

Dartmouth Health Survey Results

2024 and 2026

Office of Institutional Research and Effectiveness

Spring 2026

DARTMOUTH

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Note: This report presents weighted 2024 and 2026 results side by side. In summary tables, change indicators combine color and direction: color shows whether a change is favorable (green) or unfavorable (red), and the arrow shows whether the 2026 value rose or fell — ▲ favorable increase, ▼ favorable decrease, ▲ unfavorable increase, ▼ unfavorable decrease. No arrow indicates no or minimal change. Numeric changes represent 2026 minus 2024 values where applicable. Statistical significance stars are presented for selected narrative summary measures where 2024 vs. 2026 tests were conducted (*p < 0.05, **p < 0.01, ***p < 0.001). Items new in 2026 are marked "New 2026." Items asked only in 2024 are marked "2024 only." A double hyphen (—) indicates the item was not asked in that survey year. Comparisons should still be interpreted with caution. Minor differences between percentages or means cited in the narrative and those shown in the appendix tables or Tableau dashboard may occur due to rounding.

Background

The Dartmouth Health Survey (DHS) is administered every other year to assess students' health habits, behaviors, well-being, and perceptions of the campus environment. The 2024 and 2026 surveys each used a randomly selected, stratified sample. Results were weighted separately for undergraduate and graduate/professional respondents.

Survey administration

- Administered in spring term in both 2024 and 2026
- Electronic survey format
- Administered by the Office of Institutional Research and Effectiveness
- 2026 field period: April 28–May 19, 2026

Sample design

- Random sample of undergraduate and graduate/professional students
- Sample represented approximately 50% of the student population in each survey year
- Results weighted separately for undergraduate and graduate/professional respondents
- Weighting adjusted for response propensity and population benchmarks (see the Methods and Sample section)

Response Rate

Category	Overall		Undergraduate		Grad/Professional	
	2024	2026	2024	2026	2024	2026
Total	21%	28%	18%	26%	28%	31%
Gender/Sex						
Female	27%	32%	24%	31%	34%	34%
Male	16%	23%	13%	21%	23%	28%
Race/Ethnicity						
Asian	19%	30%	17%	29%	24%	33%
International	25%	32%	19%	23%	30%	40%
URG	18%	27%	16%	27%	25%	28%
White	23%	26%	19%	26%	29%	27%
Unknown Race	15%	17%	7%	15%	30%	22%

Category	Overall		Undergraduate		Grad/Professional	
	2024	2026	2024	2026	2024	2026
Undergraduate Class Standing						
First-year	—	—	17%	32%	—	—
Sophomore	—	—	18%	30%	—	—
Junior	—	—	18%	24%	—	—
Senior	—	—	19%	20%	—	—
Other	—	—	14%	8%	—	—
Undergraduate Subgroups						
Non-athlete	—	—	20%	27%	—	—
Athlete	—	—	10%	18%	—	—
First-generation	—	—	15%	32%	—	—
Non-first-generation	—	—	19%	25%	—	—
Non-Greek*	—	—	20%	23%	—	—
Greek-affiliated*	—	—	17%	24%	—	—
Graduate/Professional School						
Geisel	—	—	—	—	30%	36%
Guarini	—	—	—	—	29%	36%
Thayer	—	—	—	—	28%	29%
Tuck	—	—	—	—	27%	22%

* Greek affiliation response rates exclude first-year students. — = not applicable for this subgroup.

Survey Findings

Overall Patterns

The following observations summarize the most consistent patterns across the two survey cycles. Detailed results by section follow.

- **Several well-being and campus-climate indicators improved from 2024 to 2026.** PERMA¹ well-being means were stable or higher across all items, with several statistically significant gains among graduate/professional students. Ratings of Dartmouth's mental health climate improved significantly on several dimensions for both student populations, while sense of belonging increased descriptively among graduate/professional students.
- **Burnout indicators improved descriptively for both student populations.** The increases in reporting no burnout symptoms and the declines in severe burnout were statistically significant among undergraduates, while the corresponding graduate/professional changes were not statistically significant.

¹ **PERMA** is a well-being framework focused on **P**ositive emotion, **E**ngagement, **R**elationships, **M**eaning, and **A**ccomplishment. This survey uses related agreement items scored on a 1–7 scale.

- **Mental health symptoms remained common**, but symptoms reported several days or more generally declined from 2024 to 2026. Feeling nervous, anxious, or on edge remained the most frequently reported symptom for both student populations.
- **Safety and belonging indicators were stable or improved.** Campus climate ratings became significantly more favorable for both groups, and perceived safety remained high. Reports of verbal threats declined significantly among undergraduates, while reports of hazing declined or remained unchanged descriptively.
- **Alcohol-related negative consequences generally declined among drinkers.** Among undergraduates, the declines in doing something they later regretted and in having unprotected sex were statistically significant, and several other consequences declined descriptively. Consequences among graduate/professional students also generally declined, though at lower baseline rates.
- **Health behavior indicators were mixed but generally stable or improved.** Average exercise days increased modestly, food insecurity indicators declined for both groups, and average hours of sleep increased slightly. Reports of going 24 hours without sleep in the past month were similar among undergraduates and declined among graduate/professional students.
- **Stress remained the most frequently reported academic-impact factor**, with 41% of undergraduates reporting a lower grade or more serious academic outcome attributed to stress in 2026. Anxiety, depression, and sleep difficulties also continued to affect academic performance for notable shares of students.

General Health

- **Chronic health condition:** The share reporting a chronic health condition was unchanged among undergraduates (15% in both 2024 and 2026). Among graduate/professional students, the rate declined from 24% to 19% (-5 percentage points), although the change was not statistically significant.

Sleep

Undergraduate	Graduate/Professional
Avg. hours of sleep/night: 6.9 hrs (2024); 7.0 hrs (2026)	Avg. hours of sleep/night: 6.7 hrs (2024); 6.9 hrs (2026) ▲ +0.2**
Gone 24 hrs without sleep (past month): 15% (2024) vs 15% (2026)	Gone 24 hrs without sleep (past month): 16% (2024) vs 10% (2026) ▼ -6pp*
Never gone 24 hrs without sleep at Dartmouth: 42% (2024) vs 46% (2026) ▲ +4pp	Never gone 24 hrs without sleep at Dartmouth: 56% (2024) vs 65% (2026) ▲ +9pp**

Note: Change = 2026 minus 2024. ▲ favorable increase, ▼ favorable decrease, ▲ unfavorable increase, ▼ unfavorable decrease. No arrow indicates no or minimal change. Statistical significance: *p < 0.05, **p < 0.01, ***p < 0.001.

- **Sleep interference ("much" or "very much" with daily functioning):** undergraduate rates increased from 21% in 2024 to 24% in 2026 (+3 percentage points); graduate/professional rates declined slightly from 24% to 22% (-2 points). Neither change was statistically significant.

Well-being and Mental Health

PERMA Well-being (1-7 scale)

PERMA is a well-being framework focused on **P**ositive emotion, **E**ngagement, **R**elationships, **M**eaning, and **A**ccomplishment. This survey uses related agreement items scored on a 1-7 scale.

- All eight PERMA items were stable or higher in 2026. Among undergraduates, the largest descriptive gains were for "I am a good person and live a good life" and "I lead a purposeful and meaningful life," both of which increased by 0.2 points. Among graduate/professional students, several increases were statistically significant, including purposeful/meaningful life, contributing to others' happiness, feeling competent and capable, being a good person/living a good life, and feeling respected.

PERMA Well-being Items (1-7 Scale) - Average Score	Undergraduate (2024 → 2026)	Undergraduate change	Grad/Professional (2024 → 2026)	Grad/Professional change
I lead a purposeful and meaningful life	5.6 → 5.8	▲ +0.2	5.6 → 5.9	▲ +0.3*
My social relationships are supportive	5.8 → 5.9	+0.1	5.8 → 5.8	0.0
I am engaged and interested in daily activities	5.6 → 5.7	+0.1	5.5 → 5.7	▲ +0.2
I actively contribute to the happiness of others	5.8 → 5.9	+0.1	5.6 → 5.8	▲ +0.2*
I am competent and capable	5.8 → 5.9	+0.1	5.7 → 5.9	▲ +0.2*
I am a good person and live a good life	5.8 → 6.0	▲ +0.2	5.8 → 6.0	▲ +0.2**
I am optimistic about my future	5.6 → 5.7	+0.1	5.6 → 5.7	+0.1
People respect me	5.6 → 5.6	0.0	5.5 → 5.8	▲ +0.3**

Note: Change = 2026 minus 2024. ▲ favorable increase, ▼ favorable decrease, ▲ unfavorable increase, ▼ unfavorable decrease. No arrow indicates no or minimal change. Statistical significance: * $p < 0.05$, ** $p < 0.01$, *** $p < 0.001$.

Campus Mental Health Climate (1–5 scale)

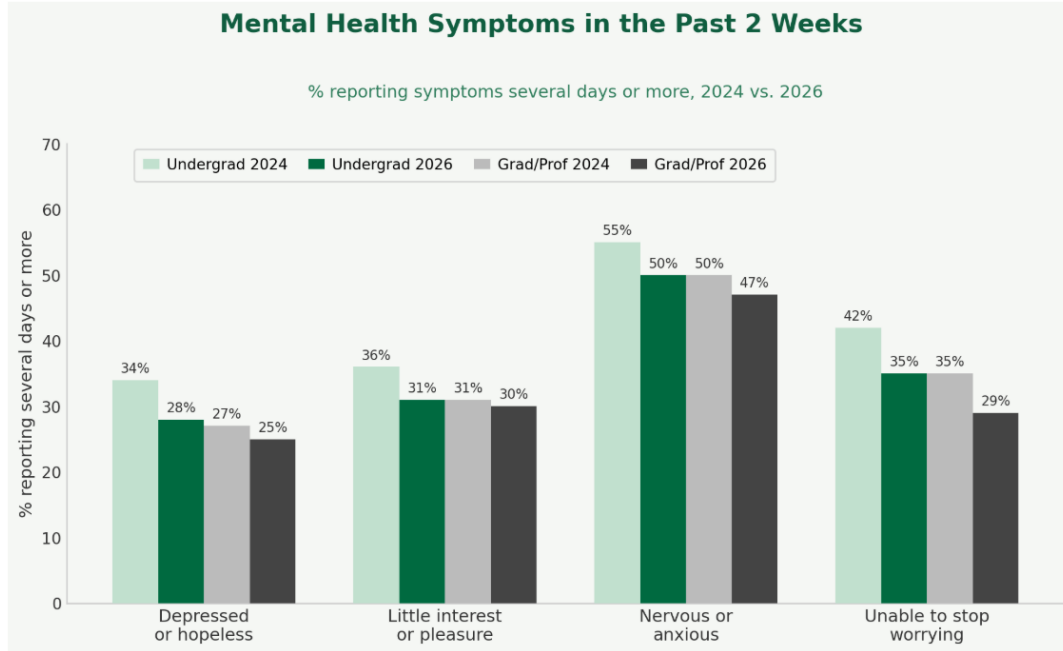
- Undergraduate ratings improved significantly on several campus mental health climate dimensions. The item asking whether the campus climate has a negative impact on well-being declined by 0.3 points (from 3.5 in 2024 to 3.2 in 2026), indicating a statistically significant perceived improvement in climate (*** $p < 0.001$).
- Graduate/professional ratings also improved on most items. The two largest changes (0.3 points each) were on the "well-being is a priority" and "negative impact" items, both of which were statistically significant and reflected a more favorable climate.

Campus Climate - Mental Health (average 1-5) Strongly disagree to Strongly agree	Undergraduate (2024 → 2026)	Undergraduate change	Grad/Professional (2024 → 2026)	Grad/Professional change
Students' well-being is a priority	3.1 → 3.4	▲ +0.3***	3.4 → 3.7	▲ +0.3**
Campus climate has a negative impact on mental health	3.5 → 3.2	▼ -0.3***	3.0 → 2.7	▼ -0.3**
Open discussion about mental health is encouraged	3.4 → 3.5	+0.1	3.6 → 3.6	0.0

Campus Climate - Mental Health (average 1-5) Strongly disagree to Strongly agree	Undergraduate (2024 → 2026)	Undergraduate change	Grad/Professional (2024 → 2026)	Grad/Professional change
Admin listening to student health concerns	2.9 → 3.1	▲ +0.2***	3.2 → 3.4	▲ +0.2*
Good support system (New 2026)	3.3	New 2026	3.5	New 2026

Note: Change = 2026 minus 2024. ▲ favorable increase, ▼ favorable decrease, ▲ unfavorable increase, ▼ unfavorable decrease. No arrow indicates no or minimal change. Statistical significance: * $p < 0.05$, ** $p < 0.01$, *** $p < 0.001$.

Depression and Anxiety Symptoms

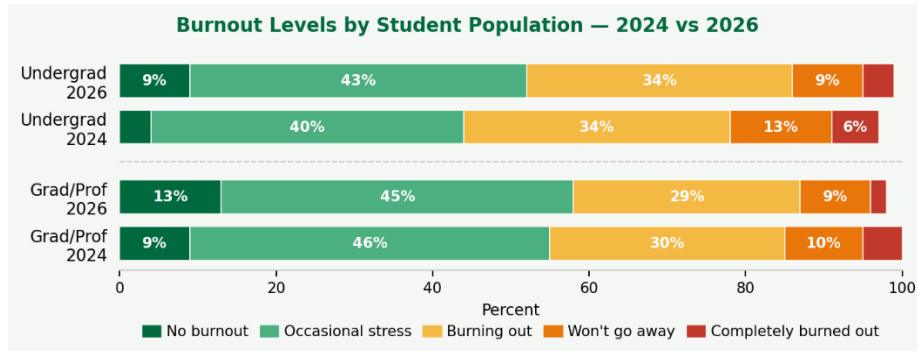


- Feeling depressed or hopeless several days or more in the past two weeks declined among both groups. Among undergraduates, the share decreased from 34% in 2024 to 28% in 2026, a 6 percentage-point decline that was not statistically significant. Among graduate/professional students, the share decreased from 27% to 25%, a 2-point decline that was also not statistically significant.
- Reports of being unable to stop worrying several days or more also declined from 2024 to 2026. Among undergraduates, the share decreased from 42% to 35%, a statistically significant 7 percentage-point decline (* $p < 0.05$). Among graduate/professional students, the share decreased from 35% to 29%, a 6-point decline that was not statistically significant.

Burnout

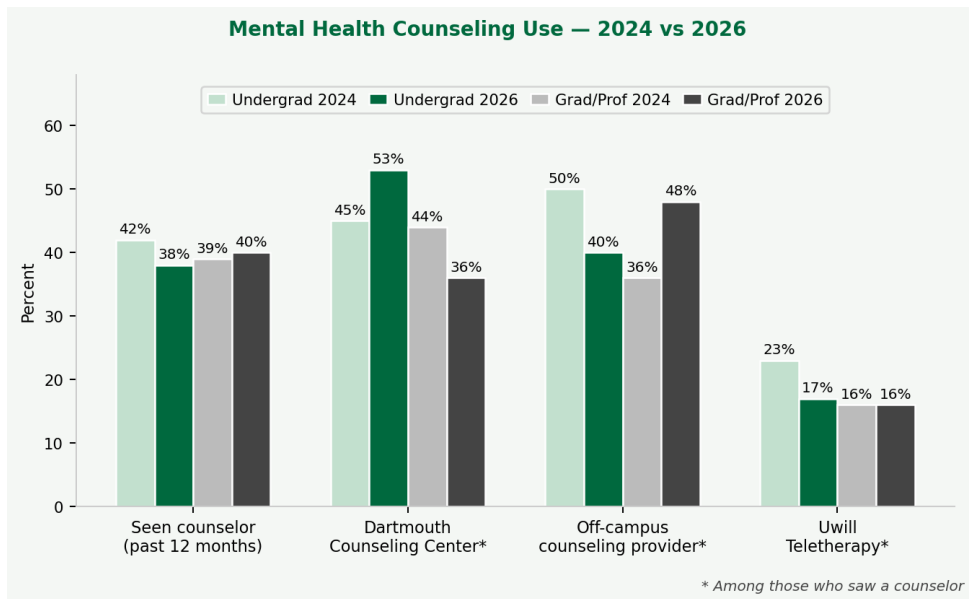
- Reports of no burnout symptoms increased among both groups. Among undergraduates, the share increased from 4% in 2024 to 9% in 2026, a statistically significant 5 percentage-point increase (** $p < 0.01$). Among graduate/professional students, the share increased from 9% to 13%, a 4-point increase that was not statistically significant.

