

## 2016 Dartmouth Health Survey Results

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Office of Institutional Research  
June 2016



Dartmouth

## Key Findings

### Background

- The Dartmouth Health survey is administered every other year in an effort to gauge students' health habits, behaviors and perceptions.
- In Spring 2016, 2,262 undergraduates were invited to participate.
- The response rate was 13% (286/2,262). Given the low rate, caution should be exercised when generalizing to the broader student body.

### General Health

- Respondents rated overall health as 3.6 on a 5-point scale where 5 was "Excellent."
- Twenty percent of respondents had a chronic health condition.

### Helpful information

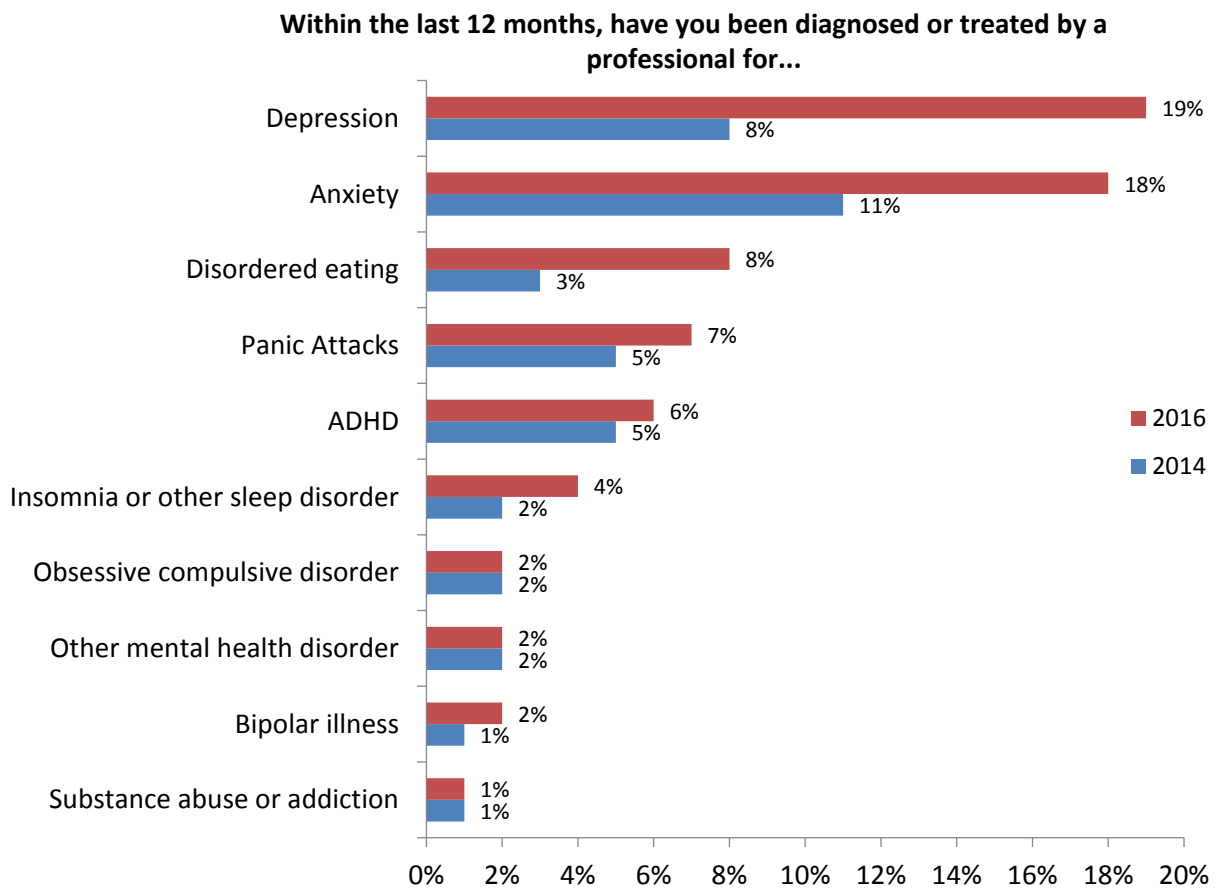
- Respondents were provided a list of health topics (e.g., alcohol and substance abuse, grief and loss, relationship problems, etc.) and asked where they received helpful information.
- Overall, respondents rely on friends, parents, and other media/internet most often for nearly all topics.
- Friends most often provided helpful information related to alcohol and substance use, relationship problems, healthy relationships, nutritional and physical activity, and how to assist others in distress.
- Other media/internet was helpful for nutrition and physical activity, alcohol and substance use, cold/flu/sore throat, depression/anxiety, healthy relationships, and stress reduction.
- Respondents relied least often on the Title IX Coordinator, Dartmouth College Health Service website, Staff/Faculty, and UGA's for helpful information on these topics.

### Sleep

- On average, respondents got 7 hours of sleep a night and didn't report having big problems with daytime sleepiness.
- Nearly one in five (19%) had gone 24 hours without sleep in the past month while 33% had never gone a 24-hour period without sleep.
- Interestingly though, when asked how often they thought a Dartmouth student had gone 24 hours without sleep, over two-thirds (71%) indicated 1-3 times this month.

**Mental Health**

- Nearly two-thirds (64%) of respondents agreed or strongly agreed the campus climate has a negative impact on students’ mental and emotional well-being.
- Overall, respondents had a generally positive outlook. Over 70% indicated they were a good person and live a good life, their social relationships were supportive and rewarding, and people respect them.
- Nearly a quarter of respondents had ever been diagnosed with depression (24%) or anxiety (23%).
- Over a third (36%) had seen a mental health counselor in the last 12 months.
- More than half (59%) reported greater than average or tremendous stress within the last 12 months.



**Weight, exercise, and nutrition**

- On average, respondents got cardio exercise for 20 minutes or more 3 days in the past 7.
- Forty-four percent reported getting 3-4 servings of fruits and vegetables a day.
- Nearly a third (32%) worry they have lost control over how much they eat and 63% are distressed about episodes of excessive overeating.

