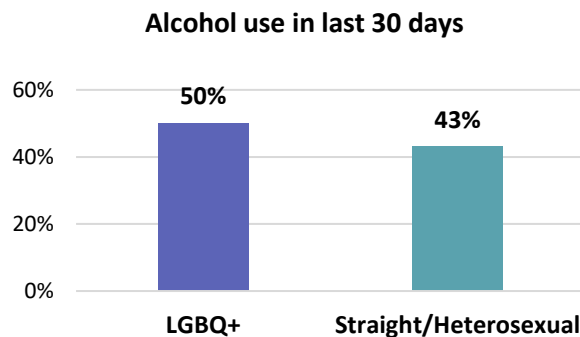


2019 National College Health Association: Sexual Orientation Results – Highlights

- A total of 1,008 students participated in the NCHA. 19% of participants identified as Lesbian, Gay, Bisexual, Queer, or another identity (n=189). 81% of participants identified as straight/heterosexual (n=819).

Drugs & Alcohol

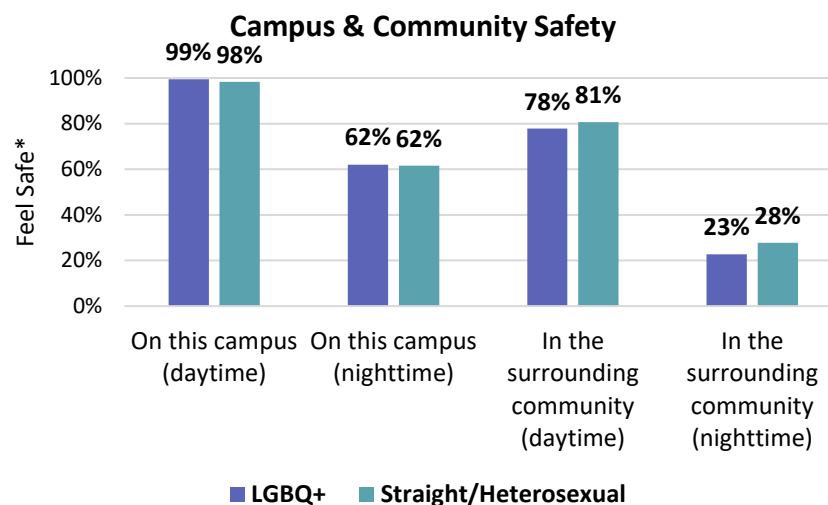
- 50%** of LGBTQ+ respondents, compared to 43% of straight/heterosexual respondents, reported using alcohol in the last 30 days.



- 28%** of LGBTQ+ respondents, compared to 20% of straight/heterosexual respondents, reported using marijuana in the last 30 days.
- 3%** of LGBTQ+ respondents, compared to 2% of straight/heterosexual respondents, reported seriously considering suicide when drinking within the last 12 months.

Safety

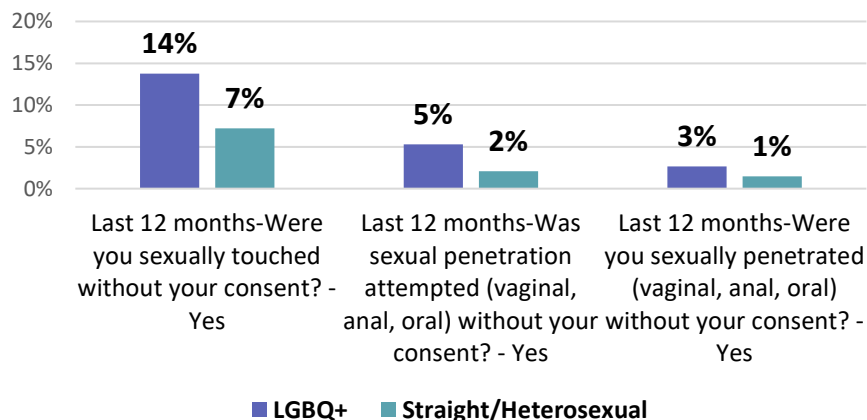
- 99%** of LGBTQ+ respondents and 98% of straight/heterosexual respondents reported feeling safe on campus during the day, but this decreased to 62% at nighttime for both LGBTQ+ and straight/heterosexual respondents.
- 78%** of LGBTQ+ respondents and 81% of straight/heterosexual respondents reported feeling safe in the surrounding campus community during the day, but this decreased to 23% for LGBTQ+ respondents and 28% for straight/heterosexual respondents.



- 23%** of LGBTQ+ respondents, compared to 14% of straight/heterosexual respondents, reported being verbally threatened in the last 12 months.
- 8%** of LGBTQ+ respondents, compared to 5% of straight/heterosexual respondents, reported being the victim of stalking in the last 12 months.