- Severe burnout declined for both groups. Among undergraduates, the share reporting severe burnout decreased from 20% in 2024 to 13% in 2026, a statistically significant 7 percentage-point decline (** $p < 0.01$). Among graduate/professional students, severe burnout decreased from 14% to 11%, a 3-point decline that was not statistically significant.



Mental Health Counseling

- Saw a mental health counselor in the past 12 months: the undergraduate rate declined from 42% in 2024 to 38% in 2026 (–4 percentage points), while the graduate/professional rate was stable at 39% in 2024 and 40% in 2026 (+1 point). Neither of these differences was statistically significant.
- Among those who saw a counselor, use of the Dartmouth Counseling Center increased among undergraduates (from 45% in 2024 to 53% in 2026, +8 points) and declined among graduate/professional students (from 44% to 36%, –8 points). Neither of these differences was statistically significant.
- Use of off-campus counseling providers declined among undergraduates (from 50% in 2024 to 40% in 2026, –10 points; * $p < 0.05$) and increased among graduate/professional students (from 36% to 48%, +12 points; * $p < 0.05$). Both differences were statistically significant.



Diagnoses and Treatment

Ever Diagnosed/Treated - % Yes	Undergraduate (2024 → 2026)	Undergraduate change	Grad/Professional (2024 → 2026)	Grad/Professional change
Depression	24% → 21%	▼ -3 pp	28% → 26%	▼ -2 pp
Anxiety	32% → 28%	▼ -4 pp	33% → 32%	-1 pp
Treated in Last 12 Months - % Checked	Undergraduate (2024 → 2026)	Undergraduate change	Grad/Professional (2024 → 2026)	Grad/Professional change
ADHD	13% → 16%	▲ +3 pp	15% → 11%	▼ -4 pp
Anxiety	25% → 22%	▼ -3 pp	22% → 24%	▲ +2 pp
Depression	19% → 14%	▼ -5 pp*	17% → 14%	▼ -3 pp
Panic Attacks	6% → 5%	-1 pp	3% → 4%	+1 pp
PTSD	5% → 3%	▼ -2 pp	3% → 3%	0 pp

Note: Change = 2026 minus 2024. ▲ favorable increase, ▼ favorable decrease, ▲ unfavorable increase, ▼ unfavorable decrease. No arrow indicates no or minimal change. Statistical significance: * $p < 0.05$, ** $p < 0.01$, *** $p < 0.001$.

Bereavement (New in 2026)

- **New in 2026 — Bereavement:** 64% of undergraduate and 67% of graduate/professional respondents reported experiencing the death of a close family member or close friend from any cause during their lifetime. This included 14% of undergraduates and 14% of graduate/professional respondents who reported a loss by suicide. Students also reported bereavement due to other causes of death, including substance use, firearm injury or violence, COVID, or another cause not specified in the survey.

Exercise and Nutrition

- Average exercise days increased modestly from 2024 to 2026 among both undergraduates and graduate/professional students. Among undergraduates, moderate cardio increased from 3.1 to 3.5 days, and muscle-strengthening activity increased from 2.2 to 2.6 days; both increases were statistically significant (* $p < 0.05$). Among graduate/professional students, moderate cardio increased from 2.5 to 2.8 days, and muscle-strengthening activity increased from 1.7 to 2.0 days; neither change was statistically significant.
- Food insecurity indicators improved as well. The share of students who sometimes or often ate less due to insufficient funds declined from 26% to 21% among undergraduates, a decrease of 5 percentage points that was not statistically significant. Among graduate/professional students, the share declined from 28% to 19%, a statistically significant decrease of 9 percentage points (** $p < 0.01$).

Alcohol and Other Drugs

Methodological note: The 2026 survey used sex-specific high-risk drinking thresholds: 5 or more drinks for male students and 4 or more drinks for female students. The 2024 survey used a single 5+ drinks threshold for all students. Therefore, 2024 high-risk drinking results are included as reference only and should not be directly compared with 2026. Percentages in the high-risk drinking paragraph below are calculated among all respondents in the applicable group, including non-drinkers.

- In 2026, high-risk drinking was more common among undergraduates than graduate/professional students. Among male respondents, 44% of undergraduates and 28% of graduate/professional students reported consuming five or more drinks at a sitting at least once in the past two weeks; among female respondents, 44% of undergraduates and 21% of graduate/professional students reported consuming four or more drinks. As a reference, using the 2024 single 5+ drinks threshold, 38% of undergraduates and 23% of graduate/professional students reported high-risk drinking at least once in the past two weeks.
- Average drinking levels during the last time respondents “partied” or socialized were similar across years: 3.9 to 3.7 drinks among undergraduates and 2.8 to 2.9 drinks among graduate/professional respondents.
- Alcohol was the most commonly reported substance in both years. Lifetime alcohol use declined significantly for both undergraduates and graduate/professional students, and lifetime cannabis use declined significantly among undergraduates. Lifetime use of nicotine delivery systems was relatively stable.

Ever Use (% of All Respondents)	Undergraduate (2024 → 2026)	Undergraduate change	Grad/Professional (2024 → 2026)	Grad/Professional change
Alcohol	79% → 72%	▼ -7 pp*	79% → 72%	▼ -7 pp*
Cannabis	48% → 38%	▼ -10 pp**	38% → 34%	▼ -4 pp
Nicotine delivery systems	25% → 26%	+1 pp	19% → 19%	0 pp

Note: Change = 2026 minus 2024. ▲ favorable increase, ▼ favorable decrease, ▲ unfavorable increase, ▼ unfavorable decrease. No arrow indicates no or minimal change. Statistical significance: * $p < 0.05$, ** $p < 0.01$, *** $p < 0.001$.

- Among respondents who had ever used each substance, past-30-day use was highest for alcohol in both years. Among graduate/professional respondents who had ever used cannabis, past-30-day cannabis use declined significantly from 2024 to 2026.

Past-30-Day Use (Among Ever Users)	Undergraduate (2024 → 2026)	Undergraduate change	Grad/Professional (2024 → 2026)	Grad/Professional change
Alcohol	85% → 80%	▼ -5 pp	85% → 83%	▼ -2 pp
Cannabis	60% → 63%	▲ +3 pp	53% → 35%	▼ -18 pp**
Nicotine delivery systems	64% → 68%	▲ +4 pp	55% → 49%	▼ -6 pp

Note: Change = 2026 minus 2024. ▲ favorable increase, ▼ favorable decrease, ▲ unfavorable increase, ▼ unfavorable decrease. No arrow indicates no or minimal change. Statistical significance: * $p < 0.05$, ** $p < 0.01$, *** $p < 0.001$.

- Negative drinking consequences generally declined among drinkers from 2024 to 2026, especially among undergraduates. Among undergraduates, the declines in doing something later regretted and having unprotected sex were statistically significant.

Drinking Consequences Among Drinkers (% yes)	Undergraduate (2024 → 2026)	Undergraduate change	Grad/Professional (2024 → 2026)	Grad/Professional change
Did something I later regretted	36% → 26%	▼ -10 pp**	19% → 15%	▼ -4 pp
Forgot where I was / what I did	28% → 26%	▼ -2 pp	8% → 7%	-1 pp
Had unprotected sex	19% → 12%	▼ -7 pp*	10% → 10%	0 pp
Felt guilty or ashamed	24% → 22%	▼ -2 pp	16% → 11%	▼ -5 pp
Thought I might have a problem	11% → 8%	▼ -3 pp	8% → 5%	▼ -3 pp
Failed to do what was expected	10% → 8%	▼ -2 pp	7% → 3%	▼ -4 pp

Note: Change = 2026 minus 2024. ▲ favorable increase, ▼ favorable decrease, ▲ unfavorable increase, ▼ unfavorable decrease. No arrow indicates no or minimal change. Statistical significance: * $p < 0.05$, ** $p < 0.01$, *** $p < 0.001$.

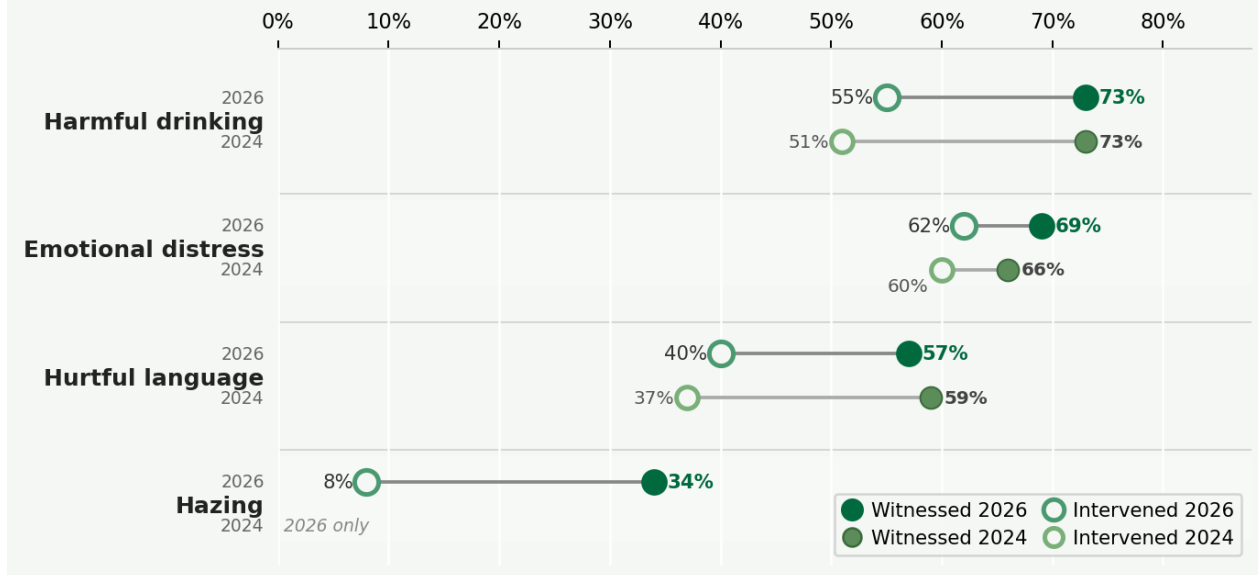
Sexual Health

- Having had a sexual encounter in the past 12 months declined among undergraduates, from 64% in 2024 to 57% in 2026, a statistically significant 7 percentage-point decrease (* $p < 0.05$). Among graduate/professional students, rates were essentially stable, at 64% in 2024 and 63% in 2026, a 1-point decrease.
- Average consensual sex partners in the past 12 months, excluding respondents who reported they had never been sexually active, changed descriptively: the undergraduate mean declined slightly from 2.1 in 2024 to 1.9 in 2026, while the graduate/professional mean increased slightly from 1.5 to 1.6; neither difference was statistically significant.
- Sexually transmitted infection (STI) testing was relatively stable among undergraduates, at 32% in 2024 and 33% in 2026. Among graduate/professional respondents, the share tested for STIs increased descriptively from 35% to 38%; none of these differences were statistically significant.

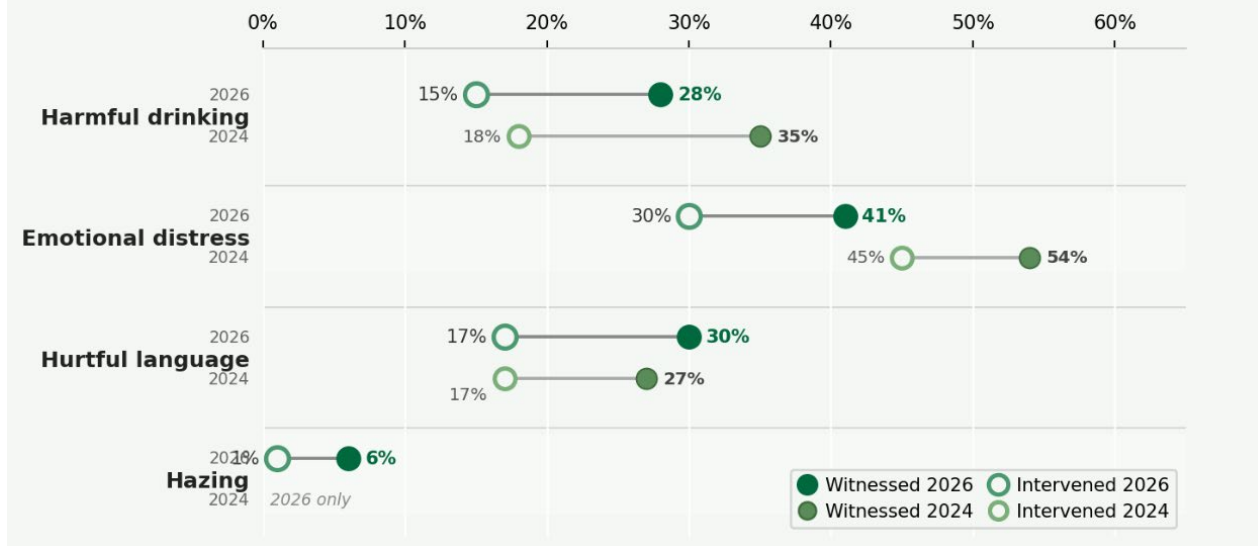
Bystander Behavior

- Among undergraduates, the most commonly witnessed situations shown here were harmful drinking, emotional distress, and hurtful language. Reports of witnessing harmful drinking were unchanged at 73% in both years. Reports of witnessing emotional distress increased from 66% to 69%, while reports of witnessing hurtful language declined slightly from 59% to 57%; none of these three differences were statistically significant.
- Among graduate/professional students, reports of witnessing harmful drinking declined from 35% in 2024 to 28% in 2026, though the change was not statistically significant. Reports of witnessing emotional distress declined from 54% to 41%, a statistically significant decrease (*** $p < 0.001$).
- New in 2026 — Hazing: 34% of undergraduates and 6% of graduate/professional respondents witnessed a potential hazing situation; 8% and 1%, respectively, reported intervening.

Witnessed vs. Intervened — Undergraduate, Past 12 Months 2024 and 2026 Comparison



Witnessed vs. Intervened — Graduate/Professional, Past 12 Months 2024 and 2026 Comparison



Safety and Belonging

- Overall, safety and belonging indicators were stable or improved from 2024 to 2026. Campus climate ratings became significantly more favorable for both undergraduates and graduate/professional students. Perceived safety remained high, with statistically significant increases in undergraduate nighttime safety ($***p < 0.001$) and graduate/professional daytime safety ($*p < 0.05$). Reports of hazing declined or remained unchanged descriptively, while reports of verbal threats declined significantly among undergraduate students ($*p < 0.05$).

Safety and Belonging - Key Indicators	Undergraduate (2024 → 2026)	Undergraduate change	Grad/Professional (2024 → 2026)	Grad/Professional change
Campus climate: Hostile–Friendly (avg 1–5)	3.7 → 4.0	▲ +0.3***	3.9 → 4.1	▲ +0.2*
Campus climate: Not welcoming–Welcoming	3.7 → 3.9	▲ +0.2**	3.8 → 4.0	▲ +0.2*
Campus climate: Disrespectful–Respectful	3.6 → 3.9	▲ +0.3***	3.9 → 4.1	▲ +0.2**
Sense of belonging (% agree/strongly agree)	80% → 78%	▼ -2 pp	62% → 69%	▲ +7 pp
Fostered belonging (% most/always)	67% → 68%	+1 pp	54% → 59%	▲ +5 pp
Safe on campus — day (% safe/very safe)	95% → 97%	▲ +2 pp	95% → 98%	▲ +3 pp*
Safe on campus — night (% safe/very safe)	85% → 92%	▲ +7 pp***	86% → 89%	▲ +3 pp
Hazed in past 12 months	12% → 8%	▼ -4 pp	1% → 1%	0 pp
Verbally threatened in past 12 months	11% → 7%	▼ -4 pp*	5% → 5%	0 pp

Note: Change = 2026 minus 2024. ▲ favorable increase, ▼ favorable decrease, ▲ unfavorable increase, ▼ unfavorable decrease. No arrow indicates no or minimal change. Statistical significance: * $p < 0.05$, ** $p < 0.01$, *** $p < 0.001$.