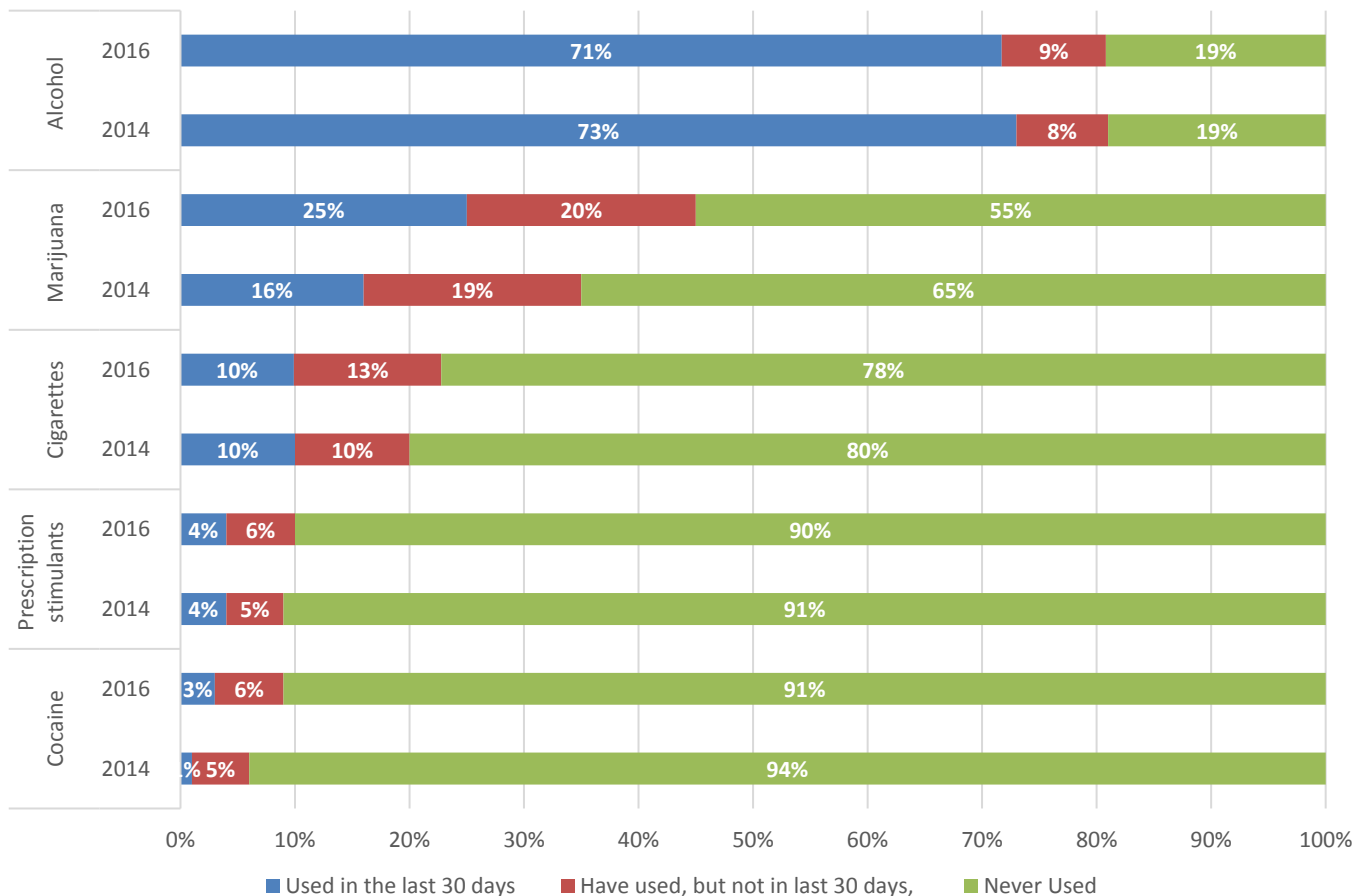
**Sexual Health**

- Over three-fourths (88%) of respondents agreed or strongly agreed they were confident in their ability to tell a partner whether they did or did not want to engage in sexual activity.
- Nearly a third (29%) reported they were not sexually active.
- Respondents averaged approximately two sex (oral, vaginal, or anal) partners in the last 12 months.
- Thirty-one percent had been tested for sexually transmitted infections within the last 12 months.
- Condoms and birth control pills are the most common methods used to prevent pregnancy.

**Alcohol & Other Drugs**

- There was a small decrease in alcohol consumption within the last 30 days from 2014 (73%) to 2016 (71%) while marijuana usage increased.
- Of those who drank alcohol, they reported – doing something they later regretted (37%), forgot where they were or what they did (36%), were physically injured (14%), or had unprotected sex (13%).
- Fifty-six percent of respondents reported binge/high-risk drinking (five or more drinks in one sitting) in the past two weeks.

