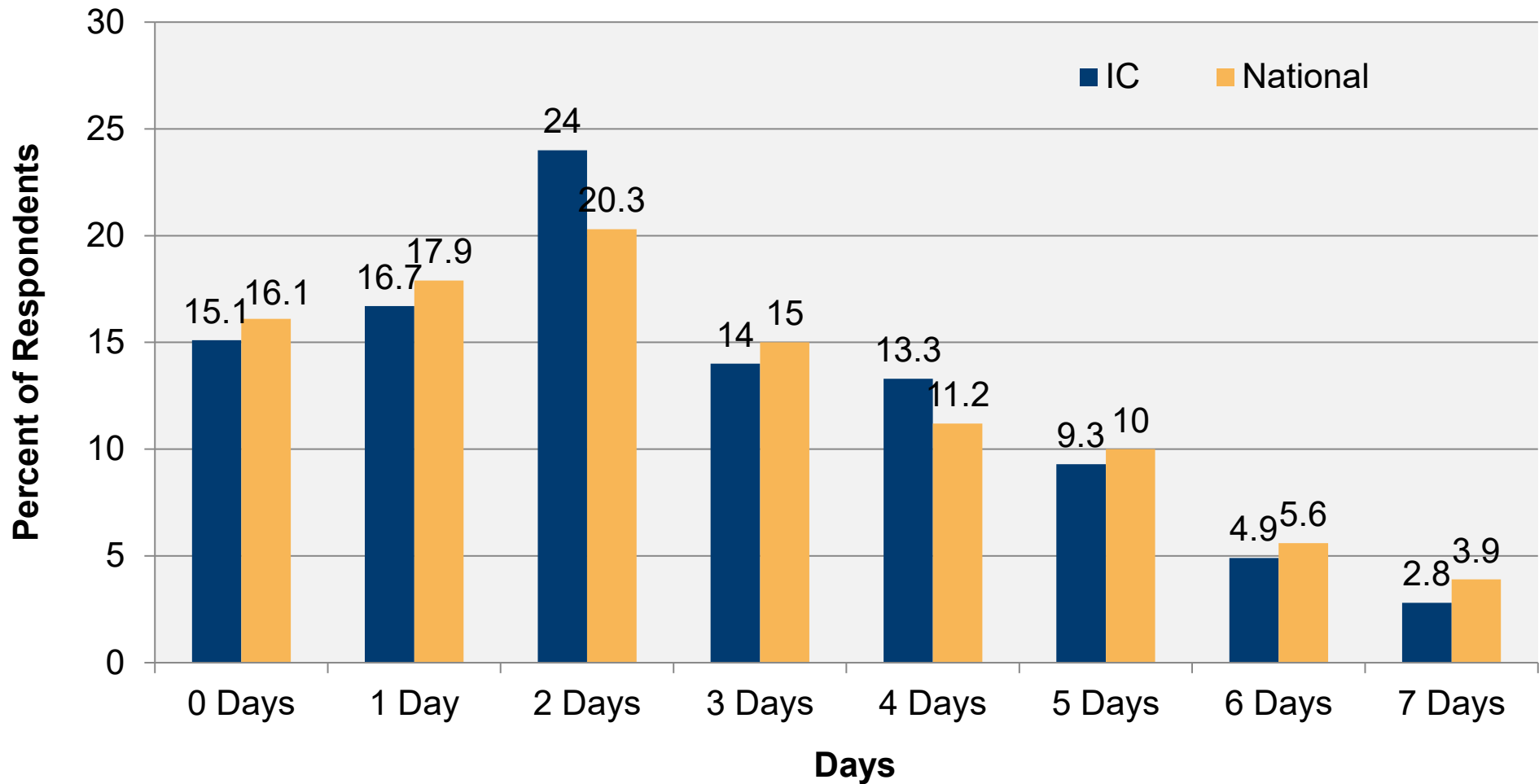
	IC Male	IC Female	IC Trans/ GNC	IC total	National
< 18.5 Underweight	5%	4%	2%	4.1%	5.8%
18.5-24.9 Healthy Weight	49%	59%	51%	56.1%	56.3%
25-29.9 Overweight	32%	25%	32%	26.8%	23.1%
30-34.9 Class I Obesity	11%	6%	8%	7.3%	8.7%
35-39.9 Class II Obesity	3%	3%	5%	3.7%	3.6%
≥ 40 Class III Obesity	1%	2%	3%	2%	2.5%

Body Mass Index (BMI) is a widely used screening tool that estimates body fat based on an individual's weight and height. It is calculated by dividing a person's weight in kilograms by the square of their height in meters (kg/m^2), resulting in a continuous score. BMI is categorized to reflect different weight statuses: a score below 18.5 indicates underweight, 18.5–24.9 is considered normal weight, 25.0–29.9 indicates overweight, and a score of 30.0 or higher signifies obesity.

