



**Williston State College  
Drug-Free Schools and Campuses Regulations [EDGAR Part 86]  
Biennial Review: 2024**

**Student Affairs Division  
Megan Kasner, Vice President of Student Affairs**

**December 2024**

**Williston State College**  
**Drug-Free Schools and Campuses Regulations [EDGAR Part 86]**  
**Alcohol and Other Drug Prevention Certification**

The undersigned certifies that it has adopted and implemented an alcohol and other drug prevention program for its students and employees that includes:

1. **The annual distribution to each employee, and to each student who is taking one or more classes of any kind for academic credit except for continuing education credit units, regardless of the length of the student's program of study, of:**
  - Standards of conduct that clearly prohibit, at a minimum, the unlawful possession, use or distribution of illicit drugs and alcohol by students and employees on its property or as part of any of its activities.
  - A description of the applicable legal sanctions under local, state, or federal law for the unlawful possession or distribution of illicit drugs and alcohol.
  - A description of the health risks associated with the use of illicit drugs and the abuse of alcohol.
  - A description of any drug or alcohol counseling, treatment, or rehabilitation or re-entry programs that are available to employees and students.
  - A clear statement that the institution will impose disciplinary sanction on students and employees (consistent with state and federal law), and a description of those sanctions, up to and including expulsion or termination of employment and referral for prosecution, for violations of the standards of conduct. A disciplinary sanction may include the completion of an appropriate rehabilitation program.
2. **A biennial review by the institution of its alcohol and other drug prevention comprehensive program to:**
  - Determine its effectiveness and implement changes to its comprehensive alcohol and other drug prevention program and policies if they are needed.
  - Ensure that its disciplinary sanctions are consistently enforced.

Williston State College

1410 University Ave, Williston, ND 58801

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Name of college/university

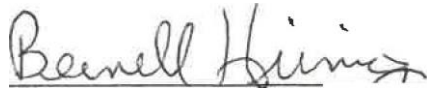
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Address of college/university

Dr. Bernell Hirning

0254229

\_\_\_\_\_  
Typed name of President

\_\_\_\_\_  
IRS Employer Identification Number



(701)774-4200

\_\_\_\_\_  
Signature of the President

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Telephone number

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## **I. Introduction / Overview**

Williston State College (WSC) is committed to an environment that supports the academic success and health of our staff and students and has a Drug-Free Campus Program that serves to provide the campus with activities and services designed to encourage a healthy and drug-free lifestyle.

In keeping with the requirements of the Drug-Free Schools and Campuses Regulations [EDGAR Part 86], WSC has an Alcohol / Drug Abuse Prevention Policy that describes standards of conduct that clearly prohibit the unlawful possession, use, or distribution of illicit drugs and alcohol by students and employees on WSC property or as part of any WSC sponsored activities. The policy includes the following:

1. A description of legal sanctions under federal, state, or local law for the unlawful possession use or distribution of illicit drugs and alcohol;
2. A clear statement of disciplinary sanctions WSC will impose on students and employees for violations of the standards of conduct;
3. A description of the health risks associated with the use of illicit drugs and the abuse of alcohol;
4. A description of the drug and alcohol counseling and treatment resources available to students and employees.

As outlined in the “Complying with the Drug-Free Schools and Campuses Regulations” (EDGAR Part 86), the policy is distributed to all students and employees as part of our Drug-Free Campus Program.

This required biennial review has the following two objectives. First, to determine the effectiveness of, and to implement necessary changes to, the AOD Prevention Program. Secondly, to ensure that campuses enforce the disciplinary sanctions for violating standards of conduct consistently.

## **II. Biennial Review Process**

This Review covers the period of 2022-2024. Specifically, it is the Fall 2022 semester through the Summer Semester of 2024.

### **A. Biennial Review Preparer(s)**

- Vice President of Student Affairs
- Vice President for Academic Affairs
- Director for Residence Life
- Student Life Coordinator
- Mental Health Counselor
- Athletic Director
- Human Resources Director
- Security Department Member
- Creative Services Department Member
- Accessibility & Retention Specialist
- Director of the ND Higher Education Consortium for Substance Abuse Prevention (ND University System)

### **B. Location of Biennial Review**

#### **Copies of the policies distributed to students and employees**

See Policy Distribution Worksheet (See Appendix C).

#### **Policies and Policy Distribution**

In accordance with the 1989 amendments to the Drug-Free Schools and Communities Act, as articulated in the Education Department General Administrative Regulations (EDGAR) Part 86 (Drug Free Schools and Campuses Regulations) this policy will be distributed to all students and employees at WSC each year (See Policy Distribution Worksheet on Appendix C)

The Vice President of Student Affairs is responsible for the notification of the policy to students. The Human Resources Manager is responsible for notification of the policy to WSC employees.

#### **2022**

- Every student received an email which included a statement of policies regarding alcohol and other drugs, along with information on how to obtain complete copies of the WSC AOD Policy and the Student Code of Conduct. (See Appendix C for a copy of the statement).
- All students must complete a college strategies or transitions for graduation purposes. The orientation course includes complete reviews and surveys of WSC AOD Policies.
- Every employee received a copy of the WSC AOD Policy as part of employee evaluation process.

- WSC AOD policy was distributed to all staff and students via email.
- WSC AOD policy is posted on the WSC website.
- See Policy Distribution Worksheet (See Appendix C)

## **2023**

- Every student received an email which included a statement of policies regarding alcohol and other drugs, along with information on how to obtain complete copies of the WSC AOD Policy and the Student Code of Conduct. (See Appendix C for a copy of the statement).
- All students must complete a college strategies or transitions for graduation purposes. The orientation course includes complete reviews and surveys of WSC AOD Policies.
- Every employee received a copy of the WSC AOD Policy as part of employee evaluation process.
- WSC AOD policy was distributed to all staff and students via email.
- WSC AOD policy is posted on the WSC website.
- See Policy Distribution Worksheet (See Appendix C)

## **2024**

- Every student received an email which included a statement of policies regarding alcohol and other drugs, along with information on how to obtain complete copies of the WSC AOD Policy and the Student Code of Conduct. (See Appendix C for a copy of the statement).
- All students must complete a college strategies or transitions for graduation purposes. The orientation course includes complete reviews and surveys of WSC AOD Policies.
- Every employee received a copy of the WSC AOD Policy as part of employee evaluation process.
- WSC AOD policy was distributed to all staff and students via email.
- WSC AOD policy is posted on the WSC website.
- See Policy Distribution Worksheet (See Appendix C)

A copy of WSC's biennial review and WSC's Alcohol and Other Drug Prevention Program is available at:

Williston State College  
1410 University Avenue  
Student Affairs Office  
Steven's Hall Office 105E  
Williston, ND 58801

It can also be found online at:

[Alcohol and Other Drug Abuse Prevention Programs](#)

### **III. Annual Policy Notification Process**

#### **A. Content of Alcohol/Drug Abuse Prevention Statement**

Section 4.3 of [WSC's Student Code of Conduct](#)

Page 6 of [WSC's Staff Handbook](#)

#### **B. Notification Process for Employees (as outlined in WSC's DAAP)**

Notification of the information contained in the Alcohol and other Drug Prevention Program is be distributed by the Director for Human Resources to all current employees of the college via WSC email on or before October 1st of each year.

#### **C. Notification Process for Students (as outlined in WSC's DAAP)**

Notification of the information contained in the Alcohol and other Drug Prevention Program is distributed by the Vice President of Student Affairs to all currently enrolled students via WSC email on or before October 1st of each year.

### **IV. Alcohol and Other Drug (AOD) Prevalence Rate, Incidence Rate, Needs Assessment, and Trend Data**

#### **A. The number of drug and alcohol-related incidents and fatalities that occur on campus**

Page 22 of [WSC's Annual Security and Fire Safety Report](#)

#### **B. The number of drug and alcohol-related incidents and fatalities reported to campus officials**

Page 22 of [WSC's Annual Security and Fire Safety Report](#)

#### **C. American College Health Association-National College Health Assessment III (ACHA-NCHA III)**

- The ACHA-NCHA III is a nationally recognized survey designed to gather accurate data on college students' health habits, and behaviors. It covers a broad range of important health and wellness topics, such as substance use, sexual health, nutrition, exercise, mental health, personal safety, and preventive health practices. WSC first participated in this survey in Spring 2024 and will continue to administer it on a regular basis. The 2024 data have been distributed to the College and used to guide well-being efforts. The WSC ACHA NCHA Spring 2024 Executive Summary can be found in Appendix D.

## **V. AOD Policy, Enforcement, and Compliance Inventory**

### **A. Policies**

1. **North Dakota Century Code** – Appendix A
2. **WSC Alcohol and Drug Policy** – Appendix B
3. **WSC's Student Code of Conduct**
4. **Alcoholic Beverages - Sale, Serving, and Consumption** – Appendix A
5. **Alcohol Marketing and Promotion:** Restrict marketing and promotion of alcoholic beverages both on and off campus.
  - According to the WSC AOD Policy: The public display of advertising or promotion of alcoholic beverages in campus buildings or any other public campus area including all college-owned housing areas is prohibited. This includes banners, lighted beer/liquor signs, and large inflatable advertising, etc. (Entities that lease commercial or research property from the college may be excluded. However, the college may include provisions in these leases that will assist in its effort to promote legal and safe use of alcohol and to change the culture that perpetuates alcohol and other drug misuse and abuse.)
  - According to the WSC AOD Policy: Alcohol promotional activities, including advertising, shall not be associated with otherwise existing campus events, programs, or campus organizations' functions on or off campus. This includes, but is not limited to, such items as cups, t-shirts, beverage can coolers, and any other items carrying alcohol/beer advertising.
  - According to the WSC AOD Policy: Advertising of alcoholic beverages shall not appear in campus controlled or affiliated publications (including campus affiliated Websites). Advertising of establishments that sell alcohol may appear and must adhere to the following guidelines:
  - Advertising of establishments that sell alcohol shall not include brand names, logos, prices, visual images or verbal phrases that refer to consumption of alcoholic beverages.
  - Advertising of establishments that sell alcohol shall not encourage any form of alcohol abuse nor shall it promote alcohol specials such as two for ones, happy hour drink specials, or any ads that encourage rapid and excessive consumption of alcohol.
  - Advertising of establishments that sell alcohol shall not portray drinking as a solution to personal or academic problems or as necessary to social, sexual or academic success.
  - Advertising of establishments that sell alcohol shall not associate consumption of alcoholic beverages with the performance of tasks that require skilled reactions such as the operation of motor vehicles or athletic performance.
6. **Student Campus Housing Contract**
  - The ND State Board of Higher Education prohibits the possession, sale, dispensation, use, or consumption of alcoholic beverages upon land or in buildings owned by the board or its institutions.



- WSC prohibits the unlawful or unauthorized use, possession, storage, manufacture, distribution, or sale of alcoholic beverages and any illicit drugs or drug paraphernalia in campus buildings, any public campus area, in campus housing units, in college vehicles, or at any college-affiliated events held on or off-campus, which are sponsored by students, employees, and their respective campus organizations.

## 7. WSC Tobacco and Smoke Free Campus Procedure – Appendix E

## 8. [Employee Assistance Program](#)

## 9. [WSC Code of Conduct for Student Athletes](#)

- The WSC Athletics Department provides each student athlete with a code of conduct manual. This conduct manual outlines the procedures and general regulations that have been established by WSC and affiliated athletic conferences. Student Athletes are required to sign a statement of understanding the policy. Please see Appendix F

## B. Enforcement

Develop and enforce AOD campus policies according to local, state, and federal laws.

- **Policy enforcement:** The President has delegated student conduct responsibilities to the Vice President of Student Affairs. The Vice President has assigned the Office of Student Affairs to carry out these functions. In addition, live-in staff and Student Resident Assistants and live-in Head Resident address and report residence hall policy violations. The Director for Residence Life is responsible for reviewing and investigating reported violations and issues sanctions as required. WSC security and WSC contracted security personnel patrol the campus between the hours of 6am and 12am Monday – Saturday and 12pm – 9pm Sunday to assist in enforcing college policies.
- **WSC Parental Notification Policy**
  - WSC’s Student Code of Conduct states, “Parents or guardians of students under 21 may be contacted by a WSC Student Services administrator following alcohol and/or other drug related policy violations.”
- **State and Local Law:** Individuals in the state of North Dakota must be at least 21 years of age to buy, possess and/or consume alcohol and tobacco products. Person(s) providing alcohol or tobacco to individuals under the age of 21 violate state law and may be cited for contributing to the delinquency of a minor among other possible citations depending on the circumstances. There are other important state laws and local rules relating to alcohol including driving under the influence (DUI) and open container. For a first DUI offense, violators are fined at least \$500 and are ordered to have an addiction evaluation. State Law and Williston City Ordinances prohibit driving under the influence of intoxicating liquor or controlled substances. State Law and Williston City Ordinances also prohibit open containers of alcohol in vehicles. It is important to note Williston City Ordinances also prohibit disorderly houses (loud gatherings). Please see [Williston City Ordinances](#) for more information

- North Dakota has adopted the Uniform Controlled Substances Act, which restricts the manufacture, transfer, and possession of narcotic drugs and other drugs that have a potential for abuse or that may lead to physical or psychological dependence. It is a Class A felony to manufacture, deliver or possess with intent to manufacture or deliver controlled substances such as methamphetamines or narcotic drugs such as opium or cocaine in North Dakota. Penalties for a Class A felony can be up to 20 years imprisonment and/or \$20,000 fine.
- Possession of drug paraphernalia for marijuana and advertising drug paraphernalia are Class A misdemeanors. Possession of one ounce or less of marijuana is a Class B misdemeanor. Possession of more than one ounce of marijuana is a Class B Felony. Inhaling vapors of a volatile chemical in a manner designed to create intoxication, hallucination or elation is a Class B misdemeanor. Possession of drug paraphernalia for controlled substances other than marijuana is a Class A misdemeanor. Possession of drug paraphernalia for marijuana can be classified as a Class A or Class B misdemeanor. It is a Class A misdemeanor to advertise drug paraphernalia. Class A misdemeanors are punishable up to one year's imprisonment and/or \$3,000 fine. Class B misdemeanors are punishable up to 30 days' imprisonment and/or \$1,500 fine. A Class B felony is punishable up to ten years' imprisonment and/or \$20,000 fine. For more information, please refer to [North Dakota Century Code](#).
- "North Dakota Century Code (NDCC 05-01-06.1) (Appendix) establishes that every spouse, child, parent, guardian, employer, or other person who is injured by any obviously intoxicated person has a claim for relief for fault against any person who knowingly disposes, sells, or gives away alcoholic beverages to:
  - A person under twenty-one years of age
  - An incompetent, or
  - An obviously intoxicated person
 And if death ensues, the survivors of the deceased are entitled to damages."

C. Record of Violations

- Number of violations observed/reported for each judicial/discipline related policy

[Page 22 of WSC's 2022 Annual Security and Fire Safety Report](#)

## VI. AOD Comprehensive Program /Intervention Inventory & Related Process and Outcomes/Data

### A. Community Activities/Initiatives

The following information represents an inventory of community programs and initiatives:

- WSC students, faculty, and staff participate in various community projects including the Salvation Army holiday bell ringing and Angel Tree charity events, a Giving Tree benefit for the Family Crisis Shelter, Easter Egg hunt hosted by Phi Theta Kappa (PTK), community-wide spring clean-up day, and Earth Day celebrations and associated clean-up activities and community parades. WSC also

hosts the community Out of the Darkness Walk, Relay for Life, and Trail of Treats.

- The [Williston Area Recreation Center](#) located on campus is open to students free of charge. Facilities include indoor tennis, basketball, track, weights and cardio, waterpark, and lap pools.
- In addition, WSC student facilities are open evenings and weekends, providing students access to recreational space during the time they are not in class.
- All WSC events, both on and off campus are alcohol free in accordance with NDSBHE policy 918.