**Within the last 30 days, did you use...?**



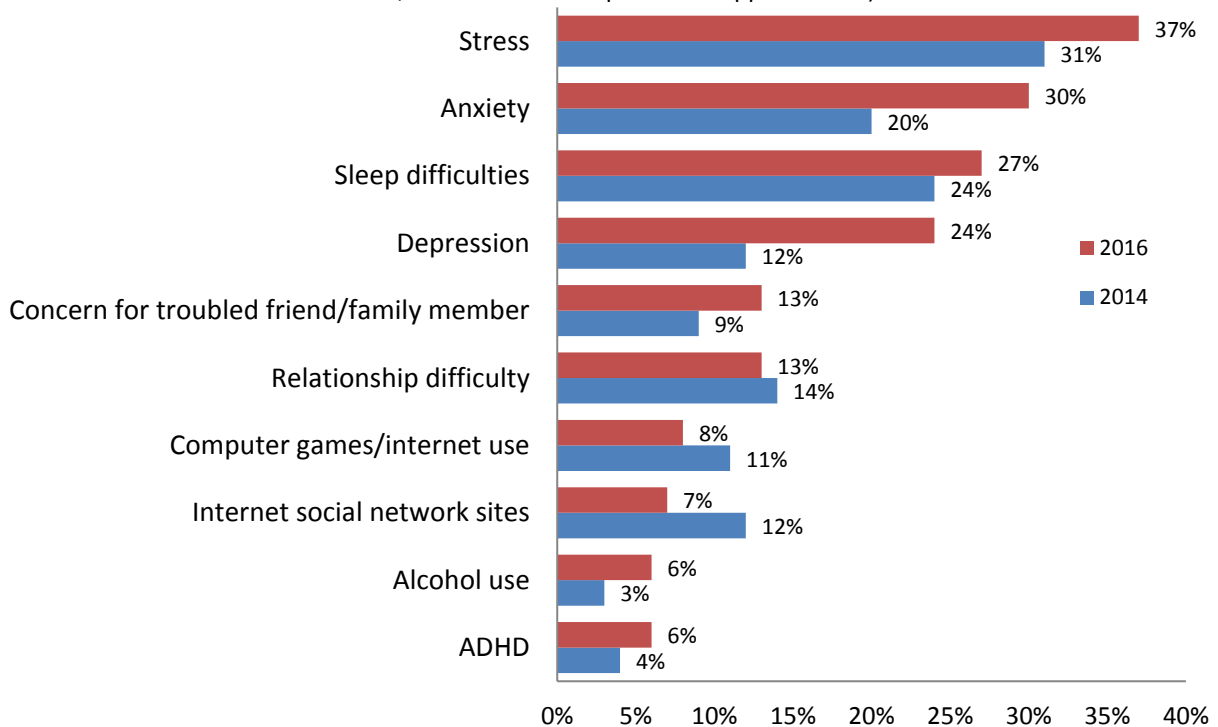
**Sexual Misconduct**

- Eighty-four percent of respondents feel safe at Dartmouth.
- Eleven percent had been sexually touched without consent within the last 12 months.
- For those who had experienced some type of sexual misconduct, over half (53%) disclosed to friends, family, or partner while a fourth (25%) disclosed to another Dartmouth student. Fourteen percent disclosed to Dartmouth Counseling and Human Development.
- Within the last 12 months, 5% indicated they had been in a relationship that was emotionally abusive (e.g., called derogatory names, yelled at, and ridiculed).

**Health & Academic Performance**

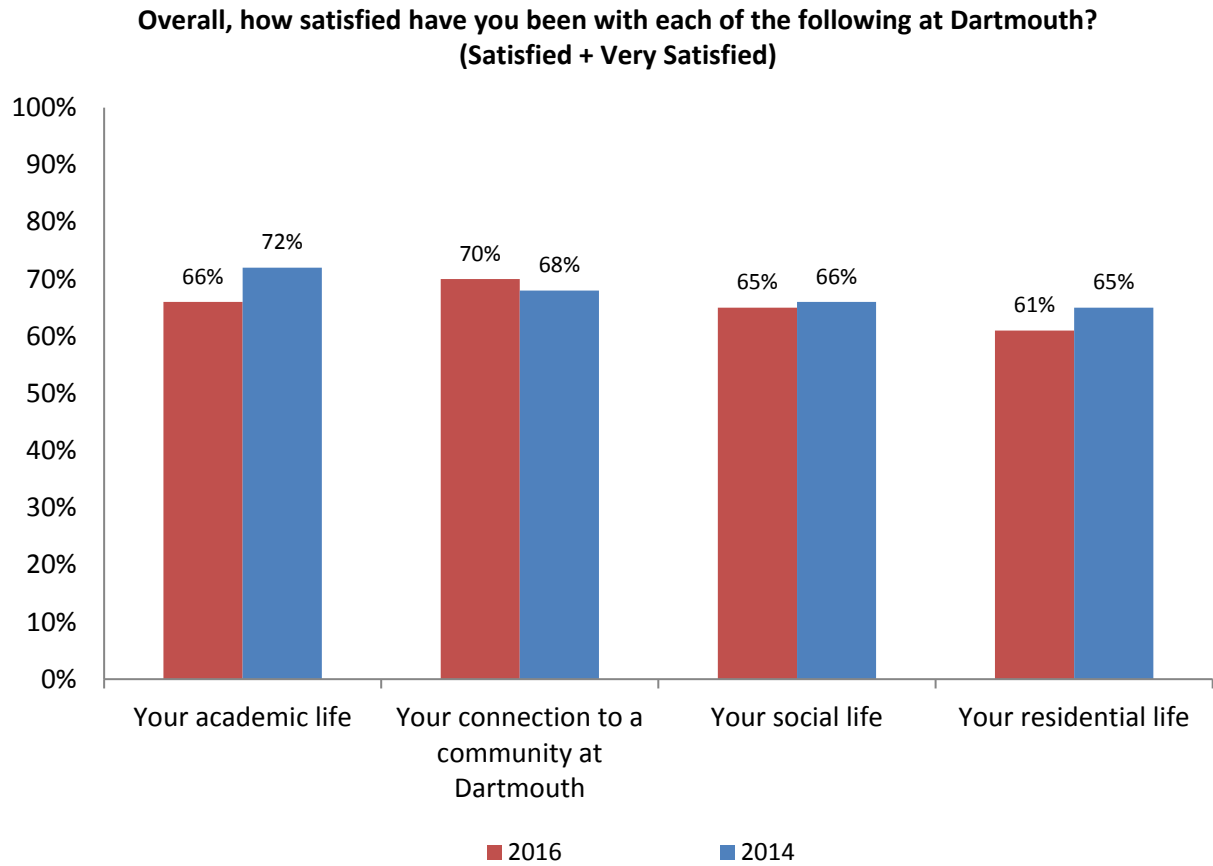
- Within the last 12 months, stress, anxiety, and sleeping difficulties were the most reported factors affecting students' academic performance. Since 2014, there are marked increases for both depression and anxiety affecting academic performance.

**Within the last 12 months, the following affected your academic performance:**  
 (including received lower grade on exam or important project, or received lower grade course, or received incomplete or dropped course)



**Dartmouth Student Life**

- Compared to 2014, satisfaction with their connection to a community at Dartmouth was higher while all other categories witnessed slight declines.



## **Appendix A: Methodology and Descriptive Statistics**

## Methods and Sample

- 2,262 Dartmouth undergraduate students were invited to participate via email.
- Survey format was electronic.
- Survey invitation and three email reminders were sent from Office of Institutional Research. One additional reminder was sent by Dr. Mark Reed, Director of Dartmouth College Health Service.
- Data collection lasted four weeks.
- Response rate was 13% (286/2,262).