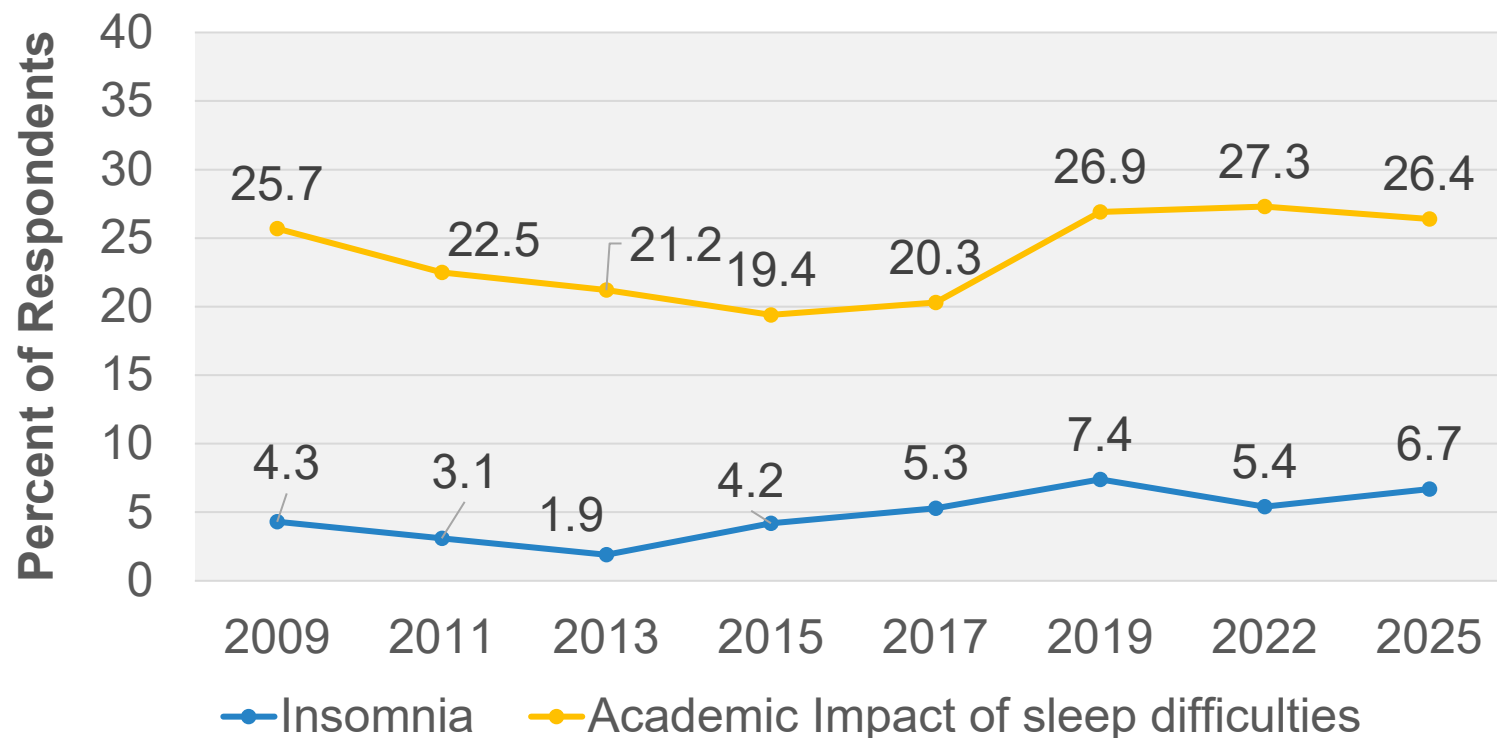
Disclaimer: While BMI is a convenient and widely used measure, it does not differentiate between fat and muscle mass, nor does it account for age, sex, ethnicity, or body composition. It is not a diagnostic tool and **should not be used** as a sole indicator of an individual's overall health.

SLEEP

On how many of the past 7 days did you get enough sleep so that you felt rested in the morning?