Health and Academic Performance

- Stress remained the top academic-impact factor for undergraduates, with approximately 40% reporting a lower grade or more serious academic outcome attributed to stress in both 2024 and 2026; this change was not statistically significant.
- In 2026, 26% of undergraduates attributed a lower grade or more serious academic outcome to anxiety, and 20% attributed one to depression — modest descriptive declines from 29% and 23%, respectively, in 2024; these changes were not statistically significant.
- Graduate/professional academic impacts were lower overall and generally declined descriptively from 2024 to 2026. In 2026, approximately 20% reported a lower grade or more serious outcome attributed to stress, down from 22% in 2024; 14% attributed one to anxiety, down from 19%; and 14% attributed one to sleep difficulties, down from 17%. These changes were not statistically significant. ADHD-related academic impact declined significantly among graduate/professional students, from 10% to 6% ($*p < 0.05$).

Note on denominator: Figures below use the full item-specific respondent denominator for each factor and survey year. The denominator includes respondents who indicated the factor was not applicable or not experienced. The numerator includes respondents who selected a lower grade on an exam/project, a lower course grade, or an incomplete/dropped course as the most serious outcome attributed to that factor.

Academic Impact - % of respondents with lower grade or more serious outcome attributed to each factor	Undergraduate (2024 → 2026)	Undergraduate change	Grad/Professional (2024 → 2026)	Grad/Professional change
Stress	40% → 41%	+1 pp	22% → 20%	▼ -2 pp
Sleep difficulties	29% → 26%	▼ -3 pp	17% → 14%	▼ -3 pp
Anxiety	29% → 26%	▼ -3 pp	19% → 14%	▼ -5 pp
Depression	23% → 20%	▼ -3 pp	16% → 12%	▼ -4 pp
ADHD	12% → 14%	▲ +2 pp	10% → 6%	▼ -4 pp*

Note: Change = 2026 minus 2024. ▲ favorable increase, ▼ favorable decrease, ▲ unfavorable increase, ▼ unfavorable decrease. No arrow indicates no or minimal change. Denominator: all respondents (including those who indicated the factor was not applicable or not experienced). ~ = estimated. pp = percentage points. Statistical significance: * $p < 0.05$, ** $p < 0.01$, *** $p < 0.001$.

- Disability identification: In 2026, 16% of undergraduates and 16% of graduate/professional respondents identified as, or indicated they may identify as, a person with a disability, compared with 17% and 14%, respectively, in 2024; these changes were not statistically significant. Mental health and learning/attention conditions were the most commonly reported categories.

Methods and Sample

The Dartmouth Health Survey was administered electronically in spring term in both 2024 and 2026. In each year, a randomly selected sample of Dartmouth undergraduate and graduate/professional students was invited to participate by email.

In 2024, 3,572 students were invited and 767 completed responses were included in the analysis, for an overall response rate of 21%. The undergraduate response rate was 18%, and the graduate/professional response rate was 28%. As a token of appreciation, participants were offered the downloadable *Dartmouth Mindful Coloring Book* as a thank-you gift, and students were also entered into a drawing for twenty-five \$25 gift cards to Still North Books & Bar.

In 2026, 3,836 students were invited and 1,055 completed responses were included in the analysis, for an overall response rate of 28%. The undergraduate response rate was 26%, and the graduate/professional response rate was 31%. The 2026 field period was April 28 to May 19, 2026. Participants were offered a \$10 Amazon gift code as a token of appreciation.

Because response rates and respondent composition differed across student groups, **weighted estimates** were used to better align survey respondents with the invited student population in each survey year. Weights were calculated separately by **survey year** and **student level**, so undergraduate and graduate/professional results were adjusted within their own populations. The weighting process included three main adjustments.

First, we adjusted for differences in students' likelihood of responding to the survey. Using available administrative characteristics, such as gender/sex, race/ethnicity, class year or school, and other student characteristics, response-propensity models estimated how likely each sampled student was to complete the survey. Respondents from groups that were less likely to respond received somewhat larger weights, while respondents from groups that were more likely to respond received somewhat smaller weights.

Second, the weights were further adjusted through a **raking** process. Raking aligns the weighted respondent distributions with the invited student population on selected benchmark characteristics. For undergraduates, these benchmarks included **gender/sex, race/ethnicity, class year, athlete status, and first-generation status**. For graduate/professional students, the benchmarks included **gender/sex, race/ethnicity, and school**.

Finally, weights were **trimmed** to reduce the influence of extreme values and **normalized** so that weighted estimates represent each student population while preserving the analytic sample size. Together, these steps help make the weighted results more representative of the students invited to take the survey.

Interpretation Notes: All percentages and means in this summary are **weighted** unless otherwise noted. Weighted counts reflect adjusted estimates and may differ from raw respondent counts. Comparisons between 2024 and 2026 are primarily descriptive and should be interpreted with caution. Statistical significance indicators are shown for selected summary measures where 2024 vs. 2026 tests were conducted.

Appendix A. Weighted Frequency Tables

Summary Report²

Demographics³

Gender by Year and Level							
Gender	Year	Overall Weighted N	Overall Percent	Undergraduate Weighted N	Undergraduate Percent	Grad/Prof Weighted N	Grad/Prof Percent
Female	2024	373	49%	207	49%	166	49%
	2026	525	50%	313	50%	212	50%
Male	2024	394	51%	219	51%	175	51%
	2026	530	50%	318	50%	212	50%

Race/Ethnicity by Year and Level							
Race/Ethnicity	Year	Overall Weighted N	Overall Percent	Undergraduate Weighted N	Undergraduate Percent	Grad/Prof Weighted N	Grad/Prof Percent
Asian	2024	93	12%	59	14%	34	10%
	2026	135	13%	83	13%	52	12%
International	2024	166	22%	59	14%	107	31%
	2026	207	20%	87	14%	120	28%
URG	2024	146	19%	100	23%	46	14%
	2026	212	20%	149	24%	63	15%
White	2024	344	45%	199	47%	145	43%
	2026	456	43%	281	45%	175	41%
Unknown Race	2024	18	2%	10	2%	9	3%
	2026	45	4%	30	5%	14	3%

Undergraduate Athlete Status by Year			
Athlete Status	Year	Undergraduate Only Weighted N	Undergraduate Only Percent
No	2024	347	81%
	2026	521	83%
Yes	2024	79	19%
	2026	110	17%

² Blank cells indicate zero.

³ The tables below show weighted demographic composition.

Undergraduate Class Standing by Year			
Class Standing	Year	Undergraduate Only Weighted N	Undergraduate Only Percent
First-year	2024	108	25%
	2026	155	25%
Sophomore	2024	95	22%
	2026	145	23%
Junior	2024	112	26%
	2026	161	25%
Senior	2024	89	21%
	2026	133	21%
Other	2024	23	5%
	2026	37	6%

Undergraduate Housing Type by Year			
Housing Type	Year	Undergraduate Only Weighted N	Undergraduate Only Percent
Affinity	2024	23	5%
	2026	22	3%
First-Year	2024	62	14%
	2026	86	14%
Greek	2024	38	9%
	2026	46	7%
Mixed	2024	70	16%
	2026	111	18%
Off campus	2024	74	17%
	2026	192	30%
Undergraduate Residence Hall	2024	10	2%
	2026	11	2%
Upperclass	2024	149	35%
	2026	163	26%

Undergraduate Greek Status by Year			
Greek Status	Year	Undergraduate Only Weighted N	Undergraduate Only Percent
No	2024	124	39%
	2026	213	45%
Yes	2024	194	61%
	2026	263	55%

Sleep

Sleep_1. On average, how many hours of sleep do you get a night?											
0=0 hours through 10=10+ hours											
Level	Overall Average	Year	3	4	5	6	7	8	9	10+	Weighted N
Undergraduate	6.9	2024	0%	1%	7%	22%	39%	25%	5%	0%	406
	7.0	2026		1%	7%	19%	42%	27%	3%	0%	615
Grad/Prof	6.7	2024	0%	3%	11%	25%	42%	16%	3%	0%	330
	6.9	2026		2%	4%	27%	41%	22%	4%	0%	415

Sleep_2. To what extent do you consider your sleep habits INTERFERING with your daily functioning (e.g., daytime fatigue, mood, ability to function at school/work/daily chores, concentration, memory, etc.) CURRENTLY?								
1=Not at all to 5=Very much								
Level	Overall Average	Year	Not at all interfering	A little	Somewhat	Much	Very much interfering	Weighted N
Undergraduate	2.6	2024	13%	40%	26%	14%	7%	425
	2.7	2026	14%	35%	27%	18%	6%	626
Grad/Prof	2.7	2024	16%	31%	30%	18%	6%	341
	2.6	2026	20%	33%	25%	17%	6%	422

Sleep_3. During the past month, how often have you gone a 24-hour period without sleep?							
Response	Year	Overall Weighted N	Overall Percent	Undergraduate Weighted N	Undergraduate Percent	Grad/Prof Weighted N	Grad/Prof Percent
1-3 times during the past month	2024	90	12%	47	11%	43	13%
	2026	119	11%	86	14%	33	8%
Once a week	2024	18	2%	11	3%	7	2%
	2026	15	1%	8	1%	7	2%

Sleep_3. During the past month, how often have you gone a 24-hour period without sleep?							
Response	Year	Overall Weighted N	Overall Percent	Undergraduate Weighted N	Undergraduate Percent	Grad/Prof Weighted N	Grad/Prof Percent
2-3 times a week	2024	5	1%	3	1%	3	1%
	2026	7	1%	3	1%	4	1%
4 or more times a week	2024	4	0%	1	0%	2	1%
I have done this as a student at Dartmouth, but not during the past month	2024	280	37%	184	43%	96	28%
	2026	344	33%	241	38%	103	24%
I have never done this while I have been a student at Dartmouth	2024	369	48%	179	42%	191	56%
	2026	566	54%	290	46%	276	65%

Well-being and Mental Health

MentalHealth_1. Below are 8 statements with which you may agree or disagree. Using the 1-7 scale below, indicate your agreement with each item by indicating that response for each statement.											
1=Strongly disagree to 7=Strongly agree											
Item	Level	Overall Average	Year	Strongly disagree	Disagree	Slightly disagree	Mixed or neither agree nor disagree	Slightly agree	Agree	Strongly agree	Weighted N
I lead a purposeful and meaningful life.	Undergraduate	5.6	2024	1%	2%	4%	10%	19%	41%	23%	423
		5.8	2026	1%	3%	3%	6%	17%	40%	30%	624
	Grad/Prof	5.6	2024	1%	3%	4%	8%	17%	42%	25%	341
		5.9	2026	0%	1%	3%	6%	17%	43%	30%	422
My social relationships are supportive and rewarding.	Undergraduate	5.8	2024	1%	2%	3%	6%	14%	44%	30%	423
		5.9	2026	2%	2%	3%	4%	14%	41%	33%	624
	Grad/Prof	5.8	2024	2%	1%	3%	6%	17%	41%	30%	341
		5.8	2026	0%	2%	3%	7%	15%	45%	28%	422
I am engaged and interested in my daily activities	Undergraduate	5.6	2024	0%	4%	3%	9%	17%	45%	21%	421
		5.7	2026	1%	2%	4%	7%	14%	45%	27%	624
	Grad/Prof	5.5	2024	1%	2%	5%	10%	21%	40%	21%	340
		5.7	2026	0%	2%	4%	7%	19%	47%	20%	421
I actively contribute to the happiness and well-being of others	Undergraduate	5.8	2024	0%	2%	2%	7%	18%	46%	25%	423
		5.9	2026	1%	1%	1%	8%	15%	43%	30%	626
	Grad/Prof	5.6	2024	1%	1%	2%	9%	25%	39%	22%	339
		5.8	2026			3%	7%	19%	47%	24%	422
I am competent and capable in the activities that are important to me	Undergraduate	5.8	2024	1%	1%	4%	6%	15%	45%	28%	422
		5.9	2026	1%	1%	3%	7%	17%	39%	32%	624
	Grad/Prof	5.7	2024	0%	2%	2%	8%	19%	46%	23%	340
		5.9	2026	0%	1%	2%	5%	17%	46%	29%	421

Dartmouth Health Survey 2024 vs. 2026 Weighted Results

MentalHealth_1. Below are 8 statements with which you may agree or disagree. Using the 1-7 scale below, indicate your agreement with each item by indicating that response for each statement.											
1=Strongly disagree to 7=Strongly agree											
Item	Level	Overall Average	Year	Strongly disagree	Disagree	Slightly disagree	Mixed or neither agree nor disagree	Slightly agree	Agree	Strongly agree	Weighted N
I am a good person and live a good life	Undergraduate	5.8	2024	1%	2%	2%	8%	15%	44%	28%	423
		6.0	2026	1%	1%	2%	6%	15%	41%	35%	622
	Grad/Prof	5.8	2024	1%	1%	3%	9%	17%	44%	26%	340
		6.0	2026		1%	1%	7%	15%	44%	32%	422
I am optimistic about my future	Undergraduate	5.6	2024	2%	2%	3%	10%	18%	39%	27%	423
		5.7	2026	1%	3%	4%	9%	16%	33%	33%	624
	Grad/Prof	5.6	2024	2%	2%	4%	9%	17%	38%	28%	340
		5.7	2026	0%	3%	5%	7%	17%	38%	30%	422
People respect me	Undergraduate	5.6	2024	1%	1%	5%	11%	15%	47%	20%	423
		5.6	2026	1%	3%	4%	10%	19%	40%	24%	620
	Grad/Prof	5.5	2024	1%	2%	3%	14%	19%	45%	17%	340
		5.8	2026		1%	2%	11%	15%	49%	23%	419

MentalHealth_2. At Dartmouth, I feel that...									
1=Strongly disagree to 5=Strongly agree									
Item	Level	Overall Average	Year	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Weighted N
students' mental and emotional well-being is a priority.	Undergraduate	3.1	2024	9%	21%	30%	34%	7%	424
		3.4	2026	5%	14%	29%	38%	14%	625
	Grad/Prof	3.4	2024	4%	12%	32%	40%	12%	341
		3.7	2026	2%	6%	29%	47%	15%	423
the campus climate has a negative impact on students' mental and emotional well-being.	Undergraduate	3.5	2024	1%	22%	25%	33%	19%	423
		3.2	2026	6%	24%	27%	33%	11%	625
	Grad/Prof	3.0	2024	8%	28%	33%	21%	10%	340
		2.7	2026	12%	38%	25%	19%	6%	421
the campus climate encourages free and open discussion about mental and emotional health.	Undergraduate	3.4	2024	3%	15%	26%	48%	7%	424
		3.5	2026	2%	12%	31%	44%	11%	625
	Grad/Prof	3.6	2024	3%	9%	31%	45%	13%	341
		3.6	2026	2%	8%	29%	47%	14%	421
the administration is listening to the concerns of students when it comes to health and wellness	Undergraduate	2.9	2024	13%	21%	37%	24%	5%	420
		3.1	2026	7%	17%	40%	29%	7%	623
	Grad/Prof	3.2	2024	9%	12%	37%	31%	11%	341
		3.4	2026	4%	10%	39%	37%	10%	422

Dartmouth Health Survey 2024 vs. 2026 Weighted Results

MentalHealth_2. At Dartmouth, I feel that...									
1=Strongly disagree to 5=Strongly agree									
Item	Level	Overall Average	Year	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Weighted N
there is a good support system for students going through difficult times	Undergraduate	3.3	2026	7%	17%	30%	34%	12%	623
	Grad/Prof	3.5	2026	3%	10%	34%	41%	12%	422

MentalHealth_3. Overall, based on your definition of burnout, how would you rate your level of burnout?							
Response	Year	Overall Weighted N	Overall Percent	Undergraduate Weighted N	Undergraduate Percent	Grad/Prof Weighted N	Grad/Prof Percent
I am definitely burning out and have one or more symptoms of burnout, such as physical and emotional exhaustion.	2024	248	33%	145	34%	103	30%
	2026	331	32%	210	34%	121	29%
I enjoy my work/studies. I have no symptoms of burnout.	2024	49	6%	18	4%	31	9%
	2026	111	11%	55	9%	57	13%
I feel completely burned out and often wonder if I can go on; therefore, I am at the point where I may need some changes or may need to seek some sort of help.	2024	43	6%	27	6%	16	5%
	2026	31	3%	23	4%	9	2%
Occasionally I am under stress, and I do not always have as much energy as I once did, but I do not feel burned out.	2024	326	43%	169	40%	157	46%
	2026	455	43%	265	43%	189	45%
The symptoms of burnout that I am experiencing will not go away. I think about frustration at work/studies a lot.	2024	89	12%	56	13%	32	10%
	2026	97	9%	58	9%	39	9%
Other. Please specify	2024	8	1%	7	2%	1	0%
	2026	21	2%	13	2%	8	2%