## Demographics of Respondents

Gender		
	N	Percent
Female	172	60%
Male	114	40%
Total	286	100%

Race		
	N	Percent
International	17	6%
Minority	113	40%
White	156	55%
Total	286	100%

Class Year		
	N	Percent
Class of 2016	59	21%
Class of 2017	78	27%
Class of 2018	74	26%
Class of 2019	62	22%
Other	13	5%
Total	286	100%

Athletes		
	N	Percent
No	250	87%
Yes	36	13%
Total	286	100%

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<b>Greek Member*</b>		
	<b>N</b>	<b>Percent</b>
No	91	41%
Yes	133	59%
Total	224	100%

*\*First year students were excluded because they were not eligible for Greek membership*

<b>Housing Type</b>		
	<b>N</b>	<b>Percent</b>
Affinity	7	2%
First Year	31	11%
Greek	33	12%
Mixed	53	19%
Off Campus	88	31%
Upper-class	74	26%
Total	286	100%

## Summary Report

### General Health

Q1. Considering your age, how would you describe your general health?						
1 = Poor ... 5 = Excellent						
Overall Average	1	2	3	4	5	N
3.6	2%	8%	34%	39%	17%	286

Q2. Do you have a chronic health condition?		
No	Yes	N
80%	20%	286

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Health Resources

Q3. Where do you receive <i>helpful</i> information regarding the following topics? Check all that apply.													
	Stall Street Journal	Dicks House Health Care Provider	UGA	Student Wellness Center	Staff/Faculty	Parents	Heath Care Provider from Home	Friends	Dartmouth College Health Service Website	Other Media/Internet	Title IX Coordinator	NA/None of the above	N
Alcohol and substance use	24%	9%	20%	9%	3%	46%	15%	53%	2%	44%	0%	14%	286
Cold/flu/sore throat	12%	25%	1%	2%	1%	59%	32%	27%	2%	37%	0%	7%	286
Depression/anxiety	10%	19%	7%	10%	4%	29%	17%	33%	4%	32%	0%	22%	286
Disordered eating	5%	6%	2%	4%	2%	12%	9%	15%	1%	21%	0%	45%	286
Games	1%	1%	3%	1%	0%	9%	1%	14%	0%	15%	0%	61%	286
Grief and loss	1%	5%	2%	2%	3%	34%	5%	25%	1%	15%	0%	40%	286
Healthy relationships	6%	5%	6%	7%	3%	36%	3%	45%	1%	28%	1%	24%	286
How to assist others in distress	4%	2%	12%	10%	6%	27%	3%	36%	2%	27%	0%	28%	286
Nutrition and physical activity	21%	7%	1%	10%	6%	46%	22%	40%	2%	48%	0%	8%	286
Pregnancy prevention	2%	14%	8%	5%	1%	19%	22%	20%	2%	26%	0%	33%	286
Problem use of internet /video	2%	1%	1%	1%	2%	10%	1%	8%	1%	13%	0%	64%	286
Relationship problems	3%	6%	5%	5%	2%	27%	4%	51%	2%	21%	1%	25%	286
Relationship violence/sexual or physical assault	7%	7%	11%	11%	3%	12%	5%	24%	4%	24%	4%	37%	286
Sexual health	5%	10%	4%	8%	0%	14%	20%	22%	2%	26%	1%	31%	286
Sexually transmitted infections	2%	18%	3%	5%	1%	12%	18%	13%	2%	27%	0%	33%	286
Sleep problems	15%	9%	3%	10%	3%	28%	14%	17%	2%	26%	0%	27%	286
Stress reduction	24%	9%	8%	14%	6%	31%	9%	35%	3%	28%	0%	20%	286

**Sleep**

Q4. On <i>average</i> , how many hours of sleep do you get a <i>night</i> ?												
0 = 0, 1 = 1 ... 9 = 9, 10 = 10+												
Overall Average	0	1	2	3	4	5	6	7	8	9	10+	N
6.8	0%	0%	0%	0%	1%	7%	22%	47%	20%	2%	1%	280

Q5. In the past seven days, how much of a problem have you had with daytime sleepiness?						
1 = No problem at all ... 5 = A very big problem						
Overall Average	1	2	3	4	5	N
2.6	7%	50%	25%	12%	5%	282

Q6. During the past month, how often have you gone a 24-hour period without sleep?						
I have never gone a 24-hour period without sleep	Not during the past month	1-3 times this month	Once a week	2-3 times a week	4 or more times a week	N
33%	48%	16%	2%	0%	1%	282

Q7. During the past month, how often do you think most Dartmouth students have gone a 24-hour period without sleep?						
Never	Not during the past month	1-3 times this month	Once a week	2-3 times a week	4 or more times a week	N
0%	23%	71%	5%	0%	0%	282

**Mental Health**

Q8. At Dartmouth, I feel that...							
1 = Strongly disagree ... 5 = Strongly agree							
	Overall Average	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	N
students' mental and emotional well-being is a priority.	2.9	11%	33%	25%	20%	11%	280
the campus climate has a negative impact on students' mental and emotional well-being.	3.7	4%	14%	19%	41%	23%	280
the campus climate encourages free and open discussion about mental and emotional health.	3.0	9%	27%	29%	29%	6%	279

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<b>Q9. Below are 8 statements with which you may agree or disagree. Using the 1-7 scale below, indicate your agreement with each item.</b>									
<b>1 = Strongly disagree ... 7 = Strongly agree</b>									
	<b>Overall Average</b>	<b>Strongly disagree</b>	<b>Disagree</b>	<b>Slightly disagree</b>	<b>Neither agree nor disagree</b>	<b>Slightly agree</b>	<b>Agree</b>	<b>Strongly agree</b>	<b>N</b>
I lead a purposeful and meaningful life.	5.6	0%	3%	4%	7%	20%	42%	23%	278
My social relationships are supportive and rewarding.	5.9	1%	1%	2%	5%	17%	38%	35%	278
I am engaged and interested in my daily activities.	5.6	1%	2%	6%	5%	23%	42%	22%	278
I actively contribute to the happiness and well-being of others.	5.7	1%	3%	1%	10%	16%	45%	24%	277
I am competent and capable in the activities that are important to me.	5.7	0%	3%	5%	4%	18%	43%	26%	276
I am a good person and live a good life.	5.8	0%	1%	3%	9%	13%	49%	25%	278
I am optimistic about my future.	5.7	1%	4%	3%	9%	15%	36%	32%	278
People respect me.	5.7	1%	3%	4%	7%	14%	50%	22%	278

<b>Q10. Within the <i>last 12 months</i>, have you seen a mental health counselor?</b>		
<b>No</b>	<b>Yes</b>	<b>N</b>
64%	36%	280

<b>Q11. Have you ever been diagnosed with?</b>			
	<b>No</b>	<b>Yes</b>	<b>N</b>
Depression	76%	24%	280
Anxiety	78%	23%	280

