

2020 Dartmouth Health Survey During COVID-19 Pandemic

Office of Institutional Research
June 2020

DARTMOUTH

Key Findings¹

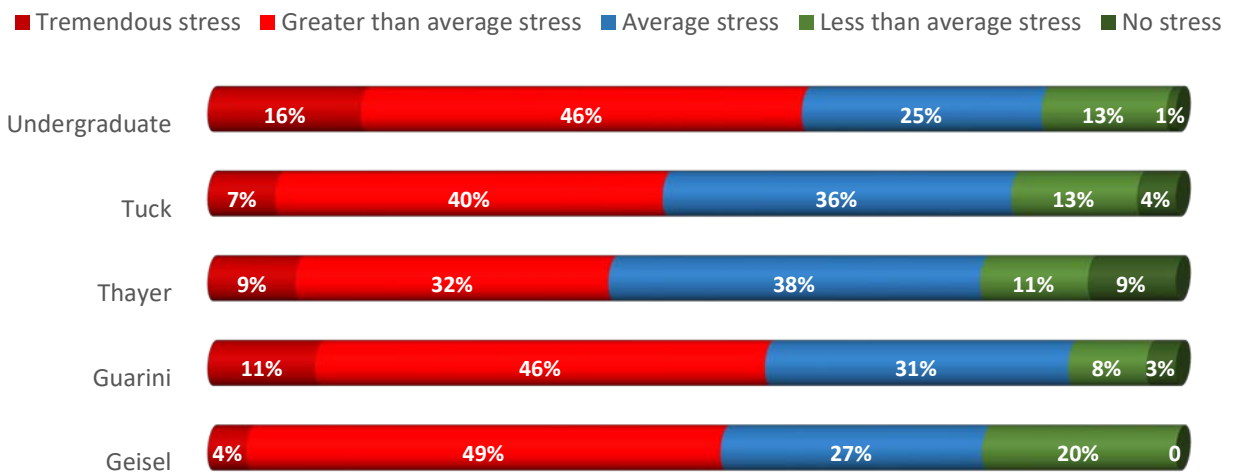
BACKGROUND

- The standard Dartmouth Health survey is administered every other year to gauge students' health habits, behaviors, and perceptions. This special edition survey focuses on COVID-19 pandemic related topics.
- In Spring 2020, fifty-percent of undergraduate and graduate (including all professional schools) students were randomly invited to participate in the survey.
- The response rate was 28% (941/3,421).

PANDEMIC-RELATED QUESTIONS

- Within the last 30 days, 58% of all respondents rated their overall level of stress "Greater than average stress" or "Tremendous stress". A higher percentage of undergraduates (62%) and graduates of Guarini (57%) rated "Greater than average stress" or "Tremendous stress".

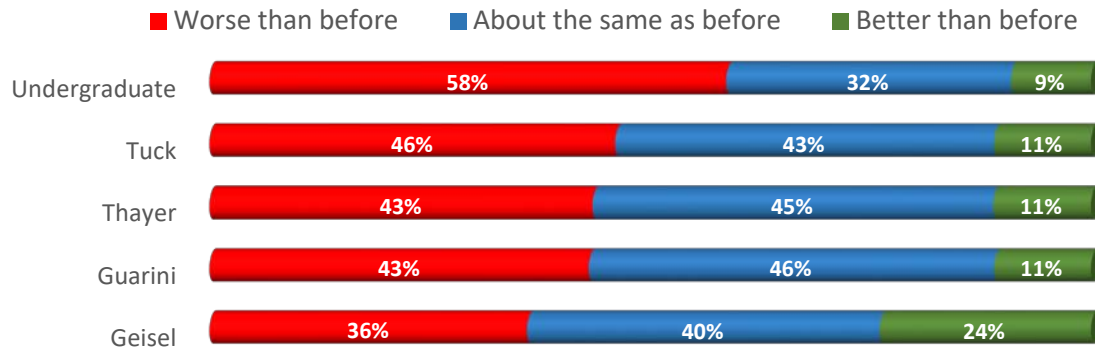
Overall level of stress within the last 30 days



- Since the onset of the pandemic, more than half (51%) of all respondents felt their wellbeing was worse than before. Compared to graduate/professional students (between 36% and 46%), a higher proportion of undergraduates (58%) felt their wellbeing was worse than before. Among graduates, more Geisel students (24%) felt better than before, more than all other graduate/professional students (11%).

¹ See overall summary report tables in Appendix 1 and by Level report tables in Appendix 2.

Since the onset of the pandemic, I feel my wellbeing is:



- Over half of the respondents intentionally started or increased the following to reduce stress or promote wellbeing over the past 30 days: physical activity (62%), spending time outside or in nature (60%), connecting with others (54%), and, activities that bring joy (including new or old hobbies) (52%). The top 4 list is similar among undergraduates and graduate/professional students.
- Twenty-nine percent of the respondents received counseling or therapy in the past 12 months, and 15% reported their access to mental health care has been somewhat or more difficult due to COVID-19. A higher percentage of undergraduates (18%) reported that it was somewhat or more difficult to access mental health care than graduate/professional students (between 10% and 14%).

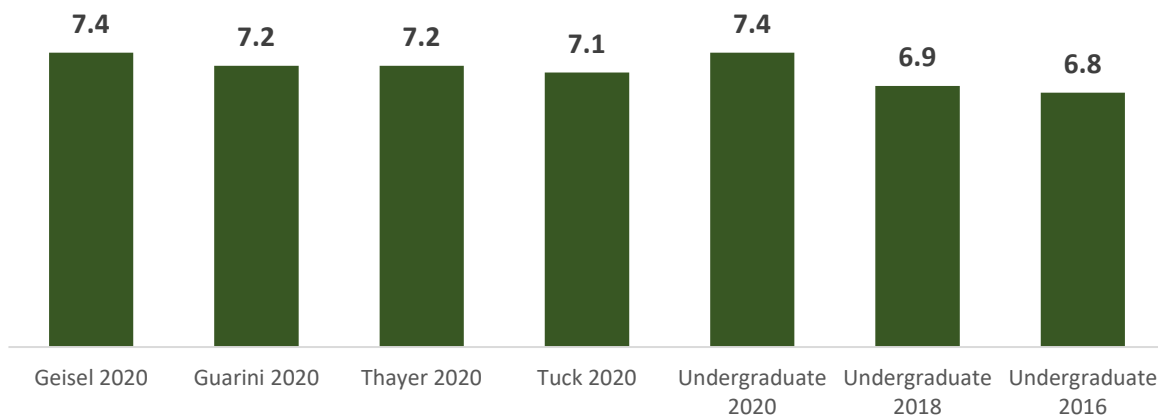
COVID PUBLIC HEALTH-RELATED QUESTIONS

- Overall, 90% of the respondents followed these health recommendations in the past 30 days: avoid gatherings of 10 or more people (98%), cover a cough (95%), practice physical distancing (94%), wear a face mask when physical distancing is difficult (91%), and avoid non-essential trips outside your home (91%). However, only about half (51%) avoid touching eyes, nose, or mouth.
- The top three reasons that motivate respondents to follow public health recommendations are: help “flatten the curve”/not have healthcare systems overwhelmed (86%), preventing family members or friends from falling ill (83%), and preventing members of my community/the public from falling ill (80%). One percent reported not currently following any public health recommendations.
- The vast majority of respondents (94%) think it is important or very important for Dartmouth students to follow physical distance guidelines.
- Sixteen percent of all respondents reported that they or a family member had a personal experience with the COVID-19 infection.

