NCHA DATA REPORT

RESULTS FROM THE NATIONAL COLLEGE HEALTH ASSESSMENT OF MSU STUDENT WELLNESS



2026

University Health and Well-Being
MICHIGAN STATE UNIVERSITY

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INTRODUCTION

In the Spring semester of 2026, Michigan State University (MSU) participated in the National College Health Assessment (NCHA) survey through University Health and Well-being's (UHW) membership in the American College Health Association (ACHA). The NCHA measures a range of health behaviors and health-related experiences among college students. MSU administers the survey biennially. The survey provides information about students' health and well-being to university leaders, administrators, health practitioners, and the broader campus community. Findings are intended to inform campus-wide efforts to support student well-being.

The NCHA survey has been administered to MSU students since 2000. The current survey instrument was first administered in 2024 as the third version (NCHA III) of the survey. At MSU, this is managed by the Health Promotion, Engagement, Accessibility, and Accommodations pillar of UHW.

Changes in question wording, structure, and skip logic affects comparability across the previous versions (NCHA I, NCHA II) and NCHA III. This report treats the 2024 NCHA III administration as the beginning of a new longitudinal series. Consequently, comparisons in this report are limited to changes observed since 2024. Further, percentages are weighted and reported changes from 2024 to 2026 represent differences in weighted percentage estimates. Reported percentage changes should not be interpreted as changes in raw respondent percentages or counts.



METHODOLOGY

Sample

A stratified random sample of 5,000 MSU students was selected for 2026 survey administration. Students received a pre-notification email on February 3, 2026, followed by an ACHA survey invitation on February 9, 2026. The survey was active until March 9th, 2026. Nonrespondents received reminder emails until the closing date. These reminders were sent on February 12, 16, 19, 22, and 25, 2026. Additional reminders were sent through MSU's Spring break.

Cleaning

Of 754 initial participants, 749 remained in the final dataset after data-quality and completeness checks, producing a final response rate of approximately 15%. Missing data and null values were identified and removed prior to analysis. Any individual participant who fell below a 50% threshold for completed items across key demographic and/or key health variables, were omitted from the analysis. Key health indicators and/or missing demographic responses cannot be reasonably imputed with an expectation of accurate findings.

This pre-survey sampling method was chosen from prior implementation of NCHA on MSU campus, which does not utilize weighting methods during the sampling of the 5,000 MSU students. ACHA releases results from participating institutions, which these institutions may implement their surveys at different times of the academic year and have varying sampling and weighting methodologies from MSU. ACHA's released results are unweighted reports. Given our sampling and post-survey weighting methods, MSU does not typically compare to nationwide results, nor perform benchmarking with other institutions' reporting.

The survey covers topics such as health status, sexual behavior, alcohol and other drug use, physical activity and sleep, emotional and mental health, disease or injury experiences, stress, and background demographic information about respondents.

The 2024 and 2026 versions of the NCHA III survey differ slightly in the removal of firearms questions and changing the phrasing of questions related to alcohol use, clarification of condom types, and an error revolving around the collection of sexual partner identity information. The NCHA III survey for MSU was further customized to include questions vetted by UHW as adapted from a previous wellness assessment. These questions cover students' perceptions around alcohol. Brand new questions were also curated and administered around students' self-reported gambling and sports betting behaviors.

This report, segmented by topic, communicates the results of the 2026 survey. When applicable, change-over-time comparisons are provided and derived from the 2024 survey (N = 733). Unless otherwise noted, percentages reported in this report are weighted estimates. Given the different sample size and weighting proportions, comparisons are reported as being descriptive in nature rather than statistical inference. Weighting was applied based on the student population at the time of survey administration in Spring 2024 and Spring 2026 respectively.

Weighting

Results are weighted using iterative proportional fitting (rake weighting) based on sex at birth, race/ethnicity, and academic class. Weighting is used to align the respondent distribution with the MSU student population for the Spring 2026 term. The comparison population at MSU is derived from data stored in the Michigan State University Enterprise Data Warehouse.

EXECUTIVE SUMMARY OF RESULTS

More than half of students report their overall health as Very Good (41% of students overall) or Excellent (16% of students overall), spanning across demographic categories. The proportion of students reporting Excellent overall health increased from 2024. Students indicated predominant agreement with sentiments of belonging and campus support of wellness. This encourages conversations around students' campus community and resources supporting perceptions of belonging.

UHW is tracking food insecurity across campus with care and intent; these data suggest that 13% of all students score Very Low for food security on the USDA Food Insecurity scale, and 18% score Low. More than half of students indicate a lack of sufficient sleep to feel well-rested for half of a typical week. While Physical Health encompasses many areas, food insecurity is increasingly in need of intervention, while vaccination rates and the prevalence of certain chronic conditions are also of wide interest.

Sexual activity has decreased among students since 2024. Of all students, 45% report no sexual activity ever or in the past year. This increased from 34% in 2024. Among sexually active students, condom use is notably low, spanning all types of intercourse and can be a target point of intervention or health promotion.

Substance use decreased, especially among the three most prevalent substances: Alcohol (67% of students used in last 3 months, decreased from 72% in 2024), Cannabis (29% used in last 3 months, down from 37%), and Tobacco/Nicotine products (21%, down from 25%). Of Tobacco/Nicotine products, vaping has become one of the more prevalently used products in society, which usage across campus decreased 7 weighted percentage points from 2024 down to 13% of students on campus vaping. The time spent partying also went down within students, with 54% of students spending zero hours in their typical week partying.

Sense of belonging is another focal point. While most students expressed feeling they belong on campus, 43% still indicated positive on the combined UCLA Loneliness Scale. Students report Anxiety and Depression as two of the top diagnosed chronic conditions.

Procrastination, personal appearance, and finances appeared among top concerns in students, which prove a need for resource sharing and awareness in their prevalence.

MSU implemented a series of questions about gambling, sports betting, and perceptions of alcohol use, resulting in various insights on how students are interacting in these spaces. The top modes of gambling were casino games, sports betting, and the lottery. Students who gamble on a frequent basis, gambling once a week or more, report participating in sports betting, which is a concerning degree of frequency from current gambling participants across campus. Perceptions of alcohol use questions demonstrate that most students approve of getting medical help for friends, sticking with their friend groups, and ensuring safe transportation. Very few students approve of pressuring peers or encouraging dangerous behavior during alcohol use.