MentalHealth_4. How often did you do any of the following to help manage your stress or promote your well-being over the past academic year?									
Item	Level	Year	Never	Once or twice	Monthly	Weekly	Multiple times a week	Daily or Almost Daily	Weighted N
Prayer or other faith-based/spiritual practices	Undergraduate	2024	61%	10%	9%	9%	4%	9%	400
		2026	48%	14%	9%	10%	7%	12%	606
	Grad/Prof	2024	55%	15%	6%	9%	5%	10%	319
		2026	54%	13%	9%	9%	5%	10%	413
Meditation or mindfulness practices	Undergraduate	2024	38%	28%	12%	13%	5%	4%	399
		2026	34%	23%	15%	13%	9%	6%	607
	Grad/Prof	2024	38%	27%	12%	10%	8%	5%	320
		2026	42%	25%	12%	11%	5%	5%	411

Dartmouth Health Survey 2024 vs. 2026 Weighted Results

MentalHealth_4. How often did you do any of the following to help manage your stress or promote your well-being over the past academic year?									
Item	Level	Year	Never	Once or twice	Monthly	Weekly	Multiple times a week	Daily or Almost Daily	Weighted N
Connecting with others (e.g. family, friends)	Undergraduate	2024	1%	3%	3%	13%	32%	48%	395
		2026	1%	2%	5%	17%	27%	48%	607
	Grad/Prof	2024	1%	4%	9%	25%	37%	24%	317
		2026	2%	4%	7%	20%	34%	34%	412
Reframing negative thoughts (e.g., try to look at the situation from a different, more positive perspective)	Undergraduate	2024	7%	10%	11%	25%	23%	23%	398
		2026	8%	10%	12%	26%	24%	21%	606
	Grad/Prof	2024	5%	11%	16%	25%	23%	19%	318
		2026	9%	9%	13%	27%	24%	17%	413
Yoga or mindful movement-based activities	Undergraduate	2024	48%	20%	12%	10%	7%	3%	400
		2026	42%	21%	12%	7%	10%	6%	608
	Grad/Prof	2024	41%	22%	12%	12%	8%	6%	316
		2026	42%	19%	13%	10%	9%	7%	412
Eating in a way that nourishes my body and mind.	Undergraduate	2024	5%	5%	4%	22%	30%	32%	398
		2026	4%	6%	8%	19%	27%	36%	605
	Grad/Prof	2024	5%	7%	7%	21%	30%	29%	317
		2026	3%	4%	7%	21%	35%	30%	413
Physical activity	Undergraduate	2024	2%	4%	8%	19%	26%	40%	399
		2026	1%	5%	6%	14%	31%	43%	607
	Grad/Prof	2024	2%	7%	9%	22%	32%	29%	316
		2026	2%	6%	7%	21%	32%	31%	412
Journaling	Undergraduate	2024	39%	16%	20%	11%	8%	7%	397
		2026	40%	20%	16%	9%	6%	8%	606
	Grad/Prof	2024	50%	19%	13%	8%	5%	5%	318
		2026	58%	15%	13%	6%	4%	4%	411
Connecting with support resources (e.g. wellness coach, peer mentor, advisor)	Undergraduate	2026	45%	20%	15%	12%	5%	3%	603
	Grad/Prof	2026	51%	19%	13%	12%	5%	1%	411
Setting boundaries (e.g., Saying “no”)	Undergraduate	2024	3%	11%	15%	28%	26%	17%	398
		2026	7%	13%	17%	28%	24%	11%	607
	Grad/Prof	2024	5%	17%	22%	29%	20%	7%	317
		2026	7%	19%	19%	24%	21%	9%	409
Spending time outside or in nature	Undergraduate	2024	3%	6%	13%	25%	31%	23%	400
		2026	1%	4%	10%	24%	31%	29%	605
	Grad/Prof	2024	1%	11%	12%	31%	25%	19%	319
		2026	3%	7%	15%	28%	27%	19%	411

Dartmouth Health Survey 2024 vs. 2026 Weighted Results

MentalHealth_4. How often did you do any of the following to help manage your stress or promote your well-being over the past academic year?									
Item	Level	Year	Never	Once or twice	Monthly	Weekly	Multiple times a week	Daily or Almost Daily	Weighted N
Activities that bring me joy (including new or old hobbies)	Undergraduate	2024	2%	6%	10%	22%	33%	27%	398
		2026	2%	7%	12%	24%	30%	26%	604
	Grad/Prof	2024	1%	10%	17%	25%	26%	21%	317
		2026	2%	7%	12%	29%	30%	20%	411
Volunteering/community service	Undergraduate	2024	34%	27%	19%	12%	6%	3%	396
		2026	31%	30%	18%	12%	5%	2%	604
	Grad/Prof	2024	31%	29%	21%	9%	6%	4%	316
		2026	33%	34%	18%	9%	4%	1%	412
Sleep improvement	Undergraduate	2024	13%	18%	17%	28%	16%	8%	400
		2026	9%	11%	16%	27%	23%	14%	605
	Grad/Prof	2024	20%	20%	19%	20%	11%	10%	318
		2026	12%	11%	17%	27%	20%	12%	408
Planning my time	Undergraduate	2024	4%	2%	6%	19%	23%	45%	398
		2026	4%	4%	5%	22%	23%	42%	605
	Grad/Prof	2024	4%	5%	8%	20%	23%	40%	317
		2026	3%	5%	9%	24%	25%	34%	408
Greater moderation when consuming alcohol	Undergraduate	2024	11%	9%	12%	15%	14%	38%	388
		2026	22%	9%	15%	16%	8%	30%	601
	Grad/Prof	2024	16%	8%	10%	18%	7%	40%	312
		2026	23%	12%	15%	13%	9%	28%	402
Other (please specify)	Undergraduate	2024	80%	2%	5%	2%	5%	6%	84
		2026	71%	2%	2%	8%	8%	9%	130
	Grad/Prof	2024	69%		6%	9%	6%	9%	64
		2026	81%	2%	2%	6%	3%	6%	72

MentalHealth_5. Over the last 2 weeks, how often have you been bothered by the following problems?								
Item	Level	Year	Not at all	One or two days	Several days	More than half the days	Nearly every day	Weighted N
Feeling down, depressed or hopeless	Undergraduate	2024	33%	33%	17%	10%	6%	398
		2026	40%	32%	15%	9%	4%	607
	Grad/Prof	2024	39%	34%	18%	7%	3%	318
		2026	44%	31%	17%	5%	3%	412
Little interest or pleasure in doing things	Undergraduate	2024	27%	37%	19%	11%	6%	399
		2026	36%	33%	18%	7%	5%	607
	Grad/Prof	2024	31%	38%	21%	6%	3%	316
		2026	37%	33%	21%	6%	3%	411

Dartmouth Health Survey 2024 vs. 2026 Weighted Results

MentalHealth_5. Over the last 2 weeks, how often have you been bothered by the following problems?								
Feeling nervous, anxious or on edge	Undergraduate	2024	17%	28%	26%	16%	13%	399
		2026	19%	30%	27%	13%	11%	607
	Grad/Prof	2024	20%	31%	28%	12%	9%	318
		2026	19%	34%	27%	12%	8%	411
Not being able to stop or control worrying	Undergraduate	2024	36%	22%	17%	14%	11%	397
		2026	41%	24%	18%	11%	7%	606
	Grad/Prof	2024	36%	29%	19%	9%	7%	316
		2026	42%	28%	15%	8%	6%	412

MentalHealth_6. Within the last 12 months, have you seen a mental health counselor such as a therapist or psychiatrist?							
Response	Year	Overall Weighted N	Overall Percent	Undergraduate Weighted N	Undergraduate Percent	Grad/Prof Weighted N	Grad/Prof Percent
No	2024	426	59%	233	58%	192	61%
	2026	626	62%	379	62%	247	60%
Yes	2024	291	41%	166	42%	125	39%
	2026	390	38%	228	38%	162	40%

MentalHealth_6a. Where have you received mental health counseling? Select all that apply. Asked only of respondents who had seen a mental health counselor					
Item	Level	Year	Not Checked	Checked	Weighted N
Dartmouth College Counseling Center	Undergraduate	2024	55%	45%	166
		2026	47%	53%	227
	Grad/Prof	2024	56%	44%	123
		2026	64%	36%	160
Uwill Teletherapy	Undergraduate	2024	77%	23%	166
		2026	83%	17%	227
	Grad/Prof	2024	84%	16%	123
		2026	84%	16%	160
Therapists of Color New England	Undergraduate	2024	99%	1%	166
		2026	98%	2%	227
	Grad/Prof	2024	98%	2%	123
		2026	98%	2%	160
Geisel Counseling	Undergraduate	2024	100%		166
		2026	100%		227
	Grad/Prof	2024	85%	15%	123
		2026	89%	11%	160

Dartmouth Health Survey 2024 vs. 2026 Weighted Results

MentalHealth_6a. Where have you received mental health counseling? Select all that apply. Asked only of respondents who had seen a mental health counselor					
Item	Level	Year	Not Checked	Checked	Weighted N
Other Off-campus counseling provider (not listed above)	Undergraduate	2024	50%	50%	166
		2026	60%	40%	227
	Grad/Prof	2024	64%	36%	123
		2026	52%	48%	160
Tuck Counseling	Undergraduate	2024	100%		166
		2026	100%	0%	227
	Grad/Prof	2024	100%		123
		2026	99%	1%	160
Dartmouth Hitchcock Medical Center	Undergraduate	2024	98%	2%	166
		2026	99%	1%	227
	Grad/Prof	2024	99%	1%	123
		2026	98%	2%	160
Other, please specify	Undergraduate	2024	94%	6%	166
		2026	95%	5%	227
	Grad/Prof	2024	96%	4%	123
		2026	95%	5%	160

MentalHealth_7. Have you ever been diagnosed with or treated by a professional for any of the following?					
Item	Level	Year	No	Yes	Weighted N
Depression	Undergraduate	2024	76%	24%	392
		2026	79%	21%	604
	Grad/Prof	2024	72%	28%	309
		2026	74%	26%	406
Anxiety	Undergraduate	2024	68%	32%	395
		2026	72%	28%	603
	Grad/Prof	2024	67%	33%	309
		2026	68%	32%	404

MentalHealth_8. Within the last 12 months, have you been diagnosed or treated by a professional for... (Check all that apply)					
Item	Level	Year	Not Checked	Checked	Weighted N
ADHD	Undergraduate	2024	87%	13%	334
		2026	84%	16%	538
	Grad/Prof	2024	85%	15%	267
		2026	89%	11%	368

Dartmouth Health Survey 2024 vs. 2026 Weighted Results

MentalHealth_8. Within the last 12 months, have you been diagnosed or treated by a professional for... (Check all that apply)					
Item	Level	Year	Not Checked	Checked	Weighted N
Anxiety	Undergraduate	2024	75%	25%	334
		2026	78%	22%	538
	Grad/Prof	2024	78%	22%	267
		2026	76%	24%	368
Autism spectrum	Undergraduate	2024	98%	2%	334
		2026	98%	2%	538
	Grad/Prof	2024	99%	1%	267
		2026	99%	1%	368
Bipolar	Undergraduate	2024	97%	3%	334
		2026	99%	1%	538
	Grad/Prof	2024	99%	1%	267
		2026	99%	1%	368
Depression	Undergraduate	2024	81%	19%	334
		2026	86%	14%	538
	Grad/Prof	2024	83%	17%	267
		2026	86%	14%	368
Disordered eating	Undergraduate	2024	95%	5%	334
		2026	94%	6%	538
	Grad/Prof	2024	97%	3%	267
		2026	96%	4%	368
Insomnia or other sleep disorder	Undergraduate	2024	94%	6%	334
		2026	95%	5%	538
	Grad/Prof	2024	95%	5%	267
		2026	96%	4%	368
Obsessive compulsive disorder	Undergraduate	2024	95%	5%	334
		2026	95%	5%	538
	Grad/Prof	2024	97%	3%	267
		2026	94%	6%	368
Panic Attacks	Undergraduate	2024	94%	6%	334
		2026	95%	5%	538
	Grad/Prof	2024	97%	3%	267
		2026	96%	4%	368
Post-traumatic stress disorder (PTSD)	Undergraduate	2024	95%	5%	334
		2026	97%	3%	538
	Grad/Prof	2024	97%	3%	267
		2026	97%	3%	368

Dartmouth Health Survey 2024 vs. 2026 Weighted Results

MentalHealth_8. Within the last 12 months, have you been diagnosed or treated by a professional for... (Check all that apply)					
Item	Level	Year	Not Checked	Checked	Weighted N
Substance Use Disorder (i.e. abuse or dependence)	Undergraduate	2024	99%	1%	334
		2026	99%	1%	538
	Grad/Prof	2024	100%	0%	267
		2026	100%		368
Other addiction (gambling, internet, sexual, pornography)	Undergraduate	2024	99%	1%	334
		2026	100%	0%	538
	Grad/Prof	2024	100%	0%	267
		2026	100%		368
Other mental health disorder or neurodivergence	Undergraduate	2024	99%	1%	334
		2026	98%	2%	538
	Grad/Prof	2024	99%	1%	267
		2026	98%	2%	368
None of the above	Undergraduate	2024	41%	59%	334
		2026	37%	63%	538
	Grad/Prof	2024	39%	61%	267
		2026	34%	66%	368

MentalHealth_9. Within the last 12 months, have you taken any of the following prescription medications as prescribed by a health care provider or mental health professional?					
Item	Level	Year	No	Yes	Weighted N
Antidepressants (e.g. Prozac, Celexa)	Undergraduate	2024	78%	22%	394
		2026	80%	20%	592
	Grad/Prof	2024	78%	22%	312
		2026	80%	20%	401
Sedatives (e.g. Klonopin, Xanax, Lorazepam)	Undergraduate	2024	91%	9%	388
		2026	91%	9%	580
	Grad/Prof	2024	94%	6%	298
		2026	94%	6%	390
Stimulants (e.g. Adderall, Ritalin)	Undergraduate	2024	88%	12%	383
		2026	83%	17%	590
	Grad/Prof	2024	87%	13%	302
		2026	90%	10%	395

MentalHealth_10. The death of a close family member or close friend can have an impact on student mental health. In my lifetime, I have experienced the death of a close family member or close friend (select all that apply)					
Item	Level	Year	Not Checked	Checked	Weighted N
By suicide	Undergraduate	2026	86%	14%	575
	Grad/Prof	2026	86%	14%	385
Due to substance use	Undergraduate	2026	92%	8%	575
	Grad/Prof	2026	92%	8%	385
Due to firearm injury or firearm violence	Undergraduate	2026	97%	3%	575
	Grad/Prof	2026	96%	4%	385
From COVID	Undergraduate	2026	93%	7%	575
	Grad/Prof	2026	93%	7%	385
From another cause not listed	Undergraduate	2026	46%	54%	575
	Grad/Prof	2026	40%	60%	385
I have never experienced the death of a close family member or close friend from any cause	Undergraduate	2026	64%	36%	575
	Grad/Prof	2026	67%	33%	385

Bystander Behavior

Bystander_1. In the past year, I have witnessed the following situations at Dartmouth. Check all that apply.					
Item	Level	Year	Not Checked	Checked	Weighted N
Someone drinking in a way that could be harmful to themselves or others	Undergraduate	2024	27%	73%	375
		2026	27%	73%	587
	Grad/Prof	2024	65%	35%	294
		2026	72%	28%	398
Someone using hurtful language (e.g., bullying, sexist, racist, ableist, or homophobic comments)	Undergraduate	2024	41%	59%	375
		2026	43%	57%	587
	Grad/Prof	2024	73%	27%	294
		2026	70%	30%	398
Someone experiencing significant emotional distress	Undergraduate	2024	34%	66%	375
		2026	31%	69%	587
	Grad/Prof	2024	46%	54%	294
		2026	59%	41%	398
Someone expressing thoughts of suicide	Undergraduate	2024	78%	22%	375
		2026	72%	28%	587
	Grad/Prof	2024	88%	12%	294
		2026	91%	9%	398

