

**2018 Dartmouth Health Survey Results**

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Office of Institutional Research  
June 2018

**DARTMOUTH**

## Key Findings

### Background

- The Dartmouth Health survey is administered every other year to gauge students' health habits, behaviors, and perceptions.
- In Spring 2018, 2,300 randomly selected undergraduates were invited to participate.
- The response rate was 26% (603/2,300).

### General Health

- Same as in 2016, respondents rated **overall health** as 3.6 on a 5-point scale where 5 was "Excellent."
- Thirteen percent of respondents had a **chronic health condition**, lower than that reported in 2016 (20%).

### 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, how to assist others in distress, and stress reduction.
- **Other media/internet** was **helpful** for nutrition and physical activity, alcohol and substance use, cold/flu/sore throat, pregnancy prevention, sexually transmitted infections, and depression/anxiety.
- Respondents relied least often on the Dartmouth College Health Service website, Title IX Coordinator, and Staff/Faculty for helpful information on these topics.

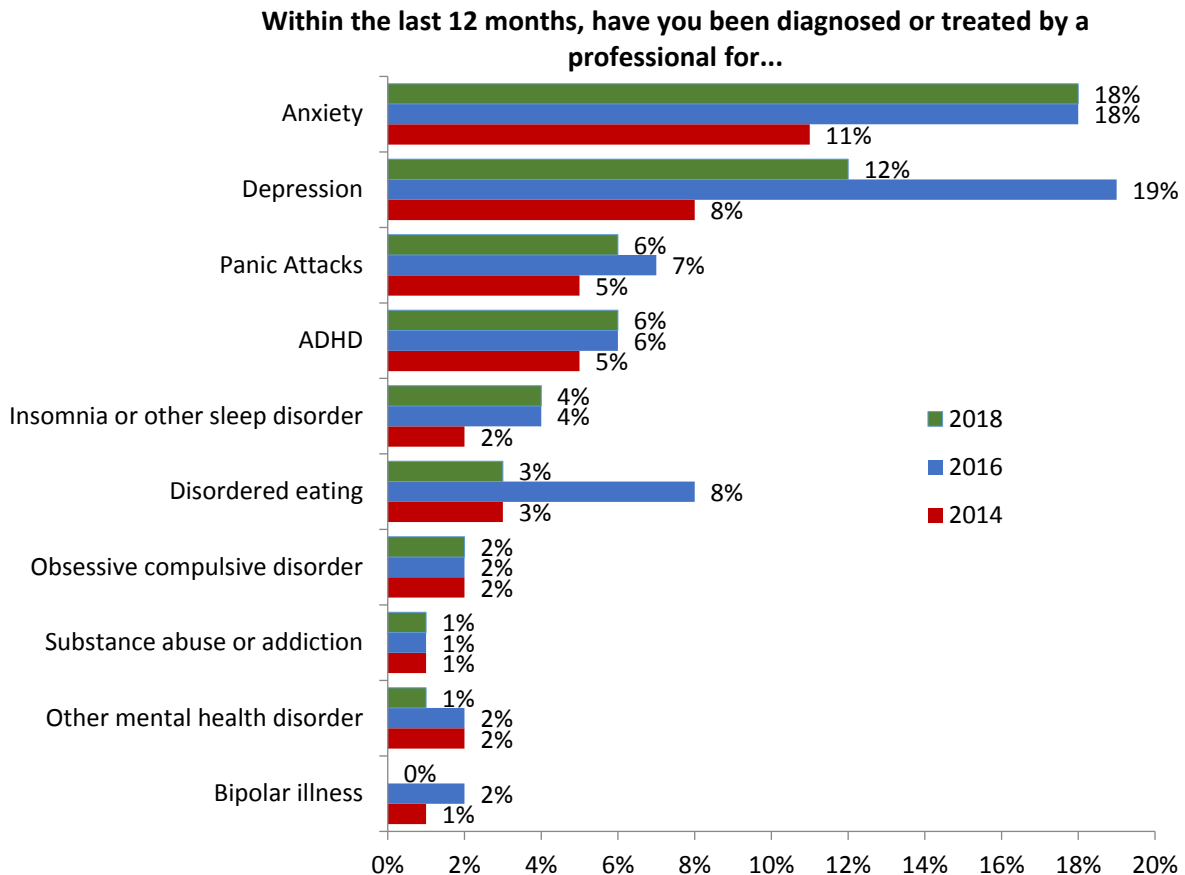
### Sleep

- Same as in 2016, on average, respondents got **seven hours of sleep** a night and didn't report having big problems with daytime sleepiness.
- **Sixteen percent** of students had gone **24 hours without sleep in the past month** while 34% 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, about two-thirds (66%) indicated 1-3 times during the past month, a slight decrease from 2016 (71%).

### Mental Health

- Sixty-two percent of respondents agreed or strongly agreed the **campus climate** has a negative impact on students' mental and emotional well-being, a slight drop from 2016 (64%).
- In the past year, 90% of respondents felt **overwhelmed** by all they had to do, 88% felt **exhausted** (not from physical activity), 73% felt **lonely**, and 71% felt **sad**.
- In the past 12 months, 79% received support for their mental or emotional health from friends, 66% from family members, 35% from a significant other, and 30% from a roommate.
- About one-fifth of respondents had been diagnosed with **depression (17%) or anxiety (21%)**, a slight decrease from 2016 (24% depression and 23% anxiety).
- Twenty-eight percent had seen a mental health counselor within the last 12 months.

- More than half (57%) reported greater than average or tremendous stress within the last 12 months, similar to that in 2016 (59%).
- Within the last 12 months, the percentages of respondents diagnosed or treated by a professional for depression or disordered eating decreased significantly from 2016 (see figure below), although not lower than those in 2014.