#### B. WSC Activities/Initiatives

For this report, there were several campus-wide drug and alcohol awareness events and initiatives

- WSC offers alcohol and drug prevention programs which strive to educate students about the risks associated with alcohol use, communicate clear messages about the consequences of underage drinking, and provide a variety of on-campus student programming.
- WSC provides mental health counseling at no cost to currently enrolled students. WSC contracts with an outside agency to provide personal counseling services that offer confidential consultation, brief intervention, access to medication assessments, and referrals. Health and Wellness Services and Contracted Counseling services work to promote students' academic success while also caring for the student as a whole. Confidentially applies, with some exceptions including risk to harm self, others, child abuse, neglect, and medical emergencies. Health and Wellness and Contracted Counseling services offer students a trained social worker and an outside counselor who can offer objective, non-judgmental feedback about student issues. At the contracted providers office, a counselor will ask questions and make observations that may provide new perspectives on concerns, and new ideas on how to solve them. Health and Wellness and Counseling services create an interpersonal experience in which students can learn and practice skills necessary to meet their goals. In situations where issues are more long standing, referrals can be made for services in the Williston community or in the student's home community. By appointment, students also have the ability to connect face to face over a TV monitor to professional counselors on other North Dakota University System campuses.
- Student Life and Residence Life departments consistently plan late night, free events that are open to all students. Events may include, but are not limited to, the following: Dances, hypnotists, magicians, bowling nights, grocery bingo, open mic nights, speakers and lecturers, history symposiums, movie nights, games nights etc.
- All students are encouraged to attend WSC athletics games free of charge. Athletic events include: Basketball, hockey, baseball, volleyball, and softball.

#### C. Programs for Special Populations

- First-year students: As part of the College Strategies/Transitions curriculum, one class session is dedicated to alcohol and other drugs. During this class, students participate in a norms clarification exercise and discuss the physical and financial effects of AOD use.
- Fall Move-In Day includes a Parent Session. This session is specific to student parents or guardians and provides an overview of the college and its services. The overview includes a comprehensive overview of AOD use, prevention, interventions, college and community resources and services. An open question and answer forum follows the session allowing parents the opportunity to ask specific questions pertaining to AOD or any topic.
- Athletes and Coaches: The WSC Health and Wellness Coordinator meets with Athletics coaches as needed to discuss mental health, substance use, and suicide and provides insight into warning signs typical of college students, specifically student athletes. A crisis intervention plan for individuals in need is developed with the Health and Wellness Coordinator and the concerned coach. Coaches are encouraged to consult on situations they are unsure of with the Health and Wellness Coordinator.

#### D. Individual Based Programs/Interventions

- Short term substance abuse interventions: WSC's campus counselor is available at no cost to currently enrolled students. Personal counseling services offers confidential consultation, brief intervention, access to medication assessments, and referrals. Counseling services works to promote students' academic success while also caring for the student as a whole. Confidentially applies, with some exceptions including risk to harm self, others, child abuse, neglect, and medical emergencies. Counseling services offers students a trained counselor who can offer objective, non-judgmental feedback about student issues. A counselor will ask questions and make observations that may provide new perspectives on concerns, and new ideas on how to solve them. Counseling services creates an interpersonal experience in which students can learn and practice skills necessary to meet their goals. In situations where issues are more long standing, referrals can be made for services in the Williston community or in the student's home community.
- Substance-Free Residence Options: Residence Life aims to host two events per month with the goal of providing students a variety of alternative programs to alcohol-related activities. Residence Life programs encourage involvement of on-campus residents with the majority of events taking place in Frontier Hall. Events range from free movie nights, video games, board games, arts and crafts, community speakers, music and karaoke nights and free dinners.
- WSC's [eCHECKUP TO GO](#) alcohol use prevention program strives to educate students about the risks associated with alcohol use, communicate clear messages about the consequences of underage drinking. Although descriptive and statistical information about the College has been provided by Williston State College, the Alcohol [eCHECKUP TO GO](#) program is owned, operated, and maintained by the San Diego State University Research Foundation.

- [Drug and Alcohol Prevention Program 2021-2022\(DAAP\) Appendix H](#)

#### E. Group Based Programs/Interventions

- Academic responsibility policies: Students are responsible for academic integrity.
- Instructors may enforce class participation/attendance as they believe appropriate.
- Faculty and staff involvement: WSC has posted and consistent hours for all faculty in order to meet the needs of students.
- WSC has posted and consistent hours for all staff in order to meet the needs of students.
- Alcohol education and prevention efforts address misperceptions of drinking norms: Through Project ND Partners in Prevention, [eCHECKUP TO GO](#) is currently being used with all first-year students. E-check up to go is a brief online assessment and feedback tool designed to reduce high-risk drinking among college students. All first-year students are required to successfully complete a Freshman Seminar/Transitions course, in which they are required to complete the e-check up to go.
- Student leadership promotes positive, healthy norms: Student leaders play an important role on WSC's campus. Student and staff in hall Resident Assistants report to the Director for Residence Life and serve as peer support for residents. 18 student lead organizations engage students and promote co-curricular learning and service. Additionally, student led organizations continue to grow as more students seek to be involved on campus and cultivate their leadership experience.

### VII. Alcohol and Other Drug Comprehensive Program Goals and Objectives for Biennium

- **Assessment of AOD Efforts**
  - Continued to work with the North Dakota University System and the North Dakota Higher Education Consortium for Substance Abuse Prevention to implement the ACHA's NCHA survey in 2024
  - ACHA-NCHA gathered and assessed data on student behaviors, attitudes, and perceptions related to student mental and physical health
  - ACHA-NCHA utilized to design current and future programming and initiatives
- **Maintain EDGAR 86 Compliance**
  - Comply with EDGAR 86 (policy distribution and biennial review completion).
  - Complete NDHECSAP Part 86 worksheet annually.
  - Complete NDHECSAP distribution timeline annually.
- **Improve data collection practice regarding AOD policy violations and sanctions**
  - Solicit ideas and recommendations from other campuses on sanction philosophy.
  - Solicit ideas and recommendations from other campuses on sanction reporting practices.
  - Maximize use of existing database and implement associated software to consistently track and report violations and sanctions.
- **Continue programming and activities that promote a healthy lifestyle**
  - Enhance programming on nights and weekends.
  - Develop additional lounge and recreational spaces for students.

- **Involve broader campus community in prevention efforts**
  - Strengthen Behavioral Intervention Teams toward awareness, prevention and intervention.
  - Enhance campus awareness of AOD issues and sanctions.
  - Continue training residence hall staff.
  - Mental Health Counselor provides trainings and organizes support groups.
- **Provide consistent support to students**
  - Enhance mental health practitioner staff and expertise.
  - Continue professional residence hall staff program.
  - Explore the establishment of student health services on campus.
  - Provide a secure campus by enhancing security technology and services.

### **VIII. AOD Strengths and Weaknesses**

Based on the review of the past two years, the Biennial Review committee noted several areas as strengths and other areas were noted for needing improvement

#### **A. Strengths**

- Accessibility & Retention Specialist position added under Student Affairs Division. This position resources primarily with WSC's Counseling Office to address any student retention concerns.
- Frontier Hall Student Resident Assistants, live-in Frontier Hall Staff Resident Assistants, and one live-in head resident in Nelson Hall, partake in annual comprehensive training including – drug, alcohol, Title IX, student conduct, etc.
- Continuation of AOD information for parents during parent orientation.
- Student activities available every week. Both early and late evening on-campus, substance-free activities provided.
- Strong WSC Student Government support for substance-free event sponsorship.
- WSC students obtain Williston Area Recreation Center membership at no additional cost to develop healthy exercise and activity habits.
- WSC's small class size and overall small student population helps WSC staff identify students who may be experiencing alcohol and/or drug related issues.
- Continued implementation of Student Athlete Drug Education and Drug Testing Policy.
- Continued relationship with the ND Higher Education Consortium for Substance Abuse Prevention.
- Strong relationships with local law enforcement agencies and Northwest Human Service Center.
- Policy distribution is consistent and in compliance with EDGAR 86.
- Electronic mail (official) and texting are used as means of student communication allowing for immediate and consistent notification.
- WSC is tobacco/smoke free.
- WSC has contracted to have campus security. Ten exterior lights were added to the Western Star building which assist exterior camera capturing ability.

- WSC has updated the video surveillance system and cameras throughout the campus
- WSC provides case management services through a Licensed Master in Social Worker, case manager/Health and Wellness Coordinator, as well as an outside agency Counseling Service Provider. This outside agency will provide counseling services free of charge to students. Through the NDUS Mental Health Task Force, WSC students can access tele-mental health. The agreement between Northern Prairie Counseling Clinical and the NDUS allows NDUS students access to doctoral and master level counselors located at UND.
- WSC collaborated with our local health unit to provide drug and alcohol prevention programming and education, sexually transmitted infection and pregnancy prevention education and testing
- WSC collaborated with NDSU's Be The One Campaign which will provide NARCAN and NARCAN training for WSC personnel.

B. Weaknesses

- Student health services are not currently available on campus.
- Funding is not currently available for 24-hour campus security personnel.
- Regional and community lack external, specialized health and mental health referral services.
- WSC Residence Life has experienced both student and staff RA turnover. Onboarding and comprehensive training can be difficult with many new staff members lacking situational experience.
- Lack of regional residential treatment facilities and medical detox facilities.
- Lack of regional shelters or support for individuals experiencing homelessness.
- Since January 2019, WSC has experienced high turnover in counseling services which has led to inconsistencies in students' continuity of care

C. Recommendations for the next biennium

- Additional funding for security personnel to patrol campus during non-business hours, large events, weekends, and holidays.
- Exploring transportation for WSC students for off-campus appointments/care.
- WSC exploring idea of a Health and Wellness living community in Frontier Hall where students who are in recovery could pledge sober living, gain support from fellow students, and start a counselor led support group for students.
- WSC is working with the NDHECSAP to improve student surveys to assure questioning is relevant to current terminology related to substance use
- Develop and implement strategic programming initiatives with Student Life that integrate mental health awareness and mindfulness based intervention strategies
- Develop and implement peer support strategies and initiatives that address mental health and substance use

## **Conclusion**

### **Recommendations for revising AOD programs**

- WSC will continue to increase the use of evidence-based prevention strategies to address high-risk alcohol and other drug use.
- Specific goals can be found above in the section titled 'Statement of AOD Program Goals & Discussion of Goal Achievement.' These goals are considered recommendations to improve WSC prevention strategies.



## **Appendix A**

### **North Dakota Century Code**

#### **TITLE 5 ALCOHOLIC BEVERAGES CHAPTER 5-01 GENERAL PROVISIONS**

##### **5-01-01. Definitions.**

1. "Alcohol" means neutral spirits distilled at or above one hundred ninety degrees proof, whether or not such product is subsequently reduced, for nonindustrial use.
2. "Alcoholic beverages" means any liquid suitable for drinking by human beings, which contains one-half of one percent or more of alcohol by volume.
3. "Beer" means any malt beverage containing one-half of one percent or more of alcohol by volume.
4. "Bottle or can" means any container, regardless of the material from which made, having a capacity less than a bulk container for use for the sale of malt beverages at retail.
5. "Direct shipper" means a person that is licensed by the commissioner and ships or causes to be shipped alcoholic beverages directly into this state to a consumer for the consumer's personal use and not for resale.
6. "Distilled spirits" means any alcoholic beverage that is not beer, wine, sparkling wine, or alcohol.
7. "In bulk" means in containers having a capacity not less than one-sixth barrel for use for the sale of malt beverages at retail.
8. "Licensed alcohol carrier" means a person licensed to transport or deliver alcoholic beverages to a consumer without first having the alcoholic beverage delivered through a wholesaler licensed in this state.
9. "Licensed logistics shipper" means a person that provides fulfillment house services, including warehousing, packaging, distribution, order processing, or shipment of alcoholic beverages on behalf of a licensed direct shipper and by way of a licensed alcohol carrier.
10. "Licensed premises" means the premises on which beer, liquor, or alcoholic beverages are normally sold or dispensed and must be delineated by diagram or blueprint which must be included with the license application or the license renewal application.
11. "Liquor" means any alcoholic beverage except beer.
12. "Local governing body" means the governing entity of a city, county, or federally recognized Indian tribe in this state.
13. "Local license" means a city, county, or tribal retail alcoholic beverage license issued by the appropriate local governing body.
14. "Microbrew pub" means a brewer that brews ten thousand or fewer barrels of beer per year and sells beer produced or manufactured on the premises for consumption on or off the premises or serves beer produced or manufactured on the premises for purposes of sampling the beer.
15. "Organization" means a domestic or foreign corporation, general partnership, limited partnership, or limited liability company.
16. "Sparkling wine" means wine made effervescent with carbon dioxide.

17. "Supplier" means an alcoholic beverage manufacturer, importer, marketer, or wholesaler selling alcoholic beverages to a wholesaler licensed in this state for purposes of resale.
18. "Tribal licensee" means a person issued a local license by the governing body of a federally recognized Indian tribe in this state for the retail sale of alcoholic beverages within the exterior tribal reservation boundaries.
19. "Twenty-one years of age" means it is after eight a.m. on the date twenty-one years after a person's date of birth.
20. "Wine" means the alcoholic beverage obtained by fermentation of agricultural products containing natural or added sugar or such beverage fortified with brandy and containing not more than twenty-four percent alcohol by volume.

**5-01-06.1. Claim for relief for fault resulting from intoxication.**

1. Every spouse, child, parent, guardian, employer, or other individual who is injured by any obviously intoxicated individual has a claim for relief for fault under section 32-03.2-02 against any person who knowingly disposes, sells, barter, or gives away alcoholic beverages to an individual under twenty-one years of age or to an incompetent or an obviously intoxicated individual, and if death ensues, the survivors of the decedent are entitled to damages defined in section 32-21-02. If a retail licensee is found liable under this section and exemplary damages are sought, the finder of fact may consider as a mitigating factor that the licensee provided to an employee alcohol server training that addressed intoxication, drunk driving, and underage drinking.
2. If a retail licensee provided to an employee alcohol server training that addresses intoxication, drunk driving, and underage drinking, a person with a claim for relief under this section may not use the fact that the retail licensee provided this training to prove culpability.
3. A claim for relief under this section may not be had on behalf of the intoxicated individual nor on behalf of the intoxicated individual's estate or personal representatives, nor may a claim for relief be had on behalf of an adult passenger in an automobile driven by an intoxicated individual or on behalf of the passenger's estate or personal representatives.

**5-01-08. Individuals under twenty-one years of age prohibited from using alcoholic beverages or entering licensed premises - Penalty.**

1. Except as permitted in this section and section 5-02-06, an individual under twenty-one years of age may not manufacture or attempt to manufacture, purchase or attempt to purchase, consume or have recently consumed other than during a religious service, be under the influence of, be in possession of, or furnish money to any individual for the purchase of an alcoholic beverage.
2. An individual under twenty-one years of age may not enter any licensed premises where alcoholic beverages are being sold or displayed, except: a. A restaurant if accompanied by a parent or legal guardian; b. In accordance with section 5-02-06; Page No. 3 c. If the individual is an independent contractor or the independent contractor's employee engaged in contract work and is not engaged in selling, dispensing, delivering, or consuming alcoholic beverages; d. If the individual is a law enforcement officer or other public official who enters the premises in the performance of official duty; or e. If the individual enters the premises for training, education, or research purposes under the supervision of an individual twenty-one or more years of age with prior notification of the local licensing authority.

3. A violation of this section is a class B misdemeanor. For a violation of subsection 1 or 2, the court also shall sentence a violator to an evidence-based alcohol and drug education program operated under rules adopted by the department of human services under section 50-06-44.

4. The court, under this section, may refer the individual to an outpatient addiction facility licensed by the department of human services for evaluation and appropriate counseling or treatment.

5. The offense of consumption occurs in the county of consumption or the county where the offender is arrested.

6. An individual under twenty-one years of age is immune from criminal prosecution under this section if that individual contacted law enforcement or emergency medical services and reported that another individual under twenty-one years of age was in need of medical assistance due to alcohol consumption, provided assistance to the individual in need of medical assistance until assistance arrived and remained on the scene, or was the individual in need of medical assistance and cooperated with medical assistance and law enforcement personnel on the scene. The maximum number of individuals that may be immune for any one occurrence is five individuals.