Table 1 (see Appendix) represents the demographic profile of the survey respondents, represented as proportions of the total respondent population. This table shows the overall proportion, then disaggregates the proportion of undergraduate students and proportion of graduate-equivalent students. Graduate-equivalent students comprise of mostly graduate students, while also containing any present non-degree seeking students due to their low population and similar demographic outlook.

Most demographic categories are single-select options, while Disability Status, Health Insurance Status, and Sports affiliation (Varsity/Club Sport Athletes) are multi-select. Race/Ethnicity categories are also multi-select, and in our weighting process are narrowed into single categories per student based on IPEDS (Integrated Postsecondary Education Data System) standard demographic breakdown. Due to non-response and low overall student population, Native Hawaiian/Other Pacific Islander students are categorized into the Not Specified/Other category.

Overall Health Remains a Heavily Watched Topic, Improving This Year

Overall Health and Campus Wellness is described by questions around perceived health status, perceptions of campus climate on health and belonging, and various personal activities students participate in.

Overall, 57% of students described their overall health as Very Good (41%) or Excellent (16%). Table 2 (see Appendix) provides demographic breakdowns for reported overall health. From Table 2, some notable findings about overall health:

- Male students more often select Very Good or Excellent (62% of Male students) as compared to Female students (52% of Female students).
- Students under 21 respond Very Good or Excellent (62%) as compared to students 21 or older (54%).
- 27% of students with a lower GPA (C/D/F) selected Fair or Poor health, where students with A-average and B-average GPA each reported 8% of students within their categories in Fair or Poor health.

Figure 1 represents the distribution of students responding to this inquiry around overall health in both 2024 and 2026.

16% of students reported "Excellent" overall health in 2026, an increase from 10% of students in 2024.

The weighted percentage of students reporting Excellent health increased by 6 percentage points from 2024 to 2026. This question encompasses many realms which student wellness may impact them, making Very Good or Excellent health status a goal to continually increase within students.



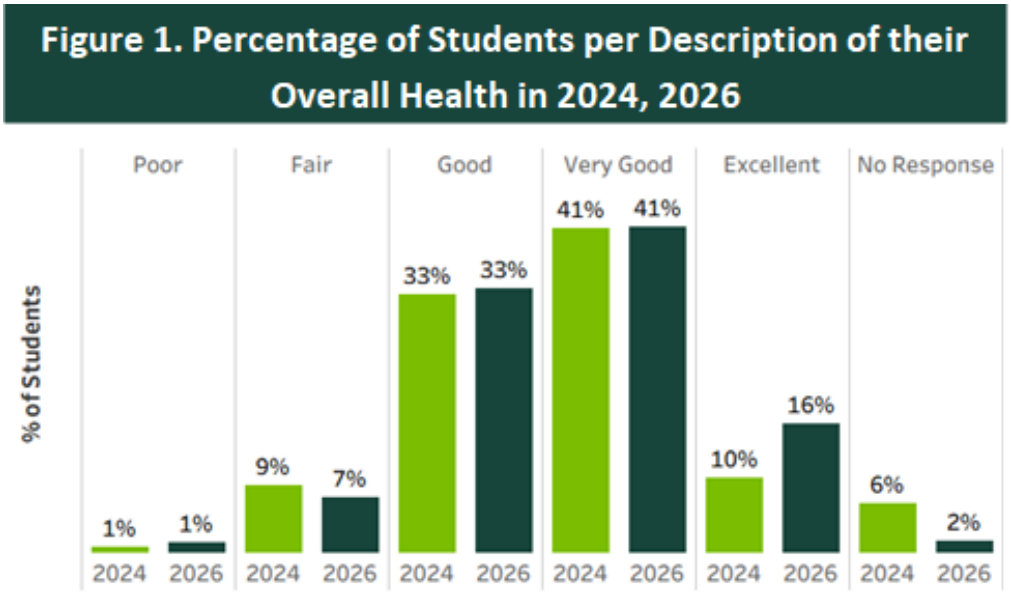


Figure 1: Percentage of students per category of overall health as selected from a range of 'Poor' to 'Excellent'. Percentages are weighted. Reported changes from 2024 to 2026 represent differences in weighted percentage estimates and should not be interpreted as changes in raw respondent percentages or counts.

Sense of Belonging Takes Root: Opportunity to Deepen a Culture of Care

Perceptions around belonging and campus community lead to general agreement that students feel they belong on MSU's campus. In the case of stronger agreement (answered Agree or Strongly Agree) to the following statements, responses indicate:

- **78%** of students feel that they belong at MSU.
- **55%** feel that students' health and well-being are a priority of MSU.
- **62%** feel that the climate of MSU encourages free and open discussion about students' health and well-being.
- **59%** feel we are a university where we look out for each other.

The Social Dilemma: Balancing Digital Connection, Social Connection, and Well-Being

Students were also asked to reflect on several potential activities they might have participated in for their typical week. 61% of students used Social Media for 1-5 hours (29%) or 6-10 hours (32%) per week. 67% of students spent 1-10 hours Watching TV or streaming media for entertainment per week. Socializing with friends was also popular, with 63% of students spending 1-10 hours per week on this activity.

From 2024, students spending 1-5 hours on Attending cultural events, movies, concerts, sports or other entertainment with others decreased 5 weighted percentage points from 62% to 57%. The amount of student time spent partying also went down, with 54% of students in 2026 reporting zero hours of partying compared to 46% in 2024.

50% of MSU students reported spending zero hours partying in a typical week.

Healthy Bodies and Healthy Minds: Encouraging Active Bodies and Healthy Relationships with Weight

Several categories of questions on the survey target various physical health and medical topics, including chronic conditions. Students also were asked to provide their height and weight. Based on condensed BMI classification, most students are in the Healthy Weight category at 53% of students, where 25% of students are in the Overweight category.

- **58%** of Female respondents are in the Healthy Weight category, where 47% of Male respondents are in this category.
- In 2024, **4%** of Male respondents are in the Class I Obesity category; in 2026, this increased 8 weighted percentage points to **12%** of Male respondents.
- **54%** of students self-describe their weight as 'About the right weight'.
- **80%** of students report eating around 3 or more servings of fruits and vegetables per day.

Figure 2: Percentage of Students Who Met Physical Activities Guidelines

[30 min. moderate activity 5+ days/week OR 20 min. vigorous activity 3+ days/week OR equivalent combination (2 days mod. = 1 day vigorous)] Percentages are weighted.