**Bystander Behavior**

- In the past year, 84% of respondents **witnessed** someone drinking too much, 75% **witnessed** someone experiencing significant emotional distress, and 59% **witnessed** someone using hurtful language.
- In contrast, 57% of respondents **intervened** with someone drinking too much, 64% **intervened** with someone experiencing significant emotional distress, and 40% **intervened** with someone using hurtful language.
- Over ninety percent of the respondents **would want a peer to intervene** when in the above described situations.

**Exercise, and nutrition**

- On average, respondents got moderate-intensity cardio exercise 30 minutes or more 3 days out of the past 7.
- Half of respondents (50%) reported getting three or more servings of fruits and vegetables a day.

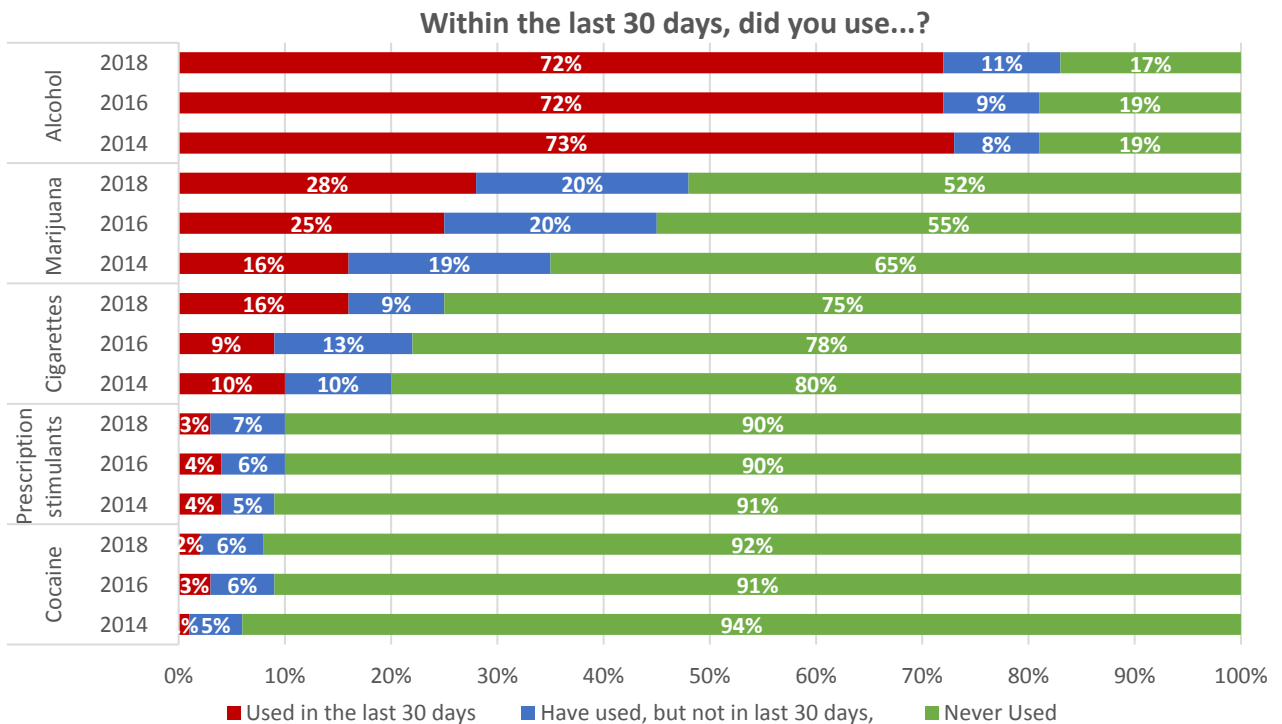
- Thirty percent of respondents worry they have lost control over how much they eat. During the last three months, 26% had **episodes of excessive overeating**. Among them, 69% felt **distressed** about the episodes of excessive overeating.

**Sexual Health**

- Ninety-five percent of respondents agreed or strongly agreed that asking whether or not someone wants to engage in sexual activity would reduce misinterpretations, and 96% agreed or strongly agreed that would be in their best interest.
- The last time engaging in a sexual activity, over two-thirds of respondents (self 67% vs. the other person 68%) used nonverbal signals and/or body language to communicate whether or not they wanted to engage in sexual activity.
- Twenty-six percent (152/576) reported they were not sexually active.
- Respondents averaged 2.6 sex (oral, vaginal, or anal) partners in the last 12 months.
- Thirty-eight 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**

- Fifty percent of respondents reported **binge/high-risk drinking** (five or more drinks in one sitting) in the past two weeks, a small decrease compared with 2016 (56%).
- Of those who drank alcohol, they reported doing something they later regretted (40%), forgot where they were or what they did (34%), had unprotected sex (18%), or were physically injured (17%).
- There was a small decrease in **alcohol consumption** within the last 30 days from 2014 (73%) to 2016 (72%) and 2018 (72%) while **marijuana usage** increased.



\*Note for 2018, Marijuana = “Cannabis (marijuana, pot, weed, hashish) not prescribed to you, or not used as prescribed”, and Cigarettes= “Nicotine Delivery System (cigarettes, vaping, lozenges, etc.)”.