**5-02-06. Prohibitions for individuals under twenty-one years of age - Penalty - Exceptions.**

1. Except as permitted in this section, a licensee who dispenses alcoholic beverages to an individual under twenty-one years of age, or who permits an individual under twenty-one years of age to remain on the licensed premises while alcoholic beverages are being sold or displayed, is guilty of a class A misdemeanor, subject to sections 5-01-08, 5-01-08.1, and 5-01-08.2.

2. An individual under twenty-one years of age may enter and remain on a licensed premises while alcohol is being sold or displayed, at the discretion of the owner of the licensed premises, if:

- a. The individual is accompanied by a parent or guardian who is twenty-one years of age or older. For purposes of this section, "guardian" means an individual who has the legal responsibility for the health and well-being of the individual under twenty-one years of age;
- b. The individual is on the premises to consume a meal or in an emergency situation;
- c. The premises serves at a tabletop, food that is prepared in a kitchen with at least an indoor grill;
- d. The individual is not on the licensed premises after ten p.m.; and
- e. The owner of the licensed premises receives permission of the local licensing authority for individuals to be on the premises as allowed under this section and the licensed premises is located in a city with a population of one thousand five hundred or fewer people, or the licensed premises is not located in a city.

3. An individual under twenty-one years of age may not remain in a restaurant where alcoholic beverages are being sold except if the restaurant is separated from the room in which alcoholic beverages are opened or mixed and gross sales of food are at least equal to gross sales of alcoholic beverages which are consumed in the dining area, or if the individual is employed by the restaurant as a food waiter, food waitress, busboy, or busgirl under the direct supervision of an individual twenty-one or more years of age and is not engaged in the sale, dispensing, delivery, or consumption of alcoholic beverages.

4. An individual under twenty-one years of age may enter and remain on the licensed premises if the individual is an independent contractor or the independent contractor's employee engaged in contract work and is not engaged in selling, dispensing, delivering, or consuming alcoholic beverages; if the individual is a law enforcement officer or other public official who enters the premises in the performance of official duty; or if the individual enters the licensed premises for training, education, or research purposes under the supervision of an individual twenty-one or more years of age with prior notification of the local licensing authority.

5. An individual under twenty-one years of age may remain in an area of a site where beer, wine, or sparkling wine is sold in accordance with the conditions of an event permit issued pursuant to section 5-02-01.1.

6. A restaurant may employ an individual who is eighteen years of age or older but under twenty-one years of age as provided in subsection 3 to serve and collect money for alcoholic beverages, if the individual is under the direct supervision of an individual twenty-one or more years of age, but may not be engaged in mixing, dispensing, or consuming alcoholic beverages. Any establishment that sells alcoholic beverages may employ an individual from eighteen to twenty-one years of age to work on the premises as a musician, disc jockey, or entertainer, or to perform duties directly related to working as a musician, disc jockey, or entertainer if the individual is under the direct supervision of an individual twenty-one or more years of age. Page No. 4

7. For purposes of this section, an individual is not twenty-one years of age until eight a.m. on that individual's twenty-first birthday.

8. If an individual is convicted of this section, the court shall consider the following in mitigation: a. After consuming the alcohol, the underage individual was in need of medical assistance as a result of consuming alcohol; and b. Within twelve hours after the underage individual consumed the alcohol, the defendant contacted law enforcement or emergency medical personnel to report that the underage individual was in need of medical assistance as a result of consuming alcohol.

## **Appendix B**

### **WSC ALCOHOL & DRUG POLICY**

#### **Philosophy**

WSC has a genuine caring concern for its people and for the community it serves. For this reason, the campus is committed to maintaining an academic and social environment that is conducive to the intellectual and personal development and to the safety and welfare of all members of the college community.

The misuse and abuse of alcohol and other drugs represents a major health problem in the United States today and poses a serious threat to health and welfare of the WSC Community.

This policy applies to all WSC students and employees, as well as campus visitors.

#### **Policy Distribution and Notification**

In accordance with the 1989 amendments to the Drug-Free Schools and Communities Act, as articulated in the Education Department General Administrative Regulations (EDGAR) Part 86 (Drug Free Schools and Campuses Regulations), this policy will be distributed to all students and WSC employees each year. For more information on policy notification procedures, please contact the Vice President of Student Affairs at (701) 774-4295.

#### **State Board of Higher Education and WSC Policy**

The State Board of Higher Education prohibits the possession, sale, dispensation, use or consumption of alcoholic beverages upon land or in buildings owned by the board or its institutions. Exceptions may include the lawful possession of alcohol in family student residences, on-campus professional staff residences, fraternities and sororities (in certain circumstances), the President's residence and other special exceptions as granted by the President or the President's designee. For the complete State Board of Higher Education policy, please refer to [SBHE Policy 918 Alcoholic Beverages](#).

Staff Handbook - DRUG FREE WORKPLACE Williston State College recognizes that the use of illegal drugs, and abuse of alcohol and prescription drugs is a serious problem within our society. In response to this concern, Williston State College is committed to the following goals: (1) to establish and enforce clear campus policies regarding the use of alcohol and illegal drugs; (2) to educate members of the campus community for the purpose of preventing alcohol abuse and illegal drug use; (3) to create a campus environment that promotes the individual's responsibility to him/herself and to the campus community; and (4) to provide resources through counseling and referral services for students, faculty, and staff who experience alcohol and other drug abuse problems.

From Biennial Review WSC prohibits the unlawful or unauthorized use, possession, storage, manufacture, distribution or sale of alcoholic beverages and any illicit drugs or drug paraphernalia in campus buildings, any public campus area, in campus housing units, college vehicles or at any college affiliated events held on- or off-campus, sponsored by students, employees and their respective campus organizations. For WSC employees, compliance with this

policy is a term and condition of employment. For WSC students and student organizations, compliance with this policy is a term and condition of continued enrollment/organizational registration.

### **Health Risks of Alcohol and Other Substances**

This section lists the most commonly misused drugs and their effects. This is meant to be an overview and is not an exhaustive list. [Drugs of Abuse](#), A DEA Resource Guide, is designed to be a reliable resource on the most commonly abused and misused drugs in the United States.

#### **Alcohol**

Alcohol consumption causes a number of impairments including changes in behavior and normal body function. Even low doses significantly impair judgment, coordination and mental function therefore increasing the risks of accidents and injuries. Moderate to high doses of alcohol cause marked impairments in higher mental functions, severely altering a person's ability to learn and remember information. Very high doses taken acutely can cause respiratory depression and even death. Statistics show that alcohol use is involved in a majority of violent behaviors on college campuses, including acquaintance rape, vandalism and fights. Additional consequences include DUI arrests and serious or fatal car crashes. Continued abuse may lead to dependency that can cause permanent damage to vital organs and deterioration of a healthy lifestyle.

#### **Tobacco/Nicotine/Vaping**

The nicotine in any tobacco or vaping product readily absorbs into the blood when a person uses it. Upon entering the blood, nicotine immediately stimulates the adrenal glands to release the hormone epinephrine (adrenaline). Epinephrine stimulates the central nervous system and increases blood pressure, breathing, and heart rate. As with drugs such as cocaine and heroin, nicotine activates the brain's reward circuits and also increases levels of the chemical messenger *dopamine*, which reinforces rewarding behaviors. Studies suggest that other chemicals in tobacco smoke, such as acetaldehyde, may enhance nicotine's effects on the brain.

#### **Amphetamines**

Amphetamines can cause a rapid or irregular heartbeat, tremors, convulsions, loss of coordination, collapse and death. Heavy users are prone to irrational acts.

#### **Cannabis (marijuana, hashish)**

The use of marijuana may impair or reduce short-term memory and comprehension, alter sense of time and reduce coordination and energy levels. Users often have a lowered immune system and an increased risk of lung cancer. The active ingredient in marijuana, THC, is stored in the fatty tissues of the brain and reproductive system for a minimum of 28 to 30 days.

#### **Club Drugs**

Club drugs, e.g. MDMA (Ecstasy), Rohypnol, GHB, LSD, methamphetamine and others are used at all-night parties such as trances or raves, dance clubs and bars. These party drugs, particularly when mixed with alcohol, can cause serious health problems, injuries or even death.

#### **Cocaine/Crack**

Cocaine users often have a stuffy, runny nose and may have a perforated nasal septum. The immediate effects of cocaine use include dilated pupils and elevated blood pressure, heart rate, respiratory rate and body temperature, followed by depression. Crack, or freebase rock cocaine, is extremely addictive and can cause delirium, hallucinations, blurred vision, severe chest pain, muscle spasms, convulsions and even death.

### **Hallucinogens**

Lysergic acid (LSD), mescaline and psilocybin cause illusions and hallucinations. The user may experience panic, confusion, suspicion, anxiety and loss of control. Delayed effects, or flashbacks, can occur even when use has ceased. Phencyclidine (PCP) affects the section of the brain that controls the intellect and keeps instincts in check. Because the drug blocks pain receptors, PCP episodes may result in self-inflicted injuries, violence and aggressive behavior toward others.

### **Heroin**

Heroin is an opiate drug that causes the body to have diminished pain reactions. Overdoses of this highly addictive drug can result in coma or death due to respiratory failure or cardiovascular collapse.

### **Referrals for Counseling and/or Treatment Services**

Alcohol and/or other drug counseling treatment may be arranged through the WSC Health and Wellness Coordinator by calling (701) 774-4212 or by calling Northwest Human Services Center (701) 774-4600 or by following this link [NWHSC](#).

### **Alcohol Purchasing and Sale**

Unless otherwise authorized by the College President, the use of alcoholic beverages during all events held on the WSC campus is strictly forbidden (including concerts, theatrical performances, athletics events, workshops, etc.).

Students and employees and their respective campus organizations may not use organizational or public funds (including general and special funds) for the purchase of alcoholic beverages.

Sale of alcoholic beverages by students, employees and their respective campus organizations is strictly forbidden. This is to include any action that can be remotely construed as alcohol sale such as charging admission to parties, passing the hat, selling empty cups, selling drink tickets, etc.

Off-campus activities conducted by students, employees and their respective campus organizations shall not encourage excessive and/or rapid consumption of alcoholic beverages. The use of alcohol at any such events is expected to be lawful and low-risk.

Registered student organizations planning off campus events at which alcohol will be present must complete and file the WSC Event Risk Management Planning Notification Form with the Vice President of Student Affairs.

When planning an off-campus, work-related event where alcohol will be present, employees with questions about low-risk guidelines should contact the Director for Human Resources at (701) 774-4204.

Alcoholic beverages shall not be used as awards or prizes in connection with events or activities sponsored by students, employees and their respective campus organizations, on or off campus.

### **Alcohol and/or Other Drug Advertising**

The public display of advertising or the promotion of alcoholic beverages in campus buildings or any other public campus area including all college owned housing areas is prohibited. This includes banners, lighted beer/liquor signs and large inflatable advertising, etc. (Entities that lease commercial or research property from the college may be excluded. However, the college may in these leases include provisions that will assist in its effort to promote the legal and safe use of alcohol and to change the culture that perpetuates alcohol and other drug misuse and abuse.)

Alcohol promotional activities including advertising shall not be associated with otherwise existing campus events, programs or campus organizations functions on or off campus. This includes, but is not limited to, such items as: cups, t-shirts, beverage can coolers and any other items carrying alcohol/beer advertising.

Advertising of alcoholic beverages shall not appear in campus controlled or affiliated publications (including campus affiliated websites). Advertising of establishments that sell alcohol may appear and must adhere to the following guidelines:

1. Advertising of establishments that sell alcohol shall not include brand names, logos, prices, visual images or verbal phrases that refer to consumption of alcoholic beverages.
2. Advertising of establishments that sell alcohol shall not encourage any form of alcohol abuse nor shall it promote alcohol specials such as two for ones, happy hour drink specials or any ads that encourage rapid and excessive consumption of alcohol.

Advertising of establishments that sell alcohol shall not portray drinking as a solution to personal or academic problems or as necessary to social, sexual or academic success.

Advertising of establishments that sell alcohol shall not associate consumption of alcoholic beverages with the performance of tasks that require skilled reactions such as the operation of motor vehicles or athletic performance.

### **Campus and Legal Sanctions**

When students, student organizations or employees violate college alcohol policy, they will be subject to campus sanctions. The campus sanctions process may proceed before, during or after any civil or criminal proceedings. Since the campus sanctions are educational and/or managerial in nature, and not criminal proceedings, such simultaneous actions do not constitute double jeopardy and differing judgments may result.



Students may be subject to on campus sanctions for off campus alcohol/drug related behavior. The campus may receive reports regarding students from law enforcement and other agencies in the form of summons to court, reports of loud parties, minor in possession/minor consuming/under the influence, driving under the influence of alcohol/drugs or other similar alcohol and other drug violations.

### **Student Sanctions and Conditions**

Students found in violation of the WSC Alcohol & Other Drug Policy (on or off campus) may be subject to one or more of the following sanctions:

1. Written Warning
2. Consultation
3. Referral to Special Classes or Counseling
4. Community Service
5. Parental Notification
6. Restitution
7. Fines
8. Mediation
9. Letter of Apology or Reflection
10. Conduct Probation
11. Supervised Conduct Probation
12. Trespass from All or Portions of Campus
13. Eviction from College owned Housing
14. Suspension
15. Temporary Emergency Suspension
16. Indefinite Suspension
17. Recommendation to the VPAA to Withhold or Rescind Degree

Students found in violation of the WSC Alcohol & Other Drug Policy (on or off campus) may be subject to one or more of the following conditions:

1. Participation in a Specific Activity or Project
2. Restricted Access
3. Loss of Privileges
4. No Contact Order
5. Confiscation
6. Registration/Graduation Hold
7. Returning and/or

Failure to complete sanctions within a reasonable amount of time may result in assessment of additional sanctions, a registration and/or graduation hold being placed on the student's account or suspension.

### **Parental Notification**

Parents or guardians of students under the age of 21 may be contacted by a WSC Student Affairs administrator following alcohol and/or other drug related policy violations.

## **Student Organizations**

Student organizations found in violation of city or state laws and college regulations involving the use or possession of alcohol/drugs are also subject to disciplinary action. In general, disciplinary penalties for student organizations are the same as those listed for individual students. However, it is possible that an offending student organization may be denied recognition or affiliation with the college as part of the disciplinary action. Advisors are expected to conduct themselves in accordance with college employee alcohol/other drug policy and policies when involved in any capacity (on and off campus) with student organizations, field trips and other related academic activities.

## **Employee Sanctions**

As stated in [SBHE Policy 918](#), WSC employees shall not arrive to or be at work, during normal work hours or other times when required to be at work, while under the influence of alcoholic beverages or as a result of the unlawful use of a controlled substance.

Any employee found in violation of the Alcohol and Other Drug Policy by his or her supervisor(s) will be reported to the Human Resources Manager for consultation prior to action.

If an employee is convicted of violating any alcohol or other drug related statute while in the workplace, college sanctions may include:

1. Requiring the employee to participate in a drug assistance or rehabilitation program approved by the campus; and/or
2. Disciplinary action for a violation of campus alcohol or drug policy up to and including termination of employment. Disciplinary action may include one or more of the following.
  - (a) Warning, reprimand or probationary status
  - (b) Ineligibility to receive the next available annual salary increase
  - (c) Suspension without pay for up to five days
  - (d) Termination of employment
  - (e) Any combination of the above sanctions

NOTE: These sanctions need not necessarily be applied in numerical sequence. Any sanction may be chosen from this list for any offense, dependent upon its severity. Referral for prosecution also may be a result of any criminal violations.

## **Financial Aid Eligibility**

A federal or state drug conviction can disqualify a student from receiving federal financial aid funds. The conviction must have occurred during a period of enrollment for which the student was receiving Title IV aid (i.e., Federal Pell Grant, Federal Perkins Loan, Federal Stafford Loan, etc.). Depending on whether the conviction was for sale or possession and if the student has previous offenses, the period of ineligibility can range from one year to an indefinite period. The student regains eligibility the day after the period of ineligibility ends or the student successfully completes a qualified drug rehabilitation program as defined in the Higher Education Amendments.

