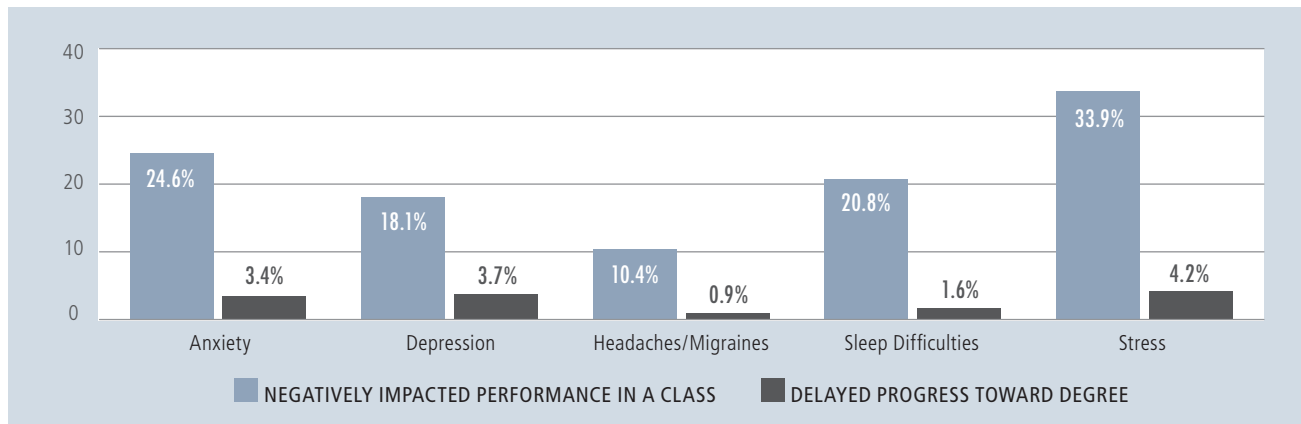


STUDENT HEALTH AND WELL-BEING ON AMERICAN COLLEGE CAMPUSES

The American College Health Association’s National College Health Assessment recently released its Fall 2019 findings. The National College Health Assessment reports on survey data that explore the health and well-being of college students. The Fall 2019 results are based on the survey responses of 38,679 students from 58 U.S. academic institutions.

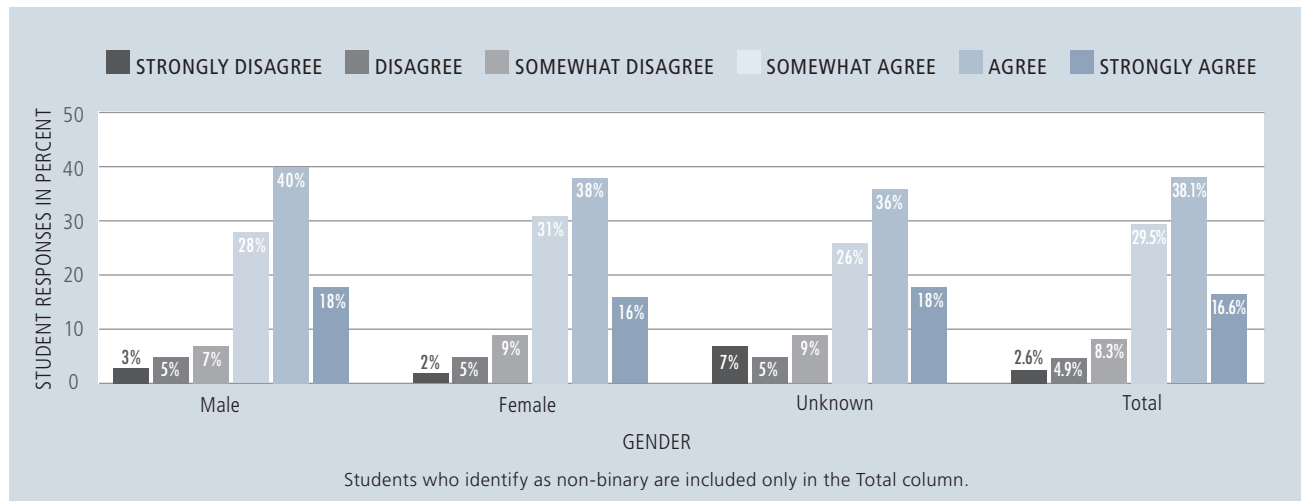
Students were asked whether specific health-related issues had affected their academic performance in the last 12 months. Anxiety, depression, headaches/migraines, sleep difficulties, and stress were commonly reported as health issues that had negatively affected a student’s performance in a class or had delayed progress toward their degree.

Percentage of Students Reporting that Anxiety, Depression, Headaches/Migraines, Sleep Difficulties, or Stress Had Affected Their Academic Performance



The report indicates that students view their institutions’ approach to health issues favorably. When asked whether they feel that students’ health and well-being are priorities at their college or university, respondents were most likely to agree or somewhat agree.

Students’ Health and Well-Being Are Priorities at My Institution



Source: American College Health Association National College Health Assessment III, Fall 2019 Reference Group Data Report. The full report can be viewed at https://www.acha.org/documents/ncha/NCHA-III_FALL_2019_REFERENCE_GROUP_DATA_REPORT.pdf.