Dartmouth Health Survey 2024 vs. 2026 Weighted Results

Bystander_1. In the past year, I have witnessed the following situations at Dartmouth. Check all that apply.					
Item	Level	Year	Not Checked	Checked	Weighted N
A situation that I thought could result in someone experiencing harm related to relationship or sexual violence	Undergraduate	2024	80%	20%	375
		2026	81%	19%	587
	Grad/Prof	2024	94%	6%	294
		2026	94%	6%	398
A situation that I thought someone may have been getting hazed	Undergraduate	2026	66%	34%	587
	Grad/Prof	2026	94%	6%	398
Other (please specify)	Undergraduate	2024	99%	1%	375
		2026	100%	0%	587
	Grad/Prof	2024	99%	1%	294
		2026	98%	2%	398
None of the above	Undergraduate	2024	88%	12%	375
		2026	85%	15%	587
	Grad/Prof	2024	69%	31%	294
		2026	60%	40%	398

Bystander_2. In the past year, I have intervened in the following situations at Dartmouth. Check all that apply.					
Item	Level	Year	Not Checked	Checked	Weighted N
Someone drinking in a way that could be harmful to themselves or others	Undergraduate	2024	49%	51%	360
		2026	45%	55%	575
	Grad/Prof	2024	82%	18%	288
		2026	85%	15%	375
Someone using hurtful language (e.g., bullying, sexist, racist, ableist, or homophobic comments)	Undergraduate	2024	63%	37%	360
		2026	60%	40%	575
	Grad/Prof	2024	83%	17%	288
		2026	83%	17%	375
Someone experiencing significant emotional distress	Undergraduate	2024	40%	60%	360
		2026	38%	62%	575
	Grad/Prof	2024	55%	45%	288
		2026	70%	30%	375
Someone expressing thoughts of suicide	Undergraduate	2024	80%	20%	360
		2026	76%	24%	575
	Grad/Prof	2024	89%	11%	288
		2026	93%	7%	375

Dartmouth Health Survey 2024 vs. 2026 Weighted Results

Bystander_2. In the past year, I have intervened in the following situations at Dartmouth. Check all that apply.					
Item	Level	Year	Not Checked	Checked	Weighted N
A situation that I thought could result in someone experiencing harm related to relationship or sexual violence	Undergraduate	2024	87%	13%	360
		2026	87%	13%	575
	Grad/Prof	2024	97%	3%	288
		2026	96%	4%	375
A situation that I thought someone may have been getting hazed	Undergraduate	2026	92%	8%	575
	Grad/Prof	2026	99%	1%	375
Other (please specify)	Undergraduate	2024	99%	1%	360
		2026	99%	1%	575
	Grad/Prof	2024	100%	0%	288
		2026	99%	1%	375
None of the above	Undergraduate	2024	77%	23%	360
		2026	78%	22%	575
	Grad/Prof	2024	59%	41%	288
		2026	46%	54%	375

Bystander_3. How much do you agree or disagree with the following statements? I would want a peer to intervene if ...								
1=Strongly disagree to 4=Strongly agree								
Item	Level	Overall Average	Year	1	2	3	4	Weighted N
I were in a situation where I was drinking too much (in a way that could be harmful to myself or others).	Undergraduate	3.5	2024	5%	4%	33%	59%	375
		3.3	2026	6%	5%	38%	51%	584
	Grad/Prof	3.3	2024	7%	6%	41%	45%	302
		3.1	2026	11%	7%	38%	44%	399
I were in a situation where someone was using hurtful language (e.g., bullying, sexist, racist, ableist, or homophobic comments).	Undergraduate	3.5	2024	4%	5%	33%	58%	372
		3.4	2026	6%	6%	34%	54%	583
	Grad/Prof	3.4	2024	7%	3%	32%	58%	303
		3.3	2026	10%	7%	30%	53%	400
I were expressing significant emotional distress.	Undergraduate	3.5	2024	2%	5%	33%	60%	375
		3.4	2026	5%	7%	37%	52%	584
	Grad/Prof	3.4	2024	4%	8%	37%	52%	303
		3.2	2026	10%	6%	34%	50%	399
I were expressing thoughts of suicide.	Undergraduate	3.6	2024	3%	5%	23%	69%	373
		3.4	2026	7%	6%	22%	65%	584
	Grad/Prof	3.5	2024	7%	6%	22%	65%	302
		3.3	2026	12%	5%	21%	61%	398

Bystander_3. How much do you agree or disagree with the following statements? I would want a peer to intervene if ...								
1=Strongly disagree to 4=Strongly agree								
Item	Level	Overall Average	Year	1	2	3	4	Weighted N
I were in a situation where a peer was concerned that I might be taken advantage of sexually	Undergraduate	3.7	2024	3%	2%	19%	75%	373
		3.5	2026	7%	3%	19%	71%	583
	Grad/Prof	3.5	2024	9%	2%	21%	69%	301
		3.3	2026	13%	4%	21%	63%	399
others were concerned that I might take advantage of someone sexually	Undergraduate	3.7	2024	3%	1%	18%	78%	372
		3.6	2026	8%	2%	17%	73%	580
	Grad/Prof	3.5	2024	9%	3%	19%	70%	300
		3.4	2026	12%	3%	21%	63%	399
I were in a situation that involved hazing.	Undergraduate	3.0	2026	13%	15%	34%	38%	581
	Grad/Prof	3.2	2026	14%	6%	29%	52%	398

Sexual Health

SexualHealth_1. Have you had a sexual encounter in the past 12 months?							
Response	Year	Overall Weighted N	Overall Percent	Undergraduate Weighted N	Undergraduate Percent	Grad/Prof Weighted N	Grad/Prof Percent
No	2024	194	28%	118	31%	76	25%
	2026	309	31%	200	34%	109	27%
Prefer not to answer	2024	52	8%	19	5%	33	11%
	2026	91	9%	53	9%	38	9%
Yes	2024	437	64%	240	64%	197	64%
	2026	590	60%	337	57%	253	63%

SexualHealth_2a. In my last sexual encounter, I verbally or nonverbally communicated the following:							
Item	Level	Year	Never	Before, during, or after	Unsure	N/A	Weighted N
Whether or not I wanted to engage in a sexual encounter	Undergraduate	2024	2%	92%	4%	1%	236
		2026	3%	93%	3%	1%	330
	Grad/Prof	2024	1%	92%	2%	5%	194
		2026	3%	86%	2%	9%	245
How far I wanted to go in that encounter	Undergraduate	2024	7%	84%	8%	1%	236
		2026	4%	86%	7%	2%	330
	Grad/Prof	2024	4%	87%	3%	6%	194
		2026	5%	81%	4%	10%	244

Dartmouth Health Survey 2024 vs. 2026 Weighted Results

SexualHealth_2a. In my last sexual encounter, I verbally or nonverbally communicated the following:							
Item	Level	Year	Never	Before, during, or after	Unsure	N/A	Weighted N
What I wanted out of the experience	Undergraduate	2024	14%	67%	16%	2%	236
		2026	9%	78%	11%	3%	330
	Grad/Prof	2024	7%	81%	7%	6%	194
		2026	10%	73%	7%	10%	242
What I felt comfortable doing	Undergraduate	2024	9%	82%	8%	1%	235
		2026	6%	84%	6%	4%	328
	Grad/Prof	2024	5%	85%	3%	7%	192
		2026	9%	77%	4%	10%	241
What I didn't feel comfortable doing	Undergraduate	2024	13%	76%	7%	4%	236
		2026	8%	78%	9%	5%	330
	Grad/Prof	2024	5%	78%	6%	11%	194
		2026	9%	73%	5%	13%	242
What felt good to me	Undergraduate	2024	8%	86%	5%	0%	236
		2026	7%	86%	6%	1%	328
	Grad/Prof	2024	2%	91%	2%	5%	192
		2026	2%	84%	5%	8%	242
What didn't feel good to me	Undergraduate	2024	14%	78%	6%	2%	236
		2026	8%	80%	8%	4%	329
	Grad/Prof	2024	5%	84%	3%	8%	194
		2026	6%	78%	6%	10%	242
Whether I wanted to continue or not	Undergraduate	2024	9%	85%	5%	1%	236
		2026	3%	88%	6%	3%	329
	Grad/Prof	2024	2%	88%	3%	7%	194
		2026	5%	83%	3%	9%	242

SexualHealth_2b. In my last sexual encounter, the other person(s) verbally or nonverbally communicated the following:							
Item	Level	Year	Never	Before, during, or after	Unsure	N/A	Weighted N
Whether or not they wanted to engage in a sexual encounter	Undergraduate	2024	2%	93%	4%	0%	237
		2026	0%	96%	3%	1%	330
	Grad/Prof	2024	1%	94%	0%	5%	193
		2026	2%	88%	1%	9%	244
How far they wanted to go in that encounter	Undergraduate	2024	6%	86%	6%	1%	237
		2026	3%	90%	5%	2%	330
	Grad/Prof	2024	2%	89%	1%	7%	193
		2026	4%	84%	2%	10%	242

Dartmouth Health Survey 2024 vs. 2026 Weighted Results

SexualHealth_2b. In my last sexual encounter, the other person(s) verbally or nonverbally communicated the following:							
Item	Level	Year	Never	Before, during, or after	Unsure	N/A	Weighted N
What they wanted out of the experience	Undergraduate	2024	11%	77%	11%	1%	237
		2026	5%	85%	7%	2%	330
	Grad/Prof	2024	4%	85%	4%	6%	193
		2026	5%	79%	5%	11%	243
What they felt comfortable doing	Undergraduate	2024	5%	88%	6%	1%	237
		2026	3%	88%	7%	2%	330
	Grad/Prof	2024	3%	88%	3%	7%	193
		2026	4%	82%	4%	10%	242
What they didn't feel comfortable doing	Undergraduate	2024	10%	82%	6%	1%	237
		2026	5%	85%	7%	3%	330
	Grad/Prof	2024	3%	86%	3%	8%	193
		2026	5%	80%	4%	11%	241
What felt good to them	Undergraduate	2024	4%	87%	8%	1%	235
		2026	2%	92%	5%	1%	330
	Grad/Prof	2024	1%	92%	1%	6%	193
		2026	2%	89%	1%	8%	243
What didn't feel good to them	Undergraduate	2024	8%	81%	9%	1%	237
		2026	5%	85%	7%	3%	328
	Grad/Prof	2024	4%	88%	1%	7%	190
		2026	5%	80%	5%	10%	243
Whether they wanted to continue or not	Undergraduate	2024	4%	91%	3%	2%	237
		2026	1%	93%	4%	1%	329
	Grad/Prof	2024	3%	90%	1%	6%	193
		2026	2%	88%	1%	10%	243

SexualHealth_3. In the last 12 months, with how many partners have you had consensual sex (oral, vaginal, or anal)?																
Average excludes Have never been sexually active.																
Level	Overall Average	Year	0	1	2	3	4	5	6	7	8	9	10 or more	Weighted N	Weighted N Never sexually active	Weighted N Total
Undergraduate	2.1	2024	2%	54%	19%	10%	6%	2%	3%		1%	1%	2%	223	8	231
	1.9	2026	2%	60%	18%	10%	3%	3%	1%	1%	1%		2%	311	5	317
Grad/Prof	1.5	2024	0%	80%	9%	5%	2%	1%	2%				2%	188	1	189
	1.6	2026	1%	80%	9%	3%	2%	2%		1%			3%	239	0	239

Dartmouth Health Survey 2024 vs. 2026 Weighted Results

SexualHealth_4. Within the last 12 months, have you ...					
Item	Level	Year	No	Yes	Weighted N
been tested for sexually transmitted infections	Undergraduate	2024	68%	32%	235
		2026	67%	33%	331
	Grad/Prof	2024	65%	35%	193
		2026	62%	38%	240
been diagnosed with a sexually transmitted infection	Undergraduate	2024	97%	3%	233
		2026	98%	2%	330
	Grad/Prof	2024	98%	2%	193
		2026	98%	2%	239
been pressured to be sexually active	Undergraduate	2024	87%	13%	233
		2026	91%	9%	331
	Grad/Prof	2024	92%	8%	193
		2026	94%	6%	240
or your partner(s) always/almost always used a barrier (i.e., male condom, female condom, dental dam, glove) to protect from sexually transmitted infections &/or pregnancy	Undergraduate	2024	42%	58%	230
		2026	51%	49%	326
	Grad/Prof	2024	58%	42%	193
		2026	66%	34%	239
been pressured to NOT use protection/condoms	Undergraduate	2024	87%	13%	231
		2026	93%	7%	330
	Grad/Prof	2024	94%	6%	193
		2026	93%	7%	238
had a partner tamper with your method of protection/contraception	Undergraduate	2024	100%	0%	232
		2026	99%	1%	330
	Grad/Prof	2024	100%	0%	192
		2026	100%		239

SexualHealth_5. If you have had penile-vaginal intercourse, what methods did you or your partner use to prevent pregnancy the last time? Check all that apply.					
Item	Level	Year	Not Checked	Checked	Weighted N
Have not had penile-vaginal intercourse	Undergraduate	2024	91%	9%	217
		2026	89%	11%	305
	Grad/Prof	2024	93%	7%	181
		2026	94%	6%	230
Spermicide (e.g. foam)	Undergraduate	2024	99%	1%	217
		2026	100%		305
	Grad/Prof	2024	100%	0%	181
		2026	99%	1%	230

Dartmouth Health Survey 2024 vs. 2026 Weighted Results

SexualHealth_5. If you have had penile-vaginal intercourse, what methods did you or your partner use to prevent pregnancy the last time? Check all that apply.					
Item	Level	Year	Not Checked	Checked	Weighted N
Vaginal ring (Nuvaring)	Undergraduate	2024	99%	1%	217
		2026	99%	1%	305
	Grad/Prof	2024	98%	2%	181
		2026	98%	2%	230
Withdrawal or pull out method	Undergraduate	2024	77%	23%	217
		2026	78%	22%	305
	Grad/Prof	2024	79%	21%	181
		2026	81%	19%	230
Birth control pills	Undergraduate	2024	62%	38%	217
		2026	70%	30%	305
	Grad/Prof	2024	75%	25%	181
		2026	74%	26%	230
Condoms (male or female)	Undergraduate	2024	40%	60%	217
		2026	44%	56%	305
	Grad/Prof	2024	56%	44%	181
		2026	58%	42%	230
Depo Provera (shots)	Undergraduate	2024	100%		217
		2026	100%	0%	305
	Grad/Prof	2024	99%	1%	181
		2026	99%	1%	230
Diaphragm/Cervical cap/Sponge	Undergraduate	2024	99%	1%	217
		2026	100%		305
	Grad/Prof	2024	100%		181
		2026	100%		230
Fertility awareness (calendar, mucous, basal body temperature)	Undergraduate	2024	96%	4%	217
		2026	98%	2%	305
	Grad/Prof	2024	97%	3%	181
		2026	92%	8%	230
IUD (Mirena, Kyleena, Skyla or Paragard)	Undergraduate	2024	75%	25%	217
		2026	79%	21%	305
	Grad/Prof	2024	72%	28%	181
		2026	70%	30%	230
Implantable device (Nexplanon)	Undergraduate	2024	95%	5%	217
		2026	96%	4%	305
	Grad/Prof	2024	97%	3%	181
		2026	97%	3%	230

SexualHealth_5. If you have had penile-vaginal intercourse, what methods did you or your partner use to prevent pregnancy the last time? Check all that apply.					
Item	Level	Year	Not Checked	Checked	Weighted N
Plan B/Myway/emergency contraception	Undergraduate	2024	83%	17%	217
		2026	86%	14%	305
	Grad/Prof	2024	97%	3%	181
		2026	98%	2%	230
Other method	Undergraduate	2024	100%	0%	217
		2026	99%	1%	305
	Grad/Prof	2024	95%	5%	181
		2026	96%	4%	230
Nothing	Undergraduate	2024	99%	1%	217
		2026	96%	4%	305
	Grad/Prof	2024	93%	7%	181
		2026	94%	6%	230
Not sure if method was used	Undergraduate	2024	99%	1%	217
		2026	99%	1%	305
	Grad/Prof	2024	100%		181
		2026	99%	1%	230