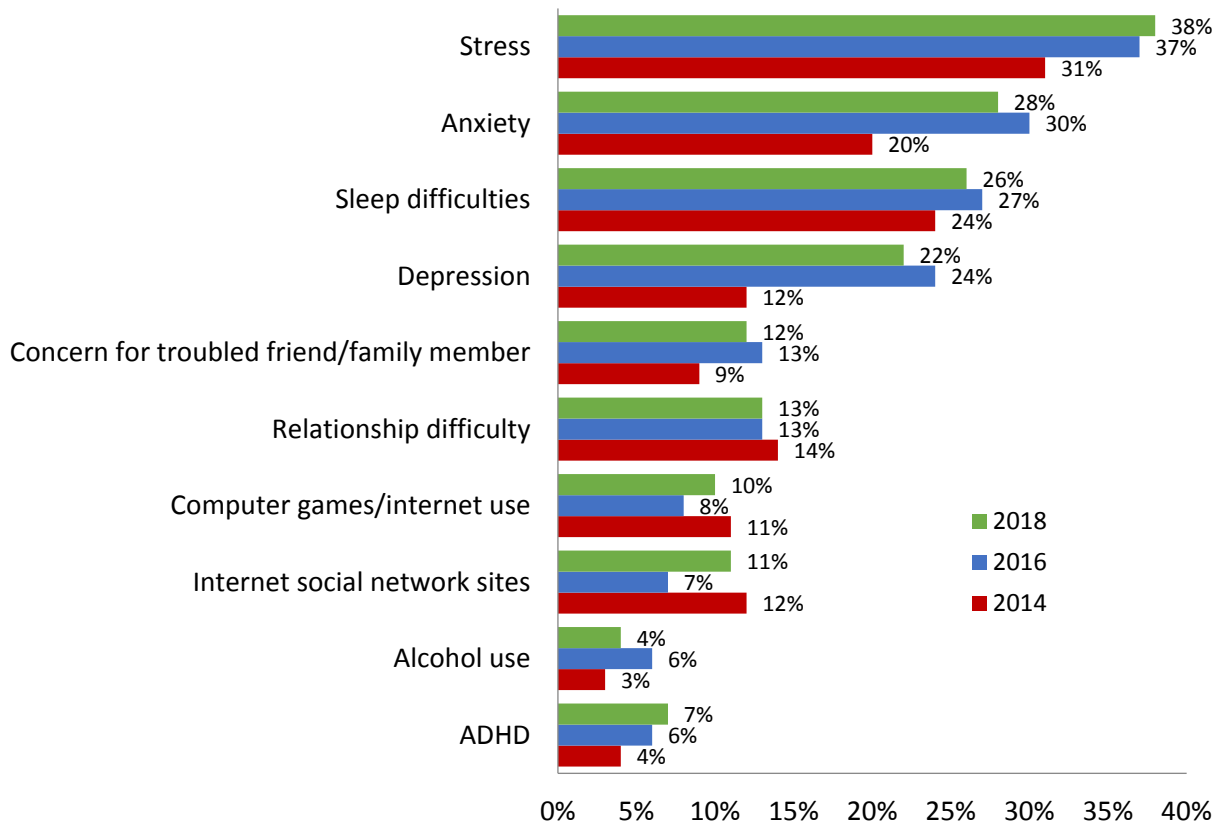
**Safety**

- Eighty-six percent of respondents feel safe at Dartmouth.
- Eight percent of the respondents have experienced a **bias-related incident/s** that has affected their health. Among those, 52% experienced a recent acute bias event, and 39% have chronically experienced bias events.

**Health & Academic Performance**

- Within the last 12 months, **stress, anxiety, sleeping difficulties, and depression** were the most frequently reported factors affecting students' academic performance. Significant increases were found from 2014 to 2016 and 2018.

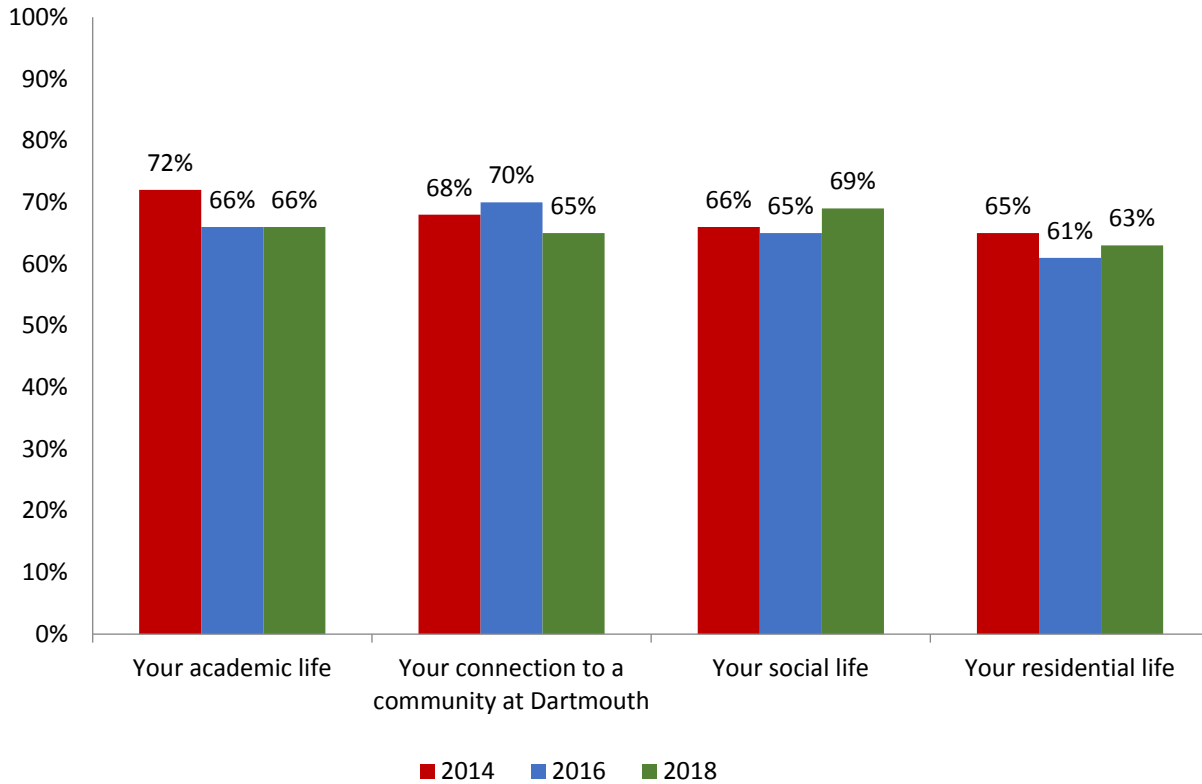
**Within the last 12 months, the following affected your academic performance:  
(including received lower grade on exam or important project, or received lower grade course, or received incomplete or dropped course)**



**Dartmouth Student Life**

- Compared to 2014 and 2016, satisfaction with **social life** was higher while satisfaction with **academic life** or **connection to a community** at Dartmouth witnessed slight declines.