GENERAL HEALTH

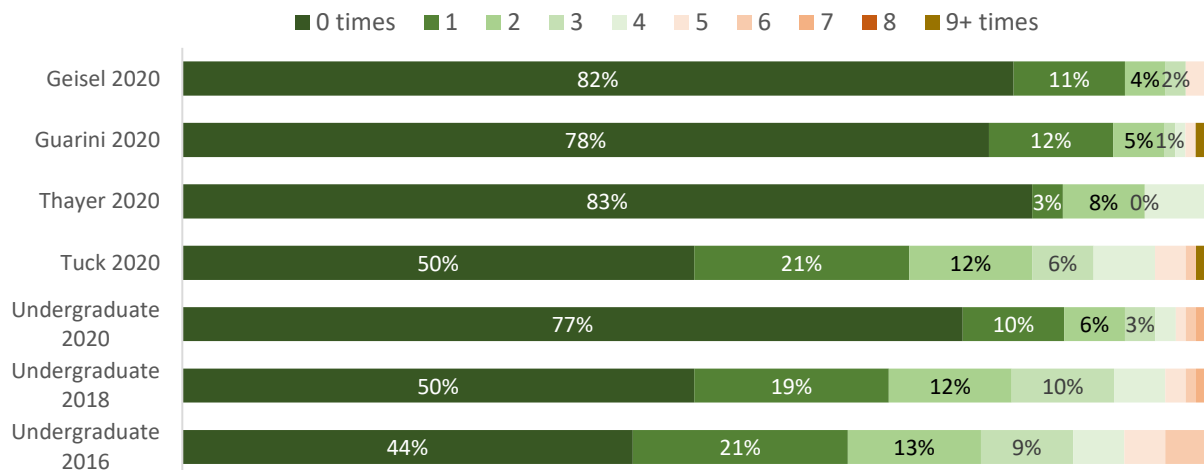
- Fifteen percent of all respondents reported having a chronic health condition. A higher percentage of Guarini graduates (19%) had chronic health conditions compared to undergraduate (15%) or professional school students (6%~13%)
- On average, undergraduates reported sleeping more compared to those of 2018 or 2016. Regarding graduate/professional respondents, Geisel students sleep more than students of Guarini, Thayer, or Tuck.

On *average*, how many hours of sleep do you get a *night*?



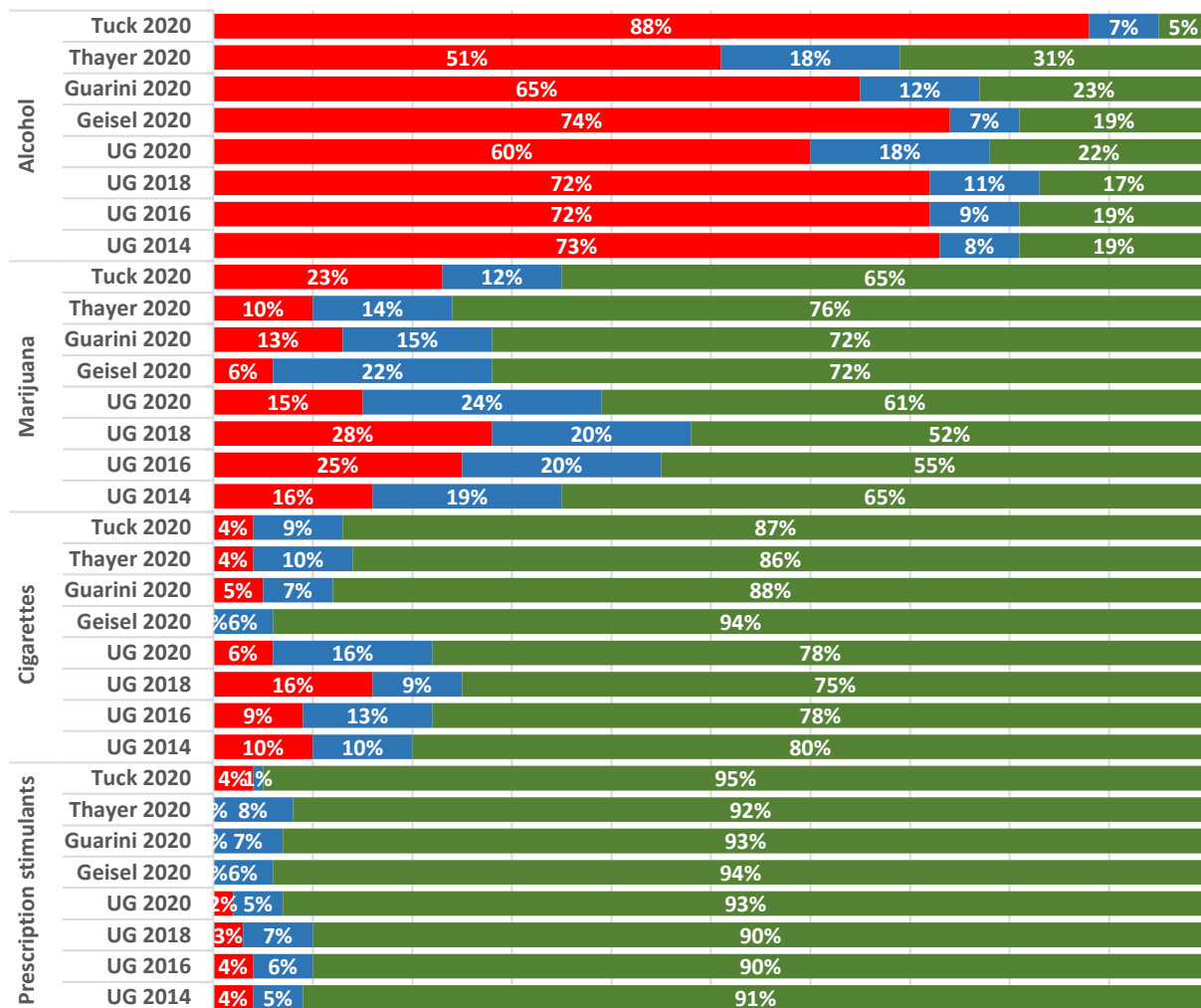
- Twenty-three percent of this year’s undergraduate respondents who drink alcohol reported **binge/high-risk drinking** (five or more drinks in one sitting) in the past two weeks, a dramatic decrease from those of 2018 (50%) or 2016 (56%). Except for Tuck students (50%), all other graduate/professional students were less likely to binge drink than undergraduates.

Over the last two weeks, times you had five or more alcoholic drinks at a setting



- For undergraduate respondents, there was a decrease in all substance use this year compared to 2018, 2016, or 2014. For example,
 - **Alcohol consumption within the last 30 days:** 2014 (73%), 2016 (72%), 2018 (72%), and 2020 (60%).
 - **Marijuana usage** decreased to 15% in 2020 compared to 2014 (16%), 2016 (25%), and 2018 (28%).
 - **Cigarettes usage** decreased to 6% in 2020, compared to 2014 (10%), 2016 (9%), and 2018 (16%).
- Among graduate/professional students, a much higher percentage of Tuck students consumed alcohol (88%) and marijuana (23%) compared with students of Geisel, Guarini, or Thayer.