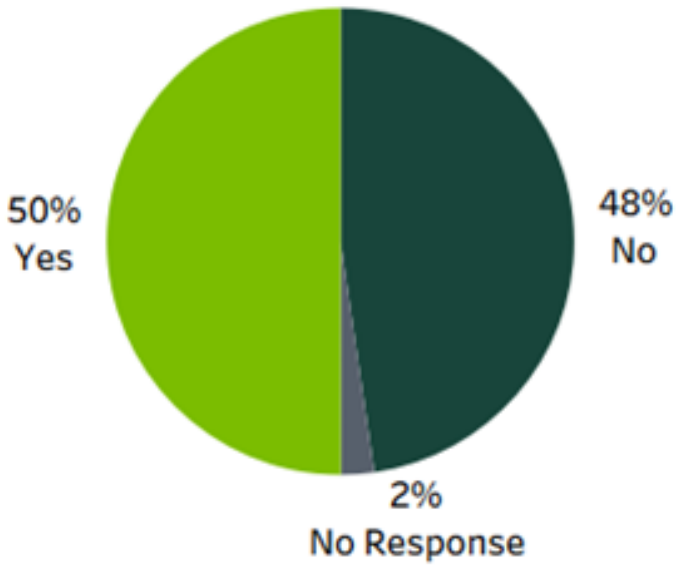


Figure 2 shows the amount of students who did or did not meet the Physical Activities Guidelines for moderate physical activity in a week. The amount of students who met the criteria decreased from 56% of students in 2024 to 50% in 2026.

- **60%** of students did toning or muscle-strengthening exercises two or more days in the past week.
- **46%** of students do moderate physical activity for less than the equivalent of 30 minutes for 5 days in a week (less than 150 minutes in the past 7 days).
- **47%** of students do vigorous physical activity for less than the equivalent of 20 minutes for 3 days in a week (less than 60 minutes in the past 7 days).

Mitigating Food Security in Turbulent Times

Food security is being tightly watched, given rising food costs, financial anxiety, and national benefits interruptions. Figure 3 shows the categorization of students in the condensed USDA Food Insecurity scoring scale.

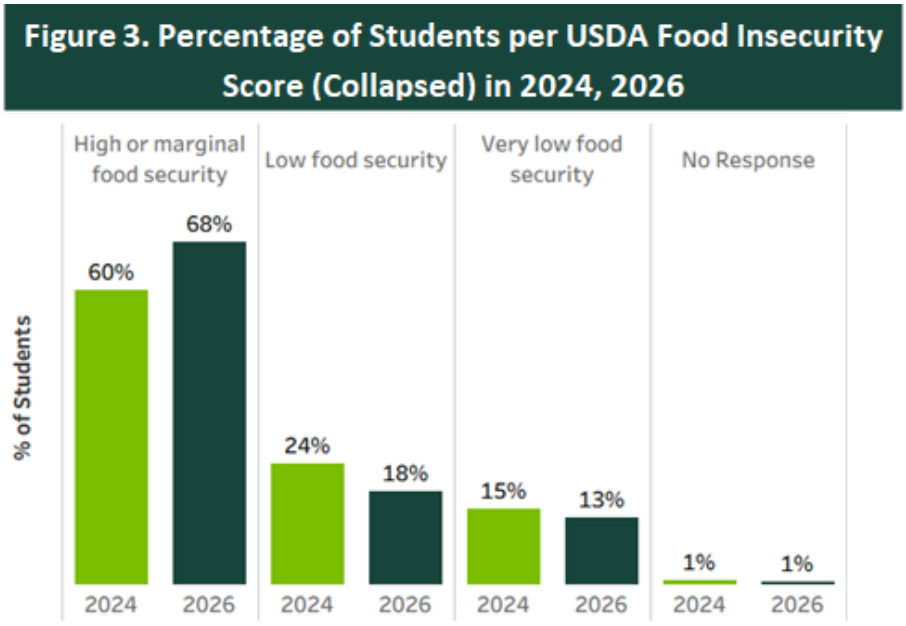


Figure 3: The USDA Food Insecurity scale helps categorize students into High or marginal food security (a score of 0-1 on the scale), Low food security (a score of 2-4), or Very low food security (a score of 5-6). Percentages are weighted. Reported changes from 2024 to 2026 represent differences in weighted percentage estimates and should not be interpreted as changes in raw respondent percentages or counts.

In 2026, 68% of students score High or marginal food security, an improvement of 8 weighted percentage points from 2024. Conversely, 31% of students scored in the lower food security categories in 2026, down from 39% of students in 2024.

- On the USDA Food Insecurity scale, 13% of students were indicated to have Very Low food security (a score of 5-6). 18% of students were in the Low food security score, bringing the total in overall low scoring to 31% of students.
- 16% of students indicated that they cut meal sizes, or skip meals, because there wasn't enough money for food for some days (14%) OR every day (less than 2%) out of the previous month.

Vaccination Status, Top Chronic Conditions, and Difficulties with Sleep: Many Impact Areas Uncovered

Several questions pertain to vaccination status, illness, or chronic conditions.

- **42%** of students say they have received a flu vaccine in the last year.
  - This is down from 47% of students in 2024.
- **27%** of students have completed the HPV vaccine series.
- **41%** of students received at least one dose of a COVID-19 vaccination.
- **14%** of students have ever been tested for HIV, and 3% of students report taking PrEP for HIV prevention.

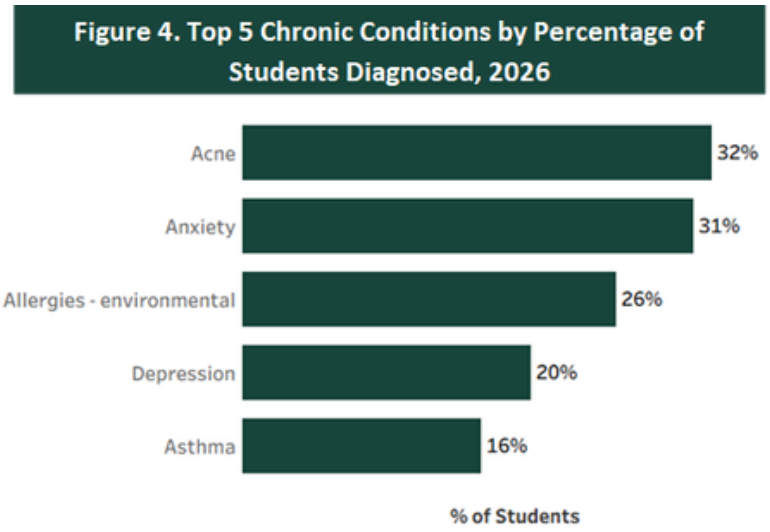


Figure 4: Percentage of students per selected chronic conditions they have been diagnosed with. Students can select more than one category. Percentages are weighted.