**Overall, how satisfied have you been with each of the following at Dartmouth?  
(Satisfied + Very Satisfied)**



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

## Methods and Sample

- 2,300 randomly selected Dartmouth undergraduate students were invited to participate via email.
- Survey format was electronic.
- As a token of thanks, the Student Wellness Center and Dick's House offered incentives (Face Mask & Breathing Practice guide delivered to Hinman Box) to each invitee a few days before the survey invitation was distributed.
- Survey invitation and three email reminders were sent from the Office of Institutional Research.
- Data collection lasted three weeks.
- Response rate was 26% (603/2,300).



## Demographics of Respondents

Gender		
	N	Percent
Female	384	64%
Male	219	36%
Total	603	100%

Race		
	N	Percent
International	48	8%
Minority	255	42%
White	300	50%
Total	603	100%

Class Year		
	N	Percent
Class of 2018	131	22%
Class of 2019	125	21%
Class of 2020	131	22%
Class of 2021	198	33%
Other	18	3%
Total	603	100%

Athletes		
	N	Percent
No	510	85%
Yes	93	15%
Total	603	100%

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<b>Greek Member*</b>		
	<b>N</b>	<b>Percent</b>
No	169	42%
Yes	236	58%
Total	405	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	25	4%
FirstYear	98	16%
Greek	41	7%
Mixed	135	22%
Off_campus	95	16%
Undergraduate Residence Hall	13	2%
Upperclass	196	33%
Total	603	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	3%	7%	31%	41%	17%	603

Q2. Do you have a chronic health condition?		
No	Yes	N
87%	13%	603

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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	21%	12%	24%	15%	5%	50%	17%	58%	5%	42%	2%	12%	603
Cold/flu/sore throat	16%	32%	3%	5%	4%	64%	31%	30%	3%	35%	0%	5%	603
Depression/anxiety	15%	20%	8%	18%	6%	27%	18%	37%	5%	31%	1%	18%	603
Disordered eating	11%	7%	2%	6%	2%	14%	11%	18%	2%	24%	0%	40%	603
Games	2%	1%	1%	1%	1%	12%	2%	7%	0%	12%	0%	69%	603
Grief and loss	2%	5%	3%	5%	4%	37%	6%	30%	1%	17%	0%	39%	603
Healthy relationships	10%	6%	10%	15%	4%	38%	9%	51%	2%	27%	3%	19%	603
How to assist others in distress	12%	7%	21%	16%	8%	33%	5%	41%	3%	27%	4%	19%	603
Nutrition and physical activity	17%	10%	3%	12%	7%	48%	22%	38%	3%	44%	0%	12%	603
Pregnancy prevention	5%	17%	10%	16%	1%	26%	27%	28%	3%	33%	1%	25%	603
Problem use of internet /video	3%	1%	2%	1%	2%	14%	2%	10%	1%	18%	0%	60%	603
Relationship problems	6%	4%	9%	9%	2%	31%	4%	55%	2%	23%	4%	22%	603
Relationship violence/sexual or physical assault	11%	10%	15%	18%	5%	15%	6%	36%	5%	27%	17%	28%	603
Sexual health	10%	17%	8%	18%	1%	14%	22%	32%	3%	28%	2%	19%	603
Sexually transmitted infections	7%	24%	5%	11%	2%	14%	24%	19%	4%	32%	1%	27%	603
Sleep problems	18%	10%	4%	10%	2%	26%	15%	21%	2%	24%	0%	28%	603
Stress reduction	23%	8%	12%	24%	7%	35%	12%	41%	1%	28%	0%	15%	603

## Sleep

Q4. On average, how many hours of sleep do you get a night?												
0 = 0, 1 = 1 ... 9 = 9, 10 = 10+												
Overall Average	0	1	2	3	4	5	6	7	8	9	10+	N
6.9	0%	0%	0%	0%	1%	8%	20%	43%	22%	5%	1%	597

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	No problem at all	A little problem	More than a little problem	A big problem	A very big problem	N
2.5	11%	50%	24%	11%	4%	603

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
34%	50%	14%	1%	1%	0%	603

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
1%	28%	66%	3%	1%	0%	602

## 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.	2.8	10%	32%	28%	25%	6%	600
the campus climate has a negative impact on students' mental and emotional well-being.	3.6	2%	16%	20%	41%	21%	598
the campus climate encourages free and open discussion about mental and emotional health.	3.1	7%	22%	32%	32%	7%	598

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<b>Q9. Have you ever: (Please mark the appropriate column for each row).</b>						
	<b>No, never</b>	<b>No, not in the last 12 months</b>	<b>Yes, in the last 2 weeks</b>	<b>Yes, during this term</b>	<b>Yes, in the last 12 months</b>	<b>N</b>
Felt things were hopeless	29%	18%	15%	16%	23%	598
Felt overwhelmed by all you had to do	5%	5%	45%	26%	19%	598
Felt exhausted (not from physical activity)	7%	5%	45%	25%	18%	597
Felt very lonely	13%	14%	26%	22%	25%	595
Felt very sad	14%	15%	26%	21%	24%	598
Felt so depressed that it was difficult to function	40%	19%	12%	10%	19%	598
Felt overwhelming anxiety	24%	15%	23%	17%	22%	598
Felt overwhelming anger	41%	21%	8%	11%	19%	598

<b>Q10. In the past 12 months, have you received support for your mental or emotional health from any of the following sources? Check all that apply.</b>			
	<b>Not Checked</b>	<b>Checked</b>	<b>N</b>
Roommate	70%	30%	599
Friend (who is not a roommate)	21%	79%	599
Significant other	65%	35%	599
Family member	34%	66%	599
Religious counselor or other religious contact	92%	8%	599
Support group	96%	4%	599
Online support or other online resources	92%	8%	599
Other non-clinical source (please specify)	96%	4%	599
No, none of these	91%	9%	599