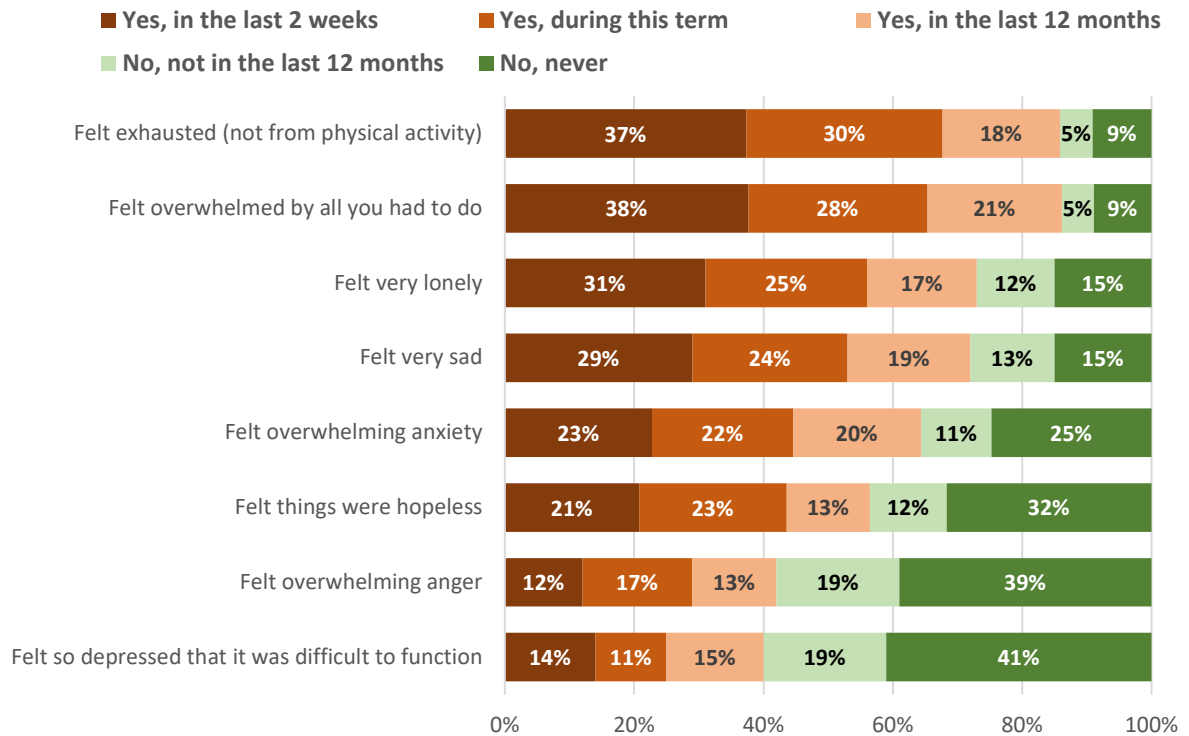
Within the last 30 days, did you use...?



■ Used in the last 30 days ■ Have used, but not in last 30 days, ■ Never Used

*Note for 2018 and 2020, Marijuana = "Cannabis (marijuana, pot, weed, hashish) not prescribed to you, or not used as prescribed", and Cigarettes= "Nicotine Delivery System (cigarettes, vaping, lozenges, etc.)".

- During this term or in the last 2 weeks, over half of the respondents felt exhausted (67%), overwhelmed by all they had to do (66%), very lonely (56%), or very sad (53%). Forty-four percent felt things were hopeless, and a quarter felt so depressed that it was difficult to function.
- Compared with graduate/professional students, a significantly higher percent of undergraduates felt all these negative emotions, e.g., 72% of undergraduates felt exhausted, 71% felt overwhelmed by all they had to do, 66% felt very lonely, 60% felt very sad, 52% felt things were hopeless, and 28% felt so depressed that it was difficult to function.



- Overall, 90% of the students agree or strongly agree that they felt safe in their current location, with fewer undergraduates (88%) than graduate/professional students (90% Thayer, 92% Guarini, 93% Tuck, and 99% Geisel).

Appendix 1: Methodology and Descriptive Statistics

Methods and Sample

- 3,433 of Dartmouth undergraduate and graduate/professional students (half of all students) were randomly invited to participate via email. Twelve of the emails were undeliverable, which leaves the final sample size of 3,421.
- The survey was administered electronically.
- As a token of thanks, the Student Wellness Center offered a special-edition [Thank You Meditation](#) to each invitee while the survey invitation was distributed.
- The survey invitation and three email reminders were sent from the Office of Institutional Research.
- Data collection lasted 16 days.
- Response rate was 28% (941/3,421).

Demographics

Gender		
	N	Percent
Female	559	59%
Male	382	41%
Total	941	100%

Race/Ethnicity/Citizenship		
	N	Percent
American Indian or Alaskan Native	9	1%
Asian	91	10%
Black or African American	22	2%
Hispanic or Latino	71	8%
Non-Resident Alien	164	17%
Two or more races	33	4%
Unknown Race	22	2%
White	529	56%
Total	941	100%

Race/Ethnicity/Citizenship aggregation		
	N	Percent
International	164	17%
Minority	226	24%
Unknown Race	22	2%
White	529	56%
Total	941	100%

Athlete Status		
	N	Percent
No	431	83%

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Athlete Status		
	N	Percent
Yes	89	17%
Tot	520	100%

Greek Status		
	N	Percent
No	276	53%
Yes	244	47%
Tot	520	100%

Class Year		
	N	Percent
Class of 2020	86	17%
Class of 2021	127	24%
Class of 2022	167	32%
Class of 2023	136	26%
Other	4	1%
Total	520	100%

Level		
	N	Percent
Geisel	70	7%
Guarini	213	23%
Thayer	53	6%
Tuck	85	9%
Undergraduate	520	55%
Total	941	100%

Summary Report

PANDEMIC-RELATED QUESTIONS

Q1. Within the last 30 days, how would you rate the overall level of stress you have experienced?						
0 = No Stress, 1 = Less than average stress to 4 = Tremendous stress						
Overall Average	No stress	Less than average stress	Average stress	Greater than average stress	Tremendous stress	N
2.5	2%	12%	28%	45%	13%	941

Q2. Since the onset of the pandemic, I feel my wellbeing is:		
	N	Percent
Better than before	105	11%
About the same as before	353	38%
Worse than before	482	51%
	940	100%

Q3. Which of the following have you intentionally started or increased to reduce your stress or promote your wellbeing over the past 30 days?			
	Not checked	Checked	N
Meditation, prayer, or mindfulness practices	79%	21%	937
Yoga	80%	20%	937
Spending time outside or in nature	40%	60%	937
Journaling	84%	16%	937
Sleep improvement	68%	32%	937
Healthy eating	60%	40%	937
Physical activity	38%	62%	937
Remote organized activities	68%	32%	937
Connecting with others	46%	54%	937
Reframing thoughts	75%	25%	937
Planning my time	65%	35%	937
Activities that bring me joy (including new or old hobbies)	48%	52%	937
Volunteerism, community service, or acts of kindness	88%	12%	937