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<b>Q12. Within the <i>last 12 months</i>, have you been diagnosed or treated by a professional for... (Check all that apply)</b>			
	<b>Not Checked</b>	<b>Checked</b>	<b>N</b>
ADHD	94%	6%	286
Anxiety	82%	18%	286
Bipolar illness	98%	2%	286
Depression	81%	19%	286
Disordered eating	92%	8%	286
Insomnia or other sleep disorder	96%	4%	286
Obsessive compulsive disorder	98%	2%	286
Panic Attacks	93%	7%	286
Substance abuse or addiction	99%	1%	286
Post-traumatic stress disorder (PTSD)	97%	3%	286
Other addiction (gambling, internet, sexual, pornography)	99%	1%	286
Other mental health disorder	98%	2%	286

<b>Q13. Within the <i>last 12 months</i>, have you taken any of the following prescription medications?</b>			
	<b>No</b>	<b>Yes</b>	<b>N</b>
Antidepressants (e.g. Prozac, Celexa)	85%	15%	273
Sedatives (e.g. Klonopin, Xanax, Lorazepam)	93%	7%	266
Stimulants (e.g. Adderall, Ritalin)	88%	12%	269

<b>Q14. Within the <i>last 12 months</i>, how would you rate the overall level of stress you have experienced?</b>						
<b>0 = No stress, 1 = Less than average stress ... 4 = Tremendous stress</b>						
<b>Overall Average</b>	<b>No stress</b>	<b>Less than average stress</b>	<b>Average stress</b>	<b>Greater than average stress</b>	<b>Tremendous stress</b>	<b>N</b>
2.6	0%	7%	34%	50%	9%	279

**Weight, Exercise, and Nutrition**

<b>Q15. In the past 7 days, how often did you get cardio exercise for 20 minutes or more causing a noticeable increase in your heart rate?</b>									
<b>0 = 0 days, 1 = 1 ... 7 = 7 days</b>									
<b>Overall Average</b>	<b>0 days</b>	<b>1 day</b>	<b>2 days</b>	<b>3 days</b>	<b>4 days</b>	<b>5 days</b>	<b>6 days</b>	<b>7 days</b>	<b>N</b>
3.1	17%	12%	11%	21%	11%	8%	9%	9%	276

<b>Q16. How many servings of fruits and vegetables do you usually have per day?</b>					
<b>0 = 0 servings per day, 1 = 1-2 servings per day, 2 = 3-4 servings per day, 3 = 5 or more servings per day</b>					
<b>Overall Average</b>	<b>0 servings per day</b>	<b>1-2 servings per day</b>	<b>3-4 servings per day</b>	<b>5 or more servings per day</b>	<b>N</b>
1.7	3%	38%	44%	16%	278

<b>Q17. Answer the following questions.</b>			
	<b>No</b>	<b>Yes</b>	<b>N</b>
Do you make yourself sick because you feel uncomfortably full?	90%	10%	277
Do you worry you have lost control over how much you eat?	68%	32%	277
Have you recently lost more than 14 pounds in a 3 month period?	93%	7%	277
Do you believe yourself to be fat when others say you are too thin?	88%	12%	277
Would you say that food dominates your life?	85%	15%	277

<b>Q18. During the last three months, did you have any episodes of excessive overeating (i.e., eating significantly more than what most people would eat in a similar time period)?</b>		
<b>No</b>	<b>Yes</b>	<b>N</b>
78%	22%	277

<b>Q19. Did you feel distressed about your episodes of excessive overeating?</b>		
<b>No</b>	<b>Yes</b>	<b>N</b>
37%	63%	62



**Sexual Health**

<b>Q20. I am confident in my ability to tell a partner whether I do or do not want to engage in a sexual activity.</b>						
<b>1 = Strongly disagree ... 5 = Strongly agree</b>						
<b>Overall Average</b>	<b>Strongly disagree</b>	<b>Disagree</b>	<b>Neither agree nor disagree</b>	<b>Agree</b>	<b>Strongly agree</b>	<b>N</b>
4.4	1%	2%	8%	33%	55%	275

<b>Q21. The last time you engaged in a sexual activity, when did you discuss with your partner what you wanted to occur? Check all that apply.</b>			
	<b>Not Checked</b>	<b>Checked</b>	<b>N</b>
I am not sexually active	71%	29%	286
Didn't discuss	89%	11%	286
Discussed before	63%	37%	286
Discussed during	57%	43%	286
Discussed after	84%	16%	286

<b>Q22. In the <i>last 12 months</i>, with how many partners, if any, have you had sex (oral, vaginal, or anal)?</b>														
<b>0 = 0 1 = 1 ... 10 = 10 (Average excludes 'Have never been sexually active')</b>														
<b>Overall Average</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>N</b>	<b>N Have never been sexually active</b>	<b>N Total</b>
2.5	9%	42%	15%	10%	8%	4%	5%	2%	3%	1%	4%	196	74	270

<b>Q23. Within the <i>last 30 days</i>, how often did you or your partner(s) use a barrier (i.e., male condom, female condom, dental dam, glove) to protect from sexually transmitted infections &amp;/or pregnancy during:</b>										
<b>1 = Never ... 5 = Always (Average excludes 'N/A')</b>										
	<b>Overall Average</b>	<b>Have not done this sexual activity in the last 30 days</b>	<b>Never</b>	<b>Rarely</b>	<b>Sometimes</b>	<b>Most of the time</b>	<b>Always</b>	<b>N</b>	<b>N N/A</b>	<b>N Total</b>
Oral sex	0.8	35%	59%	3%	1%	1%	2%	179	87	266
Vaginal intercourse	2.5	34%	12%	2%	8%	13%	32%	160	107	267
Anal intercourse	0.7	76%	11%	0%	2%	2%	11%	66	199	265
Other sexual act	0.7	56%	35%	2%	1%	2%	3%	96	169	265

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<b>Q24. Within the last <u>12 months</u>, have you ...</b>			
	<b>No</b>	<b>Yes</b>	<b>N</b>
Been tested for sexually transmitted infections	69%	31%	271
Been diagnosed with a sexually transmitted infection	99%	1%	271
Been pressured to be sexually active	84%	16%	271
Been pressured to NOT use protection/condoms	92%	8%	271
Had a partner tamper with your method of protection/contraception	98%	2%	271