SLEEP DISORDERS AND SLEEP DIFFICULTIES

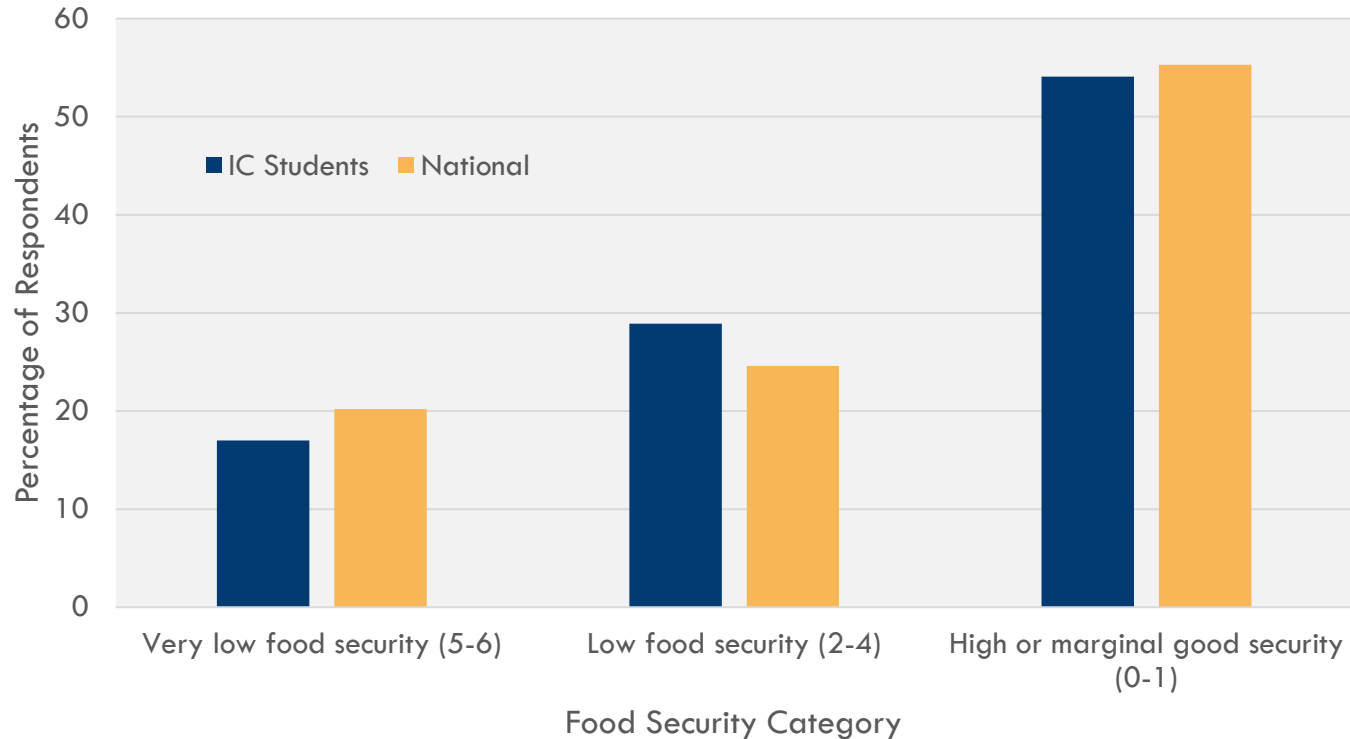


*The 2022 and 2025 study asks if students have ever been diagnosed with insomnia. Earlier surveys asked about being diagnosed **or treated** for insomnia or other sleep disorder **within the last 12 months**.

**Report of sleep difficulties having an academic impact in the last 12 months.

FOOD SECURITY

US Household Food Security Survey (Score Range: 0 – 6)



The U.S. Household Food Security Survey (6-Item Short Form) is a brief, self-report questionnaire designed to assess food security status in households. It includes six items that measure the frequency and severity of food insecurity over the past 12 months. Responses are scored to produce a total score ranging from 0 to 6. A score of 0–1 indicates high or marginal food security, 2–4 indicates low food security, and 5–6 indicates very low food security. This tool is commonly used in research and public health settings to monitor access to adequate food.

ITHACA COLLEGE FOOD SECURITY: INVENTORY RESPONSES

	No	Yes
In the last 30 days, did you ever eat less than you felt you should because there wasn't enough money for food?	77%	23%
In the last 30 days, were you ever hungry but didn't eat because there wasn't enough money for food?	82.1%	17.9%