## **Local and State Law**

Individuals in the state of North Dakota must be at least 21 years of age to buy, possess and/or consume alcohol. Person(s) providing alcohol to individuals under the age of 21 violate state law and may be cited for contributing to the delinquency of a minor among other possible citations depending on the circumstances. There are other important state laws and local rules relating to alcohol including driving under the influence (DUI) and open container. For a first DUI offense, violators are fined at least \$500 and are ordered to have an addiction evaluation. State Law and Williston City Ordinances prohibit driving under the influence of intoxicating liquor or controlled substances. State Law and Williston City Ordinances also prohibit open containers of alcohol in vehicles. It is important to note Williston City Ordinances also prohibit disorderly houses (loud gatherings). For more information on Williston City Ordinances.

North Dakota has adopted the Uniform Controlled Substances Act, which restricts the manufacture, transfer and possession of narcotic drugs and other drugs that have a potential for abuse or that may lead to physical or psychological dependence. It is a Class A felony to manufacture, deliver or possess with intent to manufacture or deliver controlled substances such as methamphetamines or narcotic drugs such as opium or cocaine in North Dakota. Penalties for a Class A felony can be up to 20 years imprisonment and/or \$20,000 fine.

Possession of drug paraphernalia for marijuana and advertising drug paraphernalia are Class A misdemeanors. Possession of one ounce or less of marijuana is a Class B misdemeanor. Possession of more than one ounce of marijuana is a Class B Felony. Inhaling vapors of a volatile chemical in a manner designed to create intoxication, hallucination or elation is a Class B misdemeanor. Possession of drug paraphernalia for controlled substances other than marijuana is a Class A misdemeanor. Possession of drug paraphernalia for marijuana can be classified as a Class A or Class B misdemeanor. It is a Class A misdemeanor to advertise drug paraphernalia. Class A misdemeanors are punishable up to one year's imprisonment and/or \$3,000 fine. Class B misdemeanors are punishable up to 30 days' imprisonment and/or \$1,500 fine. A Class B felony is punishable up to ten years' imprisonment and/or \$20,000 fine.

For more information please refer to: [North Dakota Century Code Uniformed Substance Control Act](#)

## **Federal Law**

Federal law provides criminal and civil penalties for unlawful possession or distribution of drugs and alcohol. Please refer to [United States Code Controlled Substances Act](#) for details on federal trafficking penalties for controlled substance violations. Among incarceration and/or fines, there are federal laws allowing the forfeiture of property used in possession or to facilitate possession of a controlled substance. This could include homes, vehicles, boats, aircrafts and any other personal or real property. Fines could range up in the millions of dollars. One becomes ineligible to possess firearms and to receive federal benefits such as student loans and grants.

## Appendix C

### WSC Alcohol and Other Drug Policy

#### Distribution Rationale and Plan

##### Policy Distribution and Notification

In accordance with the 1989 amendments to the Drug-Free Schools and Communities Act, as articulated in the Education Department General Administrative Regulations (EDGAR) Part 86 (Drug Free Schools and Campuses Regulations) each year WSC attempts to ensure every student, faculty member and staff person is informed about WSC's alcohol and other drug policies.

As stated in WSC Policy: Upon enrollment at WSC, every student is issued an official WSC email address. This college email address is considered the official means of communication, and will be used for all notices, general bulletins, and other communications, including mandated provision of consumer information. WSC exercises the right to send e-mail communication to students and expects that e-mail communication is received and read by students in a timely manner. Additionally, all staff and faculty are issued an official WSC email address upon employment. An e-mail including the full text of the WSC Alcohol and Other Drug Policy is sent out annually over the official student, faculty and staff listservs regarding the policies and where they can be found.

Paper copies of the policies are also available in the Student Services Office 105, Stevens Hall. For more information on policy notification procedures, please contact the Vice President of Student Affairs at (701) 774-4295.

WSC AOD Policy Distribution Timeline		
Date	Action	Responsibility
By 12/22 of calendar year	Email notification sent to all students containing 'WSC Alcohol and Other Drug Policy.	Vice President of Student Affairs
By 12/22 of calendar year	Email notification sent to all WSC employees containing 'WSC Alcohol and Other Drug Policy.	Director for Human Resources

**Appendix D  
EDGAR Part 86**

***Williston State College***

**ND University System Part 86 Compliance Checklist**

Part 86, Drug-Free Schools and Campuses Regulations Compliance Checklist 2024

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- 1. Does the institution maintain a copy of its drug prevention program?** Yes ☒ No ☐

If yes, where is it located?

A copy of WSC's Alcohol and other Drug Prevention Program is available in the Student Affairs Office, Williston State College, 1410 University Avenue, Steven's Hall Office 105E, Williston, ND 58801. It can also be found online at: [Alcohol and Other Drug Abuse Prevention Programs](#)

- 2. Does the institution provide *annually to each employee and each student, who is taking one or more classes for any type of academic credit except for continuing education units, written materials that adequately describe and contain the following?***

- a. Standards of conduct that prohibit unlawful possession, use, or distribution of illicit drugs and alcohol on its property or as a part of its activities**

Students: Yes ☒ No ☐ Staff and Faculty: Yes ☐ No ☒

- b. A description of the health risks associated with the use of illicit drugs and the abuse of alcohol**

Students: Yes ☒ No ☐ Staff and Faculty: Yes ☐ No ☒

- c. A description of applicable legal sanctions under local, state, or federal law**

Students: Yes ☒ No ☐ Staff and Faculty: Yes ☐ No ☐

- d. A description of applicable counseling, treatment, or rehabilitation or re-entry programs**

Students: Yes ☒ No ☐ Staff and Faculty: Yes ☐ No ☐

- e. A clear statement of the disciplinary sanctions the institution will impose on students and employees, and a description of those sanctions**

Students: Yes ☒ No ☐ Staff and Faculty: Yes ☐ No ☐

**Any comments or clarifications on items 2 a-e:**

**Standards of conduct that prohibit unlawful possession, use, or distribution of illicit drugs and alcohol on its property or as a part of its activities**

**Students**

WSC prohibits the unlawful or unauthorized use, possession, storage, manufacture, distribution, or sale of alcoholic beverages and any illicit drugs or drug paraphernalia in campus buildings, any public campus area, in campus housing units, in college vehicles, or at any college affiliated events held on or off-campus, which are sponsored by students, employees and their respective campus organizations. For WSC employees, compliance with this policy is a term and condition of employment. For WSC students and student organizations, compliance with this policy is a term and condition of continued enrollment/organizational registration.

## **Employees**

Williston State College policy prohibits the abuse of alcohol or use of illegal drugs, as well as reporting for work or engaging in work or other College-related activities under the influence of alcohol or illegal drugs. Behaviors which suggest alcohol/drug abuse include (but are not limited to) the following:

1. Repeated accidents (on or off campus)
2. Repeated illness absences
3. Chronic lateness or early departures
4. Significantly diminished task performance (with no other explanation)
5. Odor of alcohol, slurred speech, unsteady gait, disorientation, paranoia, hallucinations, and other physical signs of impaired function, not caused by a known medical condition.

### **A description of the health risks associated with the use of illicit drugs and the abuse of alcohol**

There are many known health risks associated with the use of alcohol and drugs. The health risks range from decreased reaction time and motor coordination to more severe risks of cancer, heart attacks, and even death. More information can be found by using the links below.

<http://niaaa.nih.gov/alcohol-health/alcohols-effects-body>

<http://www.dea.gov/druginfo/factsheets.shtml>

<http://www.drugabuse.gov/drugs-abuse/commonly-abused-drugs-charts>

### **A description of applicable legal sanctions under local, state, or federal law**

#### **Federal**

Federal law provides criminal and civil penalties for unlawful possession or distribution of drugs and alcohol. Please refer to [United States Code Controlled Substances Act](#) for details on federal trafficking penalties for controlled substance violations. Among incarceration and/or fines, there are federal laws allowing the forfeiture of property used in possession or to facilitate possession of a controlled substance. This could include homes, vehicles, boats, aircrafts and any other personal or real property. Fines could range up in the millions of dollars. One becomes ineligible to possess firearms and to receive federal benefits such as student loans and grants.

#### **State and Local Law**

Individuals in the state of North Dakota must be at least 21 years of age to buy, possess and/or consume alcohol or tobacco/vaping products. Person(s) providing alcohol to individuals under the age of 21 violate state law and may be cited for contributing to the delinquency of a minor among other possible citations depending on the circumstances. There are other important state laws and local rules relating to alcohol including driving under the influence (DUI) and open container. For a first DUI offense, violators are fined at least \$500 and are ordered to have an addiction evaluation. State Law and Williston City Ordinances prohibit driving under the influence of intoxicating liquor or controlled substances. State Law and Williston City Ordinances also prohibit open containers of alcohol in vehicles. It is important to note Williston City Ordinances also prohibit disorderly houses (loud gatherings). For more information on Williston City Ordinances, please see <http://clerkshq.com/default.ashx?clientsite=williston-nd>.

North Dakota has adopted the Uniform Controlled Substances Act, which restricts the manufacture, transfer and possession of narcotic drugs and other drugs that have a potential for abuse or that may lead to physical or psychological dependence. It is a Class A felony to manufacture, deliver or possess with intent to manufacture or deliver controlled substances such

as methamphetamines or narcotic drugs such as opium or cocaine in North Dakota. Penalties for a Class A felony can be up to 20 years imprisonment and/or \$20,000 fine.

Possession of drug paraphernalia for marijuana and advertising drug paraphernalia are Class A misdemeanors. Possession of one ounce or less of marijuana is a Class B misdemeanor. Possession of more than one ounce of marijuana is a Class B Felony. Inhaling vapors of a volatile chemical in a manner designed to create intoxication, hallucination or elation is a Class B misdemeanor. Possession of drug paraphernalia for controlled substances other than marijuana is a Class A misdemeanor. Possession of drug paraphernalia for marijuana can be classified as a Class A or Class B misdemeanor. It is a Class A misdemeanor to advertise drug paraphernalia. Class A misdemeanors are punishable up to one year's imprisonment and/or \$3,000 fine. Class B misdemeanors are punishable up to 30 days' imprisonment and/or \$1,500 fine. A Class B felony is punishable up to ten years' imprisonment and/or \$20,000 fine. For more information please refer to [North Dakota Century Code](#).

**3. Are the above materials distributed to students in one of the following ways?**

**a. Mailed to each student (separately or included in another mailing)**

Yes ☐ No ☒

**b. Through campus post offices boxes**

Yes ☐ No ☒

**c. Class schedules which are mailed to each student**

Yes ☐ No ☒

**d. During freshman orientation**

Yes ☒ No ☐

**e. During new student orientation**

Yes ☐ No ☒

**f. In another manner**

Yes ☒ No ☐

**Any comments or clarifications on items 3 a-f:**

a. Describe how you attempt to get the policy to all of your students.

All students at WSC are provided with an official school email account, each student is sent an email outlining these policies and procedures before October 1st of the current academic year.

b. If you do utilize your campus post office boxes, describe how students are assigned them and required to check them (e.g. Campus Mailboxes are the official means of communication.

NA

c. If your campus mails class schedules describe here; if you do not mail them to students but make class schedules available to students, describe here; if you do not mail them but a summary is provided in the class schedule, describe here.

NA

d. Describe how the AOD policies are talked about during orientation sessions.

New freshman and other incoming students are required to complete a new student experience course that serves as an orientation and is a graduation requirement. The course covers WSC Alcohol and Other Drug policies, intervention and assistance programming as well as student surveys and trainings.

e. Describe how the AOD policies are talked about with transfer students during advising and/or orientation sessions.

Transfer students are required to complete a new student experience course that serves as orientation and is a graduation requirement. The course covers WSC Alcohol and Other Drug policies, intervention and assistance programming as well as student surveys and trainings.

f. This is where you can describe your other way of notifying students (e.g. e-mail: "Each student receives an e-mail from the PERSON, this e-mail contains the full text of the CAMPUS Drug and Alcohol Policy. This e-mail is sent out mid-fall semester, early spring semester and the beginning of the summer semester.")

An e-mail including the full text of the WSC Alcohol and Other Drug Policy is sent out annually, on or before October 1st, over the official student, faculty and staff listservs regarding the policies and where they can be found.

**4. Does the means of distribution provide reasonable assurance that each student receives the materials annually?**

Yes ☒ No ☐

**5. Does the institution's distribution plan make provisions for providing these materials to students who enroll at some date after the initial distribution?**

Yes ☒ No ☐

**6. Are the above materials distributed to staff and faculty in one of the following ways?**

**a. Mailed**

Staff: Yes ☐ No ☒ Faculty: Yes ☐ No ☐

**b. Through campus post office boxes**

Staff: Yes ☐ No ☒ Faculty: Yes ☐ No ☐

**c. During new employee orientation**



Staff: Yes ☐ No ☒

Faculty: Yes ☐ No ☐

**d. In another manner ( )**

*Upon enrollment at WSC, every student is issued an official Williston State College email address. This college email address is considered the official means of communication, and will be used for all notices, general bulletins, and other communications, including mandated provision of consumer information.*

*A copy of WSC's Alcohol and other Drug Prevention Program is available in the Student Affairs Office, Steven's Hall Office 105E at Williston State College, 1410 University Avenue, Williston, ND 58801. It can also be found online at: Code of Conduct*

**Any comments or clarifications on items 6 a-d:**

**a. If applicable, describe.**

NA

**b. If applicable, describe.**

NA

**c. If applicable, describe.**

*A copy of the WSC Substance Abuse Policy is distributed as part of the new employee orientation packet.*

**d. If applicable, describe.**

*Notification of the information contained in the WSC Substance Abuse Policy is distributed by the Director for Human Resources to all employees via email on or before October 1st of each year and is also redistributed to each employee on an annual basis during the evaluation process. Employees sign an acknowledgement of understanding and receipt.*

**7. Does the means of distribution provide reasonable assurance that each staff and faculty member receives the materials annually?**

Staff: Yes ☒ No ☐

Faculty: Yes ☒ No ☐

**8. Does the institution's distribution plan make provisions for providing these materials to staff and faculty who are hired after the initial distribution?**

Staff: Yes ☒ No ☐

Faculty: Yes ☒ No ☐

**9. In what ways does the institution conduct biennial reviews of its drug prevention program to determine effectiveness, implement necessary changes, and ensure that disciplinary sanctions are enforced?**

**a. Conduct student alcohol and drug use survey**

Yes ☒ No ☐

**b. Conduct opinion survey of its students, staff, and faculty**

Students: Yes ☒ No ☐

Staff and Faculty: Yes ☐ No ☒

**c. Evaluate comments obtained from a suggestion box**

Students: Yes ☒ No ☐

Staff and Faculty: Yes ☒ No ☐

**d. Conduct focus groups**

Students: Yes ☐ No ☒ Staff and Faculty: Yes ☐ No ☒

**e. Conduct intercept interviews**

Students: Yes ☐ No ☒ Staff and Faculty: Yes ☐ No ☒

**f. Assess effectiveness of documented mandatory drug treatment referrals for students and employees**

Students: Yes ☐ No ☒ Staff and Faculty: Yes ☐ No ☒

**g. Assess effectiveness of documented cases of disciplinary sanctions imposed on students and employees**

Students: Yes ☐ No ☒ Staff and Faculty: Yes ☐ No ☒

**Any comments or clarifications on items 9 a-g:**

a. The ACHA-NCHA III is a nationally recognized survey designed to gather accurate data on college students' health habits, and behaviors. It covers a broad range of important health and wellness topics, such as substance use, sexual health, nutrition, exercise, mental health, personal safety, and preventive health practices. WSC first participated in this survey in Spring 2024 and will continue to administer it on a regular basis. The 2024 data have been distributed to the College and used to guide well-being efforts.

c. Evaluate comments obtained from a suggestion box

Faculty, staff, students, partners, and other community members may offer general, constructive suggestions using WSC's Anonymous Suggestion Box. Williston State College considers a suggestion to be an idea or plan offered for consideration.

If a reply to a suggestion or comment is desired, the suggestion must include a name, email address and/or phone number.

Arrangements may also be made to meet with a Student Affairs staff member (Student Services Office, Stevens Hall, 105) to offer a suggestion. The Division of Student Affairs will disseminate suggestions to the appropriate division, if necessary.