<b>Q11. Within the last 12 months, have you seen a mental health counselor?</b>		
<b>No</b>	<b>Yes</b>	<b>N</b>
72%	28%	599

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<b>Q12. Have you ever been diagnosed with?</b>			
	<b>No</b>	<b>Yes</b>	<b>N</b>
Depression	83%	17%	596
Anxiety	79%	21%	599

<b>Q13. Within the last 12 months, 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%	603
Anxiety	82%	18%	603
Bipolar illness	100%	0%	603
Depression	88%	12%	603
Disordered eating	97%	3%	603
Insomnia or other sleep disorder	96%	4%	603
Obsessive compulsive disorder	98%	2%	603
Panic Attacks	94%	6%	603
Substance abuse or addiction	99%	1%	603
Post-traumatic stress disorder (PTSD)	96%	4%	603
Other addiction (gambling, internet, sexual, pornography)	100%	0%	603
Other mental health disorder	99%	1%	603

<b>Q14. Within the last 12 months, 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%	589
Sedatives (e.g. Klonopin, Xanax, Lorazepam)	91%	9%	580
Stimulants (e.g. Adderall, Ritalin)	86%	14%	580

<b>Q15. Within the last 12 months, 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	1%	6%	37%	46%	11%	598

**Bystander Behavior**

<b>Q16. In the past year, I have witnessed the following situations at Dartmouth. Check all that apply.</b>			
	No	Yes	N
Someone was drinking too much	16%	84%	603
Someone was using hurtful language (e.g., bullying, sexist, racist, or homophobic comments)	41%	59%	603
Someone was experiencing significant emotional distress	25%	75%	603
Someone was experiencing thoughts of suicide	78%	22%	603
Other (please specify)	99%	1%	603

<b>Q17. In the past year, I have intervened in the following situations at Dartmouth. Check all that apply.</b>			
	No	Yes	N
Someone was drinking too much	43%	57%	603
Someone was using hurtful language (e.g., bullying, sexist, racist, or homophobic comments)	60%	40%	603
Someone was experiencing significant emotional distress	36%	64%	603
Someone was experiencing thoughts of suicide	83%	17%	603
Other (please specify)	99%	1%	603

<b>Q18. How much do you agree or disagree with the following statements?</b>						
<b>1 = Strongly disagree ... 4 = Strongly agree</b>						
	Overall Average	Strongly disagree	Disagree	Agree	Strongly agree	N
If I was in a situation where I was drinking too much, I would want a peer to intervene.	3.5	2%	5%	39%	54%	596
If I was in a situation where someone was using hurtful language (e.g., bullying, sexist, racist, or homophobic comments), I would want a peer to intervene.	3.6	2%	3%	28%	68%	596
If I was experiencing significant emotional distress, I would want a peer to intervene.	3.5	2%	4%	34%	60%	598
If I was experiencing thoughts of suicide, I would want a peer to intervene.	3.7	2%	2%	19%	77%	597



**Exercise and Nutrition**

<b>Q19. In the past seven days, how often did you engage in...</b>										
<b>0 = 0 days ... 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>
Moderate-intensity cardiorespiratory (aerobic) activity for > 30 minutes per day	3.1	17%	11%	17%	14%	12%	11%	9%	9%	586
Vigorous-intensity aerobic activity for > 20 minutes per day	2.4	31%	14%	13%	12%	9%	9%	8%	6%	585
Moderate- or high-intensity muscle-strengthening activities for all major muscle groups	2.1	34%	13%	13%	15%	10%	7%	4%	3%	590

<b>Q20. Do you have urinary leakage with...</b>							
<b>1 = Never ... 5 = Always</b>							
	<b>Overall Average</b>	<b>Never</b>	<b>Sometimes</b>	<b>About half the time</b>	<b>Most of the time</b>	<b>Always</b>	<b>N</b>
Exercise	1.1	88%	11%	0%	1%	0%	588
Laughter	1.2	81%	18%	1%	1%	0%	587
Coughing or sneezing	1.2	84%	14%	1%	0%	0%	590
Other, please describe	1.1	97%	1%	0%	1%	0%	289

<b>Q21. How many servings of fruits and vegetables do you usually have per day?</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>
3%	47%	40%	10%	594

<b>Q22. Answer the following questions.</b>			
	<b>No</b>	<b>Yes</b>	<b>N</b>
Do you make yourself sick because you feel uncomfortably full?	82%	18%	593
Do you worry you have lost control over how much you eat?	70%	30%	594
Have you recently lost more than 14 pounds in a 3 month period?	93%	7%	591
Do you believe yourself to be fat when others say you are too thin?	88%	12%	592
Would you say that food dominates your life?	83%	17%	592

<b>Q23. 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>
74%	26%	592

<b>Q24. Did you feel distressed about your episodes of excessive overeating?</b>		
<b>No</b>	<b>Yes</b>	<b>N</b>
31%	69%	154

**Sexual Health**

<b>Q25. I think asking whether or not someone wants to engage in sexual activity would...</b>									
<b>1 = Strongly disagree ... 5 = Strongly agree (Average excludes 'Does not apply')</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>	<b>N Does not apply</b>	<b>N Total</b>
... reduce misinterpretations that might arise.	4.7	1%	1%	2%	21%	74%	554	32	586
... be in my best interest.	4.7	1%	0%	3%	24%	72%	546	38	584
... make me fear that we won't have sex.	2.1	35%	37%	19%	8%	2%	542	42	584
... cause me to worry about the other person(s) impre	2.5	26%	31%	17%	22%	5%	547	35	582