<b>Q25. If you have had vaginal intercourse, what methods did you or your partner use to prevent pregnancy the last time? Check all that apply.</b>			
	<b>Not Checked</b>	<b>Checked</b>	<b>N</b>
Have not had penile-vaginal intercourse	72%	28%	286
Birth control pills	68%	32%	286
Condoms (male or female)	56%	44%	286
Depo Provera (shots)	100%	0%	286
Diaphragm/Cervical cap/Sponge	100%	0%	286
Fertility awareness (calendar, mucous, basal body temperature)	99%	1%	286
IUD (Mirena, Skyla or Paragard)	92%	8%	286
Implantable device (Nexplanon)	100%	0%	286
Plan B/Myway/emergency contraception	97%	3%	286
Spermicide (e.g. foam)	99%	1%	286
Vaginal ring (Nuvaring)	99%	1%	286
Withdrawal	91%	9%	286
Nothing	98%	2%	286
Other method	100%	0%	286
Not sure if method was used	100%	0%	286

**Alcohol & Other Drugs**

Q26. Think back over the <i>last two weeks</i> . How many times, if any, have you had five or more alcoholic drinks at a sitting?													
0 = 0 times, 1 = 1 ... 8 = 8, 9 = 9 times (Average excludes 'Non-drinker')													
Overall Average	0 times	1	2	3	4	5	6	7	8	9+ times	N	N Non-drinker	N Total
1.4	44%	21%	13%	9%	5%	4%	4%	0%	0%	0%	207	61	268

Q27. Within the <i>last 12 months</i> , have you experienced any of the following when drinking alcohol? (Please mark the appropriate column for each row)					
	No	Yes	N	N NA/Don't drink	N Total
Physically injured yourself	86%	14%	202	70	272
Been involved in a fight	97%	3%	202	70	272
Did something you later regretted	63%	37%	204	68	272
Forgot where you were or what you did	64%	36%	203	69	272
Someone had sex with me without my consent	96%	4%	202	70	272
Had sex with someone without their consent	99%	1%	202	70	272
Had unprotected sex	87%	13%	202	70	272
Been in trouble with the police, residence hall or other college authority	96%	4%	202	70	272
Thought you might have a drinking problem	94%	6%	202	70	272

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<b>Q28. Within the <i>last 30 days</i>, on how many days did you use:</b>											
<b>0 = Have used, but not in last 30 days, 1 = 1-2 days, 2 = 3-5 days, 3 = 6-9 days, 4 = 10-19 days, 5 = 20-29 days, 6 = All 30 days (Average excludes 'Never used')</b>											
	<b>Overall Average</b>	<b>Have used, but not in last 30 days</b>	<b>1-2 days</b>	<b>3-5 days</b>	<b>6-9 days</b>	<b>10-19 days</b>	<b>20-29 days</b>	<b>All 30 days</b>	<b>N</b>	<b>N Never used</b>	<b>N Total</b>
Cigarettes	0.9	57%	18%	17%	3%	0%	3%	2%	60	208	268
Sedatives not prescribed to you, or not used as prescribed (downers, ludes)	0.5	64%	18%	18%	0%	0%	0%	0%	11	257	268
Inhalants (whippets, glue, solvents, )	0.5	71%	18%	6%	0%	6%	0%	0%	17	251	268
Anabolic steroids (testosterone)	0.0	100%	0%	0%	0%	0%	0%	0%	1	266	267
Hallucinogens (mushrooms, LSD, PCP)	0.2	82%	18%	0%	0%	0%	0%	0%	17	251	268
MDMA (Ecstasy)	0.3	73%	27%	0%	0%	0%	0%	0%	11	256	267
Other drugs (special K, ketamine, GHB, rohypnol, peyote)	0.2	80%	20%	0%	0%	0%	0%	0%	5	263	268
Tobacco from water pipe (hookah)	0.1	92%	6%	2%	0%	0%	0%	0%	51	216	267
Smokeless tobacco (chew, dip)	0.5	79%	8%	0%	4%	8%	0%	0%	24	242	266
Alcohol (beer, wine, liquor)	2.3	11%	12%	33%	24%	17%	3%	0%	216	52	268
Marijuana (pot, weed, hashish)	1.3	46%	24%	10%	6%	9%	4%	1%	118	147	265
Cocaine (crack, rock, freebase)	0.3	70%	30%	0%	0%	0%	0%	0%	23	244	267
Methamphetamine (crystal meth, ice, crank)	0.0	100%	0%	0%	0%	0%	0%	0%	1	267	268
Other amphetamines (diet pills, bennies)	1.0	67%	0%	0%	33%	0%	0%	0%	3	264	267
Prescription stimulants not prescribed to you, or not used as prescribed (Adderall, Ritalin)	0.7	59%	19%	11%	11%	0%	0%	0%	27	240	267

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<b>Q29. Within the <i>last 30 days</i>, did you:</b>					
	No	Yes	N	N Never used	N Total
Drive after drinking any alcohol at all	92%	8%	179	90	269
Drive after having 5 or more drinks	99%	1%	175	94	269
Drive after using marijuana	97%	3%	162	107	269

<b>Q30. The <i>last time</i> you 'partied'/socialized, how many alcoholic <i>drinks</i> did you have? State your best estimate.</b>																
<b>0 = 0, 1 = 1 ... 11 = 11, 12 = 12 or more (Average excludes 'Non-drinker')</b>																
Overall Average	0	1	2	3	4	5	6	7	8	9	10	11	12	N	N Non-drinker	N Total
3.8	4%	9%	23%	16%	19%	12%	3%	3%	5%	0%	4%	0%	1%	211	57	268

<b>Q31. How many alcoholic drinks do you think <i>the typical Dartmouth student</i> at your school had the <i>last time</i> he/she 'partied'/socialized?</b>																
<b>0 = 0, 1 = 1 ... 10 = 10 (Average excludes 'Non-drinker')</b>																
Overall Average	0	1	2	3	4	5	6	7	8	9	10	N	N Non-drinker	N Total		
4.2	0%	0%	9%	30%	22%	22%	9%	4%	3%	0%	1%	265	1	266		

<b>Q32. Think about the last time you participated in pre-gaming prior to attending a later event or social activity. How many alcoholic drinks did you have while pre-gaming?</b>																
<b>0 = 0, 1 = 1 ... 11 = 11, 12 = 12 or more (Average excludes 'Non-drinker')</b>																
Overall Average	0	1	2	3	4	5	6	7	8	9	10	11	12	N	N Non-drinker	N Total
2.2	27%	8%	20%	27%	8%	6%	2%	1%	1%	0%	0%	0%	0%	205	60	265

<b>Q33. How would you describe yourself as a drinker?</b>				
Abstainer or non-drinker	Light drinker	Moderate drinker	Heavy drinker	N
24%	32%	39%	5%	264