Submitted suggestions are distributed to the division most responsible for the nature of the suggestion. Divisions review suggestions so as to make appropriate changes and improvements.

d. If applicable, describe.  
NA

e. If applicable, describe.  
NA

f. If applicable, describe.  
NA

g. If applicable, describe.  
Incidents of recidivism are reviewed on a case-by-case basis.

**10. Who is responsible for conducting the biennial reviews?**

Vice President of Student Affairs and/or designated staff member

**11. If requested, has the institution made available, to the Secretary and the public, a copy of each requested item in the drug prevention program and the results of the biennial review?**

Yes ☒ No ☐

**12. Where is the biennial review documentation located?**

**Name:** Megan Kasner

**Title:** Vice President of Student Affairs

**Department:** Student Affairs

**Phone:** 701/774-4200

**Email:** [wsc.studentaffairs@willistonstate.edu](mailto:wsc.studentaffairs@willistonstate.edu)

A copy of WSC's Alcohol and other Drug Prevention Program is available in the Student Affairs Office, Williston State College, 1410 University Avenue, Steven's Hall Office 105E, Williston, ND 58801. It can also be found online at: Alcohol and Other Drug Abuse Prevention Programs

**13. Comments or clarifications on any above items:**

N/A

## **Appendix E**

### **WSC Tobacco and Smoke Free Campus Procedure**

#### **North Dakota Century Code**

Williston State College complies with all North Dakota Century Code provisions pertaining to tobacco and smoke free places. Specifically:

[23-12-09](#) Smoking in public places and places of employment - Definitions

[23-12-10](#) Smoking restrictions - Exceptions - Retaliation - Application

#### **North Dakota State Board of Higher Education Policy**

Williston State College complies with all North Dakota State Board policies pertaining to tobacco and smoke free places. Specifically:

EFFECTIVE: February 22, 2018

Section: [917 Smoke-Free Facilities](#)

1. Except as provided by subsection 2, smoking is prohibited in all North Dakota University System buildings and enclosed structures and facilities.
2. Institutions may establish smoking and nonsmoking apartments and residences, including private rooms in residence halls or dormitories, provided that smoking is prohibited in all common areas and areas to which the public has access. Institutions may permit smoking areas in outdoor arenas, provided that smoking is prohibited in all restrooms and other enclosed areas.

## **Williston State College Tobacco and Smoke Free Campus Procedure**

### **Purpose**

Williston State College (WSC) is committed to creating a safe, clean, and healthy educational environment for all students, employees, and visitors. WSC's tobacco and smoke free campus procedure promotes a healthy working and learning environment that:

- encourages tobacco and smoke free lifestyles,
- establishes a campus culture of wellness,
- reduces health insurance and health care costs, and
- reduces harm from secondhand smoke.

The [2014 US Surgeon General's comprehensive report](#) chronicles the devastating consequences of 50 years of tobacco use in the United States.

### **Procedure**

WSC is a tobacco-free campus. The use of tobacco products is prohibited on college property. Individuals are also expected to refrain from visibly displaying tobacco products on college property. This prohibition includes college buildings, parking structures, green spaces, athletic fields, walkways, arenas, college or state fleet vehicles, any college owned property including off-campus, college-sponsored events or activities. This procedure applies to all faculty, staff, students, contractors, vendors, and visitors. This procedure also applies to and will be reflected in all agreements/contracts for use of WSC grounds, facilities or property by individuals and/or companies, unless otherwise approved by the WSC President.

Tobacco usage includes any product that contains tobacco, is derived from tobacco or contains nicotine or other similar substances, intended for human consumption, or is likely to be consumed, whether smoked, heated, inhaled, chewed, absorbed, dissolved, or ingested by any other means. The term "Tobacco Product" includes E-cigarettes and other electronic smoking devices, pipes and rolling papers, but does not include any product approved by the United States Food and Drug Administration for legal sale as a tobacco cessation product and is being marketed and sold solely for the approved purpose.

In addition to tobacco usage, WSC prohibits advertising, promotion, or sponsorship of tobacco products on college property, at off-campus, college-sponsored events or activities, and in all publications controlled by WSC. Such advertising shall include signs, clothing, jewelry and accessories. WSC will not accept any form of contribution including, but not limited to, financial

support, gifts or in-kind support from the tobacco industry for the sponsorship or promotion of any event or activity affiliated in any manner with WSC or located on college property.

The sale or distribution of tobacco products and tobacco related merchandise (including logo containing items and samplings) is prohibited including off-campus, college-sponsored events or activities.

Any exemptions to the procedure must be approved in advance and in writing by the WSC President. This includes ceremonial and spiritual use requests.

### **Responsibility/Enforcement**

Compliance with this policy/procedure is the shared responsibility and the right of all WSC faculty, staff, students, and visitors. The success of this policy/procedure will depend upon the courtesy, respect, and cooperation of users and non-users of tobacco products.

All administrators, directors, department chairs, and supervisors will communicate the policy/procedure to everyone within their areas of responsibility. A copy of the policy/procedure will be provided to all faculty and staff annually.

Education on WSC's tobacco-free policy/procedure will be included in orientation for all students.

Sufficient signage will be posted to campus community members and its visitors, including contractors and vendors, of the policy/procedure. A copy of the policy/procedure will also be made available online for public review. The policy/procedure will also be communicated to students, staff, and the public through verbal announcements at college-sponsored events and activities.

To report a policy/procedure violation, please contact Campus Security at 701.570.6699. Campus Security is responsible for determining policy/procedure applicability and will answer policy/procedure related questions.

#### *Students*

A student in noncompliance should be reported to the Office for Student Affairs. Noncompliance with this policy/procedure may result in disciplinary action as outlined in the WSC Student Code of Conduct.

#### *Employees*

Supervisors are responsible for ensuring that employees, students, visitors, and where applicable, contractors are made aware of this policy/procedure and comply with its requirements.

Noncompliance with this policy/procedure may result in disciplinary action through normal disciplinary procedures.

Please refer to the [North Dakota State Board of Higher Education Human Resource Policy 25](#). Job Discipline/Dismissal regarding disciplinary actions for staff.

Please refer to the [North Dakota State Board of Higher Education Policy 605.3](#) regarding disciplinary actions for faculty.

### **Cessation Assistance**

In support, WSC provides comprehensive tobacco cessation and prevention services. Confidential access to resources, services and cessation medication is available through the [WSC Counseling Office](#), 701-774-4212.

NDQUITS also offers several FREE resources, including phone (North Dakota Quitline: 1-800-QUIT-NOW), online ([North Dakota QuitNet](#)), and mobile access.

Benefitted faculty, staff, and their dependents can access up to \$700 to help cover the cost of medications, a health care provider visit, and quit support through the NDPERS Tobacco Cessation Program (1-800-223-1704).

### **History of This Procedure:**

Approved by Executive Cabinet October 1, 2018

Approved by Faculty Council October 12, 2018

Approved by Staff Senate May 22, 2018

Approved by Student Senate October 5, 2018

Updated by Student Affairs April 2018

### **APPENDIX F – WSC Student Athlete Code of Conduct**

<https://willistonstate.edu/students/Student-Policies/Student-Athlete-Code-of-Conduct/>

### **APPENDIX G – WSC STUDENT CODE OF CONDUCT**

<https://willistonstate.edu/students/Student-Policies/WSC-Code-of-Conduct/>

### **APPENDIX H – DAAP**

<https://willistonstate.edu/uploads/10/WSC%202021-22%20Drug%20and%20Alcohol%20Prevention%20Program%20Final%20.pdf>

### **APPENDIX I – ACHA-NCHA Executive Summary**



**WILLISTON STATE COLLEGE**

**Executive Summary**

**Spring 2024**

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**American College Health Association National College Health Assessment III**

**ACHA-NCHA III**

The ACHA-NCHA III supports the health of the campus community by fulfilling the academic mission, supporting short- and long-term healthy behaviors, and gaining a current profile of health trends within the campus community.



**AMERICAN COLLEGE HEALTH ASSOCIATION**

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III. Demographics and Sample Characteristics 18

ACHA, the nation's principal advocate and leadership organization for college and university health, represents a diverse membership that provides and supports the delivery of health care and prevention and wellness services for the nation's 20 million college students. For more information about the association's programs and services, visit [www.acha.org](http://www.acha.org), and [www.acha.org/NCHA](http://www.acha.org/NCHA).

Suggested citation for this document:

American College Health Association. American College Health Association-National College Health Assessment III: Williston State College Executive Summary Spring 2024. Silver Spring, MD: American College Health Association; 2024.



The ACHA-National College Health Assessment (ACHA-NCHA) is a national research survey organized by the American College Health Association (ACHA) to assist college health service providers, health educators, counselors, and administrators in collecting data about their students' habits and behaviors on the most prevalent health topics. The ACHA-NCHA now provides the largest known comprehensive data set on the health of college students, providing the college health and higher education fields with a vast spectrum of information on student health.

ACHA initiated the original ACHA-NCHA in 2000 and the instrument was used nationwide through the Spring 2008 data collection period. A revised survey, the ACHA-NCHA-II, was in use from Fall 2008 - Spring 2019 data collection periods. The survey was redesigned again, and data collection with the ACHA-NCHA III began in Fall 2019.

Please note that it is not appropriate to compare trends between versions of the survey. Directly comparing data points between the Original ACHA-NCHA, the ACHA-NCHA II, and the ACHA-NCHA III can lead to an erroneous conclusion and is not recommended.

### Notes about this report:

1. Missing values have been excluded from analysis and only valid percents are included in this document, unless otherwise noted.
2. **The ACHA-NCHA III is programmed differently than earlier versions of the survey.** Rather than asking the respondents to answer every question (and offering a "not applicable" option), display logic was used throughout the survey to determine whether, based on their response to an earlier question, the student saw a follow-up question. This makes the valid percents of certain questions impossible to apply to the entire sample, as the denominator used was limited to only the number of students that saw the question. When appropriate, results are also presented using the entire sample as the denominator to show the proportion of the overall sample that experienced a particular issue. These differences in presentation are carefully noted throughout the document and will often explain differences observed between this document and the full data report. Please look carefully at descriptions of the data presented in each table, as well as any footnotes included.
3. **About the use of sex and gender in this report:** Survey results are reported by sex based on the responses to questions 67A, 67B, and 67C. The responses to these questions are used to create a new variable called RSEX. RSEX is used for organizing results in the ACHA-NCHA report documents. Respondents are reported as cis men or cis women only when their responses to 67A, 67B, and 67C are consistent with one another. If gender identity is consistent with sex at birth AND "no" is selected for transgender, then respondents are designated as either cis men or cis women in RSEX. If respondents select "yes" for transgender OR their sex at birth is not consistent with their gender identity, then they are designated as transgender/gender non-conforming in RSEX. A respondent that selects "intersex" for sex at birth, "no" for transgender, and man or woman for gender identity are designated as cis men or cis women in RSEX. A respondent that selects "intersex" for sex at birth, "yes" for transgender, or selects a gender identity other than man or woman are designated as transgender/gender non-conforming in RSEX. A respondent that selects "another identity" on 67C is designated missing in RSEX. A respondent that skips any of the three questions is designated as missing in RSEX. Totals displayed in this report include missing responses. Please see the ACHA-NCHA III survey codebook for more information about how data on sex and gender are coded.
4. **Changes from NCHA III to NCHA IIIB:** - To be more inclusive of online learners, **N3Q2** (sense of community/belonging) wording was changed and a "does not apply" option was added to **N3Q21** (sense of safety on/near campus).
  - A follow-up question, **N3Q40B**, was added to learn if a pregnancy negatively impacted academic performance in the last 12 months.
  - **N3Q47A13-A18** were reworded to clarify that the respondent experienced bullying, cyberbullying, hazing, microaggression, sexual harassment, or discrimination, and was not the perpetrator.
  - **N3QMH1-6** were added to the mental health section to measure history of medication and therapy use.
  - **N3Q54C** and **N3Q55B** (where student received medical and mental health care) were removed.
  - COVID-19 vaccine (**COVIDVAX**) questions changed to reflect endemic.
  - "Asexual" was added to **N3Q68** as a standalone response option (to date, it had been recoded from write-in responses).
  - Questions **N3Q73B** and **C** were added to the demographic section to learn more about dropout intention and risk.
  - **N3Q74** was revised to be clearer about visa and international student status.
  - **N3Q79** (health insurance question) is now "select all that apply" and an option for insurance coverage through "an embassy or sponsoring agency for international students" was added.
  - **N3Q86A-C** (Firearms) are now included in the standard survey (with the option to opt-out).

For additional information about the survey's development, design, and methodology, email Mary T Hoban, PhD, MCHES, (mhoban@acha.org), Christine Kukich, MS (ckukich@acha.org), or visit [www.acha-ncha.org](http://www.acha-ncha.org).

**We need to draw your attention to an important change in your ACHA-NCHA Report documents.** 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. We've prepared the following information to better explain the specific changes, our reasoning for doing so, and tips for using these redesigned report documents.

#### **I. What we've done to date**

- The ACHA-NCHA has asked respondents about their gender identity for 12 years.
- Data on transgender and gender-nonconforming (TGNC) students was available in the data file, but not displayed explicitly in the report documents in an effort to protect the privacy of TGNC students, particularly those students in smaller campus environments and at schools that publicly shared their ACHA-NCHA report documents.
- We have been trying to find the right balance between protecting students' privacy and making the results accessible to campus surveyors who may not use the statistical software that would be required to extract this information directly from the data files. Until now, we've erred on the side of protecting student privacy.

#### **II. Why change?**

- The number of TGNC students in our samples has been increasing over the years. Between 2008 and 2015, the number of students identifying as TGNC was very small (less than 0.05%). We've learned over the years that gender identity is complex and fluid. To better capture this complexity, we began asking separate questions about sex at birth and gender identity in Fall 2015. Now TGNC students tend to represent 3-4% of the overall sample.
- With greater number of students identifying as TGNC on the ACHA-NCHA in recent years, we have a better opportunity to understand their needs and behaviors than we have in years past.
- A number of health disparities between TGNC students and their cisgender peers have been well documented[1], and schools need readily available access to this data in order to better address the needs of TGNC students

#### **III. What's different about the way we are reporting?**

- First – a note about how we have been reporting ACHA-NCHA results to date. RSEX is a variable we create based on the responses to the questions on sex at birth, whether or not a student identifies as transgender, and their gender identity. The RSEX variable had allowed us to sort respondents into 4 groups for reporting purposes: male, female, non-binary, and missing. (Details about this variable can be found in all report documents.)
- The value labels for RSEX have been revised to better represent gender identity rather than sex. A value of "1" has been changed from "Male" to "Cis Men[2]." A "2" has been changed from "Female" to "Cis Women[3]." The value "3" has been changed from "non-binary" to "Transgender and Gender-Nonconforming" (TGNC), as it's a more accurate and inclusive term. The value "4" on RSEX remains "missing/unknown" and is used for students who do not answer all three questions.
- The "missing/unknown" column in the Data Report document has been replaced with a "Trans/Gender-Nonconforming" column. Because space limitations in the report prevent us from displaying all 4 categories plus a total column in the same document, it's now the "missing/unknown" column that is not displayed. Now when the Total of any given row is higher than the sum of the cis men, cis women, and TGNC respondents, the difference can be attributed to "missing/unknown" respondents that selected the response option presented in that row
- A column for "Trans/Gender-Nonconforming" has been added the Executive Summary Report document.

#### **IV. Important considerations with this new format**

- Percentages in the Executive Summary may represent a very small number of TGNC students and can limit the generalizability of a particular finding. To assist with the interpretation of the percentages displayed in the Executive Summary, the total sample size for each group has been added to every page.
- We encourage ACHA-NCHA surveyors to carefully review their report documents, particularly among the student demographic variables, and consider students who may be inadvertently identified in the results based on a unique combination of the demographic characteristics before sharing the documents widely or publicly. This is especially true for very small schools, as well as schools that lack diversity in the student population.
- Think about the implication of working with and documenting very small samples – from the perspective of making meaningful interpretations, as well as the privacy of respondents. This is true of all demographic variables, and not limited to gender identity. You may consider a minimum cell size or another threshold by which you make decisions about making your Institutional Data Report publicly available. It is less of a concern in your Institutional Executive Summary as we only display the percentages with the overall sample size

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[1] Greathouse M, BrckaLorenz A, Hoban M, Huseman R, Rankin S, Stolzenberg EB. (2018). Queer-spectrum and trans-spectrum student experiences in American higher education: The analysis of national survey findings. New Brunswick, NJ: Tyler Clementi Center, Rutgers University.