- **12%** of LGBQ+ respondents, compared to 6% of straight/heterosexual respondents, reported being in an emotionally abusive relationship within the last 12 months.
- **Sexual assault:**
 - **14%** of LGBQ+ respondents, compared to 7% of straight/heterosexual respondents, reported being sexually touched without their consent in the last 12 months.
 - **5%** of LGBQ+ respondents, compared to 2% of straight/heterosexual respondents, reported that sexual penetration was attempted without their consent in the last 12 months.
 - **3%** of LGBQ+ respondents, compared to 1% of straight/heterosexual respondents, reported they were sexually penetrated without their consent within the last 12 months.

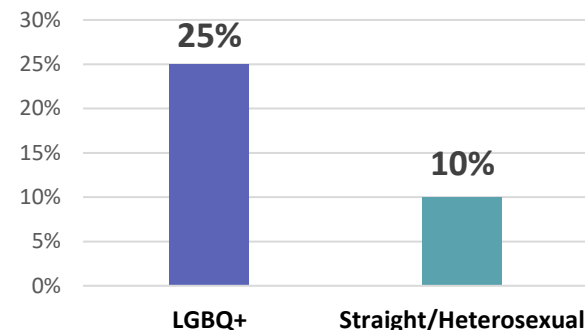
Sexual Assault



Mental Illness

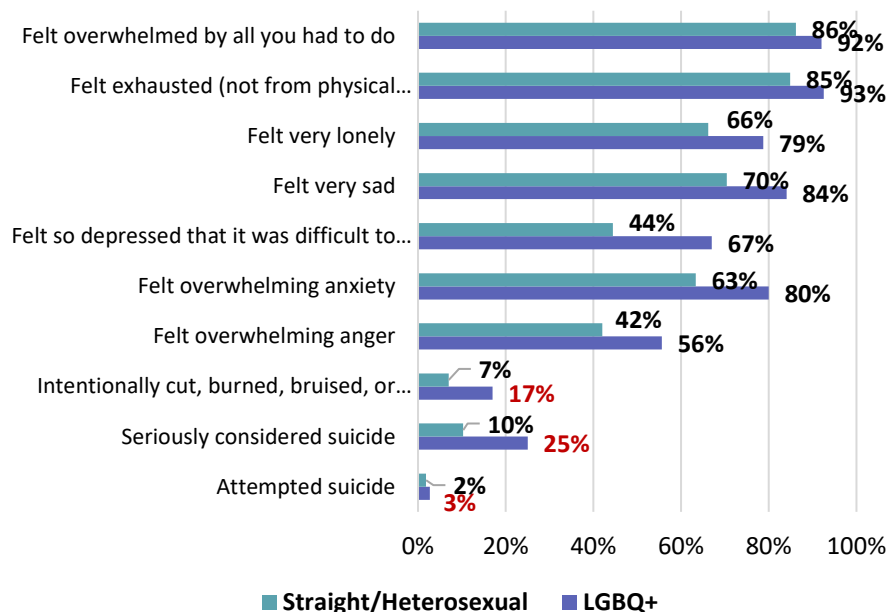
- **25%** of LGBQ+ respondents, compared to 10% of straight/heterosexual respondents, reported seriously considering suicide within the last 12 months.

Seriously considered suicide within the last 12 months



- **17%** of LGBQ+ respondents, compared to 7% of straight/heterosexual respondents, reported intentionally cutting, burning, bruising, or otherwise injuring themselves within the last 12 months.
- **3%** of LGBQ+ respondents, compared to 2% of straight/heterosexual respondents, reported attempting suicide within the last 12 months.
- **67%** of LGBQ+ respondents, compared to 44% of straight/heterosexual respondents, reported feeling so depressed that it was difficult to function within the last 12 months.
- **80%** of LGBQ+ respondents, compared to 63% of straight/heterosexual respondents, reported feeling overwhelming anxiety within the last 12 months.
- **93%** of LGBQ+ respondents, compared to 85% of straight/heterosexual respondents, reported feeling exhausted (not from physical activity) in the last 12 months.

Mental Health

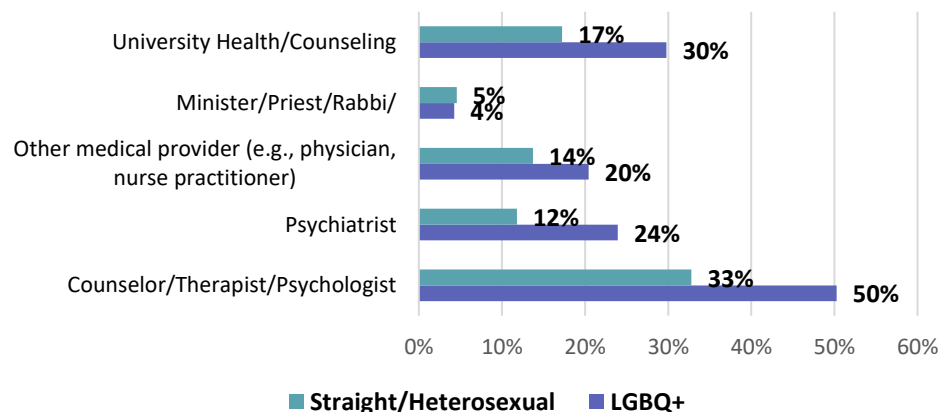


Diagnosis and Treatment in Last 12 Months:

- 29% of LGBTQ+ respondents, compared to 15% of straight/heterosexual respondents, were diagnosed/treated with anxiety in the last 12 months.
- 27% of LGBTQ+ respondents, compared to 10% of straight/heterosexual respondents, were diagnosed/treated with depression in the last 12 months.
- 14% of LGBTQ+ respondents, compared to 7% of straight/heterosexual respondents, were diagnosed with panic attacks in the last 12 months.
- 8% of LGBTQ+ respondents, compared to 4% of straight/heterosexual respondents, were diagnosed with insomnia in the last 12 months.