Exercise and Nutrition

Exercise_1. In the past seven days, how often did you engage in...												
0=0 days to 7=7 days												
Item	Level	Overall Average	Year	0 days	1 day	2 days	3 days	4 days	5 days	6 days	7 days	Weighted N
Moderate-intensity cardiorespiratory (aerobic) activity for > 30 minutes per day	Undergraduate	3.1	2024	17%	13%	16%	14%	11%	11%	8%	10%	367
		3.5	2026	15%	9%	12%	16%	12%	12%	9%	15%	581
	Grad/Prof	2.5	2024	21%	17%	15%	15%	12%	10%	7%	4%	296
		2.8	2026	17%	13%	17%	21%	12%	10%	6%	4%	387
Vigorous-intensity aerobic activity for > 20 minutes per day	Undergraduate	2.4	2024	31%	12%	17%	11%	5%	9%	8%	6%	365
		2.6	2026	28%	13%	14%	14%	7%	8%	8%	8%	578
	Grad/Prof	1.8	2024	36%	15%	18%	15%	6%	5%	5%	2%	293
		1.8	2026	37%	14%	16%	14%	6%	5%	4%	3%	383
Moderate- or high-intensity muscle-strengthening activities for all major muscle groups	Undergraduate	2.2	2024	32%	14%	16%	14%	5%	10%	6%	4%	368
		2.6	2026	30%	11%	12%	15%	9%	8%	7%	8%	580
	Grad/Prof	1.7	2024	39%	16%	14%	13%	8%	5%	3%	2%	294
		2.0	2026	35%	12%	14%	16%	12%	6%	3%	2%	384

Exercise_2. In the last 30 days ...							
1=Never true to 3=Often true							
Item	Level	Overall Average	Year	Never true	Sometimes true	Often true	Weighted N
did you ever eat less than you felt you should because there wasn't enough money for food?	Undergraduate	1.3	2024	74%	20%	6%	370
		1.3	2026	79%	16%	5%	580
	Grad/Prof	1.3	2024	72%	23%	5%	296
		1.2	2026	81%	15%	4%	388
were you ever hungry but didn't eat because there wasn't enough money for food?	Undergraduate	1.2	2024	81%	15%	4%	370
		1.2	2026	84%	12%	4%	578
	Grad/Prof	1.2	2024	80%	16%	4%	296
		1.2	2026	86%	10%	4%	388

Alcohol and Other Drugs

AOD_1. Think back over the last two weeks. How many times, if any, have you had five or more alcoholic drinks at a sitting?															
2024 Only: Average excludes Non-drinker.															
Level	Overall Average	Year	0 times	1	2	3	4	5	6	7	8	9+ times	Weighted N	Weighted N Non-drinker	Weighted N Total
Undergraduate	1.3	2024	49%	18%	13%	8%	4%	3%	3%	1%	1%	1%	277	91	368
Grad/Prof	0.6	2024	71%	15%	7%	2%	3%	1%	0%	0%	0%	1%	237	60	297

AOD_1a. Think back over the last two weeks. How many times, if any, have you had five or more alcoholic drinks at a sitting?															
Male only in 2026. Average excludes Non-drinker.															
Level	Overall Average	Year	0 times	1	2	3	4	5	6	7	8	9+ times	Weighted N	Weighted N Non-drinker	Weighted N Total
Undergraduate	1.7	2026	36%	26%	11%	10%	10%	3%	2%	1%	1%	1%	197	90	287
Grad/Prof	0.8	2026	62%	15%	11%	6%	3%	1%	1%	0%	0%	1%	138	51	190

AOD_1b. Think back over the last two weeks. How many times, if any, have you had four or more alcoholic drinks at a sitting?															
Female only in 2026. Average excludes Non-drinker.															
Level	Overall Average	Year	0 times	1	2	3	4	5	6	7	8	9+ times	Weighted N	Weighted N Non-drinker	Weighted N Total
Undergraduate	1.5	2026	40%	19%	18%	10%	9%	3%	1%	0%	1%		213	78	292
Grad/Prof	0.5	2026	72%	16%	6%	3%	1%	1%	0%	0%	0%	1%	146	54	201

Dartmouth Health Survey 2024 vs. 2026 Weighted Results

AOD_2. Within the last 12 months, have you experienced any of the following when drinking alcohol? (Please mark the appropriate column for each row)							
Item	Level	Year	No	Yes	Weighted N	Weighted N Non-drinker	Weighted N Total
Physically injured yourself	Undergraduate	2024	85%	15%	266	7	273
		2026	89%	11%	387	25	412
	Grad/Prof	2024	97%	3%	214	22	236
		2026	98%	2%	259	23	281
Been involved in a fight	Undergraduate	2024	96%	4%	266	7	273
		2026	99%	1%	382	29	411
	Grad/Prof	2024	99%	1%	214	22	236
		2026	98%	2%	259	22	280
Did something you later regretted	Undergraduate	2024	64%	36%	268	5	273
		2026	74%	26%	382	30	412
	Grad/Prof	2024	81%	19%	215	21	236
		2026	85%	15%	258	23	281
Forgot where you were or what you did	Undergraduate	2024	72%	28%	268	5	273
		2026	74%	26%	383	29	412
	Grad/Prof	2024	92%	8%	214	22	236
		2026	93%	7%	258	23	281
Someone had sex with me without my consent	Undergraduate	2024	97%	3%	267	6	273
		2026	99%	1%	380	31	411
	Grad/Prof	2024	99%	1%	214	22	236
		2026	99%	1%	257	22	279
Had sex with someone without their consent	Undergraduate	2024	100%	0%	267	6	273
		2026	100%		379	32	411
	Grad/Prof	2024	100%		214	22	236
		2026	100%		258	22	280
Had unprotected sex	Undergraduate	2024	81%	19%	265	8	273
		2026	88%	12%	376	32	408
	Grad/Prof	2024	90%	10%	214	22	236
		2026	90%	10%	256	24	280
Been in trouble with the police, residence hall or other college authority	Undergraduate	2024	98%	2%	265	7	271
		2026	98%	2%	381	30	411
	Grad/Prof	2024	100%	0%	214	22	236
		2026	100%		258	23	280
Thought you might have a drinking problem	Undergraduate	2024	89%	11%	265	7	272
		2026	92%	8%	386	25	411
	Grad/Prof	2024	92%	8%	212	22	234
		2026	95%	5%	258	22	280

Dartmouth Health Survey 2024 vs. 2026 Weighted Results

AOD_2. Within the last 12 months, have you experienced any of the following when drinking alcohol? (Please mark the appropriate column for each row)							
Item	Level	Year	No	Yes	Weighted N	Weighted N Non-drinker	Weighted N Total
I have failed to do what is expected of me because of my drinking	Undergraduate	2024	90%	10%	267	7	274
		2026	92%	8%	385	26	411
	Grad/Prof	2024	93%	7%	214	22	236
		2026	97%	3%	259	22	281
I have felt guilty or ashamed because of my drinking	Undergraduate	2024	76%	24%	267	6	273
		2026	78%	22%	380	30	410
	Grad/Prof	2024	84%	16%	214	22	236
		2026	89%	11%	257	23	280
A friendship or close relationship has been damaged by my drinking	Undergraduate	2024	94%	6%	266	6	272
		2026	95%	5%	382	29	411
	Grad/Prof	2024	97%	3%	214	22	236
		2026	99%	1%	257	24	281
My drinking has gotten in the way of my growth as a person	Undergraduate	2024	91%	9%	266	6	272
		2026	92%	8%	387	25	412
	Grad/Prof	2024	94%	6%	215	21	236
		2026	96%	4%	258	22	280

AOD_3. Within the last 30 days, on how many days did you use:													
0=Have used, but not in last 30 days to 6= All 30 days. Average excludes Never used.													
Item	Level	Overall Average	Year	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	Weighted N	Weighted N Never used	Weighted N Total
Nicotine Delivery System (cigarettes, vaping, lozenges, etc.)	Undergraduate	1.6	2024	36%	31%	9%	5%	4%	5%	9%	90	274	364
		1.7	2026	32%	33%	11%	6%	4%	4%	10%	152	427	579
	Grad/Prof	2.1	2024	45%	15%	7%	2%	5%	6%	21%	57	236	294
		1.3	2026	51%	29%	2%	1%	2%	1%	13%	74	311	386
Alcohol (beer, wine, liquor)	Undergraduate	2.0	2024	15%	23%	27%	20%	13%	1%	1%	287	76	364
		1.9	2026	20%	18%	27%	24%	10%	1%	0%	415	161	576
	Grad/Prof	2.0	2024	15%	26%	27%	16%	11%	4%	0%	233	61	295
		1.7	2026	17%	31%	29%	14%	9%	0%		277	108	385
Cannabis (marijuana, pot, weed, hashish) not prescribed to you, or not used as prescribed	Undergraduate	1.3	2024	40%	26%	12%	10%	8%	4%	0%	175	187	361
		1.2	2026	37%	33%	11%	8%	8%	2%	0%	222	357	579
	Grad/Prof	1.4	2024	47%	19%	10%	8%	6%	6%	5%	112	183	295
		0.8	2026	65%	17%	7%	4%	4%	1%	3%	130	256	386

Dartmouth Health Survey 2024 vs. 2026 Weighted Results

AOD_3. Within the last 30 days, on how many days did you use:													
0=Have used, but not in last 30 days to 6= All 30 days. Average excludes Never used.													
Item	Level	Overall Average	Year	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	Weighted N	Weighted N Never used	Weighted N Total
Cocaine (crack, rock, freebase)	Undergraduate	0.1	2024	92%	8%						15	346	361
		0.6	2026	74%	12%		15%				35	542	577
	Grad/Prof	0.5	2024	78%	15%				6%		20	275	295
		0.1	2026	94%	6%						28	356	384
Methamphetamine (crystal meth, ice, crank)	Undergraduate	0.6	2024	68%	16%		16%				4	357	361
		0.8	2026	75%			25%				2	575	577
	Grad/Prof	1.6	2024	67%					33%		4	290	293
		0.0	2026	100%							3	381	385
Other amphetamines (diet pills, bennies)	Undergraduate	1.0	2024	33%	49%		18%				4	358	361
		0.7	2026	68%		28%		4%			14	566	580
	Grad/Prof	2.1	2024	62%					17%	20%	7	288	295
		0.5	2026	90%					10%		9	376	384
Prescription stimulants not prescribed to you, or not used as prescribed (Adderall, Ritalin)	Undergraduate	1.0	2024	50%	26%	10%	9%		5%		31	330	361
		0.9	2026	58%	23%	5%		12%	2%		33	543	577
	Grad/Prof	1.2	2024	76%			6%		12%	6%	17	277	295
		0.1	2026	95%	2%	3%					34	351	385
Opiates not prescribed to you, or not used as prescribed (oxycodone, heroin, fentanyl)	Undergraduate	0.6	2024	80%			20%				6	355	361
		0.4	2026	86%			14%				4	574	578
	Grad/Prof	1.6	2024	65%				15%	20%		6	289	295
		0.0	2026	100%							10	375	385
Other sedatives not prescribed to you, or not used as prescribed (downers, ludes)	Undergraduate	0.8	2024	62%	7%	25%	7%				9	352	361
		1.8	2026	41%			53%	5%			10	568	578
	Grad/Prof	1.4	2024	73%					27%		4	290	294
		0.3	2026	89%			11%				9	377	386
Inhalants (whippets, glue, solvents,)	Undergraduate	0.6	2024	60%	29%	5%	7%				37	324	361
		0.4	2026	65%	30%	2%	4%				44	535	580
	Grad/Prof	0.9	2024	69%	6%	10%		8%	8%		16	279	295
		0.1	2026	90%	10%						21	364	386
Anabolic steroids (not prescribed to you)	Undergraduate	1.5	2024		50%	50%					1	360	361
		1.8	2026		61%		39%				1	576	578
	Grad/Prof	2.5	2024	50%					50%		2	291	294
		0.0	2026	100%							1	385	386

Dartmouth Health Survey 2024 vs. 2026 Weighted Results

AOD_3. Within the last 30 days, on how many days did you use:													
0=Have used, but not in last 30 days to 6= All 30 days. Average excludes Never used.													
Item	Level	Overall Average	Year	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	Weighted N	Weighted N Never used	Weighted N Total
Psychedelics (LSD, mushrooms, peyote, XTC)	Undergraduate	0.4	2024	69%	27%	2%		1%			56	305	361
		0.2	2026	81%	18%	1%					56	523	578
	Grad/Prof	0.4	2024	80%	11%	6%			3%		39	255	295
		0.1	2026	94%	6%						60	326	386
MDMA (Ecstasy)	Undergraduate	0.3	2024	81%	11%	8%					16	345	361
		0.0	2026	97%	3%						18	560	578
	Grad/Prof	0.5	2024	85%		7%			7%		16	278	295
		0.1	2026	92%	5%	3%					32	353	384
Other Drugs (Ketamine, GHB, Rohypnol)	Undergraduate	0.4	2024	75%	14%	8%			3%		22	339	361
		0.5	2026	78%	14%	4%			5%		33	544	577
	Grad/Prof	0.8	2024	69%	13%	9%			9%		13	282	295
		0.2	2026	94%				6%			16	368	385

AOD_3a. Select all types of Nicotine Delivery Systems that you used in the last 30 days.					
Asked only of respondents who reported using any type of Nicotine Delivery system in AOD_3					
Item	Level	Year	Not Checked	Checked	Weighted N
Cigarettes	Undergraduate	2024	34%	66%	56
		2026	38%	62%	102
	Grad/Prof	2024	53%	47%	30
		2026	43%	57%	36
Vaporizer	Undergraduate	2024	38%	62%	56
		2026	60%	40%	102
	Grad/Prof	2024	39%	61%	30
		2026	73%	27%	36
Hookah	Undergraduate	2024	89%	11%	56
		2026	99%	1%	102
	Grad/Prof	2024	100%		30
		2026	96%	4%	36
Nicotine Replacement Therapy (patches, gum, lozenges)	Undergraduate	2024	78%	22%	56
		2026	83%	17%	102
	Grad/Prof	2024	75%	25%	30
		2026	76%	24%	36

Dartmouth Health Survey 2024 vs. 2026 Weighted Results

AOD_3a. Select all types of Nicotine Delivery Systems that you used in the last 30 days. Asked only of respondents who reported using any type of Nicotine Delivery system in AOD_3					
Item	Level	Year	Not Checked	Checked	Weighted N
Other (please specify)	Undergraduate	2024	95%	5%	56
		2026	81%	19%	102
	Grad/Prof	2024	87%	13%	30
		2026	87%	13%	36

AOD_3b. Select all types of cannabis use in the last 30 days. Asked only of respondents who reported using any type of cannabis in AOD_3					
Item	Level	Year	Not Checked	Checked	Weighted N
Smoked joint	Undergraduate	2024	42%	58%	104
		2026	30%	70%	138
	Grad/Prof	2024	46%	54%	57
		2026	63%	37%	46
Water Bong	Undergraduate	2024	61%	39%	104
		2026	69%	31%	138
	Grad/Prof	2024	88%	12%	57
		2026	93%	7%	46
Vaporizer	Undergraduate	2024	68%	32%	104
		2026	79%	21%	138
	Grad/Prof	2024	71%	29%	57
		2026	84%	16%	46
Lozenges	Undergraduate	2024	100%		104
		2026	100%		138
	Grad/Prof	2024	100%		57
		2026	100%		46
Edibles	Undergraduate	2024	33%	67%	104
		2026	38%	62%	138
	Grad/Prof	2024	42%	58%	57
		2026	16%	84%	46
Topical cream	Undergraduate	2024	99%	1%	104
		2026	100%	0%	138
	Grad/Prof	2024	100%		57
		2026	98%	2%	46

Dartmouth Health Survey 2024 vs. 2026 Weighted Results

AOD_3b. Select all types of cannabis use in the last 30 days. Asked only of respondents who reported using any type of cannabis in AOD_3					
Item	Level	Year	Not Checked	Checked	Weighted N
Tinctures	Undergraduate	2024	100%		104
		2026	95%	5%	138
	Grad/Prof	2024	100%		57
		2026	97%	3%	46
Other (please specify	Undergraduate	2024	98%	2%	104
		2026	98%	2%	138
	Grad/Prof	2024	99%	1%	57
		2026	98%	2%	46