Figure 4 represents the top 5 diagnosed chronic conditions reported by students. This year, Asthma took the 5th spot instead of ADD/ADHD from 2024. ADD/ADHD sits just under Asthma at 15% of students having a diagnosis.



Students were additionally asked if their chronic condition(s) impacted their academic performance. Since students could respond on more than one condition, this means that it is not possible to pinpoint which condition they may be referring to having impacted them. However, of the top 5 chronic conditions listed, students who report having an Anxiety or Depression diagnosis are more likely to also be in the category of students who stated their chronic condition(s) negatively impacted their academic performance or degree progress. 53% of students with diagnosed Anxiety are in this category, as well as 64% of students with Depression.
Sleep difficulties are one of our top academic impediments (see section: Impediments to Academic Success), and health around sleep seems to be a common struggle amongst students.

- **53%** of students report feeling tired or sleepy during the day four or more days out of the previous seven. 20% reported this for all 7 days of the last week, which increased from 16% in 2024.
- Female students report much higher on the end of feeling tired or sleepy during the day, with **26%** reporting this for all 7 days of the week as compared to **13%** for Male students.
- **61%** of students report getting sufficient sleep to feel well-rested for three or less days out of the previous seven.



Safe Sex or No Sex? Student Sexual Activity Decreases This Year

Questions around sexual health are structured primarily to address specific types of intercourse, split amongst Vaginal, Anal, and Oral intercourse.

45% of students reported no sexual activity in the past year or have never had sex.

- **45%** of students report not having any type of intercourse within the last year, or ever. This increased from **34%** of students in 2024.
- Of the **54%** of students who have had any type of intercourse in the past year, 68% have only had one partner.
- Of all students, **86%** chose not to have any intercourse or only had one partner in the past 12 months.
- Of the **45%** of students who have had vaginal intercourse in the last 12 months, **83%** report that they used some type of method to prevent pregnancy.
- The top methods chosen among these students are external condoms (**40%** of these students used), birth control pills (**30%** used), and withdrawal (**17%** used).
- Within the last 30 days, **34%** of all students had vaginal intercourse; **47%** of these students report never or rarely using a condom.
- **30%** of all students had vaginal intercourse in the last 2 weeks.

Figure 5. Percentage of Students by Intercourse Experienced in Last 30 Days, 2026

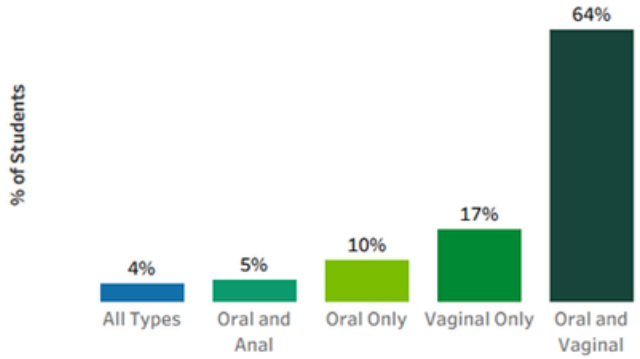


Figure 5: Percentage of students who have experienced a certain combination or type of intercourse in the last 30 days. Students can select more than one type of intercourse experienced. Percentages are weighted.

Figure 5 shows the most frequent types or combinations of intercourse experienced within students who had intercourse in the last 30 days. It was most common for students to have experienced both Oral and Vaginal sex in this time period, with 64% of those who had intercourse in the last 30 days experiencing this combination in particular.

Across all types of intercourse experienced in the last 30 days, it is most common to have not used a condom at all. Oral is among least commonly using condoms (88% who experienced indicated no use), followed by Anal sex (52% who experienced indicated no use), then Vaginal sex (37% who experienced indicated no use). However, those participating in Anal sex are most likely to always use condoms (34% of participants) compared to Vaginal (31% of participants) and Oral (2% of participants).

ALCOHOL AND OTHER DRUGS

Overall Substance Use Lowers, Vaping Still Prevalent on Campus

The top substances used by MSU students have consistently been Alcohol, Cannabis, and Tobacco/Nicotine products. Table 3 (see Appendix) represents the percentage of respondents using various types of substances, asked for frequency of use in the last 3 months. 67% of students have consumed Alcohol at least once in the past three months, followed by Cannabis at 29% and Tobacco/Nicotine products at 21% of students. While Tobacco or Nicotine Products is the third most used substance, it is also the highest daily use amongst its users at 6% of students using daily.

Substance use is overall down this year compared to 2024. Tobacco/nicotine product use decreased by approximately 4 weighted percentage points, alcohol use by 5 weighted percentage points, and cannabis use by 8 weighted percentage points compared with 2024. Of Tobacco/Nicotine products used, cigarettes and e-cigarettes/vapes were the most popular, with 10% of all students smoking cigarettes and 13% using vapes in the last 3 months. This vape usage decreased from 20% of students having vaped in the past 3 months in 2024, a decrease of 7 percentage points.

- **61%** of students score in the Low Risk category of the Alcohol Involvement Screening Test (ASSIST); 9% are in Moderate Risk, and **1%** are in High Risk.
- **24%** of students are of Low Risk within Cannabis use (ASSIST), up from 21% in 2024; Moderate Risk at **16%** of students, down from 23% in 2024; and High Risk at **1%**, down from **3%** of students in 2024.
- **16%** of students are of Low Risk within Tobacco use (ASSIST); Moderate Risk at 13% of students, down from **19%** of students in 2024; and High Risk at **1%** of students.

Substance use decreased from 2024 across all top used substances. Vaping decreased from one fifth of students, to almost one tenth of students vaping in the last three months.