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<b>Q34. During the <i>last 12 months</i>, when you 'partied'/socialized, how often did you...</b>									
<b>1 = Never ... 5 = Always (Average excludes 'NA/Don't Drink')</b>									
	<b>Overall Average</b>	<b>Never</b>	<b>Rarely</b>	<b>Sometimes</b>	<b>Most of the time</b>	<b>Always</b>	<b>N</b>	<b>N NA/Don't Drink</b>	<b>N Total</b>
Alternate non-alcoholic with alcoholic beverages	2.9	10%	26%	38%	18%	7%	201	63	264
Determine in advance not to exceed a set number of drinks	2.8	24%	20%	24%	22%	11%	203	61	264
Choose not to drink alcohol	2.9	5%	19%	59%	13%	4%	211	53	264
Eat before and/or during drinking	4.0	0%	1%	25%	41%	33%	204	60	264
Have a friend let you know when you've had enough	2.4	34%	22%	22%	10%	12%	194	69	263
Keep track of how many drinks you were having	3.6	7%	11%	22%	28%	31%	202	60	262
Pace your drinks to 1 or fewer per hour	2.4	23%	36%	24%	11%	6%	202	62	264
Avoid drinking games	2.4	29%	28%	27%	9%	8%	199	63	262
Drink an alcoholic look-alike (non-alcoholic beer, punch etc.)	1.6	60%	22%	16%	2%	1%	198	65	263

<b>Q35. In the <i>last 12 months</i>, have any of the following ever happened to you as a result of <i>someone else's</i> drinking?</b>					
	<b>No</b>	<b>Yes, once</b>	<b>Occasionally</b>	<b>Frequently</b>	<b>N</b>
Had your studying interrupted	60%	15%	24%	1%	264
Had your property mistreated or damaged	82%	10%	7%	2%	265
Had to watch over someone who had been drinking	35%	22%	39%	5%	265

**Sexual Misconduct**

<b>Q36. I feel safe at Dartmouth.</b>						
<b>1 = Strongly disagree ... 5 = Strongly agree</b>						
<b>Overall Average</b>	<b>Strongly disagree</b>	<b>Disagree</b>	<b>Neither agree nor disagree</b>	<b>Agree</b>	<b>Strongly agree</b>	<b>N</b>
4.2	2%	4%	11%	42%	42%	265

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<b>Q37. Within the last 12 months, were you...?</b>			
	<b>No</b>	<b>Yes</b>	<b>N</b>
in a physical fight	98%	2%	265
physically assaulted (do not include sexual assault)	99%	1%	265
verbally threatened	94%	6%	265
sexually touched without your consent	89%	11%	265
sexually penetrated (vaginal, anal, oral) without your consent	98%	2%	264
sexual penetration attempted (vaginal, anal, oral) without your consent	97%	3%	265
a victim of stalking (e.g., waiting for you outside your classroom, residence, or office; repeated emails/phone calls)	98%	2%	265
hazed (activity expected of someone joining a group that humiliates, degrades, abuses or endangers, regardless of the person's willingness to participate)	96%	4%	265

<b>Q37a. In the previous question, you checked 'yes' to one or more items. Did you disclose what happened to any of the following? Please check all that apply.</b>			
	<b>Not Checked</b>	<b>Checked</b>	<b>N</b>
WISE of the Upper Valley (or local rape crisis center)	100%	0%	36
Dartmouth Dick's House - Health Services	97%	3%	36
Dartmouth Counseling and Human Development	86%	14%	36
Residential Life Staff (e.g., Community Directors, UGAs)	100%	0%	36
Undergraduate Deans	92%	8%	36
Graduate and Professional School Deans of Student Affairs	100%	0%	36
Title IX Coordinator	94%	6%	36
Office of Religious and Spiritual Life (Chaplains), Tucker Foundation	100%	0%	36
Center for Gender and Student Engagement (CGSE)	100%	0%	36
Office of Pluralism and Leadership (OPAL)	100%	0%	36
Judicial Affairs	100%	0%	36
Dartmouth Department of Safety and Security	94%	6%	36
Local Police Department	97%	3%	36
Friends, family, or partner	47%	53%	36
Hospital (i.e. DHMC or other hospital)	97%	3%	36
Sexual Assault Peer Advisor (SAPA)	100%	0%	36
Other college staff member	100%	0%	36
Faculty member	97%	3%	36
Attorney	100%	0%	36

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<b>Q37a. In the previous question, you checked 'yes' to one or more items. Did you disclose what happened to any of the following? Please check all that apply.</b>			
	<b>Not Checked</b>	<b>Checked</b>	<b>N</b>
Another Dartmouth student	75%	25%	36
Coach	100%	0%	36
Clergy	100%	0%	36
Other, please specify:	100%	0%	36

<b>Q38. Within the <i>last 12 months</i>, have you been in a relationship that was...?</b>			
	<b>Not Checked</b>	<b>Checked</b>	<b>N</b>
Emotionally abusive (e.g., called derogatory names, yelled at, ridiculed)	95%	5%	265
Physically abusive (e.g., kicked, slapped, punched)	99%	1%	265
Sexually abusive (e.g., forced to have sex when you didn't want it, forced to perform or have an unwanted sexual act performed on you)	99%	1%	265

**Health & Academic Performance**

<b>Q39. Within the <i>last 12 months</i>, have any of the following affected your academic performance? Please select the most serious outcome for each item.</b>								
<b>1 = Experienced but my academics were not affected ... 4 = Received incomplete or dropped course (Average excludes 'NA')</b>								
	<b>Overall Average</b>	<b>Experienced but my academics were not affected</b>	<b>Received lower grade on exam or important project</b>	<b>Received lower grade course</b>	<b>Received incomplete or dropped course</b>	<b>N</b>	<b>N NA</b>	<b>N Total</b>
ADHD	1.8	48%	28%	16%	8%	25	236	261
Drug use	1.3	81%	8%	8%	3%	36	224	260
Eating disorder/concern	1.4	73%	14%	11%	3%	37	221	258
Financial concerns	1.3	84%	6%	8%	2%	63	197	260
Gambling	1.0	100%	0%	0%	0%	2	257	259
Harassment	1.6	71%	0%	29%	0%	7	251	258
Hazing	1.3	83%	8%	0%	8%	12	247	259
Internet social network sites (Facebook, Instagram, YikYak)	1.2	87%	8%	3%	1%	143	118	261