AOD_4. Within the last 30 days, did you:					
Item	Level	Year	No	Yes	Weighted N
Drive after drinking any alcohol at all	Undergraduate	2024	95%	5%	363
		2026	98%	2%	573
	Grad/Prof	2024	77%	23%	294
		2026	87%	13%	379
Drive after having 5 or more drinks	Undergraduate	2024	99%	1%	363
		2026	99%	1%	573
	Grad/Prof	2024	99%	1%	294
		2026	99%	1%	375
Drive after using cannabis	Undergraduate	2024	98%	2%	364
		2026	99%	1%	571
	Grad/Prof	2024	96%	4%	294
		2026	99%	1%	376

AOD_5. The last time you 'partied'/socialized, how many alcoholic drinks did you have?																		
Average excludes Non-drinker																		
Level	Overall Average	Year	0	1	2	3	4	5	6	7	8	9	10	11	12 or more	Weighted N	Weighted N Non-drinker	Weighted N Total
Undergraduate	3.9	2024	8%	10%	16%	19%	13%	11%	8%	5%	4%	1%	2%		3%	280	80	359
	3.7	2026	10%	9%	19%	15%	14%	12%	8%	5%	3%	1%	2%	0%	2%	414	156	570
Grad/Prof	2.8	2024	10%	20%	25%	17%	10%	8%	2%	3%	3%	0%	1%	1%		236	59	294
	2.9	2026	8%	19%	25%	18%	11%	9%	5%	1%	0%	1%	1%		1%	281	99	380

AOD_5a. How many alcoholic drinks do you think a typical Dartmouth undergraduate student had the last time they partied/socialized?																		
Average excludes Non-drinker. Undergraduate only.																		
Level	Overall Average	Year	0	1	2	3	4	5	6	7	8	9	10	11	12 or more	Weighted N	Weighted N Non-drinker	Weighted N Total
Undergraduate	4.8	2024	0%	0%	6%	16%	20%	26%	17%	6%	3%	2%	2%	0%	1%	336	21	357
	4.6	2026	0%	2%	5%	21%	22%	22%	14%	6%	3%	1%	1%	0%	2%	520	50	570

AOD_5b. How many alcoholic drinks do you think a typical Dartmouth graduate/professional student had the last time they partied/socialized?																	
Average excludes Non-drinker. Graduate/professional only.																	
Level	Overall Average	Year	0	1	2	3	4	5	6	7	8	9	10	12 or more	Weighted N	Weighted N Non-drinker	Weighted N Total
Grad/Prof	3.6	2024	0%	4%	22%	28%	20%	17%	5%	1%	1%		0%	0%	272	17	289
	3.5	2026	1%	8%	20%	27%	20%	14%	5%	1%	2%	0%	0%	0%	345	28	374

AOD_6. Think about the last time you participated in pre-gaming. How many alcoholic drinks did you have while pre-gaming?																		
Average excludes N/A or Do not drink.																		
Level	Overall Average	Year	0. Did not pre-game	1	2	3	4	5	6	7	8	9	10	11	12 or more	Weighted N	Weighted N N/A or do not drink	Weighted N Total
Undergraduate	2.3	2024	20%	14%	28%	15%	11%	4%	6%	2%					0%	280	76	356
	2.3	2026	23%	13%	22%	20%	10%	6%	3%	1%	0%	1%	1%	0%	0%	430	141	571
Grad/Prof	1.3	2024	47%	14%	19%	10%	6%	3%		0%	1%					223	65	288
	1.3	2026	41%	16%	25%	13%	2%	1%							1%	279	97	376

AOD_7. During the last 12 months, when you 'partied'/socialized, how often did you...											
1=Never to 5=Always. Average excludes N/A or Do not drink.											
Item	Level	Overall Average	Year	Never	Rarely	Sometimes	Most of the time	Always	Weighted N	Weighted N N/A or do not drink	Weighted N Total
Alternate non-alcoholic with alcoholic beverages	Undergraduate	2.8	2024	13%	23%	39%	18%	7%	273	84	357
		2.9	2026	17%	19%	32%	25%	8%	399	166	566
	Grad/Prof	3.0	2024	15%	17%	30%	28%	10%	207	81	288
		3.3	2026	13%	13%	29%	27%	18%	274	102	376
Determine in advance not to exceed a set number of drinks	Undergraduate	2.8	2024	22%	17%	28%	22%	11%	275	83	357
		2.8	2026	21%	23%	20%	25%	11%	401	165	565
	Grad/Prof	3.1	2024	19%	15%	20%	22%	23%	208	80	288
		3.0	2026	21%	13%	23%	27%	15%	264	111	375

Dartmouth Health Survey 2024 vs. 2026 Weighted Results

AOD_7. During the last 12 months, when you 'partied'/socialized, how often did you...											
1=Never to 5=Always. Average excludes N/A or Do not drink.											
Item	Level	Overall Average	Year	Never	Rarely	Sometimes	Most of the time	Always	Weighted N	Weighted N N/A or do not drink	Weighted N Total
Choose not to drink alcohol	Undergraduate	3.0	2024	5%	18%	54%	19%	4%	284	73	357
		3.0	2026	8%	19%	44%	24%	5%	416	151	566
	Grad/Prof	2.9	2024	9%	17%	51%	21%	2%	214	73	286
		3.1	2026	4%	14%	55%	20%	7%	281	96	377
Eat before and/or during drinking	Undergraduate	4.1	2024	3%	2%	17%	42%	37%	275	81	355
		4.1	2026	2%	5%	15%	40%	38%	408	158	565
	Grad/Prof	4.2	2024	0%	2%	14%	47%	36%	214	74	288
		4.1	2026	1%	0%	20%	44%	34%	267	106	373
Have a friend let you know when you've had enough	Undergraduate	2.4	2024	37%	18%	19%	17%	8%	261	96	357
		2.4	2026	37%	22%	20%	11%	10%	393	172	565
	Grad/Prof	1.9	2024	56%	16%	15%	7%	7%	202	87	288
		2.0	2026	54%	15%	15%	7%	8%	245	130	375
Keep track of how many drinks you were having	Undergraduate	3.7	2024	11%	8%	15%	33%	33%	276	81	357
		3.8	2026	7%	10%	20%	25%	38%	406	161	567
	Grad/Prof	3.9	2024	8%	9%	15%	19%	48%	209	78	287
		4.0	2026	7%	6%	14%	25%	47%	266	108	374
Pace your drinks to 1 or fewer per hour	Undergraduate	2.5	2024	27%	24%	29%	15%	6%	274	84	357
		2.5	2026	27%	25%	25%	15%	9%	404	161	565
	Grad/Prof	3.1	2024	17%	14%	31%	19%	18%	211	77	288
		3.0	2026	18%	14%	27%	25%	16%	261	113	374
Avoid drinking games	Undergraduate	2.3	2024	38%	20%	26%	8%	7%	273	83	356
		2.3	2026	34%	26%	21%	10%	8%	395	172	567
	Grad/Prof	3.0	2024	22%	18%	19%	18%	23%	203	84	288
		2.9	2026	23%	17%	22%	17%	21%	256	116	372
Drink an alcoholic look-alike (non-alcoholic beer, seltzer etc.)	Undergraduate	2.2	2024	40%	13%	38%	7%	2%	274	82	356
		2.3	2026	37%	15%	35%	8%	4%	412	155	567
	Grad/Prof	2.3	2024	36%	14%	37%	13%	1%	209	79	288
		2.4	2026	29%	19%	36%	10%	5%	262	112	374

AOD_8. In the last 12 months, have any of the following ever happened to you as a result of someone else's drinking?									
1= Yes, once or twice to 3=Frequently. Average excludes No.									
Item	Level	Overall Average	Year	Yes, once or twice	Occasionally	Frequently	Weighted N	Weighted N No	Weighted N Total
Had your studying interrupted	Undergraduate	1.4	2024	62%	34%	4%	104	253	357
		1.5	2026	64%	25%	11%	180	388	568
	Grad/Prof	1.3	2024	75%	21%	4%	43	246	288
		1.3	2026	71%	26%	3%	42	336	378
Had your property mistreated or damaged	Undergraduate	1.2	2024	86%	9%	5%	74	280	354
		1.4	2026	69%	21%	10%	101	465	566
	Grad/Prof	1.4	2024	63%	37%		16	270	286
		1.1	2026	89%	11%		9	369	378
Had to watch over someone who had been drinking	Undergraduate	1.5	2024	56%	38%	6%	211	144	355
		1.4	2026	64%	29%	7%	336	232	568
	Grad/Prof	1.2	2024	78%	19%	3%	91	193	284
		1.2	2026	85%	14%	1%	94	284	378

Safety and Belonging

Safety_1. How often do you feel...							
1=Hardly ever to 3=Often							
Item	Level	Overall Average	Year	Hardly ever	Some of the time	Often	Weighted N
you lack companionship?	Undergraduate	1.7	2024	47%	38%	15%	358
		1.6	2026	49%	39%	12%	574
	Grad/Prof	1.7	2024	45%	41%	14%	291
		1.6	2026	51%	36%	13%	377
left out?	Undergraduate	1.7	2024	44%	41%	16%	357
		1.7	2026	48%	38%	14%	575
	Grad/Prof	1.7	2024	42%	46%	12%	291
		1.6	2026	49%	40%	11%	377
isolated from others?	Undergraduate	1.7	2024	46%	36%	18%	358
		1.6	2026	51%	36%	14%	575
	Grad/Prof	1.7	2024	39%	47%	14%	291
		1.6	2026	49%	38%	13%	376

Dartmouth Health Survey 2024 vs. 2026 Weighted Results

Safety_2. Using the scale below, please rate the overall climate at Dartmouth College over the past 12 months on the following dimensions.									
1=Very hostile/Not welcoming/Disrespectful to 5=Very friendly/Welcoming/Respectful									
Item	Level	Overall Average	Year	1	2	3	4	5	Weighted N
Hostile – Friendly	Undergraduate	3.7	2024	4%	10%	18%	44%	24%	357
		4.0	2026	2%	5%	16%	43%	34%	571
	Grad/Prof	3.9	2024	2%	5%	19%	47%	28%	287
		4.1	2026	1%	4%	13%	44%	38%	374
Not welcoming – Welcoming	Undergraduate	3.7	2024	4%	11%	22%	41%	22%	356
		3.9	2026	2%	7%	20%	40%	31%	569
	Grad/Prof	3.8	2024	2%	8%	19%	44%	27%	287
		4.0	2026	2%	5%	16%	44%	34%	373
Disrespectful – Respectful	Undergraduate	3.6	2024	4%	11%	24%	41%	20%	356
		3.9	2026	1%	7%	21%	43%	28%	569
	Grad/Prof	3.9	2024	2%	6%	20%	42%	29%	287
		4.1	2026	2%	4%	14%	44%	36%	372

Safety_3. In general, how safe do you feel...										
1=Very unsafe to 6=Very safe										
Item	Level	Overall Average	Year	1	2	3	4	5	6	Weighted N
on campus during the day?	Undergraduate	5.7	2024	0%	1%	1%	3%	17%	79%	358
		5.8	2026	1%	0%	0%	2%	13%	84%	573
	Grad/Prof	5.7	2024	0%		0%	4%	16%	79%	290
		5.8	2026	0%		0%	1%	19%	79%	374
on campus during the night?	Undergraduate	5.3	2024	0%	1%	3%	11%	30%	55%	358
		5.5	2026	1%	0%	1%	6%	29%	62%	572
	Grad/Prof	5.3	2024	0%	1%	2%	10%	34%	53%	290
		5.4	2026	1%	0%	0%	9%	30%	59%	374

Safety_4. Please indicate the extent to which you agree or disagree with the following statement: I have a group, community, or social circle at Dartmouth where I feel like I belong.									
1=Strongly disagree to 6=Strongly agree									
Level	Overall Average	Year	1	2	3	4	5	6	Weighted N
Undergraduate	5.1	2024	2%	2%	3%	14%	35%	44%	358
	5.1	2026	3%	3%	2%	14%	31%	47%	573
Grad/Prof	4.7	2024	1%	6%	8%	23%	32%	30%	290
	4.8	2026	2%	6%	3%	20%	37%	32%	378

Safety_5. In the past year (12 months), how often have you intentionally made choices to help foster a sense of belonging for others.								
0=Never to 4=Always								
Level	Overall Average	Year	0	1	2	3	4	Weighted N
Undergraduate	2.8	2024	1%	3%	28%	46%	21%	357
	2.8	2026	2%	4%	26%	47%	21%	572
Grad/Prof	2.6	2024	3%	7%	36%	41%	14%	290
	2.6	2026	1%	7%	33%	45%	14%	376

Safety_9. Within the last 12 months, were you...?					
Item	Level	Year	No	Yes	Weighted N
in a physical fight	Undergraduate	2024	98%	2%	353
		2026	99%	1%	572
	Grad/Prof	2024	99%	1%	287
		2026	99%	1%	377
physically assaulted, in a non-sexual way	Undergraduate	2024	97%	3%	354
		2026	98%	2%	570
	Grad/Prof	2024	99%	1%	286
		2026	99%	1%	378
verbally threatened	Undergraduate	2024	89%	11%	352
		2026	93%	7%	572
	Grad/Prof	2024	95%	5%	287
		2026	95%	5%	379
hazed	Undergraduate	2024	88%	12%	354
		2026	92%	8%	571
	Grad/Prof	2024	99%	1%	287
		2026	99%	1%	378

Health and Academic Performance

Acad_Perform_1. Do you have a chronic health condition?							
Response	Year	Overall Weighted N	Overall Percent	Undergraduate Weighted N	Undergraduate Percent	Grad/Prof Weighted N	Grad/Prof Percent
No	2024	521	81%	303	85%	218	76%
	2026	792	83%	486	85%	306	81%
Yes	2024	123	19%	55	15%	67	24%
	2026	158	17%	85	15%	73	19%

Dartmouth Health Survey 2024 vs. 2026 Weighted Results

Acad_Perform_2. Within the last 12 months, have any of the following affected your academic performance? Please select the most serious outcome for each item.										
Average excludes No/NA.										
Item	Level	Overall Average	Year	Experienced but my academics were not affected	Received lower grade on exam or important project	Received lower course grade	Received incomplete or dropped course	Weighted N	Weighted N N/A	Weighted N Total
ADHD	Undergraduate	2.2	2024	26%	37%	30%	7%	59	296	355
		2.2	2026	28%	28%	37%	7%	106	457	563
	Grad/Prof	1.8	2024	46%	29%	24%	2%	54	228	283
		1.6	2026	61%	21%	14%	3%	58	315	373
Alcohol use	Undergraduate	1.2	2024	85%	8%	6%	1%	134	219	352
		1.2	2026	87%	9%	2%	1%	202	363	565
	Grad/Prof	1.1	2024	95%	4%	1%		74	212	286
		1.0	2026	98%	2%			87	289	376
Anxiety	Undergraduate	1.7	2024	50%	30%	16%	4%	208	147	356
		1.7	2026	52%	28%	17%	3%	301	264	565
	Grad/Prof	1.4	2024	70%	20%	9%	2%	179	109	288
		1.4	2026	75%	15%	7%	3%	212	163	376
Assault (physical or sexual)	Undergraduate	2.0	2024	48%	19%	21%	12%	31	323	354
		1.6	2026	62%	17%	19%	2%	36	528	563
	Grad/Prof	1.3	2024	82%	9%	9%		10	275	284
		1.2	2026	92%		8%		9	365	374
Chronic illness	Undergraduate	1.6	2024	59%	26%	9%	5%	53	300	353
		1.9	2026	46%	28%	16%	11%	79	487	566
	Grad/Prof	1.6	2024	65%	17%	14%	3%	52	234	286
		1.5	2026	68%	15%	11%	5%	55	317	372
Video or computer games	Undergraduate	1.2	2024	81%	16%	2%	2%	84	271	355
		1.2	2026	79%	19%	1%	1%	112	453	564
	Grad/Prof	1.1	2024	89%	10%	2%		69	218	287
		1.1	2026	91%	9%			78	295	373
Concern for a troubled friend or family member	Undergraduate	1.4	2024	73%	17%	7%	3%	172	180	352
		1.5	2026	67%	19%	11%	4%	241	324	564
	Grad/Prof	1.2	2024	84%	12%	4%	1%	132	155	287
		1.2	2026	85%	6%	8%	1%	155	220	375
Depression	Undergraduate	2.0	2024	42%	24%	23%	12%	141	214	355
		2.1	2026	39%	25%	23%	13%	186	378	564
	Grad/Prof	1.6	2024	60%	27%	12%	1%	111	175	286
		1.6	2026	63%	22%	9%	6%	118	255	373