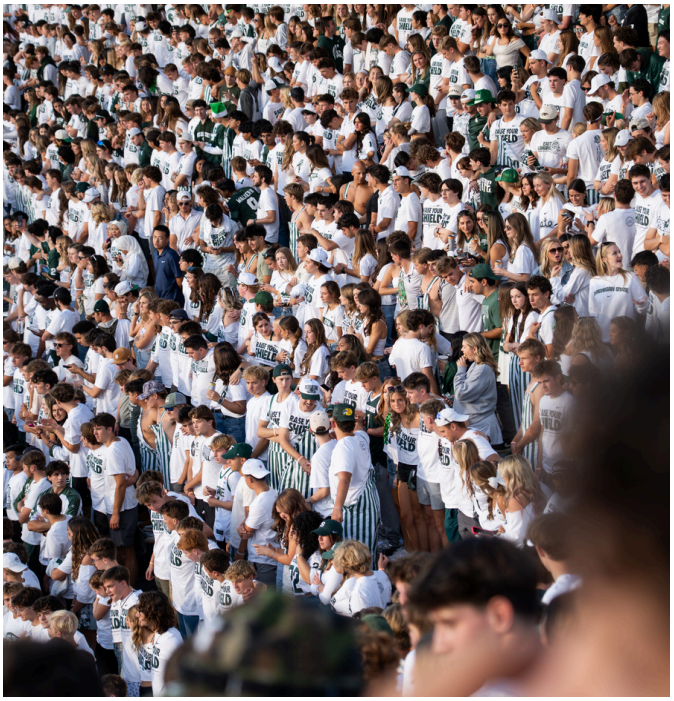


Table 4 (see Appendix) breaks down alcohol consumption by students' reported number of drinks, hours drinking, and calculated Blood Alcohol Content from the last occurrence of drinking. Only students who drank in the last 3 months are represented in these calculations. Additionally, students are inquired about the number of times they had an excessive amount of drinks, which is denoted by an asterisk (*). This excessive amount is colloquialized from Male students having 5 or more drinks and Female students having 4 or more drinks, and the average is calculated from the number of reported instances this excess was reached in the last 2 weeks.

Male students are likely to have a slightly higher average amount of drinks consumed at 4.2 drinks than Female students at 3.5 drinks. Undergraduate students have a higher consumption rate (4.0 drinks) than Graduate students (2.9 drinks), and also have a higher average BAC. Members of Fraternities/Sororities also consume a slightly higher amount of drinks. International students had a higher average amount of drinks than their peers at 4.4 drinks the last time they drank.

Of those who drank alcohol in the past year, 21% report that they did something they later regretted, 15% of students forgot where they were and what they were doing (blacked out), 27% forgot for a short time but could remember if reminded (browned out), and 9% of students had unprotected sex (down 2 weighted percentage points from 2024).



Mental Health in our Sights, Resources at the Ready

74% of students indicate that if they had a personal problem that was really bothering them, they would consider seeking help from a mental health professional. Female students have a higher indication of this at 84% indicating they would, while Male students report 62% that would. For Male students, this decreased 7 weighted percentage points from 69% in 2024.

- **18%** of students reach the threshold for positive suicidal screening on the combined Suicide Behavior Questionnaire-Revised (SBQR) Screening Score. This decreased from 22% in 2024.
- **43%** of students indicate positive on the combined UCLA Loneliness Scale.
- **14%** of students report often feeling isolated from others.
- **10%** report often feeling left out, improving from **15%** of students in 2024.
- **14%** report often feeling that they lack companionship.
- In the past 30 days, **37%** of students said they felt nervous some of the time, **20%** most of the time, and **10%** all of the time. **21%** of students report feeling hopeless some of the time, **4%** most of the time, and **3%** all the time.

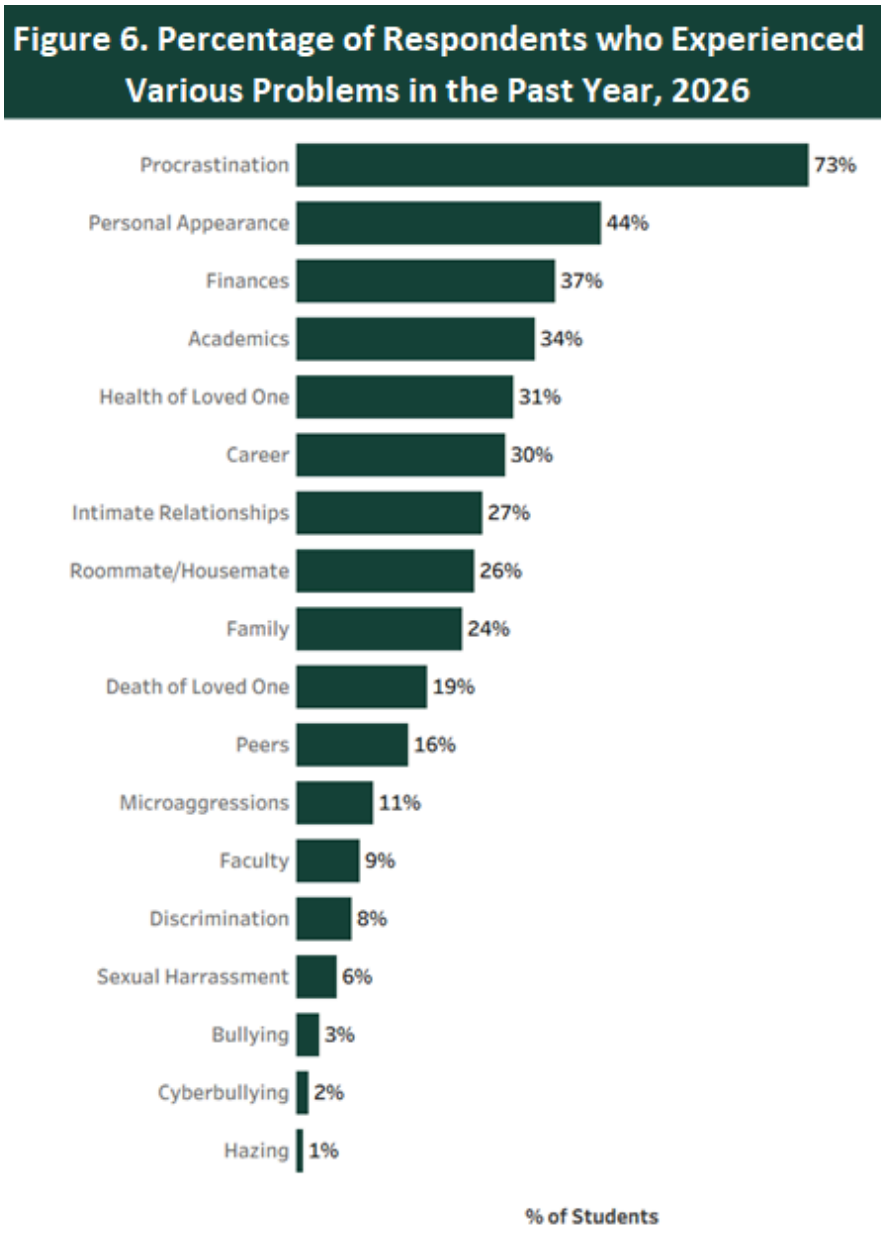


Figure 6: Percentage of students who experienced various problems, which students can indicate more than one. Percentages are weighted.