<b>Q26. The last time you engaged in a sexual activity...</b>					
	<b>Yes</b>	<b>No</b>	<b>I am not sure</b>	<b>Does not apply</b>	<b>N</b>
I verbally communicated whether or not I wanted to engage in sexual activity.	58%	9%	7%	26%	585
I used nonverbal signals and/or body language to communicate whether or not I wanted to engage in sexual activity.	67%	4%	4%	26%	584
My nonverbal signals and/or body language were interpreted correctly.	65%	3%	4%	28%	585
The other person(s) verbally communicated whether or not they wanted to engage in sexual activity.	59%	11%	4%	26%	582

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<b>Q26. The last time you engaged in a sexual activity...</b>					
	<b>Yes</b>	<b>No</b>	<b>I am not sure</b>	<b>Does not apply</b>	<b>N</b>
The other person(s) used nonverbal signals and/or body language to communicate whether or not they wanted to engage in sexual activity.	68%	3%	3%	27%	583
I had trouble interpreting the other person(s) nonverbal signals and/or body language.	5%	61%	6%	28%	584

<b>Q27. In the last 12 months, 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>
2.6	8%	42%	17%	9%	8%	4%	3%	2%	2%	1%	5%	424	152	576

<b>Q28. Within the last 30 days, 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>0 = Have not done this sexual activity in the last 30 days, 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	0.9	31%	62%	2%	2%	2%	2%	385	198	583
Vaginal intercourse	2.4	28%	20%	6%	7%	11%	28%	361	223	584
Anal intercourse	0.9	66%	17%	3%	1%	1%	11%	178	401	579
Other sexual act	0.7	48%	43%	3%	3%	1%	2%	235	339	574

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<b>Q29. In the past 6 months, if you have engaged in sexual activity, even one time, without any barrier (condoms, dental dams, etc.), select the reasons why a barrier wasn't used. Check all that apply.</b>			
	<b>Not Checked</b>	<b>Checked</b>	<b>N</b>
I have not been sexually active in the past 6 months	68%	32%	603
I have consistently used barriers every time I was sexually active in the past 6 months	87%	13%	603
I didn't think we needed a barrier for what we were doing	79%	21%	603
I disliked using barriers	87%	13%	603
The other person(s) disliked using barriers	87%	13%	603
Religious/cultural reasons	100%	0%	603
Didn't have any barriers available at the time	95%	5%	603
In a hurry / impatient	96%	4%	603
Wanted to demonstrate trust	96%	4%	603
The other person(s) and I knew each other's STI status	73%	27%	603
I didn't think the other person(s) had an STI	91%	9%	603
No risk of pregnancy (we have the same anatomy)	98%	2%	603
The other person(s) or I were using another form of birth control	71%	29%	603
The other person(s) and/or I were under the influence of alcohol or other drugs	95%	5%	603
At the time, I didn't know that the other person removed or didn't use a barrier	99%	1%	603
The sexual activity was nonconsensual (such as sexual assault)	100%	0%	603
Other, please specify	98%	2%	603

<b>Q30. Within the last 12 months, have you ...</b>			
	<b>No</b>	<b>Yes</b>	<b>N</b>
Been tested for sexually transmitted infections	62%	38%	583
Been diagnosed with a sexually transmitted infection	97%	3%	582
Been pressured to be sexually active	87%	13%	585
Been pressured to NOT use protection/condoms	92%	8%	584
Had a partner tamper with your method of protection/contraception	98%	2%	583

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<b>Q31. 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	70%	30%	603
Birth control pills	68%	32%	603
Condoms (male or female)	63%	37%	603
Depo Provera (shots)	100%	0%	603
Diaphragm/Cervical cap/Sponge	100%	0%	603
Fertility awareness (calendar, mucous, basal body temperature)	99%	1%	603
IUD (Mirena, Kyleena, Skyla or Paragard)	86%	14%	603
Implantable device (Nexplanon)	98%	2%	603
Plan B/Myway/emergency contraception	94%	6%	603
Spermicide (e.g. foam)	100%	0%	603
Vaginal ring (Nuvaring)	99%	1%	603
Withdrawal	90%	10%	603
Nothing	99%	1%	603
Other method	100%	0%	603
Not sure if method was used	100%	0%	603

**Alcohol & Other Drugs**

<b>Q32. Think back over the last two weeks. How many times, if any, have you had five or more alcoholic drinks at a sitting?</b>													
<b>0 = 0 times, 1 = 1 ... 8 = 8, 9 = 9 times (Average excludes 'Non-drinker')</b>													
<b>Overall Average</b>	<b>0 times</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+ times</b>	<b>N</b>	<b>N Non-drinker</b>	<b>N Total</b>
1.2	50%	19%	12%	10%	5%	2%	1%	1%	0%	0%	475	103	578

<b>Q33. Within the last 12 months, have you experienced any of the following when drinking alcohol? (Please mark the appropriate column for each row)</b>					
	<b>No</b>	<b>Yes</b>	<b>N</b>	<b>N NA/Don't drink</b>	<b>N Total</b>
Physically injured yourself	83%	17%	465	115	580
Been involved in a fight	97%	3%	463	117	580
Did something you later regretted	60%	40%	466	114	580

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<b>Q33. Within the last 12 months, have you experienced any of the following when drinking alcohol? (Please mark the appropriate column for each row)</b>					
	<b>No</b>	<b>Yes</b>	<b>N</b>	<b>N NA/Don't drink</b>	<b>N Total</b>
Forgot where you were or what you did	66%	34%	464	116	580
Someone had sex with me without my consent	97%	3%	463	117	580
Had sex with someone without their consent	99%	1%	464	116	580
Had unprotected sex	82%	18%	462	118	580
Been in trouble with the police, residence hall or other college authority	95%	5%	463	116	579
Thought you might have a drinking problem	91%	9%	463	115	578