Q3. Which of the following have you intentionally started or increased to reduce your stress or promote your wellbeing over the past 30 days?			
	Not checked	Checked	N
Other (please specify)	98%	2%	937
None of these	97%	3%	937

Q4. If you have received counseling or therapy in the past 12 months, how has your access to mental health care been affected by COVID-19?		
	N	Percent
Have not tried to access care	639	71%
More difficult/limited access	86	10%
Somewhat difficult/limited access	46	5%
No significant change in access	102	11%
Somewhat easier/better access	23	3%
Much easier/better access	4	0%
	900	100%

COVID PUBLIC HEALTH-RELATED QUESTIONS

Q5. To what extent have you followed the below public health recommendations in the past 30 days?							
Scale: 1 = Never to 5 = Always or almost always							
	Overall average	Never	Rarely	Sometimes	Often	Always or almost always	N
Frequent, proper handwashing (20 seconds or more) or using hand-sanitizer	4.44	0%	1%	9%	32%	57%	937
Cover a cough (tissue or elbow)	4.71	1%	1%	3%	17%	78%	936
Avoid touching your eyes, nose, and mouth	3.51	3%	13%	34%	32%	19%	934
Disinfect surfaces	3.68	3%	10%	27%	35%	25%	936
Practice physical distancing (keep 6 feet between yourself and individuals with whom you don't live)	4.58	0%	1%	5%	28%	66%	937
Avoid gatherings of 10 or more people	4.88	0%	0%	1%	7%	91%	937
Wear a face mask when physical distancing is difficult (grocery shopping, etc.)	4.63	2%	2%	5%	13%	78%	937
Avoid non-essential trips outside your home	4.50	0%	1%	7%	31%	60%	937

Q6. What motivates you to follow any of these public health recommendations during the COVID pandemic?			
	Not checked	Checked	N
I am not currently following any public health recommendations	99%	1%	928
Preventing family members or friends from falling ill	17%	83%	928
Preventing members of my community/the public from falling ill	20%	80%	928
Personally feeling at risk of falling ill	50%	50%	928
To help “flatten the curve”/not have healthcare systems overwhelmed	14%	86%	928
Social pressure	66%	34%	928
Government recommendations/mandates	51%	49%	928
Concern for disciplinary action from the College	95%	5%	928

Q7. In your opinion, how important is it for Dartmouth students to follow physical distancing guidelines?					
1 = Not at all important to 4 = Very important					
Overall Average	Not at all important	A little important	Important	Very important	N
3.7	1%	5%	21%	73%	932

Q8. Have you or a family member had a personal experience with the COVID-19 infection?		
	N	Percent
No	781	84%
Yes	151	16%
	932	100%

GENERAL HEALTH

Q10. Do you have a chronic health condition?		
	N	Percent
No	794	85%
Yes	135	15%
	929	100%

Q11. On average, how many hours of sleep do you get a night?												
0 = 0, 1 = 0 to 9=9, 10 = 10+												
Overall Average	0	1	2	3	4	5	6	7	8	9	10+	N
7.3	0%	0%	0%	1%	1%	4%	14%	36%	34%	10%	2%	923

Q12. Think back over the last two weeks. How many times, if any, have you had five or more alcoholic drinks at a sitting?		
	N	Percent
Non-drinker	193	21%
0 times	546	59%
1	83	9%
2	45	5%
3	18	2%
4	14	2%
5	10	1%
6	6	1%
7	3	0%
8	0	0%
9+ times	4	0%
	922	100%

Q12. Think back over the last two weeks. 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
0.6	75%	11%	6%	2%	2%	1%	1%	0%	0%	1%	729	193	922

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Q13. Within the last 30 days, on how many days did you use:									
	Never used	Have used, but not in last 30 days	1-2 days	3-5 days	6-9 days	10-19 days	20-29 days	All 30 days	N
Nicotine Delivery System (cigarettes, vaping, lozenges, etc.)	83%	12%	2%	1%	0%	1%	0%	1%	916
Alcohol (beer, wine, liquor)	21%	15%	17%	18%	11%	12%	5%	1%	918
Cannabis (marijuana, pot, weed, hashish) not prescribed to you, or not used as prescribed	65%	20%	5%	3%	1%	2%	2%	1%	915
Prescription stimulants, not prescribed to you or not used as prescribed (Adderall, Ritalin)	93%	5%	1%	0%	0%	0%	0%	0%	917
Opiates, not prescribed to you or not used as prescribed (oxycodone, heroin, fentanyl)	99%	1%	0%	0%	0%	0%	0%	0%	914
Other drugs (e.g. methamphetamine, inhalants, hallucinogens, etc.)	94%	5%	1%	0%	0%	0%	0%	0%	913

Q14. Have you ever:						
	No, never	No, not in the last 12 months	Yes, in the last 2 weeks	Yes, during this term	Yes, in the last 12 months	N
Felt things were hopeless	32%	12%	21%	23%	13%	904
Felt overwhelmed by all you had to do	9%	5%	38%	28%	21%	915
Felt exhausted (not from physical activity)	9%	5%	37%	30%	18%	915
Felt very lonely	15%	12%	31%	25%	17%	915
Felt very sad	15%	13%	29%	24%	19%	915
Felt so depressed that it was difficult to function	41%	19%	14%	11%	15%	910
Felt overwhelming anxiety	25%	11%	23%	22%	20%	915
Felt overwhelming anger	39%	19%	12%	17%	13%	914

Q15. I feel safe in my current location.						
1 = Strongly disagree to 5 = Strongly agree						
Overall Average	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree	N
4.5	2%	3%	5%	27%	63%	919

DEMOGRAPHICS

Q16. Where are you living right now?			
	Not checked	Checked	N
On the Dartmouth campus	94%	6%	915
Off campus in the Upper Valley	69%	31%	915
With a parent or guardian	46%	54%	915
Temporarily staying with a friend or relative	94%	6%	915
I don't have a place to live	100%	0%	915
Other (please specify)	95%	5%	915

Q17. What is your gender identity?			
	Not checked	Checked	N
Man	60%	40%	912
Woman	42%	58%	912
Trans/Transgender	100%	0%	912
Non-binary	99%	1%	912
Another gender identity (please specify)	100%	0%	912
I choose not to answer	99%	1%	912

Q18. What is your sexual orientation?			
	Not checked	Checked	N
Gay	96%	4%	909
Lesbian	99%	1%	909
Asexual	99%	1%	909
Bisexual	92%	8%	909
Heterosexual	21%	79%	909
Queer	97%	3%	909

Q18. What is your sexual orientation?			
	Not checked	Checked	N
Aromantic	100%	0%	909
Pansexual	98%	2%	909
Unsure/questioning	98%	2%	909
Another sexual orientation (please specify)	100%	0%	909
I choose not to answer	96%	4%	909

Q19. How many hours a week do you work for pay currently?		
	N	Percent
0 hours	458	50%
Less than 2 hours	46	5%
2 to 4 hours	63	7%
5 to 10 hours	100	11%
11 to 15 hours	38	4%
16 to 20 hours	40	4%
More than 20 hours	167	18%
	912	100%