- 32% of LGBTQ+ respondents, compared to 17% of straight/heterosexual respondents, reported ever being diagnosed with depression.
- 23% of LGBTQ+ respondents, compared to 12% of straight/heterosexual respondents, reported experiencing tremendous stress in the last 12 months.
- **Mental Health Services:**
 - 50% of LGBTQ+ respondents, compared to 33% of straight/heterosexual respondents, reported ever seeing a counselor/therapist/psychologist.
 - 30% of LGBTQ+ respondents, compared to 17% of straight/heterosexual respondents, reported ever seeing university health/counseling.
 - 24% of LGBTQ+ respondents, compared to 12% of straight/heterosexual respondents, reported ever seeing a psychiatrist.

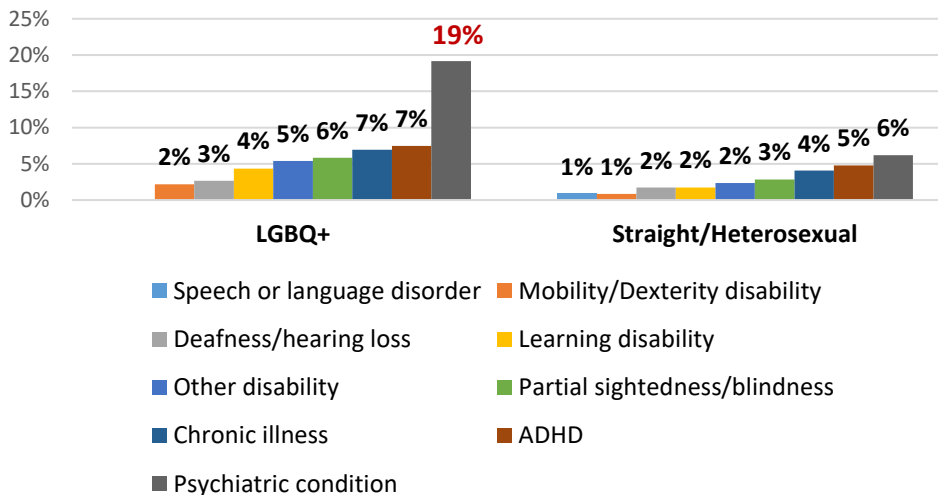
Ever Received Mental Health Services



Physical Health

- LGBQ+ respondents reported being diagnosed/treated with medical conditions at higher rates than straight/heterosexual respondents. LGBQ+ respondents, compared to straight/heterosexual respondents, reported higher rates of allergies (16% vs. 13%), back pain (12% vs. 10%), migraines (10% vs. 8%) and sinus infections (10% vs. 7%).
- 19%** of LGBQ+ respondents reported having a psychiatric condition, compared to 6% of straight/heterosexual respondents.
- Overall, LGBQ+ respondents reported having a disability or medical condition at higher rates than straight/heterosexual respondents. This includes ADHD (7% vs. 5%), chronic illness (7% vs. 4%), partial sightedness/blindness (6% vs. 3%), learning disability (4% vs. 2%), and deafness/hearing loss (3% vs. 2%).

Disabilities and Medical Conditions



Academic Difficulties

- Overall, LGBQ+ respondents reported having more difficulties affecting their academic performance than straight/heterosexual students. LGBQ+ respondents, compared to straight/heterosexual respondents, reported higher rates of stress (50% vs. 38%), anxiety (43% vs. 28%), depression (40% vs. 20%), sleep difficulties (32% vs. 23%), cold/flu/sore throat (22% vs. 14%), and internet use/computer games (20% vs. 15%).

Conclusion

- On average, LGBQ+ participants reported more negative results than straight/heterosexual participants. This includes self-reported data regarding feeling less safe on and around campus, higher rates of sexual assault and abusive relationships, higher rates of mental illness and suicidality, higher rates of alcohol and marijuana use, and higher rates of physical illnesses including disabilities and chronic medical conditions. Additionally, a series of life difficulties affected LGBQ+ respondents and subsequently interfered with their academic performance at higher rates than straight/heterosexual respondents. Taken together, these findings suggest that UCR LGBQ+ students are marginalized and at high risk of mental and physical illnesses that impact their academic performance and general well-being.

Within the last 12 months, have any of the following affected your academic performance?