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<b>Q34. Within the last 30 days, 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>
Nicotine Delivery System (cigarettes, vaping, lozenges, etc.)	1.4	37%	35%	10%	5%	3%	4%	6%	145	432	577
Inhalants (whippets, glue, solvents, )	0.5	65%	24%	11%	0%	0%	0%	0%	37	539	576
Anabolic steroids (testosterone)	1.0	83%	0%	0%	0%	0%	0%	17%	6	570	576
Hallucinogens (mushrooms, LSD, PCP)	0.3	81%	14%	3%	3%	0%	0%	0%	36	541	577
MDMA (Ecstasy)	0.0	100%	0%	0%	0%	0%	0%	0%	19	556	575
Other drugs (special K, ketamine, GHB, rohypnol, peyote)	0.2	80%	20%	0%	0%	0%	0%	0%	10	562	572
Alcohol (beer, wine, liquor)	2.0	13%	21%	30%	26%	10%	1%	0%	477	101	578
Cannabis (marijuana, pot, weed, hashish) not prescribed to you, or not used as prescribed	1.1	41%	32%	13%	7%	4%	3%	1%	277	299	576
Cocaine (crack, rock, freebase)	0.4	69%	25%	6%	0%	0%	0%	0%	48	529	577
Methamphetamine (crystal meth, ice, crank)	0.0	100%	0%	0%	0%	0%	0%	0%	6	571	577
Other amphetamines (diet pills, bennies)	0.0	100%	0%	0%	0%	0%	0%	0%	6	569	575
Prescription stimulants not prescribed to you, or not used as prescribed (Adderall, Ritalin)	0.5	67%	19%	10%	2%	0%	2%	0%	58	519	577
Opiates not prescribed to you, or not used as prescribed (oxycodone, heroin, fentanyl)	0.1	91%	9%	0%	0%	0%	0%	0%	11	564	575
Other sedatives not prescribed to you, or not used as prescribed (downers, ludes)	0.2	77%	23%	0%	0%	0%	0%	0%	13	564	577

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<b>Q34a. Select all types of Nicotine Delivery Systems that you used in the last 30 days.</b>			
	<b>Not Checked</b>	<b>Checked</b>	<b>N</b>
Cigarettes	65%	35%	92
Vaporizer	17%	83%	92
Hookah	92%	8%	92
Lozenges	99%	1%	92
Nicotine Replacement Therapy (patches, etc.)	100%	0%	92
Other (please specify)	89%	11%	92

<b>Q34b. Select all types of cannabis use in the last 30 days.</b>			
	<b>Not Checked</b>	<b>Checked</b>	<b>N</b>
Smoked joint	40%	60%	164
Water Bong	67%	33%	164
Vaporizer	79%	21%	164
Lozenges	100%	0%	164
Edibles	60%	40%	164
Topical cream	100%	0%	164
Tinctures	99%	1%	164
Other (please specify)	96%	4%	164

<b>Q35. Within the last 30 days, did you:</b>					
	<b>No</b>	<b>Yes</b>	<b>N</b>	<b>N Not applicable</b>	<b>N Total</b>
Drive after drinking any alcohol at all	96%	4%	463	111	574
Drive after having 5 or more drinks	100%	0%	453	124	577
Drive after using cannabis	99%	1%	434	142	576

<b>Q36. The last time you 'partied'/socialized, how many alcoholic drinks did you have? State your best estimate.</b>																
<b>0 = 0, 1 = 1 ... 11 = 11, 12 = 12 or more (Average excludes 'Non-drinker')</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>11</b>	<b>12</b>	<b>N</b>	<b>N Non-drinker</b>	<b>N Total</b>
3.7	7%	11%	16%	19%	14%	11%	8%	5%	4%	1%	2%	1%	1%	475	102	577



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<b>Q37. How many alcoholic drinks do you think the typical Dartmouth student at your school had the last time he/she 'partied'/socialized?</b>														
<b>0 = 0, 1 = 1 ... 10 = 10 (Average excludes 'Non-drinker')</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 Non-drinker</b>	<b>N Total</b>
4.3	0%	1%	8%	25%	24%	24%	11%	4%	1%	1%	1%	558	16	574

<b>Q38. 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>																
<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>11</b>	<b>12</b>	<b>N</b>	<b>N Non-drinker</b>	<b>N Total</b>
2.4	23%	9%	21%	20%	14%	9%	2%	2%	0%	0%	0%	0%	0%	475	103	578

<b>Q39. How would you describe yourself as a drinker?</b>				
<b>Abstainer or non-drinker</b>	<b>Light drinker</b>	<b>Moderate drinker</b>	<b>Heavy drinker</b>	<b>N</b>
22%	35%	38%	5%	579

<b>Q40. During the last 12 months, 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	2.8	17%	24%	31%	21%	8%	460	116	576
Determine in advance not to exceed a set number of drinks	2.8	23%	19%	25%	18%	14%	460	117	577
Choose not to drink alcohol	2.9	8%	23%	49%	16%	4%	480	97	577
Eat before and/or during drinking	4.0	2%	4%	20%	42%	33%	464	111	575
Have a friend let you know when you've had enough	2.5	32%	18%	28%	14%	8%	439	137	576
Keep track of how many drinks you were having	3.7	8%	10%	18%	29%	36%	459	115	574
Pace your drinks to 1 or fewer per hour	2.4	27%	29%	28%	10%	6%	460	116	576

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<b>Q40. During the last 12 months, 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>
Avoid drinking games	2.4	28%	34%	19%	11%	8%	461	115	576
Drink an alcoholic look-alike (non-alcoholic beer, punch etc.)	1.6	64%	17%	16%	3%	1%	459	118	577

<b>Q41. In the last 12 months, have any of the following ever happened to you as a result of someone else's drinking?</b>					
	<b>No</b>	<b>Yes, once</b>	<b>Occasionally</b>	<b>Frequently</b>	<b>N</b>
Had your studying interrupted	62%	17%	18%	3%	577
Had your property mistreated or damaged	81%	11%	7%	1%	576
Had to watch over someone who had been drinking	37%	23%	36%	4%	576

**Safety**

<b>Q42. 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>
4.1	2%	3%	9%	52%	34%	581