[2] Cisgender refers to people whose gender identity matches their sex assigned at birth. Cis men is short for "cisgender men" and is a term used to describe persons who identify as men and were assigned male at birth.

[3] Cis women is short for "cisgender women" and is a term used to describe persons who identify as women and were assigned female at birth.

This Executive Summary highlights results of the ACHA-NCHA III Spring 2024 survey for Williston State College consisting of 148 respondents. The response rate was 21.0%.

Findings

Cis Men n =	45
Cis Women n	91
=	9

A. General Health and Campus Climate

44.4 ■ of college students surveyed ( 44.7 % cis men, 43.4 % cis women, and 33.3 % transgender/gender non-conforming) described their health as *very good or excellent*.

86.5 ■ of college students surveyed ( 89.5 % cis men, 85.5 % cis women, and 77.8 % transgender/gender non-conforming) described their health as *good, very good or excellent*.

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

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
I feel that I belong at my college/university	70.5	64.8	55.6	66.0
I feel that students' health and well-being is a priority of my college/university	71.1	56.0	55.6	60.8
I feel that the climate of my college/university encourages free and open discussion about students' health and well-being	81.8	60.4	66.7	67.3
We are a college/university where we look out for each other	72.7	60.4	66.7	65.3

B. Nutrition, BMI, Physical Activity, and Food Security

College students reported:

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Drinking 0 sugar-sweetened beverages (per day), on average, in the last 7 days	31.8	18.7	0.0	21.9
Drinking 1 or more sugar-sweetened beverages (per day), on average, in the last 7 days	68.2	81.3	100.0	78.1
Drinking energy drinks or shots on 0 of the past 30 days	31.8	40.0	25.0	37.2
Drinking energy drinks or shots on 1-4 of the past 30 days	36.4	30.0	0.0	29.7
Drinking energy drinks or shots on 5 or more of the past 30 days	31.8	30.0	75.0	33.1
Eating 3 or more servings of fruits (per day), on average, in the last 7 days	35.6	27.5	44.4	30.4
Eating 3 or more servings of vegetables (per day), on average, in the last 7 days	24.4	37.4	66.7	35.8

■

**Estimated Body Mass Index (BMI):** This figure incorporates reported height and weight to form a general indicator of physical health. Categories defined by The World Health Organization (WHO) 2000, reprinted 2004. Obesity: Preventing and Managing the Global Epidemic. WHO Tech Report Series: 894.

BMI (%)	Percent	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
<18.5 Underweight		4.7	1.2	11.1	2.9
18.5-24.9 Healthy Weight		32.6	40.0	44.4	38.1
25-29.9 Overweight		44.2	35.3	22.2	37.4
30-34.9 Class I Obesity		9.3	11.8	11.1	10.8
35-39.9 Class II Obesity		7.0	7.1	11.1	7.2
≥40 Class III Obesity		2.3	4.7	0.0	3.6
Mean		26.72	27.29	25.34	26.96
Median		25.77	25.85	24.41	25.80
Std Dev		5.13	6.80	7.49	6.30

### Students meeting the recommended guidelines for physical activity

Based on: US Dept of Health and Human Services. *Physical Activities Guidelines for Americans*, 2nd edition. Washington, DC: US Dept of Health and Human Services; 2018

Cis Men	n =	45
Cis Women	n	91
=		9

#### Definitions:

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

■ Recommendation for **strength training**: 2 or more days a week of moderate or greater intensity activities that involve all major muscle groups

■ **Active Adults** meet the recommendation for strength training **AND** aerobic activity

■ **Highly Active Adults** meet the recommendation for strength training and **TWICE** the recommendation for aerobic activity (300 minutes or more of moderate-intensity physical activity per week or 150 minutes of vigorous-intensity physical activity or the equivalent combination)

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Percent (%)				
Guidelines met for <b>aerobic exercise only</b>	80.0	65.6	33.3	68.7
Guidelines met for <b>Active Adults</b>	62.2	42.2	22.2	48.3
Guidelines met for <b>Highly Active Adults</b>	62.2	34.4	11.1	42.9

### Food Security

Based on responses to the *US Household Food Security Survey Module: Six-Item Short Form (2012)* from the USDA Economic Research Service.

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Percent (%)				
High or marginal food security (score 0-1)	53.3	46.2	44.4	48.3
Low food security (score 2-4)	31.1	20.9	22.2	23.8
Very low food security (score 5-6)	15.6	33.0	33.3	27.9
<b>Any food insecurity</b> (low or very low food security)	46.7	53.8	55.6	51.7

## C. Health Care Utilization

#### College students reported:

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Percent (%)				
Receiving psychological or mental health services within the last 12 months	11.1	28.6	33.3	23.1
Visiting a medical provider within the last 12 months	33.3	63.7	55.6	53.7

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Percent (%)				
Ever prescribed medication for a mental health condition	22.2	41.8	44.4	35.4

Prescribed before starting at current college/university*	15.6	36.3	22.2	28.4
Prescribed after starting at current college/university*	6.7	5.5	22.2	6.8

Last 12 months, prescribed medication for a mental health condition*	4.4	25.3	33.3	18.9
----------------------------------------------------------------------	-----	------	------	------

\*These figures use all students in the sample as the denominator, rather than just those students who have ever been prescribed medication for a mental health condition

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Percent (%)				
Ever had counseling for a mental health condition	20.0	34.1	44.4	29.9

Started counseling before starting at current college/university*	15.6	33.0	44.4	27.7
Started counseling after starting at current college/university*	4.4	1.1	0.0	2.0

Last 12 month, had counseling for a mental health condition*	8.9	16.5	22.2	14.2
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\*These figures use all students in the sample as the denominator, rather than just those students who have ever had counseling for a mental health condition

Cis Men n =	45
Cis Women n =	91
Trans/GNC n =	9

#### College students reported:

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
<i>Percent (%)</i>				
Flu vaccine within the last 12 month	22.2	33.3	22.2	29.5
Not starting the HPV vaccine series	31.1	24.4	22.2	27.4
Starting, but not completing HPV vaccine series	0.0	3.3	11.1	2.7
Completing HPV vaccine series	26.7	34.4	33.3	31.5
Not knowing their HPV vaccine status	42.2	37.8	33.3	38.4
Ever having a GYN visit or exam (females only)		45.1	0.0	
Having a dental exam in the last 12 months	55.6	67.0	44.4	62.6
Being tested for HIV within the last 12 months	0.0	8.9	0.0	5.5
Being tested for HIV more than 12 months ago	6.7	12.2	0.0	9.6
Wearing sunscreen usually or always when outdoors	13.3	41.8	33.3	32.7
Spending time outdoors with the intention of tanning at least once in the last 12 months	36.4	63.6	22.2	52.4

#### D. Impediments to Academic Performance

Respondents are asked in numerous places throughout the survey about issues that might have negatively impacted their academic performance within the last 12 months. This is defined as negatively impacting their performance in a class or delaying progress towards their degree. Both types of negative impacts are represented in the figures below. Please refer to the corresponding Data Report for specific figures on each type of impact. Figures in the left columns use all students in the sample as the denominator. Figures in the right columns use only the students that experienced that issue (e.g. students who used cannabis, reported a problem or challenge with finances, or experienced a particular health issue) in the denominator.  
(items are listed in the order in which they appear in the survey)

#### Negatively impacted academic performance among all students in the sample

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
<i>Percent (%)</i>				
Alcohol use	0.0	3.3	11.1	3.4
Cannabis/marijuana use	0.0	2.2	11.1	2.0
Pregnancy or a partner's pregnancy	0.0	0.0	0.0	0.0

#### Negatively impacted academic performance among only students that experienced the issue

Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
0.0	6.1	20.0	6.9
0.0	11.8	33.3	10.0
0.0	0.0	0.0	0.0

#### Problems or challenges in the last 12 months

Career	17.8	20.9	22.2	19.6
Finances	13.3	22.0	22.2	18.9
Procrastination	40.0	56.0	44.4	49.3
Faculty	6.7	1.1	22.2	4.1
Family	13.3	15.4	11.1	14.2
Intimate Relationships	6.7	15.4	11.1	12.2
Roommate/housemate	2.2	13.2	11.1	9.5
Peers	8.9	6.6	0.0	6.8
Personal appearance	11.1	14.3	11.1	12.8
Health of someone close to me	8.9	19.8	11.1	15.5
Death of a family member, friend, or someone close to me	4.4	9.9	0.0	7.4
Bullying	4.4	1.1	0.0	2.0
Cyberbullying	4.4	2.2	0.0	2.7
Hazing	0.0	1.1	0.0	0.7
Microaggression	4.4	2.2	0.0	2.7
Sexual Harassment	2.2	2.2	0.0	2.0
Discrimination	2.2	2.2	0.0	2.0

61.5	50.0	66.7	53.7
33.3	40.8	33.3	38.4
69.2	73.9	80.0	72.3
75.0	20.0	100.0	54.5
54.5	35.0	20.0	36.8
30.0	40.0	50.0	38.3
33.3	48.0	50.0	46.7
66.7	22.2	0.0	30.3
45.5	26.5	20.0	29.2
33.3	41.9	50.0	39.7
22.2	37.5	0.0	29.7
50.0	16.7	0.0	30.0
66.7	66.7	0.0	66.7
0.0	50.0	0.0	33.3
25.0	18.2	0.0	21.1
100.0	40.0	0.0	42.9
50.0	40.0	0.0	42.9

Cis Men n =	45
Cis Women n =	91
Trans/GNC n =	9

**Negatively impacted academic performance  
among all students in the sample**

Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
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**Acute Diagnoses in the last 12 months**

Percent (%)

Bronchitis	0.0	2.2	0.0	1.4
Chlamydia	0.0	0.0	0.0	0.0
Chicken Pox (Varicella)	0.0	0.0	0.0	0.0
Cold/Virus or other respiratory illness	11.1	22.0	0.0	16.9
Concussion	2.2	1.1	0.0	1.4
Gonorrhea	0.0	0.0	0.0	0.0
Flu (influenza or flu-like illness)	6.7	5.5	0.0	5.4
Mumps	0.0	0.0	0.0	0.0
Mononucleosis (mono)	0.0	0.0	0.0	0.0
Orthopedic injury	4.4	3.3	0.0	3.4
Pelvic Inflammatory Disease	0.0	0.0	0.0	0.0
Pneumonia	0.0	1.1	0.0	0.7
Shingles	0.0	0.0	0.0	0.0
Stomach or GI virus or bug, food poisoning or gastritis	2.2	2.2	0.0	2.0
Urinary tract infection	0.0	3.3	0.0	2.0

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Percent (%)				
<b>Any ongoing or chronic medical conditions diagnosed or treated in the last 12 months</b>	15.6	29.7	33.3	25.0

**Other impediments to academic performance**

Assault (physical)	0.0	0.0	0.0	0.0
Assault (sexual)	0.0	0.0	0.0	0.0
Allergies	0.0	4.4	0.0	2.7
Anxiety	17.8	33.0	44.4	28.4
ADHD or ADD	17.8	15.4	11.1	15.5
Concussion or TBI	2.2	0.0	0.0	0.7
Depression	8.9	22.0	33.3	18.2
Eating disorder/problem	0.0	3.3	0.0	2.0
Headaches/migraines	8.9	16.5	0.0	12.8
Influenza or influenza-like illness (the flu)	2.2	6.6	0.0	4.7
Injury	6.7	2.2	0.0	3.4
PMS	0.0	12.1	0.0	7.4
PTSD	0.0	1.1	11.1	1.4
Short-term illness	0.0	5.5	0.0	3.4
Upper respiratory illness	2.2	9.9	0.0	6.8
Sleep difficulties	8.9	29.7	22.2	22.3
Stress	20.0	44.0	33.3	35.1

**Negatively impacted academic performance among  
only students that experienced the issue**

Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
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0.0	50.0	0.0	50.0
0.0	0.0	0.0	0.0
0.0	0.0	0.0	0.0
50.0	52.6	0.0	50.0
50.0	25.0	0.0	33.3
0.0	0.0	0.0	0.0
42.9	26.3	0.0	30.8
0.0	0.0	0.0	0.0
0.0	0.0	0.0	0.0
66.7	33.3	0.0	41.7
0.0	0.0	0.0	0.0
0.0	50.0	0.0	50.0
0.0	0.0	0.0	0.0
50.0	25.0	0.0	27.3
0.0	23.1	0.0	21.4

Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
29.2	40.9	50.0	38.1

0.0	0.0	0.0	0.0
0.0	0.0	0.0	0.0
0.0	18.2	0.0	12.9
50.0	47.6	80.0	50.0
57.1	63.6	50.0	60.5
50.0	0.0	0.0	20.0
36.4	47.6	60.0	46.6
0.0	23.1	0.0	18.8
33.3	40.5	0.0	36.5
20.0	42.9	0.0	36.8
60.0	25.0	0.0	38.5
0.0	42.3	0.0	37.9
0.0	12.5	100.0	22.2
0.0	33.3	0.0	27.8
33.3	42.9	0.0	40.0
30.8	67.5	50.0	57.9
50.0	63.5	75.0	61.2

Cis Men n =	45
Cis Women n =	91
Trans/GNC n =	9

## E. Violence, Abusive Relationships, and Personal Safety

Within the last 12 months, college students reported experiencing:

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
<i>Percent (%)</i>				
A physical fight	4.4	3.3	11.1	4.1
A physical assault (not sexual assault)	6.7	2.2	0.0	3.4
A verbal threat	13.3	12.4	11.1	13.0
Sexual touching without their consent	2.2	4.5	0.0	3.4
Sexual penetration attempt without their consent	0.0	3.3	0.0	2.0
Sexual penetration without their consent	2.2	3.3	0.0	2.7
Being a victim of stalking	0.0	5.5	0.0	3.4
A partner called me names, insulted me, or put me down to make me feel bad	6.7	14.4	11.1	11.6
A partner often insisted on knowing who I was with and where I was or tried to limit my contact with family or friends	11.4	10.0	11.1	10.3
A partner pushed, grabbed, shoved, slapped, kicked, bit, choked or hit me without my consent	2.2	6.7	11.1	5.4
A partner forced me into unwanted sexual contact by holding me down or hurting me in some way	0.0	3.4	11.1	2.7
A partner pressured me into unwanted sexual contact by threatening me, coercing me, or using alcohol or other drugs	2.2	4.5	11.1	4.1

College students reported feeling *very safe*\* :

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
<i>Percent (%)</i>				
On their campus (daytime)	77.3	78.4	66.7	77.6
On their campus (nighttime)	69.2	50.0	57.1	57.1
In the community surrounding their campus (daytime)	68.9	51.7	50.0	57.9
In the community surrounding their campus (nighttime)	65.9	27.4	33.3	41.8

\*Note: "Does not apply" responses were removed from the total in the denominator

Cis Men n =	45
Cis Women n	91
=	9

## F. Tobacco, Alcohol, and Other Drug Use

### Ever Used

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Tobacco or nicotine delivery products (cigarettes, e-cigarettes, Juul or other vape products, water pipe or hookah, chewing tobacco, cigars, etc.)	31.1	37.4	33.3	35.1
Alcoholic beverages (beer, wine, liquor, etc.)	45.5	56.0	55.6	53.1
Cannabis (marijuana, weed, hash, edibles, vaped cannabis, etc.) <b>[Please report nonmedical use only.]</b>	22.2	30.8	22.2	28.4
Cocaine (coke, crack, etc.)	6.8	10.5	11.1	9.2
Prescription stimulants (Ritalin, Concerta, Dexedrine, Adderall, diet pills, etc.) <b>[Please report nonmedical use only.]</b>	6.7	6.7	22.2	7.5
Methamphetamine (speed, crystal meth, ice, etc.)	4.4	4.5	11.1	4.8
Inhalants (poppers, nitrous, glue, gas, paint thinner, etc.)	6.7	4.4	11.1	5.4
Sedatives or Sleeping Pills (Valium, Ativan, Xanax, Klonopin, Librium, Rohypnol, GHB, etc.) <b>[Please report nonmedical use only.]</b>	8.9	7.7	11.1	8.1
Hallucinogens (Ecstasy, MDMA, Molly, LSD, acid, mushrooms, PCP, Special K, etc.)	8.9	8.9	11.1	8.8
Heroin	4.4	4.4	11.1	4.8
Prescription opioids (morphine, codeine, fentanyl, oxycodone [OxyContin, Percocet], hydrocodone [Vicodin], methadone, buprenorphine [Suboxone], etc.) <b>[Please report nonmedical use only.]</b>	8.9	7.7	22.2	8.8

\*These figures use all students in the sample as the denominator, rather than just those students who reported lifetime use.