Appendix 2: By Level Report

Demographics

	Geisel		Guarini		Thayer		Tuck		Undergraduate		All	
	N	Percent	N	Percent	N	Percent	N	Percent	N	Percent	N	Percent
Female	47	67%	127	60%	27	51%	36	42%	322	62%	559	59%
Male	23	33%	86	40%	26	49%	49	58%	198	38%	382	41%
All	70	100%	213	100%	53	100%	85	100%	520	100%	941	100%

	Geisel		Guarini		Thayer		Tuck		Undergraduate		All	
	N	Percent	N	Percent	N	Percent	N	Percent	N	Percent	N	Percent
American Indian or Alaskan Native	2	3%	0	0%	0	0%	2	2%	5	1%	9	1%
Asian	10	14%	15	7%	6	11%	8	9%	52	10%	91	10%
Black or African American	3	4%	3	1%	1	2%	3	4%	12	2%	22	2%
Hispanic or Latino	5	7%	13	6%	1	2%	3	4%	49	9%	71	8%
Non-Resident Alien	3	4%	63	30%	28	53%	17	20%	53	10%	164	17%
Two or more races	1	1%	5	2%	1	2%	0	0%	26	5%	33	4%
Unknown Race	7	10%	4	2%	1	2%	3	4%	7	1%	22	2%
White	39	56%	110	52%	15	28%	49	58%	316	61%	529	56%
All	70	100%	213	100%	53	100%	85	100%	520	100%	941	100%

	Geisel		Guarini		Thayer		Tuck		Undergraduate		All	
	N	Percent	N	Percent	N	Percent	N	Percent	N	Percent	N	Percent
International	3	4%	63	30%	28	53%	17	20%	53	10%	164	17%
Minority	21	30%	36	17%	9	17%	16	19%	144	28%	226	24%
Unknown Race	7	10%	4	2%	1	2%	3	4%	7	1%	22	2%
White	39	56%	110	52%	15	28%	49	58%	316	61%	529	56%
All	70	100%	213	100%	53	100%	85	100%	520	100%	941	100%

By Level Report

Q1. Within the last 30 days, how would you rate the overall level of stress you have experienced?							
0 = No Stress, 1 = Less than average stress to 4 = Tremendous stress							
	Overall Average	No stress	Less than average stress	Average stress	Greater than average stress	Tremendous stress	N
Geisel	2.4	0%	20%	27%	49%	4%	70
Guarini	2.5	3%	8%	31%	46%	11%	213
Thayer	2.2	9%	11%	38%	32%	9%	53
Tuck	2.3	4%	13%	36%	40%	7%	85
Undergraduate	2.6	1%	13%	25%	46%	16%	520

Q2. Since the onset of the pandemic, I feel my wellbeing is:				
	Better than before	About the same as before	Worse than before	N
Geisel	24%	40%	36%	70
Guarini	11%	46%	43%	213
Thayer	11%	45%	43%	53
Tuck	11%	43%	46%	84
Undergraduate	9%	32%	58%	520

Q3. Which of the following have you intentionally started or increased to reduce your stress or promote your wellbeing over the past 30 days?				
		Not checked	Checked	N
Meditation, prayer, or mindfulness practices	Geisel	81%	19%	70
	Guarini	81%	19%	213
	Thayer	72%	28%	53
	Tuck	76%	24%	84
	Undergraduate	79%	21%	517

Q3. Which of the following have you intentionally started or increased to reduce your stress or promote your wellbeing over the past 30 days?				
		Not checked	Checked	N
Yoga	Geisel	74%	26%	70
	Guarini	81%	19%	213
	Thayer	79%	21%	53
	Tuck	80%	20%	84
	Undergraduate	81%	19%	517
Spending time outside or in nature	Geisel	34%	66%	70
	Guarini	45%	55%	213
	Thayer	49%	51%	53
	Tuck	52%	48%	84
	Undergraduate	36%	64%	517
Journaling	Geisel	87%	13%	70
	Guarini	89%	11%	213
	Thayer	92%	8%	53
	Tuck	86%	14%	84
	Undergraduate	81%	19%	517
Sleep improvement	Geisel	67%	33%	70
	Guarini	73%	27%	213
	Thayer	77%	23%	53
	Tuck	65%	35%	84
	Undergraduate	65%	35%	517
Healthy eating	Geisel	57%	43%	70
	Guarini	69%	31%	213
	Thayer	60%	40%	53
	Tuck	61%	39%	84
	Undergraduate	56%	44%	517
Physical activity	Geisel	34%	66%	70
	Guarini	40%	60%	213
	Thayer	51%	49%	53
	Tuck	35%	65%	84
	Undergraduate	37%	63%	517

Q3. Which of the following have you intentionally started or increased to reduce your stress or promote your wellbeing over the past 30 days?				
		Not checked	Checked	N
Remote organized activities	Geisel	79%	21%	70
	Guarini	73%	27%	213
	Thayer	81%	19%	53
	Tuck	55%	45%	84
	Undergraduate	64%	36%	517
Connecting with others	Geisel	43%	57%	70
	Guarini	53%	47%	213
	Thayer	53%	47%	53
	Tuck	52%	48%	84
	Undergraduate	42%	58%	517
Reframing thoughts	Geisel	71%	29%	70
	Guarini	79%	21%	213
	Thayer	83%	17%	53
	Tuck	73%	27%	84
	Undergraduate	74%	26%	517
Planning my time	Geisel	59%	41%	70
	Guarini	70%	30%	213
	Thayer	75%	25%	53
	Tuck	70%	30%	84
	Undergraduate	61%	39%	517
Activities that bring me joy (including new or old hobbies)	Geisel	41%	59%	70
	Guarini	55%	45%	213
	Thayer	62%	38%	53
	Tuck	55%	45%	84
	Undergraduate	43%	57%	517
Volunteerism, community service, or acts of kindness	Geisel	70%	30%	70
	Guarini	93%	7%	213
	Thayer	96%	4%	53
	Tuck	81%	19%	84
	Undergraduate	89%	11%	517

Q3. Which of the following have you intentionally started or increased to reduce your stress or promote your wellbeing over the past 30 days?				
		Not checked	Checked	N
Other (please specify)	Geisel	100%	0%	70
	Guarini	98%	2%	213
	Thayer	100%	0%	53
	Tuck	93%	7%	84
	Undergraduate	97%	3%	517
None of these	Geisel	97%	3%	70
	Guarini	96%	4%	213
	Thayer	96%	4%	53
	Tuck	99%	1%	84
	Undergraduate	97%	3%	517

Q4. If you have received counseling or therapy in the past 12 months, how has your access to mental health care been affected by COVID-19?							
	Have not tried to access care	More difficult/limited access	Somewhat difficult/limited access	No significant change in access	Somewhat easier/better access	Much easier/better access	N
Geisel	63%	8%	6%	12%	9%	2%	65
Guarini	72%	6%	4%	15%	2%	0%	203
Thayer	73%	4%	8%	14%	2%	0%	51
Tuck	77%	3%	8%	10%	3%	0%	79
Undergraduate	70%	13%	5%	10%	2%	0%	502