<b>Q43. Within the last 12 months, were you ...?</b>			
	<b>No</b>	<b>Yes</b>	<b>N</b>
in a physical fight	99%	1%	578
physically assaulted (do not include sexual assault)	98%	2%	578
verbally threatened	93%	7%	577
hazed (activity expected of someone joining a group that humiliates, degrades, abuses or endangers, regardless of the person's willingness to participate)	97%	3%	578

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<b>Q44. Have you experienced bias related incident/s that has affected your health?</b>		
<b>No</b>	<b>Yes</b>	<b>N</b>
92%	8%	578

<b>Q44a. Have you experienced a recent acute bias event?</b>		
<b>No</b>	<b>Yes</b>	<b>N</b>
48%	52%	46

<b>Q44b. Have you chronically experienced bias events?</b>		
<b>No</b>	<b>Yes</b>	<b>N</b>
61%	39%	46

**Health & Academic Performance**

<b>Q45. Within the last 12 months, 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	2.3	23%	32%	34%	11%	47	525	572
Drug use	1.1	92%	3%	3%	1%	87	485	572
Eating disorder/concern	1.3	81%	11%	8%	0%	83	490	573
Financial concerns	1.3	79%	14%	6%	1%	148	424	572
Gambling	1.1	93%	7%	0%	0%	15	557	572
Harassment	1.5	74%	11%	7%	7%	27	544	571
Hazing	1.3	81%	13%	6%	0%	16	552	568
Internet social network sites (Facebook, Instagram)	1.2	80%	16%	4%	0%	310	262	572
Relationship difficulty: romantic/roommate/family	1.4	68%	24%	8%	1%	249	323	572
Sleep difficulties	1.6	53%	33%	12%	2%	319	252	571
Stress	1.7	56%	26%	15%	3%	475	96	571

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<b>Q45. Within the last 12 months, 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>
Alcohol use	1.1	90%	6%	3%	1%	299	273	572
Anxiety	1.8	51%	25%	18%	7%	321	249	570
Assault (physical or sexual)	1.9	50%	20%	18%	13%	40	531	571
Chronic illness	1.9	49%	19%	26%	6%	69	500	569
Computer games/internet use	1.4	73%	19%	8%	0%	197	375	572
Concern for a troubled friend or family member	1.4	73%	19%	6%	2%	238	330	568
Depression	2.0	40%	25%	27%	8%	206	366	572
Discrimination against sexual orientation, race, gender	1.2	89%	6%	5%	0%	83	489	572

<b>Q46. Do you feel the environment at Dartmouth is accessible?</b>			
<b>No</b>	<b>Yes</b>	<b>Not sure</b>	<b>N</b>
16%	44%	40%	575

<b>Q47. My professors are accommodating and understanding of my ...</b>									
<b>1 = Strongly disagree ... 5 = Strongly agree (Average excludes 'NA')</b>									
	<b>Overall Average</b>	<b>Strongly disagree</b>	<b>Disagree</b>	<b>Neutral</b>	<b>Agree</b>	<b>Strongly agree</b>	<b>N</b>	<b>N NA</b>	<b>N Total</b>
Acute health concern	3.4	6%	11%	30%	40%	13%	184	391	575
Chronic health concern	3.3	6%	11%	41%	33%	9%	94	479	573
Physical disability	3.4	9%	9%	31%	33%	18%	67	507	574
Learning disability	3.2	10%	11%	38%	28%	13%	87	487	574
Mental health concern	3.0	10%	21%	36%	27%	7%	196	377	573

**Student Life**

<b>Q48. 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	3.7	5%	11%	20%	44%	21%	572
Your academic life	3.6	3%	13%	18%	51%	15%	573
Your social life	3.7	4%	9%	17%	49%	20%	571
Your residential life	3.6	4%	11%	22%	49%	14%	571
Your overall wellness	3.4	4%	16%	28%	42%	10%	573
Your friendships	4.0	3%	5%	14%	44%	35%	573
Your intimate or romantic relationships	3.2	8%	23%	29%	21%	19%	571

**Demographics**

<b>Q49. How old are you?</b>		
	<b>N</b>	<b>Percent</b>
16	1	0%
17	4	1%
18	69	12%
19	140	25%
20	133	24%
21	127	22%
22	80	14%
23	5	1%
24	3	1%
26 or older	3	1%
	565	100%

<b>Q50. What is your gender identity? Check all that apply.</b>			
	<b>Not Checked</b>	<b>Checked</b>	<b>N</b>
Man	65%	35%	573
Woman	38%	62%	573
Transgender	99%	1%	573

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<b>Q50. What is your gender identity? Check all that apply.</b>			
	<b>Not Checked</b>	<b>Checked</b>	<b>N</b>
Gender non-conforming	98%	2%	573
Another gender identity (please specify)	100%	0%	573

<b>Q51. What is your sexual orientation? Check all that apply.</b>			
	<b>Not Checked</b>	<b>Checked</b>	<b>N</b>
Gay	96%	4%	569
Lesbian	99%	1%	569
Asexual	99%	1%	569
Bisexual	92%	8%	569
Heterosexual	18%	82%	569
Queer	97%	3%	569
Unsure/questioning	96%	4%	569
Aromantic	99%	1%	569
Pansexual	99%	1%	569
Another sexual orientation (please specify)	100%	0%	569

<b>Q52. Do you have any of the following disabilities?</b>			
	<b>No</b>	<b>Yes</b>	<b>N</b>
Deaf/hard of hearing	99%	1%	567
Learning disability	93%	7%	568
Mobility/dexterity disability	99%	1%	569
Partially sighted/blind	99%	1%	567
Speech or language disorder	99%	1%	567
Other disability	97%	3%	548

<b>Q53. 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>
34%	6%	13%	29%	10%	5%	4%	570

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Q54. How often do you volunteer or engage in community service?							
Never	Once a year	2-3 times a year	Monthly	Every other week	Weekly	More than once a week	N
16%	13%	39%	14%	4%	11%	2%	567