The top five topics of these listed problems were almost consistent with 2024, but Procrastination increased from 68% of students to 73% of students (figure 6). The 5th most experienced problem or challenge in 2024 was Intimate Relationships, which is now at the 7th highest.

- Of the students who say procrastination was a challenge in the past year, **57%** report that it caused them moderate to high distress.
- For the students who report personal appearance gave them problems, **49%** are Female and **38%** are Male students.
- Of the students who experienced problems with finances, **71%** report that it caused them moderate to high distress.

Procrastination remains the top problem experienced by students in the past year, seeing a slight increase within students from 2024.

Additionally, 21% of students report having high stress within the last 30 days. 2% of students have actively tried to commit suicide, and 15% of students have told someone they would kill themselves or were going to (4% meaning it and 11% not actually wanting to die).



Figure 7: Percentage of students who indicated that certain impediments impacted their academics negatively, including hindering progress toward their degree. Students can indicate about more than one impediment. Percentages are weighted. Reported changes from 2024 to 2026 represent differences in weighted percentage estimates and should not be interpreted as changes in raw respondent percentages or counts.

- The percentage reporting that stress negatively affected academic performance decreased from 35% of students in 2024 to 30% of students in 2026; depression decreased from 20% to 16% of students.
- Stress is generally experienced by 72% of students. Anxiety is experienced by 59% of students, and 45% of students experience sleep difficulties.

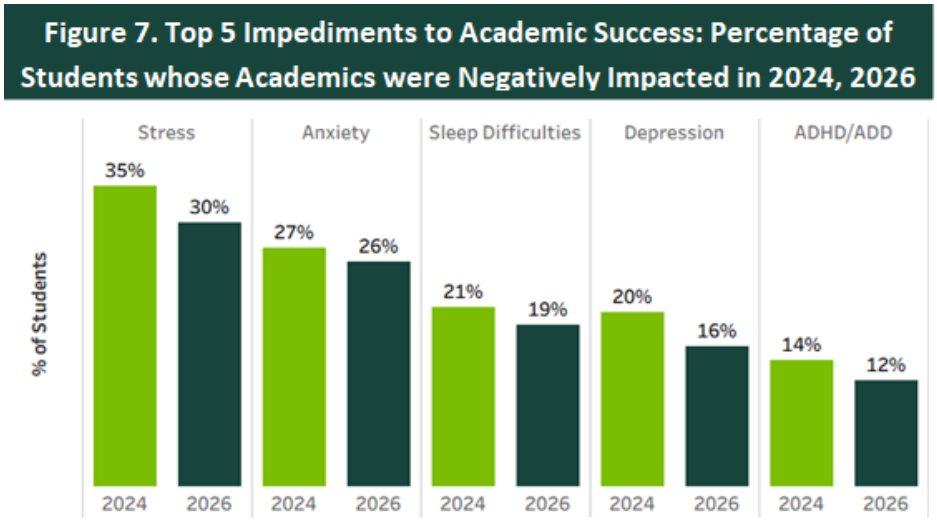


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Figure 7 explores the Impediments to Academic Success, which the top 5 categories remain the same impediments from 2024. These are displayed in Figure 7 as the percentage of students which the topics were the top to impact academic performance in a negative manner.



In the Face of Decreasing Substance Use, Perceptions around Drinking Behaviors Vary

Included in the 2026 NCHA survey at MSU are five questions adapted from a previous assessment run by UHW covering perceptions of behaviors around alcohol consumption, as well as the addition of four separate questions around participation in gambling and sports betting behaviors. In the alcohol-related behaviors section, students are not required to indicate if they have drank alcohol within the past year. When relevant, students will be broken down into those who have drank in the past year, and students who have not/have never drank in accordance with previous NCHA questions regarding alcohol consumption.

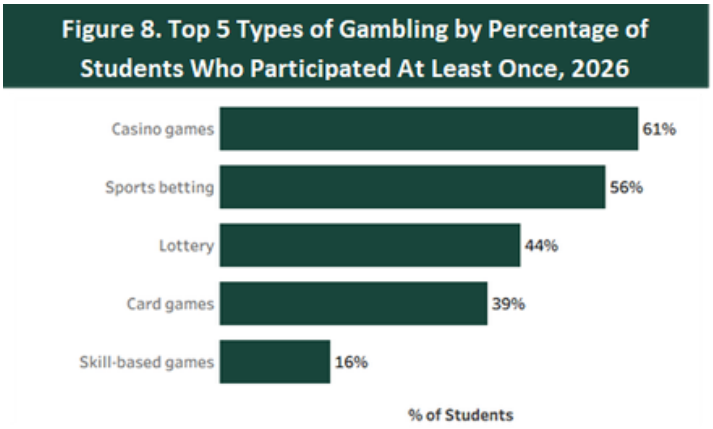
Table 5 (see Appendix) represents the approval or disapproval among students of several behaviors related to alcohol use.

- **82%** of students Approve or Strongly Approve of a friend or peer choosing not to drink.
- **69%** of students Disapprove or Strongly Disapprove of getting wasted and **81%** Disapprove or Strongly Disapprove of drinking until passing out.
- Within personally approving/disapproving of drinking more than usual during special occasions: of students who have drank in the last three months, **46%** Approve or Strongly Approve of this behavior; of students who have not drank in the last three months or have never drank, only **13%** Approve or Strongly Approve.
- Within personally approving/disapproving of playing drinking games: of students who have drank in the last three months, **61%** Approve/Strongly Approve; **16%** of the students who haven't drank at all or in the past three months Approve/Strongly Approve of this.

Sports Betting Takes Off; Gambling Assessed through Campus

Gambling and sports betting behaviors are prevalent on campus. 29% of all students have participated in gambling or sports betting at least once in the past year. 5% of all students reported participating in gambling/sports betting once a week or more. This behavior is much more common in men, who make up 71% of the gambling participants from the past year. Male students were also the only respondents to report gambling daily. Students are not asked to specify how often they do *each* type of gambling, which means they can have indicated participating in multiple types of gambling.