COVID PUBLIC HEALTH-RELATED QUESTIONS

Q5. To what extent have you followed the below public health recommendations in the past 30 days?								
Scale: 1 = Never to 5 = Always or almost always								
		Overall average	Never	Rarely	Sometimes	Often	Always or almost always	N
	Geisel	4.51	0%	0%	12%	26%	62%	69

2020 Dartmouth Health Survey during COVID-19 Pandemic - by Level Report

Q5. To what extent have you followed the below public health recommendations in the past 30 days?								
Scale: 1 = Never to 5 = Always or almost always								
		Overall average	Never	Rarely	Sometimes	Often	Always or almost always	N
Frequent, proper handwashing (20 seconds or more) or using hand-sanitizer	Guarini	4.5	0%	2%	9%	25%	63%	212
	Thayer	4.45	0%	0%	11%	32%	57%	53
	Tuck	4.46	0%	1%	7%	36%	55%	85
	Undergraduate	4.4	1%	2%	9%	34%	54%	518
Cover a cough (tissue or elbow)	Geisel	4.86	0%	1%	1%	7%	90%	69
	Guarini	4.68	2%	1%	4%	13%	80%	212
	Thayer	4.6	0%	0%	6%	29%	65%	52
	Tuck	4.75	0%	0%	4%	18%	79%	85
	Undergraduate	4.7	1%	1%	3%	18%	78%	518
Avoid touching your eyes, nose, and mouth	Geisel	3.68	1%	13%	28%	32%	26%	69
	Guarini	3.63	3%	10%	29%	38%	20%	210
	Thayer	3.51	2%	9%	45%	23%	21%	53
	Tuck	3.52	1%	12%	39%	29%	19%	84
	Undergraduate	3.44	3%	14%	36%	31%	17%	518
Disinfect surfaces	Geisel	3.78	3%	12%	28%	20%	38%	69
	Guarini	3.67	4%	8%	28%	38%	23%	212
	Thayer	3.49	6%	11%	26%	42%	15%	53
	Tuck	3.87	0%	6%	24%	48%	22%	85
	Undergraduate	3.65	3%	12%	28%	32%	25%	517
Practice physical distancing (keep 6 feet between yourself and individuals with whom you don't live)	Geisel	4.55	0%	1%	3%	35%	61%	69
	Guarini	4.63	0%	1%	3%	28%	68%	213
	Thayer	4.64	0%	0%	8%	21%	72%	53
	Tuck	4.42	0%	1%	7%	40%	52%	85
	Undergraduate	4.58	0%	1%	6%	26%	67%	517
Avoid gatherings of 10 or more people	Geisel	4.88	1%	0%	0%	6%	93%	69
	Guarini	4.93	0%	0%	1%	3%	95%	212
	Thayer	4.89	0%	0%	2%	8%	91%	53
	Tuck	4.78	0%	1%	1%	16%	81%	85
	Undergraduate	4.88	0%	0%	1%	8%	91%	518

Q5. To what extent have you followed the below public health recommendations in the past 30 days?								
Scale: 1 = Never to 5 = Always or almost always								
		Overall average	Never	Rarely	Sometimes	Often	Always or almost always	N
Wear a face mask when physical distancing is difficult (grocery shopping, etc.)	Geisel	4.7	3%	1%	3%	9%	84%	69
	Guarini	4.7	1%	3%	3%	8%	84%	213
	Thayer	4.57	2%	2%	9%	11%	75%	53
	Tuck	4.54	1%	2%	7%	20%	69%	85
	Undergraduate	4.61	2%	2%	5%	14%	77%	517
Avoid non-essential trips outside your home	Geisel	4.52	0%	0%	12%	25%	64%	69
	Guarini	4.58	0%	0%	4%	33%	63%	213
	Thayer	4.4	0%	2%	10%	35%	54%	52
	Tuck	4.35	0%	4%	9%	35%	52%	85
	Undergraduate	4.49	1%	1%	8%	30%	61%	518

Q6. What motivates you to follow any of these public health recommendations during the COVID pandemic?				
		Not checked	Checked	N
I am not currently following any public health recommendations	Geisel	100%	0%	70
	Guarini	99%	1%	211
	Thayer	98%	2%	52
	Tuck	100%	0%	85
	Undergraduate	99%	1%	510
Preventing family members or friends from falling ill	Geisel	17%	83%	70
	Guarini	27%	73%	211
	Thayer	27%	73%	52
	Tuck	22%	78%	85
	Undergraduate	11%	89%	510
Preventing members of my community/the public from falling ill	Geisel	11%	89%	70
	Guarini	21%	79%	211
	Thayer	38%	62%	52
	Tuck	16%	84%	85
	Undergraduate	20%	80%	510

Q6. What motivates you to follow any of these public health recommendations during the COVID pandemic?				
		Not checked	Checked	N
Personally feeling at risk of falling ill	Geisel	60%	40%	70
	Guarini	40%	60%	211
	Thayer	40%	60%	52
	Tuck	61%	39%	85
	Undergraduate	52%	48%	510
To help "flatten the curve"/not have healthcare systems overwhelmed	Geisel	7%	93%	70
	Guarini	13%	87%	211
	Thayer	23%	77%	52
	Tuck	13%	87%	85
	Undergraduate	14%	86%	510
Social pressure	Geisel	66%	34%	70
	Guarini	80%	20%	211
	Thayer	79%	21%	52
	Tuck	64%	36%	85
	Undergraduate	60%	40%	510
Government recommendations/mandates	Geisel	61%	39%	70
	Guarini	59%	41%	211
	Thayer	75%	25%	52
	Tuck	65%	35%	85
	Undergraduate	42%	58%	510
Concern for disciplinary action from the College	Geisel	99%	1%	70
	Guarini	94%	6%	211
	Thayer	94%	6%	52
	Tuck	99%	1%	85
	Undergraduate	95%	5%	510

Q7. In your opinion, how important is it for Dartmouth students to follow physical distancing guidelines?						
1 = Not at all important to 4 = Very important						
	Overall Average	Not at all important	A little important	Important	Very important	N
Geisel	3.7	1%	4%	16%	79%	70
Guarini	3.9	0%	0%	13%	86%	212

Q7. In your opinion, how important is it for Dartmouth students to follow physical distancing guidelines?						
1 = Not at all important to 4 = Very important						
	Overall Average	Not at all important	A little important	Important	Very important	N
Thayer	3.7	0%	4%	23%	73%	52
Tuck	3.5	2%	5%	36%	56%	85
Undergraduate	3.6	1%	8%	23%	69%	513

Q8. Have you or a family member had a personal experience with the COVID-19 infection?			
	No	Yes	N
Geisel	81%	19%	70
Guarini	85%	15%	212
Thayer	90%	10%	52
Tuck	75%	25%	85
Undergraduate	84%	16%	513

GENERAL HEALTH

Q10. Do you have a chronic health condition?			
	No	Yes	N
Geisel	87%	13%	70
Guarini	81%	19%	211
Thayer	90%	10%	52
Tuck	94%	6%	84
Undergraduate	85%	15%	512