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<b>Q39. Within the <i>last 12 months</i>, have any of the following affected your academic performance? Please select the most serious outcome for each item.</b>								
<b>1 = Experienced but my academics were not affected ... 4 = Received incomplete or dropped course (Average excludes 'NA')</b>								
	<b>Overall Average</b>	<b>Experienced but my academics were not affected</b>	<b>Received lower grade on exam or important project</b>	<b>Received lower grade course</b>	<b>Received incomplete or dropped course</b>	<b>N</b>	<b>N NA</b>	<b>N Total</b>
Relationship difficulty: romantic/roommate/family	1.5	65%	19%	15%	2%	96	164	260
Sleep difficulties	1.7	52%	33%	11%	4%	150	112	262
Stress	1.7	56%	27%	13%	5%	217	45	262
Alcohol use	1.1	88%	10%	1%	0%	136	125	261
Anxiety	1.9	43%	30%	19%	8%	140	120	260
Assault (physical or sexual)	2.4	50%	0%	13%	38%	16	240	256
Chronic illness	1.7	59%	14%	24%	3%	37	222	259
Computer games/internet use	1.3	76%	18%	6%	0%	83	177	260
Concern for a troubled friend or family member	1.4	69%	21%	9%	1%	110	151	261
Depression	2.1	42%	18%	31%	10%	108	153	261
Discrimination against sexual orientation, race, gender	1.4	76%	14%	8%	3%	37	224	261

**Student Life**

<b>Q40. Overall, how satisfied have you been with each of the following at Dartmouth?</b>							
<b>1 = Very dissatisfied ... 5 = Very satisfied</b>							
	<b>Overall Average</b>	<b>Very dissatisfied</b>	<b>Dissatisfied</b>	<b>Neutral</b>	<b>Satisfied</b>	<b>Very satisfied</b>	<b>N</b>
Your connection to a community at Dartmouth	3.8	3%	11%	16%	45%	25%	262
Your academic life	3.7	3%	11%	21%	49%	17%	263
Your social life	3.7	2%	11%	21%	49%	16%	264
Your residential life	3.6	3%	11%	26%	44%	17%	263
Your overall wellness	3.5	3%	14%	26%	44%	13%	264

**Demographics**

<b>Q41. How old are you?</b>		
	<b>N</b>	<b>Percent</b>
17	1	0%
18	25	10%
19	61	24%
20	59	23%
21	68	26%
22	32	12%
23	7	3%
24	2	1%
26 or older	3	1%
	258	100%

<b>Q42. What is your gender identity? Check all that apply.</b>			
	<b>Not Checked</b>	<b>Checked</b>	<b>N</b>
Man	64%	36%	286
Woman	45%	55%	286
Transgender	100%	0%	286
Queer	98%	2%	286
Gender non-conforming	99%	1%	286
Another gender identity (please specify)	99%	1%	286

<b>Q43. What is your sexual orientation?</b>			
	<b>Not Checked</b>	<b>Checked</b>	<b>N</b>
Gay	96%	4%	286
Lesbian	99%	1%	286
Asexual	98%	2%	286
Bisexual	95%	5%	286
Heterosexual	24%	76%	286
Queer	96%	4%	286
Unsure/questioning	94%	6%	286
Another sexual orientation (please specify)	100%	0%	286

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<b>Q44. What is your height in inches?</b>		
	<b>N</b>	<b>Percent</b>
59 inches	1	0%
60	8	3%
61	7	3%
62	16	6%
63	19	7%
64	22	9%
65	21	8%
66	10	4%
67	29	11%
68	15	6%
69	18	7%
70	20	8%
71	27	11%
72	15	6%
73	11	4%
74	6	2%
75	4	2%
76	4	2%
77	2	1%
78	1	0%
79	1	0%
<b>Total</b>	<b>257</b>	<b>100%</b>

<b>Q45. What is your weight in pounds?</b>		
	<b>N</b>	<b>Percent</b>
85 pounds	1	0%
96	1	0%
100	5	2%
102	1	0%
105	1	0%
106	1	0%
107	1	0%

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<b>Q45. What is your weight in pounds?</b>		
	<b>N</b>	<b>Percent</b>
110	7	3%
112	1	0%
114	1	0%
115	6	2%
116	1	0%
117	1	0%
118	2	1%
120	12	5%
122	2	1%
123	2	1%
124	1	0%
125	14	5%
128	1	0%
130	21	8%
134	1	0%
135	15	6%
136	1	0%
137	3	1%
138	1	0%
140	11	4%
142	1	0%
144	1	0%
145	16	6%
147	1	0%
148	1	0%
150	25	10%
151	1	0%
152	3	1%
153	3	1%
155	10	4%
156	1	0%
160	9	3%
162	1	0%

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<b>Q45. What is your weight in pounds?</b>		
	<b>N</b>	<b>Percent</b>
163	1	0%
165	7	3%
168	2	1%
169	1	0%
170	9	3%
172	2	1%
173	1	0%
174	1	0%
175	8	3%
177	1	0%
180	6	2%
184	1	0%
185	3	1%
190	5	2%
193	1	0%
195	3	1%
200	8	3%
210	2	1%
215	2	1%
230	1	0%
234	1	0%
235	1	0%
270	2	1%
275	1	0%
280	1	0%
335	1	0%
Total	260	100%

<b>Q46. Do you have any of the following disabilities?</b>			
	<b>No</b>	<b>Yes</b>	<b>N</b>
Deaf/hard of hearing	99%	1%	262
Learning disability	94%	6%	262

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<b>Q46. Do you have any of the following disabilities?</b>			
	<b>No</b>	<b>Yes</b>	<b>N</b>
Mobility/dexterity disability	99%	1%	262
Partially sighted/blind	98%	2%	262
Speech or language disorder	99%	1%	261
Other disability	98%	2%	258

<b>Q47. How many hours a week do you work for pay?</b>							
<b>0 hours</b>	<b>Less than 2 hours</b>	<b>2 to 4 hours</b>	<b>5 to 10 hours</b>	<b>11 to 15 hours</b>	<b>16 to 20 hours</b>	<b>More than 20 hours</b>	<b>N</b>
37%	7%	14%	26%	10%	3%	4%	264

<b>Q48. How often do you volunteer or engage in community service?</b>							
<b>Never</b>	<b>Once a year</b>	<b>2-3 times a year</b>	<b>Monthly</b>	<b>Every other week</b>	<b>Weekly</b>	<b>More than once a week</b>	<b>N</b>
12%	7%	37%	18%	7%	14%	5%	263