Dartmouth Health Survey 2024 vs. 2026 Weighted Results

Acad_Perform_2. Within the last 12 months, have any of the following affected your academic performance? Please select the most serious outcome for each item.										
Average excludes No/NA.										
Item	Level	Overall Average	Year	Experienced but my academics were not affected	Received lower grade on exam or important project	Received lower course grade	Received incomplete or dropped course	Weighted N	Weighted N N/A	Weighted N Total
Discrimination against sexual orientation, race, gender, disability	Undergraduate	1.4	2024	77%	14%	7%	2%	58	296	353
		1.4	2026	80%	5%	15%		64	500	564
	Grad/Prof	1.1	2024	89%	8%	3%		30	255	285
		1.4	2026	82%	4%	10%	5%	30	343	373
Drug use	Undergraduate	1.4	2024	72%	21%	4%	3%	49	303	352
		1.4	2026	74%	14%	9%	3%	61	504	565
	Grad/Prof	1.1	2024	88%	12%			25	261	285
		1.4	2026	81%		19%		15	359	374
Eating disorder/concern	Undergraduate	1.3	2024	73%	23%	2%	2%	82	272	354
		1.3	2026	82%	11%	6%	1%	106	461	567
	Grad/Prof	1.4	2024	73%	16%	11%		41	243	284
		1.2	2026	87%	9%	4%		48	326	373
Financial concerns	Undergraduate	1.4	2024	75%	15%	8%	2%	109	246	354
		1.4	2026	73%	17%	9%	1%	149	416	565
	Grad/Prof	1.3	2024	82%	10%	6%	1%	122	163	285
		1.2	2026	87%	10%	1%	2%	138	237	375
Harassment	Undergraduate	1.6	2024	58%	32%		10%	30	323	354
		1.4	2026	71%	15%	14%		28	536	565
	Grad/Prof	1.3	2024	80%	10%	9%		17	266	283
		1.6	2026	65%	19%	9%	7%	20	354	374
Hazing	Undergraduate	1.2	2024	86%	5%	9%		31	321	351
		1.3	2026	80%	14%	6%		44	520	563
	Grad/Prof	1.0	2024	100%				1	284	285
		1.7	2026	59%	17%	24%		8	365	373
Internet social network sites (Facebook, Instagram, Tiktok)	Undergraduate	1.3	2024	75%	20%	4%	0%	186	170	356
		1.4	2026	70%	23%	5%	1%	308	257	565
	Grad/Prof	1.1	2024	88%	11%	2%		124	161	285
		1.2	2026	86%	9%	3%	1%	158	217	375
Relationship difficulty: romantic/roommate/family	Undergraduate	1.5	2024	66%	21%	12%	1%	167	188	354
		1.6	2026	60%	23%	14%	3%	258	308	565
	Grad/Prof	1.3	2024	76%	17%	7%		127	156	283
		1.3	2026	78%	15%	6%	1%	137	239	376

Dartmouth Health Survey 2024 vs. 2026 Weighted Results

Acad_Perform_2. Within the last 12 months, have any of the following affected your academic performance? Please select the most serious outcome for each item.										
Average excludes No/NA.										
Item	Level	Overall Average	Year	Experienced but my academics were not affected	Received lower grade on exam or important project	Received lower course grade	Received incomplete or dropped course	Weighted N	Weighted N N/A	Weighted N Total
Sleep difficulties	Undergraduate	1.6	2024	56%	29%	12%	2%	237	120	357
		1.6	2026	58%	28%	12%	2%	353	212	565
	Grad/Prof	1.4	2024	71%	18%	9%	2%	165	120	285
		1.3	2026	76%	17%	5%	1%	219	154	373
Stress	Undergraduate	1.7	2024	53%	28%	15%	3%	307	49	356
		1.8	2026	46%	35%	12%	6%	430	134	565
	Grad/Prof	1.4	2024	72%	16%	10%	2%	220	66	286
		1.4	2026	73%	17%	9%	1%	276	97	372

Acad_Perform_3. In your opinion, how supportive is Dartmouth of students with disabilities?							
Response	Year	Overall Weighted N	Overall Percent	Undergraduate Weighted N	Undergraduate Percent	Grad/Prof Weighted N	Grad/Prof Percent
Extremely supportive	2024	39	6%	12	3%	28	10%
	2026	64	7%	36	6%	28	7%
Moderately supportive	2024	152	23%	91	25%	61	21%
	2026	231	24%	163	28%	68	18%
Not at all supportive	2024	34	5%	21	6%	13	4%
	2026	22	2%	17	3%	5	1%
Slightly supportive	2024	125	19%	82	23%	43	15%
	2026	111	12%	73	13%	38	10%
Very supportive	2024	100	16%	52	14%	49	17%
	2026	178	19%	102	18%	75	20%
I don't know	2024	196	30%	101	28%	96	33%
	2026	343	36%	180	32%	162	43%

Acad_Perform_4. Do you identify as a person with a disability?							
Response	Year	Overall Weighted N	Overall Percent	Undergraduate Weighted N	Undergraduate Percent	Grad/Prof Weighted N	Grad/Prof Percent
Maybe	2024	37	6%	25	7%	12	4%
	2026	75	8%	42	7%	33	9%

Dartmouth Health Survey 2024 vs. 2026 Weighted Results

Acad_Perform_4. Do you identify as a person with a disability?							
Response	Year	Overall Weighted N	Overall Percent	Undergraduate Weighted N	Undergraduate Percent	Grad/Prof Weighted N	Grad/Prof Percent
No	2024	526	81%	289	81%	237	82%
	2026	777	82%	471	82%	307	81%
Prefer not to answer	2024	19	3%	8	2%	11	4%
	2026	21	2%	11	2%	10	3%
Yes	2024	65	10%	36	10%	29	10%
	2026	75	8%	48	8%	27	7%

Acad_Perform_5. Which categories do you feel best describe your condition(s)? Check all that apply					
Item	Level	Year	Not Checked	Checked	Weighted N
Physical Health	Undergraduate	2024	74%	26%	69
		2026	67%	33%	99
	Grad/Prof	2024	80%	20%	49
		2026	74%	26%	70
Mental Health	Undergraduate	2024	34%	66%	69
		2026	33%	67%	99
	Grad/Prof	2024	38%	62%	49
		2026	41%	59%	70
Mobility	Undergraduate	2024	92%	8%	69
		2026	96%	4%	99
	Grad/Prof	2024	94%	6%	49
		2026	94%	6%	70
Sensory (vision/hearing)	Undergraduate	2024	87%	13%	69
		2026	82%	18%	99
	Grad/Prof	2024	89%	11%	49
		2026	89%	11%	70
Learning/Attention	Undergraduate	2024	39%	61%	69
		2026	36%	64%	99
	Grad/Prof	2024	33%	67%	49
		2026	60%	40%	70
Temporary	Undergraduate	2024	95%	5%	69
		2026	98%	2%	99
	Grad/Prof	2024	96%	4%	49
		2026	95%	5%	70

Dartmouth Health Survey 2024 vs. 2026 Weighted Results

Acad_Perform_5. Which categories do you feel best describe your condition(s)? Check all that apply					
Item	Level	Year	Not Checked	Checked	Weighted N
Chronic health conditions	Undergraduate	2024	86%	14%	69
		2026	73%	27%	99
	Grad/Prof	2024	59%	41%	49
		2026	66%	34%	70
Other, please specify	Undergraduate	2024	95%	5%	69
		2026	94%	6%	99
	Grad/Prof	2024	98%	2%	49
		2026	93%	7%	70

Acad_Perform_6. Do you know how to request accommodations for a disability at Dartmouth?							
Response	Year	Overall Weighted N	Overall Percent	Undergraduate Weighted N	Undergraduate Percent	Grad/Prof Weighted N	Grad/Prof Percent
No	2024	13	11%	5	7%	8	15%
	2026	18	11%	4	4%	15	21%
Unsure/Maybe	2024	27	22%	10	15%	16	31%
	2026	23	13%	12	12%	11	16%
Yes	2024	81	67%	53	78%	28	54%
	2026	129	76%	85	85%	44	63%

Acad_Perform_7. Are you currently working or have you worked with a disability/accessibility office to receive accommodations at Dartmouth?							
Response	Year	Overall Weighted N	Overall Percent	Undergraduate Weighted N	Undergraduate Percent	Grad/Prof Weighted N	Grad/Prof Percent
I am not sure	2024	3	2%	2	3%	1	2%
	2026	5	3%	3	3%	2	3%
No	2024	59	48%	26	37%	33	63%
	2026	58	34%	24	23%	34	49%
Yes	2024	60	50%	42	61%	18	35%
	2026	108	63%	74	74%	34	48%

Dartmouth Health Survey 2024 vs. 2026 Weighted Results

Acad_Perform_8. Which office(s) are you working/have you worked with? Check all that apply.					
Item	Level	Year	Not Checked	Checked	Weighted N
Americans with Disabilities (ADA) Office	Undergraduate	2024	100%		43
		2026	97%	3%	77
	Grad/Prof	2024	89%	11%	17
		2026	93%	7%	35
Student Accessibility Services (Undergraduate)	Undergraduate	2024	2%	98%	43
		2026		100%	77
	Grad/Prof	2024	83%	17%	17
		2026	74%	26%	35
Guarini Registrar or ADA Office	Undergraduate	2024	100%		43
		2026	98%	2%	77
	Grad/Prof	2024	85%	15%	17
		2026	69%	31%	35
Geisel Office of Student Academic Success & Accessibility	Undergraduate	2024	100%		43
		2026	98%	2%	77
	Grad/Prof	2024	50%	50%	17
		2026	69%	31%	35
Thayer Assistant Dean of Academic Affairs or ADA Office	Undergraduate	2024	97%	3%	43
		2026	99%	1%	77
	Grad/Prof	2024	81%	19%	17
		2026	87%	13%	35
Tuck Associate Dean's Office or ADA Office	Undergraduate	2024	100%		43
		2026	100%		77
	Grad/Prof	2024	89%	11%	17
		2026	96%	4%	35
Other, please specify	Undergraduate	2024	98%	2%	43
		2026	99%	1%	77
	Grad/Prof	2024	100%		17
		2026	96%	4%	35

Acad_Perform_9. What types of barriers to access have you experienced while at Dartmouth? Check all that apply.					
Item	Level	Year	Not Checked	Checked	Weighted N
None	Undergraduate	2024	65%	35%	65
		2026	66%	34%	93
	Grad/Prof	2024	59%	41%	50
		2026	59%	41%	69

Dartmouth Health Survey 2024 vs. 2026 Weighted Results

Acad_Perform_9. What types of barriers to access have you experienced while at Dartmouth? Check all that apply.					
Item	Level	Year	Not Checked	Checked	Weighted N
Physical	Undergraduate	2024	78%	22%	65
		2026	87%	13%	93
	Grad/Prof	2024	85%	15%	50
		2026	78%	22%	69
Attitudinal	Undergraduate	2024	64%	36%	65
		2026	67%	33%	93
	Grad/Prof	2024	67%	33%	50
		2026	59%	41%	69
Educational	Undergraduate	2024	58%	42%	65
		2026	53%	47%	93
	Grad/Prof	2024	65%	35%	50
		2026	73%	27%	69
Other (fill in)	Undergraduate	2024	94%	6%	65
		2026	93%	7%	93
	Grad/Prof	2024	91%	9%	50
		2026	93%	7%	69

Demographic Survey Questions

Demo_1. What is your gender identity? Check all that apply.					
Item	Level	Year	Not Checked	Checked	Weighted N
Man	Undergraduate	2024	52%	48%	358
		2026	52%	48%	572
	Grad/Prof	2024	52%	48%	289
		2026	54%	46%	375
Woman	Undergraduate	2024	51%	49%	358
		2026	51%	49%	572
	Grad/Prof	2024	50%	50%	289
		2026	49%	51%	375
Transgender	Undergraduate	2024	99%	1%	358
		2026	99%	1%	572
	Grad/Prof	2024	99%	1%	289
		2026	100%	0%	375

Dartmouth Health Survey 2024 vs. 2026 Weighted Results

Demo_1. What is your gender identity? Check all that apply.					
Item	Level	Year	Not Checked	Checked	Weighted N
Cisgender	Undergraduate	2024	94%	6%	358
		2026	93%	7%	572
	Grad/Prof	2024	93%	7%	289
		2026	90%	10%	375
Gender non-conforming	Undergraduate	2024	98%	2%	358
		2026	98%	2%	572
	Grad/Prof	2024	99%	1%	289
		2026	100%	0%	375
Non-binary	Undergraduate	2024	97%	3%	358
		2026	98%	2%	572
	Grad/Prof	2024	98%	2%	289
		2026	97%	3%	375
Another gender identity (please specify)	Undergraduate	2024	100%	0%	358
		2026	100%	0%	572
	Grad/Prof	2024	100%	0%	289
		2026	100%		375

Demo_2. What is your sexual orientation? Check all that apply.					
Item	Level	Year	Not Checked	Checked	Weighted N
Aromantic	Undergraduate	2024	99%	1%	353
		2026	99%	1%	564
	Grad/Prof	2024	100%		282
		2026	99%	1%	369
Asexual	Undergraduate	2024	97%	3%	353
		2026	97%	3%	564
	Grad/Prof	2024	98%	2%	282
		2026	98%	2%	369
Bisexual	Undergraduate	2024	81%	19%	353
		2026	88%	12%	564
	Grad/Prof	2024	89%	11%	282
		2026	84%	16%	369
Gay	Undergraduate	2024	97%	3%	353
		2026	96%	4%	564
	Grad/Prof	2024	95%	5%	282
		2026	96%	4%	369

Dartmouth Health Survey 2024 vs. 2026 Weighted Results

Demo_2. What is your sexual orientation? Check all that apply.					
Item	Level	Year	Not Checked	Checked	Weighted N
Heterosexual or straight	Undergraduate	2024	32%	68%	353
		2026	28%	72%	564
	Grad/Prof	2024	24%	76%	282
		2026	25%	75%	369
Lesbian	Undergraduate	2024	98%	2%	353
		2026	98%	2%	564
	Grad/Prof	2024	98%	2%	282
		2026	98%	2%	369
Pansexual	Undergraduate	2024	98%	2%	353
		2026	98%	2%	564
	Grad/Prof	2024	98%	2%	282
		2026	99%	1%	369
Queer	Undergraduate	2024	95%	5%	353
		2026	95%	5%	564
	Grad/Prof	2024	97%	3%	282
		2026	96%	4%	369
Unsure/questioning	Undergraduate	2024	95%	5%	353
		2026	95%	5%	564
	Grad/Prof	2024	97%	3%	282
		2026	96%	4%	369
Another sexual orientation (please specify)	Undergraduate	2024	100%	0%	353
		2026	100%		564
	Grad/Prof	2024	99%	1%	282
		2026	99%	1%	369

Dartmouth Health Survey 2024 vs. 2026 Weighted Results

Demo_3. Where are you living right now? Check all that apply.					
Item	Level	Year	Not Checked	Checked	Weighted N
On the Dartmouth campus	Undergraduate	2024	15%	85%	359
		2026	21%	79%	568
	Grad/Prof	2024	87%	13%	290
		2026	86%	14%	374
Off campus in the Upper Valley	Undergraduate	2024	89%	11%	359
		2026	84%	16%	568
	Grad/Prof	2024	20%	80%	290
		2026	27%	73%	374
With a parent, guardian, or other family member	Undergraduate	2024	98%	2%	359
		2026	97%	3%	568
	Grad/Prof	2024	98%	2%	290
		2026	96%	4%	374
Temporarily staying with a friend or relative	Undergraduate	2024	100%	0%	359
		2026	100%	0%	568
	Grad/Prof	2024	100%	0%	290
		2026	99%	1%	374
I don't have a place to live	Undergraduate	2024	100%		359
		2026	100%	0%	568
	Grad/Prof	2024	100%		290
		2026	100%		374
Other (please specify)	Undergraduate	2024	98%	2%	359
		2026	96%	4%	568
	Grad/Prof	2024	94%	6%	290
		2026	90%	10%	374