- When prompted for frequency of gambling/sports betting behavior, all students who responded that they gamble once a week or more frequently are *also* participants in sports betting.
- Of the students who gamble, 58% do so only once or a few times a year, while 6% of students who gamble do so daily.



Within the 29% of students who participated in gambling/sports betting, the top 5 types of gambling participated are provided in Figure 8.

Figure 8: Percentage of participation in specific types of gambling or sports betting within the 29% of all students on campus who gamble. Percentages are weighted.

Future Considerations For A Health Promoting University

In 2025, MSU became designated as a “health-promoting university” emphasizing the importance of embedding health and well-being into all aspects of university culture. This provides important context when reflecting on the most recent 2026 NCHA data from a health promotion perspective that recognizes health and well-being is more than individual choices and behaviors, it is shaped by many factors including the environment, systems, policies, and access to resources.

Overall, students report positive perceptions of their health, sense of belonging, and campus support of well-being. It is encouraging to see students reporting a decrease in overall substance use, strong protective social norms, and increase in overall reports of good or excellent health. At the same time, mental health concerns, sleep difficulties, food insecurity, loneliness, and emerging issues such as gambling and sports betting continue to affect a significant portion of the student population.

Based on the findings highlighted in the Executive Summary, the following highlights recommended action steps aligned with health promotion best practices for prioritizing and developing well-being and supporting overall student success.

- Expand awareness of and access to university resources, including mental health supports, wellness and academic coaching, food security and basic needs, sexual health services, and gambling-related resources, and continue to promote a "no wrong door" approach to care.
- Promote resilience building to equip students with important coping skills to support stress management and other challenges.
- Foster a campus culture of connection, belonging, and inclusion by creating opportunities for peer engagement, community building, and social support.
- Continue social norms campaign and other health communication messaging that reinforces protective behaviors and harm reduction strategies related to substance use, sexual health, and gambling behaviors.
- Address systemic and environmental factors that influence student well-being and address these through pedagogical wellbeing initiatives and policy review.
- Increase access to resources that support basic needs, including food security initiatives, and strengthen efforts to connect students with support before challenges reach a crisis point.
- Promote physical activity and healthy sleep as foundational components of well-being that support mental health, stress management, and academic success.
- Continue monitoring emerging trends, including gambling and sports betting behaviors, to inform future prevention and intervention efforts.

The NCHA is a tool to inform existing programs, focus on prevention efforts, and address emerging concerns. Looking ahead, NCHA data will help guide resource allocation, partnerships, and campus-wide strategies. By focusing on both individual and settings-based approaches, MSU can continue building a culture of health and well-being that supports student success.

Appendix: Tables



APPENDIX: TABLES

Table 1. Demographic Profile of NCHA III Survey Respondents (N = 749): 2026

Characteristic	Sub-characteristic	% Overall	% Undergrad	% Graduate/ Equivalent
Sex at Birth	Male	52.8%	54.0%	48.6%
	Female	47.3%	46.0%	51.4%
Age	18	9.5%	12.2%	0.0%
	19	14.4%	18.6%	0.0%
	20	18.3%	23.7%	0.0%
	21 and up	57.7%	45.5%	100.0%
Race/Ethnicity	American Indian/Alaska Native	0.3%	0.2%	0.7%
	Asian	7.9%	7.2%	10.4%
	Black/African American	6.9%	7.1%	6.1%
	Hispanic/Latino	7.2%	7.5%	6.1%
	International	8.2%	7.0%	12.4%
	Multiracial	4.5%	4.8%	3.2%
	Not Specified/Other	1.8%	1.5%	2.7%
	White	63.3%	64.8%	58.3%
Class	Freshman	13.8%	17.8%	0.0%
	Sophomore	18.2%	23.5%	0.0%
	Junior	20.6%	26.6%	0.0%
	Senior	24.9%	32.1%	0.0%
	Graduate/Equivalent	22.5%	0.0%	100.0%
Cumulative GPA	A	69.6%	67.3%	77.4%
	B	22.9%	25.8%	12.8%
	C/D/F	3.9%	4.7%	1.0%
	Not Reported	3.6%	2.1%	8.8%
Full-Time Student		85.9%	88.1%	78.5%
Residence	Residence Hall	33.1%	41.3%	4.6%
	Fraternity/Sorority	1.9%	2.4%	0.0%
	With Parents/Guardian	8.5%	7.5%	11.9%
	Off-Campus Housing	55.3%	47.9%	80.9%
	Other	1.3%	0.9%	2.6%

Member of Fraternity/Sorority		7.5%	8.6%	3.5%
Health Insurance Status	University Plan	12.0%	3.6%	40.9%
	Parents' Plan	69.3%	80.7%	30.0%
	Another Plan	15.8%	12.2%	28.1%
	No	1.7%	2.2%	0.0%
	Not Sure	1.2%	1.3%	1.0%
Sexual Orientation	Heterosexual	78.5%	79.8%	73.9%
	Gay/Lesbian	4.7%	3.9%	7.4%
	Bisexual/Pansexual	10.1%	9.3%	12.8%
	Queer/Questioning	3.7%	3.8%	3.1%
	Asexual/Other	3.1%	3.2%	2.8%
Varsity Athlete		2.0%	2.5%	0.3%
Club Sport Athlete		7.8%	9.4%	2.2%
Disability Status (% Responded Yes)	ADHD/ADD	15.6%	13.4%	23.1%
	Autism Spectrum Disorder	4.3%	5.1%	1.7%
	Deaf/hearing loss	0.8%	0.7%	1.2%
	Learning disability	3.1%	2.9%	3.6%
	Mobility/dexterity disability	1.4%	1.4%	1.6%
	Blind/low vision	2.7%	2.8%	2.5%
	Speech or language disorder	0.7%	0.9%	0.3%

Table 1: Demographic breakdown of student respondents by various categories. Percentages are weighted.