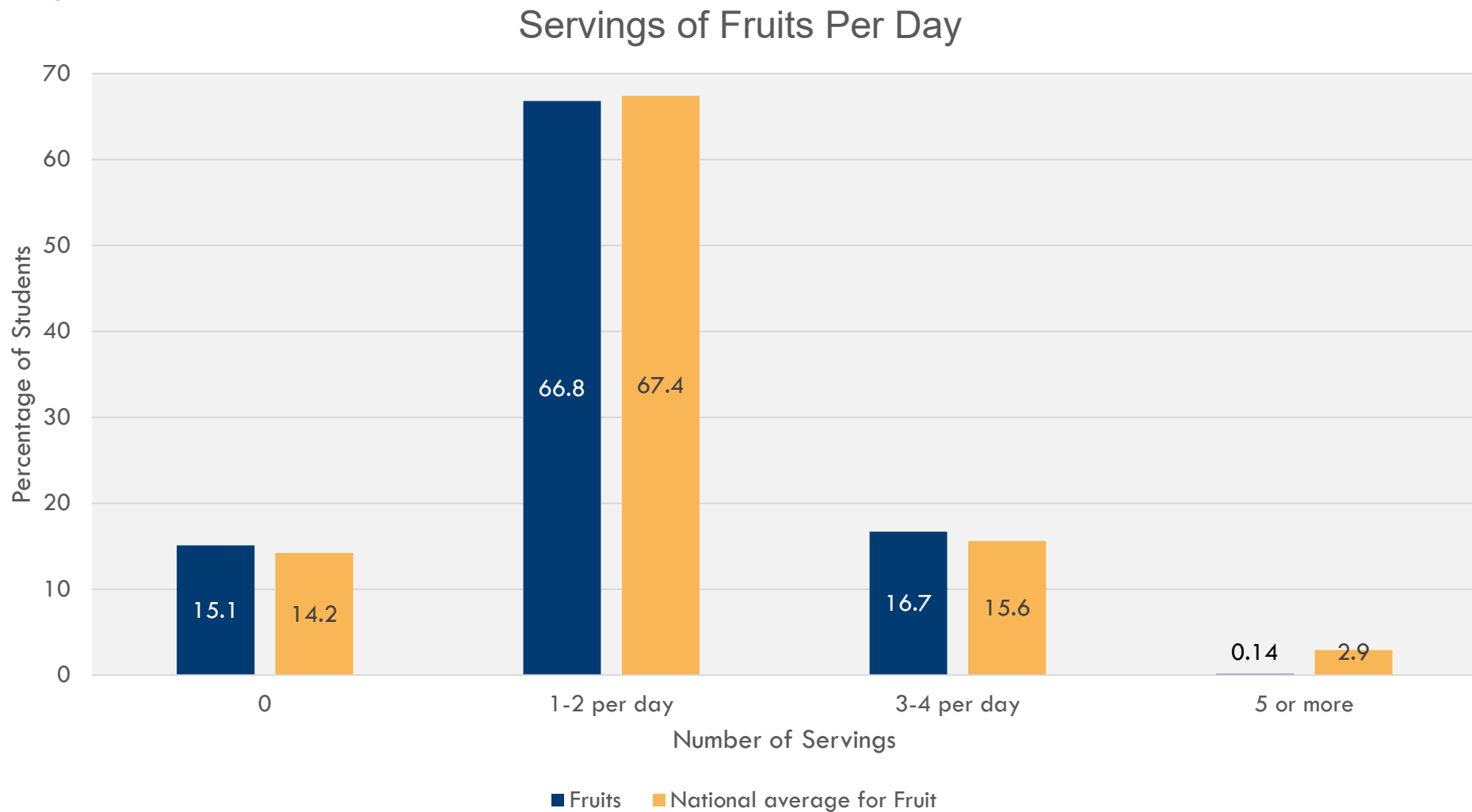
ITHACA COLLEGE FOOD SECURITY: INVENTORY RESPONSES

	Never True	Sometimes True	Often True
The food that I bought just didn't last, and I didn't have money to get more	49.9%	39.9%	10.2%
I couldn't afford to eat balanced meals.	54.8%	32.2%	13.1%

	No	Only 1 or 2 Days	Yes, Some but not every day	Yes, almost every day
In the last 30 days, did you ever cut the size of your meals or skip meals because there wasn't enough money for food?	66.1%	17.2%	13.5%	3.2%