Q11. On average, how many hours of sleep do you get a night?													
0 = 0, 1 = 0 to 9=9, 10 = 10+													
	Overall Average	0	1	2	3	4	5	6	7	8	9	10+	N
Geisel	7.4	0%	0%	0%	0%	0%	1%	16%	36%	36%	9%	1%	69
Guarini	7.2	0%	0%	0%	0%	1%	4%	13%	45%	29%	7%	0%	210
Thayer	7.2	0%	0%	0%	2%	0%	2%	18%	37%	35%	6%	0%	51

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Q11. On average, how many hours of sleep do you get a night?													
0 = 0, 1 = 0 to 9=9, 10 = 10+													
	Overall Average	0	1	2	3	4	5	6	7	8	9	10+	N
Tuck	7.1	0%	0%	0%	2%	0%	1%	19%	45%	28%	5%	0%	83
Undergraduate	7.4	0%	0%	0%	1%	1%	4%	12%	32%	36%	12%	2%	510

Q12. Think back over the last two weeks. How many times, if any, have you had five or more alcoholic drinks at a sitting?													
	Non-drinker	0 times	1	2	3	4	5	6	7	8	9+ times	N	
Geisel	20%	65%	9%	3%	1%	0%	1%	0%	0%	0%	0%	69	
Guarini	21%	62%	10%	4%	1%	0%	1%	0%	0%	0%	1%	210	
Thayer	31%	58%	2%	6%	0%	4%	0%	0%	0%	0%	0%	52	
Tuck	7%	46%	19%	11%	6%	6%	2%	1%	0%	0%	1%	84	
Undergraduate	22%	60%	8%	4%	2%	1%	1%	1%	1%	0%	0%	507	

Q12. Think back over the last two weeks. 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
Geisel	0.3	82%	11%	4%	2%	0%	2%	0%	0%	0%	0%	55	14	69
Guarini	0.5	78%	12%	5%	1%	1%	1%	0%	0%	0%	1%	166	44	210
Thayer	0.4	83%	3%	8%	0%	6%	0%	0%	0%	0%	0%	36	16	52
Tuck	1.2	50%	21%	12%	6%	6%	3%	1%	0%	0%	1%	78	6	84
Undergraduate	0.6	77%	10%	6%	3%	2%	1%	1%	1%	0%	0%	394	113	507

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Q13. Within the last 30 days, on how many days did you use:										
		Never used	Have used, but not in last 30 days	1-2 days	3-5 days	6-9 days	10-19 days	20-29 days	All 30 days	N
Nicotine Delivery System (cigarettes, vaping, lozenges, etc.)	Geisel	94%	6%	0%	0%	0%	0%	0%	0%	69
	Guarini	88%	7%	2%	0%	0%	1%	0%	1%	210
	Thayer	86%	10%	0%	0%	2%	0%	0%	2%	51
	Tuck	87%	9%	0%	4%	0%	1%	0%	0%	82
	Undergraduate	78%	16%	3%	1%	0%	1%	0%	1%	504
Alcohol (beer, wine, liquor)	Geisel	19%	7%	20%	19%	4%	20%	10%	0%	69
	Guarini	23%	12%	17%	21%	9%	11%	6%	1%	211
	Thayer	31%	18%	20%	14%	12%	6%	0%	0%	51
	Tuck	5%	7%	11%	23%	18%	22%	11%	2%	82
	Undergraduate	22%	18%	18%	17%	11%	10%	4%	0%	505
Cannabis (marijuana, pot, weed, hashish) not prescribed to you, or not used as prescribed	Geisel	72%	22%	4%	1%	0%	0%	0%	0%	69
	Guarini	72%	15%	5%	3%	0%	2%	2%	0%	210
	Thayer	76%	14%	6%	2%	0%	0%	0%	2%	51
	Tuck	65%	12%	7%	7%	4%	1%	1%	1%	81
	Undergraduate	61%	24%	5%	3%	1%	2%	2%	2%	504
Prescription stimulants, not prescribed to you or not used as prescribed (Adderall, Ritalin)	Geisel	94%	6%	0%	0%	0%	0%	0%	0%	69
	Guarini	93%	7%	0%	0%	0%	0%	0%	0%	210
	Thayer	92%	8%	0%	0%	0%	0%	0%	0%	51
	Tuck	95%	1%	4%	0%	0%	0%	0%	0%	82
	Undergraduate	93%	5%	1%	0%	0%	0%	0%	0%	505
Opiates, not prescribed to you or not used as prescribed (oxycodone, heroin, fentanyl)	Geisel	100%	0%	0%	0%	0%	0%	0%	0%	69
	Guarini	97%	2%	0%	0%	0%	0%	0%	0%	210
	Thayer	100%	0%	0%	0%	0%	0%	0%	0%	51
	Tuck	100%	0%	0%	0%	0%	0%	0%	0%	82
	Undergraduate	99%	1%	0%	0%	0%	0%	0%	0%	502

2020 Dartmouth Health Survey during COVID-19 Pandemic - by Level Report

Q13. Within the last 30 days, on how many days did you use:										
		Never used	Have used, but not in last 30 days	1-2 days	3-5 days	6-9 days	10-19 days	20-29 days	All 30 days	N
Other drugs (e.g. methamphetamine, inhalants, hallucinogens, etc.)	Geisel	94%	3%	3%	0%	0%	0%	0%	0%	69
	Guarini	95%	4%	1%	0%	0%	0%	0%	0%	210
	Thayer	96%	4%	0%	0%	0%	0%	0%	0%	51
	Tuck	98%	1%	1%	0%	0%	0%	0%	0%	82
	Undergraduate	92%	6%	1%	0%	0%	0%	0%	0%	501

Q14. Have you ever:							
		No, never	No, not in the last 12 months	Yes, in the last 2 weeks	Yes, during this term	Yes, in the last 12 months	N
Felt things were hopeless	Geisel	39%	26%	18%	14%	3%	66
	Guarini	36%	15%	13%	20%	16%	206
	Thayer	33%	10%	22%	20%	14%	49
	Tuck	53%	14%	10%	16%	7%	81
	Undergraduate	26%	8%	26%	26%	13%	502
Felt overwhelmed by all you had to do	Geisel	3%	7%	47%	26%	16%	68
	Guarini	13%	5%	30%	30%	22%	209
	Thayer	16%	12%	29%	27%	16%	51
	Tuck	15%	7%	19%	27%	32%	81
	Undergraduate	6%	3%	43%	28%	20%	506
Felt exhausted (not from physical activity)	Geisel	7%	6%	34%	35%	18%	68
	Guarini	10%	6%	34%	30%	20%	210
	Thayer	14%	20%	31%	25%	10%	51
	Tuck	15%	7%	23%	28%	26%	81
	Undergraduate	8%	4%	42%	30%	17%	505