Table 2. Percentage Distribution of Students on General Health: 2026							
		% Response					
Characteristic	Sub-characteristic	Poor	Fair	Good	Very Good	Excellent	No Response
Overall		**1%**	**7%**	**33%**	**41%**	**16%**	**2%**
Sex at Birth	Male	2%	6%	28%	42%	20%	2%
	Female	1%	8%	38%	40%	12%	2%
Race/Ethnicity	American Indian/Alaska Native	0%	0%	85%	15%	0%	0%
	Asian	0%	9%	23%	53%	11%	4%
	Black/African American	5%	4%	32%	39%	20%	0%
	Hispanic/Latino	0%	8%	33%	28%	26%	4%
	International	1%	5%	35%	33%	23%	3%
	Multiracial	0%	10%	20%	45%	25%	0%
	Not Specified/Other	0%	10%	24%	17%	49%	0%
	White	1%	7%	35%	42%	13%	1%
Class	Freshman	3%	6%	29%	47%	15%	1%
	Sophomore	0%	6%	38%	41%	14%	1%
	Junior	2%	7%	30%	45%	15%	1%
	Senior	2%	7%	30%	38%	20%	3%
	Graduate/Equivalent	1%	8%	38%	36%	16%	1%
Age	Under 21	0%	5%	32%	46%	16%	2%
	21 and up	2%	8%	34%	37%	17%	2%
Residence	On-Campus	0%	7%	33%	43%	17%	1%
	Off-Campus	2%	7%	33%	40%	16%	2%
GPA Group	A	2%	6%	33%	43%	15%	1%
	B	0%	8%	29%	38%	21%	3%
	C/D/F	0%	27%	29%	25%	19%	0%
	Not Reported	0%	5%	61%	22%	12%	0%

Table 2: Percentage of students per category of overall health as selected from a range of 'Poor' to 'Excellent', demographic breakdown by various categories. Percentages are weighted.

Table 3. Percentage of Respondents Who Used Various Kinds of Drugs, Alcohol, or Tobacco by Frequency of Use in the Last 3 Months: 2026					
Substance Type	**Never/No Response**	**Once or twice**	**Monthly**	**Weekly**	**Daily or almost daily**
Tobacco or Nicotine Products	78.5%	9.5%	3.9%	2.1%	6.0%
Alcoholic Beverages	33.2%	17.7%	20.5%	27.5%	1.1%
Cannabis (non-medical use)	71.0%	13.6%	6.0%	5.9%	3.5%
Cocaine	99.2%	0.8%	0.0%	0.0%	0.0%
Prescription Stimulants (non-medical use)	98.6%	1.0%	0.3%	0.0%	0.0%
Methamphetamines	100.0%	0.0%	0.0%	0.0%	0.0%
Inhalants	99.1%	0.9%	0.0%	0.0%	0.0%
Sedatives or Sleeping Pills (non-medical use)	99.8%	0.0%	0.1%	0.1%	0.0%
Hallucinogens	97.2%	2.1%	0.6%	0.1%	0.0%
Heroin	100.0%	0.0%	0.0%	0.0%	0.0%
Prescription Opioids (non-medical use)	99.8%	0.1%	0.0%	0.0%	0.0%
Other	99.7%	0.0%	0.1%	0.0%	0.2%

Table 3: Percentage of students per substance category of frequency of use. Percentages are weighted.

Table 4. Average Drinks Consumed, Hours Drinking, BAC, and Instances Consuming Excessive Amounts of Alcohol by Demographic: 2026

		Drank In Last 3 Months, by Last Occurrence of Drinking			Last 2 Weeks
Characteristic	Sub-characteristic	Number of Drinks	Hours Drinking	BAC	Number Times Had Excessive Drinks*
Respondents Who Drank		3.7	3.5	0.053	1.2
Sex at Birth	Female	3.5	3.6	0.057	1.2
	Male	4.2	3.4	0.039	1.4
Race/Ethnicity	American Indian/Alaska Native	2.3	2.0	0.016	0.0
	Asian	3.3	3.2	0.062	1.5
	Black/African American	3.3	3.8	0.036	1.3
	Hispanic/Latino	2.4	3.0	0.026	0.6
	International	4.4	3.4	0.070	1.2
	Multiracial	3.4	3.6	0.038	1.1
	Not Specified/Other	3.0	3.6	0.063	0.8
	White	3.7	3.6	0.052	1.3
Age	Under 21	4.1	3.7	0.064	1.7
	21 and up	3.5	3.4	0.045	1.0
Residence	Off-Campus	3.6	3.5	0.050	1.1
	On-Campus	4.0	3.6	0.057	1.8
GPA	A	3.6	3.5	0.050	1.2
	B	3.9	3.4	0.063	1.6
	C/D/F	4.8	5.1	0.072	1.7
	Not Reported	3.1	3.6	0.020	0.4
Fraternity/Sorority Status	Member	4.1	4.0	0.071	2.0
	Not a member	3.6	3.5	0.050	1.1
Academic Class	Undergraduate	4.0	3.7	0.062	1.5
	Graduate/Equivalent	2.9	3.3	0.029	0.6

Table 4: Average responses per student in number of drinks, hours drinking, Blood Alcohol Content (BAC), and number of times (estimated) drinks were excessively consumed. (*) Excessive drinking is defined colloquially from Male respondents having 5 or more drinks per instance, and Female respondents having 4 or more drinks per instance in the past two weeks. Percentages are weighted.

Table 5. Personal Level of Approval of Alcohol Use Behaviors						
	% Response					
Behavior	Strongly Disapprove	Disapprove	Neither Approve or Disapprove	Approve	Strongly Approve	No Response
1. Drinking more than usual during special occasions.	10%	18%	36%	29%	6%	0%
2. Drinking to the point of losing consciousness (passing out)	44%	37%	16%	2%	0%	1%
3. Getting into arguments or physical fights because of drinking.	69%	24%	5%	1%	0%	1%
4. Bragging or telling stories about being drunk.	24%	30%	38%	7%	1%	0%
5. Encouraging or pressuring someone to consume more alcohol than they intended.	67%	26%	6%	0%	0%	1%
6. Drinking to extreme intoxication ("getting wasted")	44%	25%	25%	4%	1%	1%
7. Stopping a friend from drinking too much.	3%	1%	7%	37%	50%	1%
8. Getting medical help for a friend who consumed excessive amounts of alcohol.	3%	1%	5%	20%	70%	2%
9. Participating in drinking games.	8%	8%	36%	33%	13%	1%
10. A friend or peer choosing not to drink any alcohol at all.	2%	1%	13%	21%	61%	1%

Table 5: Percentage of students responding to various levels of approval of behaviors related to alcohol use. Responses range from 'Strongly Disapprove' to 'Strongly Approve'. Percentages are weighted.