State of Spartan Health 2026:

What's Helping Students Thrive and What's Getting in Their Way?

Data from the National College Health Assessment (NCHA) Survey III offers a snapshot of MSU student well-being, highlighting areas of progress and opportunities for continued focus. NCHA survey data was collected from 749 respondents of an original 5,000 randomly sampled students in Spring 2026, at a response rate of 15%.

Health Behaviors and Risks

53%
report feeling tired during the day four or more days a week

29%
report gambling or sports betting at least once in the past year

Daily Stressors

Procrastination
73%
report this as a challenge in the past year (increase from 68% in 2024); of this, 57% report this caused moderate to high distress

Personal Appearance
44%
report this as a challenge in the past year (decrease from 50% in 2024)

Finances
37%
report this as a challenge in the past year (decrease from 44% in 2024); of this, 71% report this caused moderate to high distress

Food Security
31%
scored in the lower food security categories (decrease from 39% in 2024)

Encouraging Trends

Connection and Community

78% feel they belong at MSU (increase from 70% 2024)

Health Behaviors and Risks

45% report no sexual activity ever or in past year (increase from 34% in 2024)

54% report spending 0 hours in their typical week partying (increase from 46% in 2024)

67% report using alcohol in last three months (decrease from 72% in 2024)

What Impacts Student Success

Even with improvements since 2024, MSU students continue to report that there are impediments that negatively impact their academics:

Stress
30%
(down from 35% in 2024)

Anxiety
26%
(down from 27% in 2024)

Sleep Difficulties
19%
(down from 21% in 2024)

Depression
16%
(down from 21% in 2024)

ADHD/ADD
12%
(down from 14% in 2024)

Opportunities for Impact

Connection and Community

14% report often feeling isolated from others

10% report feeling left out

14% report lacking companionship

55% feel health and well-being are a priority at MSU (increase from 49% in 2024)

Learn more

Scan the QR code to find more State of the Spartan Health data

Visit uhw.msu.edu

Source: 2026 National College Health Assessment (NCHA III) N=749

@HealthySpartans

HPEAA-09032024