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Q14. Have you ever:							
		No, never	No, not in the last 12 months	Yes, in the last 2 weeks	Yes, during this term	Yes, in the last 12 months	N
Felt very lonely	Geisel	13%	18%	29%	15%	25%	68
	Guarini	22%	17%	20%	24%	17%	210
	Thayer	16%	24%	27%	27%	6%	51
	Tuck	28%	20%	16%	16%	20%	81
	Undergraduate	10%	7%	38%	28%	17%	505
Felt very sad	Geisel	9%	16%	28%	26%	21%	68
	Guarini	18%	14%	22%	23%	23%	209
	Thayer	20%	20%	25%	22%	14%	51
	Tuck	28%	25%	14%	22%	11%	81
	Undergraduate	12%	9%	35%	25%	19%	506
Felt so depressed that it was difficult to function	Geisel	37%	32%	13%	6%	12%	68
	Guarini	40%	23%	12%	12%	14%	208
	Thayer	35%	25%	14%	14%	12%	51
	Tuck	53%	23%	11%	4%	9%	79
	Undergraduate	41%	14%	15%	13%	16%	504
Felt overwhelming anxiety	Geisel	22%	22%	16%	25%	15%	68
	Guarini	25%	11%	19%	23%	21%	210
	Thayer	24%	16%	22%	27%	12%	51
	Tuck	36%	20%	11%	15%	19%	81
	Undergraduate	23%	8%	27%	21%	20%	505
Felt overwhelming anger	Geisel	41%	31%	6%	13%	9%	68
	Guarini	43%	22%	10%	12%	12%	209
	Thayer	37%	35%	4%	12%	12%	51
	Tuck	43%	20%	9%	11%	17%	81
	Undergraduate	37%	13%	16%	21%	12%	505

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Q15. I feel safe in my current location.							
1 = Strongly disagree to 5 = Strongly agree							
	Overall Average	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree	N
Geisel	4.8	0%	0%	1%	15%	84%	68
Guarini	4.5	0%	1%	6%	36%	56%	210
Thayer	4.3	4%	4%	2%	37%	53%	51
Tuck	4.6	1%	1%	5%	26%	67%	81
Undergraduate	4.4	3%	4%	6%	24%	64%	509

DEMOGRAPHICS

Q16. Where are you living right now?				
		Not checked	Checked	N
On the Dartmouth campus	Geisel	99%	1%	68
	Guarini	91%	9%	209
	Thayer	90%	10%	50
	Tuck	90%	10%	81
	Undergraduate	95%	5%	507
Off campus in the Upper Valley	Geisel	28%	72%	68
	Guarini	36%	64%	209
	Thayer	36%	64%	50
	Tuck	42%	58%	81
	Undergraduate	96%	4%	507
With a parent or guardian	Geisel	78%	22%	68
	Guarini	89%	11%	209
	Thayer	80%	20%	50
	Tuck	83%	17%	81
	Undergraduate	15%	85%	507

Q16. Where are you living right now?				
		Not checked	Checked	N
Temporarily staying with a friend or relative	Geisel	91%	9%	68
	Guarini	96%	4%	209
	Thayer	92%	8%	50
	Tuck	89%	11%	81
	Undergraduate	95%	5%	507
I don't have a place to live	Geisel	100%	0%	68
	Guarini	100%	0%	209
	Thayer	100%	0%	50
	Tuck	100%	0%	81
	Undergraduate	100%	0%	507
Other (please specify)	Geisel	97%	3%	68
	Guarini	85%	15%	209
	Thayer	100%	0%	50
	Tuck	90%	10%	81
	Undergraduate	98%	2%	507

Q17. What is your gender identity?				
		Not checked	Checked	N
Man	Geisel	67%	33%	67
	Guarini	61%	39%	208
	Thayer	52%	48%	50
	Tuck	41%	59%	81
	Undergraduate	62%	38%	506
Woman	Geisel	34%	66%	67
	Guarini	44%	56%	208
	Thayer	48%	52%	50
	Tuck	59%	41%	81
	Undergraduate	40%	60%	506

Q17. What is your gender identity?				
		Not checked	Checked	N
Trans/Transgender	Geisel	100%	0%	67
	Guarini	100%	0%	208
	Thayer	100%	0%	50
	Tuck	100%	0%	81
	Undergraduate	99%	1%	506
Non-binary	Geisel	100%	0%	67
	Guarini	99%	1%	208
	Thayer	100%	0%	50
	Tuck	100%	0%	81
	Undergraduate	99%	1%	506
Another gender identity (please specify)	Geisel	100%	0%	67
	Guarini	100%	0%	208
	Thayer	100%	0%	50
	Tuck	100%	0%	81
	Undergraduate	100%	0%	506
I choose not to answer	Geisel	99%	1%	67
	Guarini	97%	3%	208
	Thayer	100%	0%	50
	Tuck	100%	0%	81
	Undergraduate	99%	1%	506

Q18. What is your sexual orientation?				
		Not checked	Checked	N
Gay	Geisel	96%	4%	68
	Guarini	95%	5%	208
	Thayer	100%	0%	49
	Tuck	99%	1%	81
	Undergraduate	96%	4%	503

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Q18. What is your sexual orientation?				
		Not checked	Checked	N
Lesbian	Geisel	97%	3%	68
	Guarini	98%	2%	208
	Thayer	100%	0%	49
	Tuck	100%	0%	81
	Undergraduate	99%	1%	503
Asexual	Geisel	97%	3%	68
	Guarini	99%	1%	208
	Thayer	98%	2%	49
	Tuck	100%	0%	81
	Undergraduate	99%	1%	503
Bisexual	Geisel	94%	6%	68
	Guarini	91%	9%	208
	Thayer	94%	6%	49
	Tuck	95%	5%	81
	Undergraduate	91%	9%	503
Heterosexual	Geisel	18%	82%	68
	Guarini	28%	72%	208
	Thayer	14%	86%	49
	Tuck	7%	93%	81
	Undergraduate	21%	79%	503
Queer	Geisel	94%	6%	68
	Guarini	97%	3%	208
	Thayer	100%	0%	49
	Tuck	99%	1%	81
	Undergraduate	98%	2%	503
Aromantic	Geisel	100%	0%	68
	Guarini	100%	0%	208
	Thayer	100%	0%	49
	Tuck	100%	0%	81
	Undergraduate	100%	0%	503

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Q18. What is your sexual orientation?				
		Not checked	Checked	N
Pansexual	Geisel	99%	1%	68
	Guarini	98%	2%	208
	Thayer	100%	0%	49
	Tuck	100%	0%	81
	Undergraduate	98%	2%	503
Unsure/questioning	Geisel	99%	1%	68
	Guarini	98%	2%	208
	Thayer	100%	0%	49
	Tuck	100%	0%	81
	Undergraduate	97%	3%	503
Another sexual orientation (please specify)	Geisel	99%	1%	68
	Guarini	100%	0%	208
	Thayer	100%	0%	49
	Tuck	100%	0%	81
	Undergraduate	100%	0%	503
I choose not to answer	Geisel	99%	1%	68
	Guarini	93%	7%	208
	Thayer	94%	6%	49
	Tuck	100%	0%	81
	Undergraduate	97%	3%	503

Q19. How many hours a week do you work for pay currently?								
	0 hours	Less than 2 hours	2 to 4 hours	5 to 10 hours	11 to 15 hours	16 to 20 hours	More than 20 hours	N
Geisel	75%	3%	12%	4%	0%	0%	6%	68
Guarini	16%	1%	2%	8%	5%	10%	57%	207
Thayer	16%	0%	2%	8%	6%	16%	52%	50
Tuck	86%	4%	1%	5%	1%	1%	1%	81
Undergraduate	58%	8%	9%	14%	5%	2%	3%	506