NUTRITION

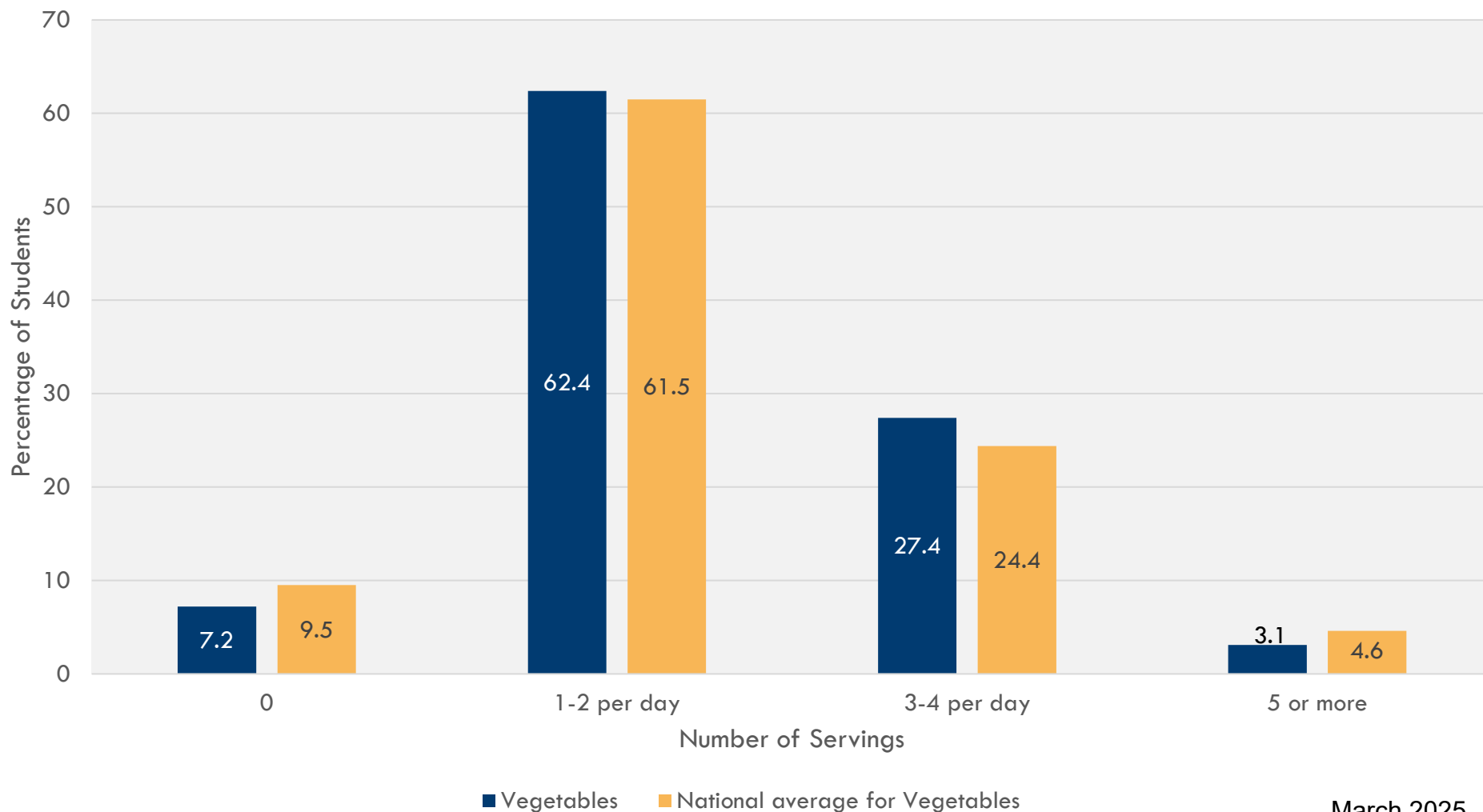
How many servings of fruits do you usually have per day?