### Substance Specific Involvement Scores (SSIS) from the ASSIST

#### \*Moderate risk use of the substance

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Tobacco or nicotine delivery products	15.6	15.4	22.2	16.2
Alcoholic beverages	8.9	7.7	0.0	7.4
Cannabis (nonmedical use)	11.1	12.1	11.1	12.2
Cocaine	4.4	3.3	0.0	3.4
Prescription stimulants (nonmedical use)	4.4	2.2	0.0	2.7
Methamphetamine	2.2	3.3	0.0	2.7
Inhalants	2.2	3.3	0.0	2.7
Sedatives or Sleeping Pills (nonmedical use)	6.7	2.2	0.0	3.4
Hallucinogens	6.7	3.3	0.0	4.1
Heroin	2.2	3.3	0.0	2.7
Prescription opioids (nonmedical use)	6.7	2.2	0.0	3.4

\*These figures use all students in the sample as the denominator, rather than just those students who reported lifetime use.

#### \*Used in the last 3 months

Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
22.2	22.0	33.3	23.0
35.6	46.2	55.6	43.9
20.0	17.6	22.2	19.6
4.4	3.3	11.1	4.1
2.2	1.1	11.1	2.0
2.2	2.2	11.1	2.7
4.4	3.3	11.1	4.1
6.7	3.3	11.1	4.7
4.4	4.4	11.1	4.7
2.2	3.3	11.1	3.4
6.7	2.2	11.1	4.1

#### \*High risk use of the substance

Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
0.0	2.2	11.1	2.0
2.2	1.1	11.1	2.0
2.2	1.1	11.1	2.0
2.2	0.0	11.1	1.4
0.0	0.0	11.1	0.7
2.2	0.0	11.1	1.4
0.0	0.0	11.1	0.7
0.0	0.0	11.1	0.7
0.0	0.0	11.1	0.7
2.2	0.0	11.1	1.4
0.0	0.0	11.1	0.7



Cis Men n =	45
Cis Women n	91
=	9

**\*Proportion of students who were prescribed a medication and used more than prescribed or more often than prescribed in the past 3 months**

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
<i>Percent (%)</i>				
Prescription stimulants	4.4	1.1	11.1	2.7
Prescription sedatives or sleeping pills	4.4	1.1	0.0	2.0
Prescription opioids	4.4	1.1	0.0	2.0

*\*These figures use all students in the sample as the denominator, rather than just those students who reported having a prescription. Note that the title of this table was changed in Fall 2022, but the figures remain the same.*

**\*Tobacco or nicotine delivery products used in the last 3 months**

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
<i>Percent (%)</i>				
Cigarettes	6.7	5.5	11.1	6.1
E-cigarettes or other vape products (for example: Juul, etc.)	15.6	20.9	22.2	18.9
Water pipe or hookah	2.2	1.1	0.0	1.4
Chewing or smokeless tobacco	8.9	2.2	0.0	4.1
Cigars or little cigars	0.0	0.0	11.1	0.7
Other	4.4	0.0	11.1	2.7

*\*These figures use all students in the sample as the denominator, rather than just those students who reported tobacco or nicotine delivery product use in the last 3 months.*

## Students in Recovery

7.■ % of college students surveyed ( 14.3 % cis men, 5.4 % cis women, and 0.0 % transgender/gender non-conforming)

indicated they were in recovery from alcohol or other drug use.

**When, if ever, was the last time you:**

	Drank Alcohol			
	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
<i>Percent (%)</i>				
Never	53.3	37.4	33.3	41.2
Within the last 2 weeks	13.3	24.2	22.2	20.9
More than 2 weeks ago but within the last 30 days	4.4	7.7	11.1	6.8
More than 30 days ago but within the last 3 months	11.1	13.2	22.2	13.5
More than 3 months ago but within the last 12 months	4.4	8.8	0.0	7.4
More than 12 months ago	13.3	8.8	11.1	10.1

*\*Students were instructed to include medical and non-medical use of cannabis.*

	*Used Cannabis/Marijuana			
	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
	77.8	67.0	66.7	69.6
	6.7	11.0	11.1	10.1
	2.2	0.0	11.1	2.0
	6.7	6.6	0.0	6.1
	6.7	2.2	11.1	4.1
	0.0	13.2	0.0	8.1

## Driving under the influence

2.7 %■ of college students reported driving after having **any alcohol** in the last 30 days.\*

*\*Only students who reported driving in the last 30 days and drinking alcohol in the last 30 days were asked this question.*

30.8 %■ of college students reported driving within 6 hours of using cannabis/marijuana in the last 30 days.\*

*\*Only students who reported driving in the last 30 days and using cannabis in the last 30 days were asked this question.*

**Estimated Blood Alcohol Concentration** (or eBAC) of college students. Due to the improbability of a student surviving a drinking episode resulting in an extremel high eBAC, all students with an eBAC of 0.50 or higher are also omitted from these eBAC figures. eBAC 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. Only students who reported drinking alcohol within the last 3 months answered these questions.

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
<i>Percent</i>				
<b>Estimated BAC (%)</b>				
< .08	53.8	81.6	100.0	75.9
< .10	53.8	86.8	100.0	79.3

Mean	0.10	0.04	0.02	0.05
Median	0.08	0.02	0.01	0.02
Std Dev	0.09	0.05	0.02	0.07

Cis Men n =	45
Cis Women n	91
=	9

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

	Percent	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Number of drinks (%)					
4 or fewer		38.5	75.6	80.0	67.2
5		7.7	7.3	20.0	8.2
6		0.0	4.9	0.0	3.3
7 or more		53.8	12.2	0.0	21.3
Mean		7.5	3.3	2.0	4.1
Median		9.0	2.0	2.0	3.0
Std Dev		5.1	2.7	1.9	3.8

\*Only students who reported drinking alcohol in the last three months were asked this question.

Reported number of times college students consumed five or more drinks in a sitting within the last two weeks:

Among all students surveyed

	Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Did not drink alcohol in the last two weeks (includes non-drinkers)		86.7	75.8	77.8	79.1
None		2.2	9.9	11.1	8.1
1-2 times		6.7	13.2	0.0	10.1
3-5 times		2.2	0.0	0.0	0.7
6 or more times		2.2	1.1	11.1	2.0

\*Only students who reported drinking alcohol in the last two weeks were asked this question.

\*Among those who reported drinking alcohol within the last two weeks

Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
16.7	40.9	50.0	38.7
50.0	54.5	0.0	48.4
16.7	0.0	0.0	3.2
16.7	4.5	50.0	9.7

\*College students who drank alcohol reported experiencing the following in the last 12 months when drinking alcohol:

	Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Did something I later regretted		13.3	14.3	20.0	15.3
Blackout (forgot where I was or what I did for a <b>large period of time and cannot remember</b> , even when someone reminds me)		13.3	14.3	20.0	15.3
Brownout (forgot where I was or what I did for <b>short periods of time, but can remember</b> once someone reminds me)		26.7	16.3	20.0	18.1
Got in trouble with the police		0.0	0.0	0.0	0.0
Got in trouble with college/university authorities		0.0	2.0	0.0	1.4
Someone had sex with me <b>without my</b> consent		0.0	0.0	0.0	0.0
Had sex with someone <b>without their</b> consent		0.0	0.0	0.0	0.0
Had unprotected sex		6.7	16.3	0.0	12.5
Physically injured myself		0.0	8.2	0.0	5.6
Physically injured another person		0.0	0.0	0.0	0.0
Seriously considered suicide		0.0	4.1	0.0	2.8
Needed medical help		0.0	2.0	0.0	1.4
<b>Reported two or more of the above</b>		16.7	22.2	20.0	20.6

\*Only students who reported drinking alcohol in the last 12 months were asked these questions.

Cis Men n =	45
Cis Women n	91
=	9

## G. Sexual Behavior

When, if ever, was the last time you had:

Percent (%)	Oral sex			
	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Never	53.3	43.8	77.8	48.6
Within the last 2 weeks	26.7	34.8	0.0	30.1
More than 2 weeks ago but within the last 30 days	2.2	7.9	0.0	5.5
More than 30 days ago but within the last 3 months	6.7	3.4	0.0	4.8
More than 3 months ago but within the last 12 months	4.4	6.7	22.2	6.8
More than 12 months ago	6.7	3.4	0.0	4.1

Vaginal intercourse			
Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
53.3	39.3	77.8	45.2
28.9	44.9	0.0	37.7
4.4	4.5	0.0	4.1
2.2	3.4	0.0	3.4
4.4	6.7	22.2	6.8
6.7	1.1	0.0	2.7

Percent (%)	Anal intercourse			
	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Never	93.3	83.1	100.0	87.7
Within the last 2 weeks	2.2	2.2	0.0	2.1
More than 2 weeks ago but within the last 30 days	0.0	2.2	0.0	1.4
More than 30 days ago but within the last 3 months	0.0	1.1	0.0	0.7
More than 3 months ago but within the last 12 months	0.0	2.2	0.0	1.4
More than 12 months ago	4.4	9.0	0.0	6.8

\*College students who reported having oral sex, or vaginal or anal intercourse within the last 12 months reported having the following number of sexual partners:

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
None	0.0	1.9	0.0	1.3
1	66.7	75.5	100.0	75.0
2	16.7	9.4	0.0	10.5
3	5.6	5.7	0.0	5.3
4 or more	11.1	7.5	0.0	7.9
Mean	2.3	1.5	1.0	1.6
Median	1.0	1.0	1.0	1.0
Std Dev	3.3	1.2	0.0	1.9

\*Only students who reported having oral sex, or vaginal or anal intercourse in the last 12 months were asked this question.

College students who reported having oral sex, or vaginal or anal intercourse within the last 30 days who reported using a condom or another protective barrier *most of the time* or *always*:

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Oral sex	7.7	2.6	0.0	3.8
Vaginal intercourse	60.0	27.3	0.0	34.4
Anal intercourse	0.0	25.0	0.0	20.0

\*Only students who reported having oral sex, or vaginal or anal intercourse in the last 30 days were asked these questions.

College students who reported having vaginal intercourse (penis in vagina) within the last 12 months were asked if they or their partner used any method to prevent pregnancy the last time they had vaginal intercourse:

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Yes, used a method of contraception	83.3	71.7	100.0	75.0
No, did not want to prevent pregnancy	0.0	7.5	0.0	5.3
No, did not use any method	11.1	17.0	0.0	15.8
Don't know	5.6	3.8	0.0	3.9

\*Only students who reported having oral sex, or vaginal or anal intercourse in the last 12 months were asked this question.

Cis Men n =	45
Cis Women n =	91
Trans/GNC n =	9

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

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
<i>Percent (%)</i>				
Birth control pills (monthly or extended cycle)	20.0	34.2	100.0	33.3
Birth control shots	6.7	2.6	0.0	3.5
Birth control implants	0.0	15.8	0.0	10.5
Birth control patch	13.3	0.0	0.0	3.5
The ring	0.0	0.0	0.0	0.0
Emergency contraception ("morning after pill" or "Plan B")	6.7	10.5	0.0	8.8
Intrauterine device	6.7	13.2	0.0	12.3
Male (external) condom	60.0	42.1	100.0	47.4
Female (internal) condom	0.0	0.0	0.0	0.0
Diaphragm or cervical cap	0.0	0.0	0.0	0.0
Contraceptive sponge	0.0	0.0	0.0	0.0
Withdrawal	20.0	28.9	0.0	24.6
Fertility awareness (calendar, mucous, basal body temperature)	0.0	2.6	0.0	1.8
Sterilization (hysterectomy, tubes tied, vasectomy)	0.0	10.5	0.0	7.0
Other method	0.0	2.6	0.0	1.8
<b>Male condom use plus another method</b>	20.0	34.2	100.0	31.6
<b>Any two or more methods (excluding male condoms)</b>	13.3	26.3	0.0	21.1

\*Only students who reported they or their partner used a method the last time they had vaginal intercourse were asked these questions. This question was select all that apply.

College students who reported having vaginal intercourse (penis in vagina) within the last 12 months were asked if they or their partner used emergency contraception ("morning after pill" or "Plan B") in the last 12 months:

Yes ( 22.2 % cis men, 20.8 % cis women, 100 % trans/gender non-conforming)

College students who reported having vaginal intercourse (penis in vagina) within the last 12 months were asked if they experienced an unintentional pregnancy or got someone pregnant within the last 12 months:

Yes ( 0 % cis men, 1.9 % cis women, 0 % trans/gender non-conforming)

## H. Mental Health and Wellbeing

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

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
<i>Percent (%)</i>				
No or low psychological distress (0-12)	84.1	75.6	75.0	78.5
Serious psychological distress (13-24)	15.9	24.4	25.0	21.5
Mean	7.52	9.02	8.88	8.47
Median	6.00	8.00	10.00	7.00
Std Dev	6.07	5.97	7.30	6.08

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

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
<i>Percent (%)</i>				
Negative for loneliness (3-5)	53.3	53.8	55.6	54.4
Positive for loneliness (6-9)	46.7	46.2	44.4	45.6
Mean	5.13	5.40	5.56	5.29
Median	5.00	5.00	5.00	5.00
Std Dev	1.74	2.07	2.24	1.98

### Diener Flourishing Scale – Psychological Well-Being (PWB) Score (Range is 8-56)

(higher scores reflect a higher level of psychological well-being)

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Mean	42.02	43.68	40.89	43.27
Median	46.00	46.00	42.00	46.00
Std Dev	11.54	9.45	4.99	10.00

Cis Men n =	45
Cis Women n =	91
Trans/GNC n =	9

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

(higher scores reflect greater resilience)

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Mean	6.09	5.84	5.00	5.90
Median	6.00	6.00	5.00	6.00
Std Dev	1.86	1.68	1.00	1.72

### Self injury

7.6% of college students surveyed ( 2.3 % cis men, 9.0 % cis women, and indicated they had intentionally cut, burned, bruised, or otherwise injured themselves within the last 12 months.

22.2 % trans/gender non-conforming)

Within the last 12 months, have you had problems or challenges with any of the following:

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Academics	33.3	54.9	55.6	47.6
Career	28.9	41.8	33.3	36.7
Finances	40.0	54.4	66.7	50.0
Procrastination	57.8	76.9	55.6	69.4
Faculty	8.9	5.6	22.2	7.5
Family	24.4	44.0	55.6	38.8
Intimate relationships	24.4	38.5	22.2	32.7
Roommate/housemate	6.8	27.5	22.2	20.5
Peers	13.3	30.8	0.0	23.1
Personal appearance	24.4	55.6	55.6	45.2
Health of someone close to me	27.3	49.4	22.2	41.0
Death of a family member, friend, or someone close to me	22.7	27.5	33.3	26.7
I was bullied	9.1	6.6	0.0	6.8
I was cyberbullied	6.8	3.3	0.0	4.1
I was hazed	2.3	2.2	0.0	2.1
I experienced microaggression(s)	18.2	12.1	0.0	13.0
I was sexually harassed	2.3	5.5	11.1	4.8
I experienced discrimination	4.5	5.5	0.0	4.8

\*Only students who reported a problem or challenge in the last 12 months were asked about level of distress.