NUTRITION

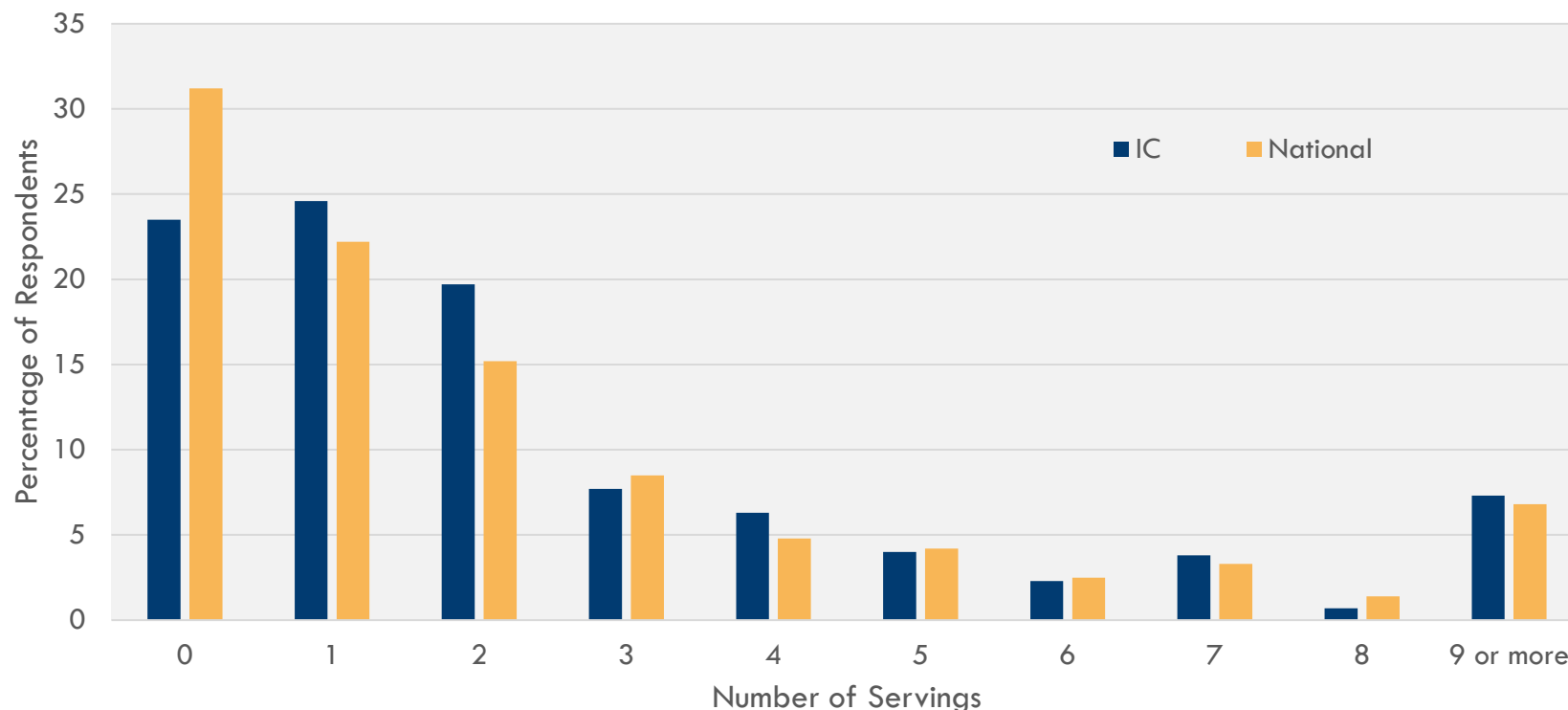
How many servings of vegetables do you usually have per day?

Servings of Vegetables Per Day



SUGAR-SWEETENED BEVERAGE CONSUMPTION

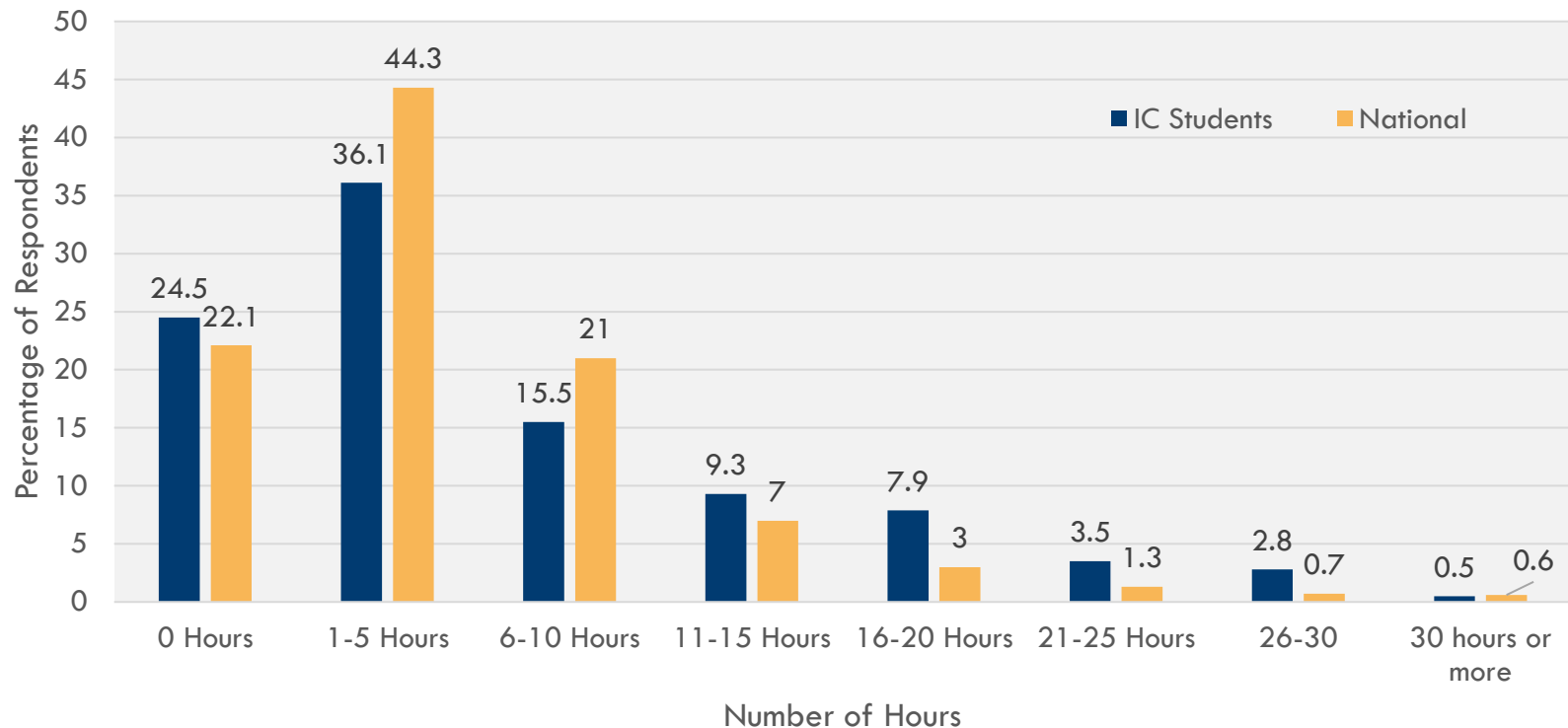
In the last 7 days, how many servings* of sugar-sweetened beverages did you drink on average per day?



*One serving is defined as 12 oz of soda; 8 oz of sugar-sweetened, flavored water or sports drink; 6 oz of sugar-sweetened coffee, tea, or juice.

PHYSICAL ACTIVITY

How many hours do you spend in a typical week (7 days) on the following activities? Participating in physical exercise, team sports, recreational sports, or physically active hobbies.





CAMPUS ENVIRONMENT AND SAFETY



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OVERALL CAMPUS ENVIRONMENT

Students that somewhat agree, agree, or strongly agree with the following statements. In parenthesis is the students that **strongly agree**

	2022		2025	
	IC	National	IC	National
I feel that I belong at my college/university	90.4% (21%)	88.3% (20.6%)	93.3% (23%)	90.0% (23%)
I feel that students' health and well-being is a priority at my college/university	67.5% (6%)	79.4% (12.8%)	79.8% (9%)	83.2% (15%)
At my college/university, I feel that the campus climate encourages free and open discussion about students' health and well-being	77.2% (11.8%)	85.4% (17%)	90.0% (19%)	87.7% (19%)
At my college/university, we are a campus where we look out for each other	74.4% (8.7%)	79.4% (12.6%)	87.0% (14%)	82.7% (16%)

HARASSMENT AND VIOLENCE

Experienced within the last 12 months (not including intimate relationships).

	IC	National
Physical fight	2.3%	2.2%
I was physically assaulted (not including sexual assault)	3.3%	2.3%
Verbal threat	14.5%	10.7%
Sexual touching without their consent	6.7%	4.9%
Sexual penetration attempt without their consent	3.3%	1.9%
Sexual penetration without their consent	2.1%	1.5%
Stalking*	7.0%	3.8%

*Stalking is defined as “waiting for you outside your classroom, residence hall, or office; repeated emails/phone calls, etc.”)