Students reporting none of the above	24.4	9.9	22.2	15.6
Students reporting only one of the above	13.3	7.7	0.0	8.8
Students reporting 2 of the above	6.7	6.6	22.2	7.5
Students reporting 3 or more of the above	55.6	75.8	55.6	68.0

\*Of those reporting this issue, it caused moderate or high distress

Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
80.0	86.0	80.0	84.3
46.2	55.3	100.0	55.6
66.7	79.6	50.0	74.0
57.7	67.6	40.0	63.0
50.0	40.0	50.0	45.5
54.5	70.0	40.0	63.2
54.5	70.6	50.0	66.0
0.0	48.0	50.0	43.3
16.7	32.1	0.0	29.4
45.5	58.0	80.0	57.6
58.3	81.4	0.0	72.4
70.0	58.3	66.7	60.5
25.0	50.0	0.0	40.0
33.3	66.7	0.0	50.0
0.0	50.0	0.0	33.3
12.5	36.4	0.0	26.3
100.0	60.0	0.0	57.1
50.0	60.0	0.0	57.1

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

Cis Men n =	45
Cis Women n =	91
Trans/GNC n =	9

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
<i>Percent (%)</i>				
Negative suicidal screening (3-6)	84.4	71.1	55.6	74.7
Positive suicidal screening (7-18)	15.6	28.9	44.4	25.3

Mean	4.38	5.30	6.67	5.07
Median	3.00	4.00	6.00	4.00
Std Dev	2.04	3.24	2.87	2.93

## Suicide attempt

■ 4.1 % of college students surveyed ( 8.9 % cis men, 2.2 % cis women, and

0 % trans/gender non-conforming) indicated they had attempted suicide within the last 12 months.

## Within the last 30 days, how would you rate the overall level of stress experienced:

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
<i>Percent (%)</i>				
No stress	11.1	3.3	0.0	6.2
Low	42.2	18.9	11.1	25.3
Moderate	35.6	48.9	55.6	45.2
High	11.1	28.9	33.3	23.3

## I. Acute Conditions

### College students reported being diagnosed by a healthcare professional within the last 12 months with:

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
<i>Percent (%)</i>				
Bronchitis	0.0	4.4	0.0	2.7
Chlamydia	0.0	2.2	0.0	1.4
Chicken Pox (Varicella)	0.0	0.0	0.0	0.0
Cold/virus or other respiratory illness (for example: sinus infection, ear infection, strep throat, tonsillitis, pharyngitis, or laryngitis)	22.7	41.8	11.1	34.2
Concussion	4.5	4.4	0.0	4.1
Gonorrhea	0.0	0.0	0.0	0.0
Flu (influenza) or flu-like illness	15.9	20.9	0.0	17.8
Mumps	0.0	1.1	0.0	0.7
Mononucleosis (mono)	0.0	0.0	0.0	0.0
Orthopedic injury (for example: broken bone, fracture, sprain, bursitis, tendinitis, or ligament injury)	6.8	9.9	0.0	8.2
Pelvic Inflammatory Disease	0.0	0.0	0.0	0.0
Pneumonia	0.0	2.2	0.0	1.4
Shingles	0.0	1.1	0.0	0.7
Stomach or GI virus or bug, food poisoning or gastritis	4.7	8.8	11.1	7.6
Urinary tract infection	0.0	14.4	0.0	9.7

## J. Ongoing or Chronic Conditions

Cis Men n =	45
Cis Women n =	91
Trans/GNC n =	9

The questions for the *ongoing or chronic conditions* are presented differently in this report than the order they appear in the survey. In the survey, all items appear in a single list, ordered alphabetically. In this report, the conditions are presented in groups to ease burden on the reader. The findings are divided into mental health conditions, STIs and other chronic infections, and other ongoing or chronic conditions in this report.

### Mental Health

#### College students reported ever being diagnosed with the following:

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
ADD/ADHD - Attention Deficit/Hyperactivity Disorder	22.7	19.8	22.2	20.5
Alcohol or Other Drug-Related Abuse or Addiction	9.1	4.4	0.0	5.5
Anxiety (for example: Generalized Anxiety, Social Anxiety, Panic Disorder, Specific Phobia)	15.9	46.2	33.3	35.6
Autism Spectrum	4.5	1.1	0.0	2.1
Bipolar and Related Conditions (for example: Bipolar I, II, Hypomanic Episode)	2.3	5.6	0.0	4.2
Borderline Personality Disorder (BPD), Avoidant Personality, Dependent Personality, or another personality disorder	0.0	2.2	11.1	2.1
Depression (for example: Major depression, persistent depressive disorder, disruptive mood disorder)	15.9	35.2	33.3	28.8
Eating Disorders (for example: Anorexia Nervosa, Bulimia Nervosa, Binge-Eating)	0.0	6.7	11.1	4.8
Gambling Disorder	0.0	0.0	0.0	0.0
Insomnia	4.5	6.7	0.0	5.5
Obsessive-Compulsive and Related Conditions (for example: OCD, Body Dysmorphia, Hoarding, Trichotillomania and other body-focused repetitive behavior disorders)	4.5	3.3	0.0	3.4
PTSD (Posttraumatic Stress Disorder), Acute Stress Disorder, Adjustment Disorder, or another trauma- or stressor- related condition	2.3	9.9	11.1	7.5
Schizophrenia and Other Psychotic Conditions (for example: Schizophrenia, Schizoaffective Disorder, Schizophreniform Disorder, Delusional Disorder)	0.0	1.1	0.0	0.7
Tourette's or other neurodevelopmental condition not already listed	0.0	1.1	0.0	0.7
Traumatic brain injury (TBI)	0.0	0.0	0.0	0.0

#### \*Of those ever diagnosed, those reporting contact with healthcare or MH professional within last 12 months

Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
50.0	66.7	100.0	63.3
75.0	50.0	0.0	62.5
71.4	64.3	66.7	65.4
100.0	0.0	0.0	66.7
100.0	80.0	0.0	83.3
0.0	50.0	100.0	66.7
57.1	68.8	66.7	66.7
0.0	33.3	0.0	28.6
0.0	0.0	0.0	0.0
50.0	33.3	0.0	37.5
50.0	33.3	0.0	40.0
0.0	77.8	100.0	72.7
0.0	100.0	0.0	100.0
0.0	0.0	0.0	0.0
0.0	0.0	0.0	0.0

\*Only students who reported ever being diagnosed were asked about contact with a healthcare or mental health professional within the last 12 months.

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
<i>Students reporting none of the above</i>	63.6	45.1	33.3	50.7
<i>Students reporting only one of the above</i>	18.2	16.5	33.3	17.8
<i>Students reporting both Depression and Anxiety</i>	9.1	29.7	33.3	23.3
<i>Students reporting any two or more of the above (excluding the combination of Depression and Anxiety)</i>	9.1	8.8	0.0	8.2



Cis Men n =	45
Cis Women n =	91
Trans/GNC n =	9

**STI's/Other chronic infections**

**College students reported ever being diagnosed with the following:**

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Genital herpes	0.0	2.2	0.0	1.4
Hepatitis B or C	0.0	1.1	0.0	0.7
HIV or AIDS	0.0	0.0	0.0	0.0
Human papillomavirus (HPV) or genital warts	0.0	5.5	0.0	3.4

*\*Only students who reported ever being diagnosed were asked about contact with a healthcare or mental health professional within the last 12 months.*

**\*Of those ever diagnosed, had contact with healthcare or MH professional within last 12 months**

Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
0.0	50.0	0.0	50.0
0.0	100.0	0.0	100.0
0.0	0.0	0.0	0.0
0.0	60.0	0.0	60.0

**Other Chronic /Ongoing Medical Conditions**

**College students reported ever being diagnosed with the following:**

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Acne	11.1	17.6	11.1	15.0
Allergies - food allergy	4.5	9.9	0.0	8.2
Allergies - animals/pets	6.8	14.3	0.0	11.0
Allergies - environmental (for example: pollen, grass, dust, mold)	15.9	20.9	0.0	17.8
Asthma	11.4	14.3	11.1	13.0
Cancer	0.0	2.2	0.0	1.4
Celiac disease	0.0	1.1	0.0	0.7
Chronic pain (for example: back or joint pain, arthritis, nerve pain)	7.0	6.7	0.0	6.3
Diabetes or pre-diabetes/insulin resistance	0.0	5.5	0.0	3.4
Endometriosis	0.0	3.3	0.0	2.1
Gastroesophageal Reflux Disease (GERD) or acid reflux	0.0	2.2	0.0	1.4
Heart & vascular disorders (for example: atrial fibrillation or other cardiac arrhythmia, mitral valve prolapse or other valvular heart disease, congenital heart condition)	2.3	1.1	0.0	1.4
High blood pressure (hypertension)	6.8	2.2	0.0	3.4
High cholesterol (hyperlipidemia)	4.5	0.0	0.0	1.4
Irritable bowel syndrome (spastic colon or spastic bowel)	0.0	2.2	0.0	1.4
Migraine headaches	6.8	19.1	11.1	14.6
Polycystic Ovarian Syndrome (PCOS)	0.0	9.9	0.0	6.2
Sleep Apnea	0.0	2.2	0.0	1.4
Thyroid condition or disorder	2.3	4.4	0.0	3.4
Urinary system disorder (for example: bladder or kidney disease, urinary reflux, interstitial cystitis)	0.0	0.0	0.0	0.0

*\*Only students who reported ever being diagnosed were asked about contact with a healthcare or mental health professional within the last 12 months.*

**\*Of those ever diagnosed, had contact with healthcare or MH professional within last 12 months**

Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
60.0	37.5	100.0	45.5
0.0	44.4	0.0	33.3
33.3	23.1	0.0	25.0
42.9	21.1	0.0	26.9
20.0	30.8	0.0	26.3
0.0	100.0	0.0	100.0
0.0	100.0	0.0	100.0
33.3	60.0	0.0	50.0
0.0	60.0	0.0	60.0
0.0	33.3	0.0	33.3
0.0	0.0	0.0	0.0
0.0	100.0	0.0	50.0
33.3	50.0	0.0	40.0
0.0	0.0	0.0	0.0
0.0	0.0	0.0	0.0
33.3	47.1	0.0	42.9
0.0	44.4	0.0	44.4
0.0	50.0	0.0	50.0
100.0	100.0	0.0	100.0
0.0	0.0	0.0	0.0

Cis Men n =	45
Cis Women n =	91
Trans/GNC n =	9

Students who reported being diagnosed with diabetes or pre-diabetes/insulin resistance, indicated they had:

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
<i>Percent (%)</i>				
Type I Diabetes	0.0	0.0	0.0	0.0
Type II Diabetes	0.0	33.3	0.0	33.3
Pre-diabetes or insulin resistance	0.0	100.0	0.0	100.0
Gestational Diabetes	0.0	0.0	0.0	0.0

## K. Sleep

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

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
<i>Percent (%)</i>				
Less than 15 minutes	44.4	37.4	22.2	39.9
16 to 30 minutes	33.3	29.7	22.2	29.7
31 minutes or more	22.2	33.0	55.6	30.4

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

On weeknights

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
<i>Percent (%)</i>				
Less than 7 hours	51.1	45.1	88.9	49.3
7 to 9 hours	46.7	53.8	11.1	49.3
10 or more hours	2.2	1.1	0.0	1.4

On weekend nights

Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
33.3	33.0	55.6	33.8
60.0	61.5	44.4	60.8
6.7	5.5	0.0	5.4

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

Felt tired or sleepy during the day

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
<i>Percent (%)</i>				
0 days	8.9	4.4	0.0	6.8
1-2 days	31.1	15.4	0.0	19.6
3-5 days	42.2	50.5	55.6	47.3
6-7 days	17.8	29.7	44.4	26.4

Got enough sleep so that they felt rested

Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
8.9	28.6	22.2	21.6
33.3	37.4	44.4	35.8
40.0	23.1	33.3	29.1
17.8	11.0	0.0	13.5

## Demographics and Sample Characteristics

### ■ Age

18 - 20 years:	72.2 %
21 - 24 years:	9.7 %
25 - 29 years:	4.9 %
30+ years:	13.2 %
Mean age:	21.8 years
Median age:	19.0 years
Queer:	0.7 %

### ■ Gender\*

Cis Women:	61.5 %
Cis Men:	30.4 %
Transgender/Gender Non-conforming:	6.1 %

\* See note on page 2 regarding gender categories

### ■ Student status

1st year undergraduate:	56.2 %
2nd year undergraduate:	32.2 %
3rd year undergraduate:	5.5 %
4th year undergraduate:	2.7 %
5th year or more undergraduate:	0.7 %
Master's (MA, MS, MFA, MBA, etc.):	0.7 %
Doctorate (PhD, EdD, MD, JD, etc.):	0.0 %
Not seeking a degree:	0.7 %
Other:	1.4 %
Asian or Asian American	
Full-time student:	84.4 %
Part-time student:	15.6 %
Other student:	0.0 %
or Arab Origin:	

### ■ Relationship status

Not in a relationship:	49.7 %
In a relationship but not married/partnered:	34.7 %
Married/partnered:	15.6 %
Identity not listed above:	

### ■ Primary Source of Health Insurance\*\*

College/university sponsored SHIP plan:	5.4 %
Parent or guardian's plan:	66.2 %
Employer (mine or my spouse/partners):	10.8 %
Medicaid, Medicare, SCHIP, or VA:	5.4 %
Bought a plan directly or from the exchange	1.4 %
Embassy/sponsoring agency (international)	0.0 %
Another source	0.0 %
Have insurance, but don't know source:	4.1 %
Don't have health insurance:	6.1 %
Don't know if I have health insurance:	2.7 %
Students that selected more than one source:	4.1 %

### ■ Student Veteran:

■ Parent or primary responsibility for someone else's child/children under 18 years old: 17.0 %

\*\*this question was select all that apply, totals may add up to over 100%

### ■ Students describe themselves as

Straight/Heterosexual:	81.0 %
Asexual:	0.0 %
Bisexual:	10.9 %
Gay:	0.0 %
Lesbian:	3.4 %
Pansexual:	2.7 %

Questioning:	0.7 %
Identity not listed above:	0.7 %

### ■ Housing

Campus or university housing:	39.5 %
Fraternity or sorority residence:	0.7 %
Parent/guardian/other family:	29.9 %
Off-campus:	25.9 %
Temporary or "couch surfing":	1.4 %
Don't have a place to live:	0.0 %
Other:	2.7 %

### ■ Students describe themselves as\*\*

American Indian or Native Alaskan	10.1 %
3.4 %	
Black or African American	5.4 %
Hispanic or Latino/a/x	10.8 %
Middle Eastern/North African (MENA)	
0.7 %	
Native Hawaiian or Other	
Pacific Islander Native:	0.7 %
White:	79.1 %
Biracial or Multiracial:	1.4 %
1.4 %	

### If Hispanic or Latino/a/x, are you\*\*

Mexican, Mexican American, Chicano:	81.3 %
Puerto Rican:	12.5 %
Cuban:	0.0 %
Another Hispanic, Latino/a/x, or	
Spanish Origin:	12.5 %

### If Asian or Asian American, are you\*\*

East Asian:	0.0 %
Southeast Asian:	100.0 %
South Asian:	0.0 %
Other Asian:	0.0 %

### ▼ visa status & location of study

Do not have/need a U.S. visa Have/need a U.S. visa

Studying in U.S.  
Studying Outside U.S.

72.9 %	17.1 %
8.6 %	1.4 %

■ **First generation students** 69.4 %  
 (Proportion of students for whom no  
 parent/guardian have completed a  
 bachelor's degree)

■ Do you have any of the following?  
 Attention Deficit/Hyperactivity Disorder  
 (ADD or ADHD): 24.7 %

Autism Spectrum Disorder: Deaf/Hearing loss: Learning  
 disability: 3.4 %  
 2.7 %  
 Mobility/Dexterity disability: Blind/low vision: 6.9 %  
 Speech or language disorder: 0.7 %  
 3.4 %

■ **Participated in organized college athletics:**  
 Varsity: 24.0 %  
 Club sports: 9.9 %  
 Intramurals: 3.6 %

■ Member of a [social](#) fraternity or sorority:  
 Greek member: 2.0 %

■ **Dropout Intention**  
*Very, moderately, or slightly likely to:*  
 Leave school and transfer to another school 16.3 %  
 Leave school without transferring to another school 2.1 %