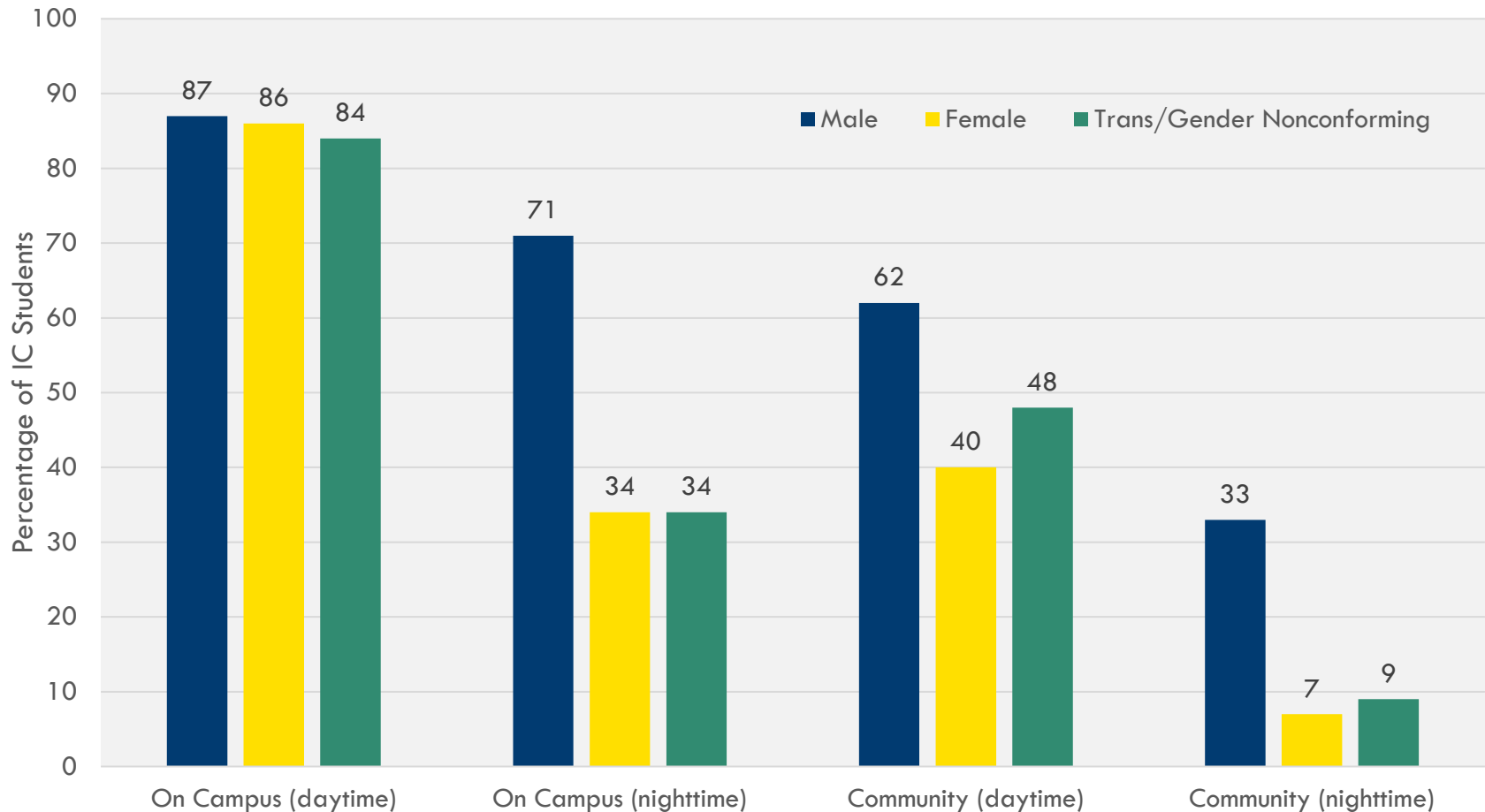
FEELINGS OF PERSONAL SAFETY

Do you feel safe?

	IC Somewhat Safe	IC Very Safe	National Somewhat Safe	National Very Safe
During the daytime				
On their campus	11.4%	86.3%	14%	78.9%
In the surrounding community	47.7%	45.8%	36.8%	48%
During the nighttime				
On their campus	47.2%	41.4%	41.1%	34.1%
In the surrounding community	43.5%	12.1%	34.5%	19.4%

IC PERSONAL SAFETY BY GENDER

Students who reported feeling very safe





HEALTH INDICATORS



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NCHA HEALTH INDICATORS

Indicators	IC	National
Used condom/other protective barrier during vaginal intercourse sometimes, most of time, or always (last 30 days)*	60.9%	48.7%
Used condom/other protective barrier during anal intercourse sometimes, most of time, or always (last 30 days)*	27.3%	30.4%
Never used tobacco or nicotine delivery products	71.2%	28.8%
No problem with sleepiness during day (0-2 days)	19.6%	26.9%
Met guidelines for only aerobic activity**	76.1%	72.4%

*Students responding “Never did this sexual activity” or “Have not done this during the last 30 days” excluded from the analysis.

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

NCHA HEALTH INDICATORS

	IC	National
Recoded Estimated Blood Alcohol Content .08 or higher*	18.8%	16.6%
Did <i>not</i> consume 5+ drinks in one sitting in the past 2 weeks	48.5%	54.2%
Ate 3+ Fruit Servings/Day (on average in past 7 days)	18.1%	18.5%
Ate 3+ Vegetable Servings/Day (on average in past 7 days)	30.5%	29%

*Due to the improbability of a student surviving a drinking episode resulting in an extremely high BAC, all students with a BAC of .50% or higher are omitted from the BAC figures in this report. Is an estimated figure based on the reported number of drinks consumed during the last time they drank alcohol in a social setting, their approximate time of consumption, sex, weight, and the average rate of ethanol metabolism. The BAC variable has only been altered for this report and remains unchanged in the data file.



Thank you!

TO REQUEST ADDITIONAL INFORMATION,
PLEASE CONTACT
THE CENTER FOR HEALTH PROMOTION AT
HEALTHPROMOTION@ITHACA.EDU



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