of SF State students report being in good to excellent health

of students who engage in vaginal intercourse never use a condom or protective barrier

of students who engage in anal intercourse never use a condom or protective barrier

PERCENTAGE OF SF STUDENTS EXPERIENCING ANY FOOD INSECURITY

A large number of SF State students are deeply affected by the COVID-19 pandemic

Mental health is the primary health challenge facing SF State students and impedes student academic success

Top 3 Stressors Reported by SF State Students

- Academics
- Finances
- Death of a loved one

53% of students report feeling lonely

30% of students considered suicide at least once over the past year

2% of students report that they likely will try to commit suicide someday

25% of students report being diagnosed with anxiety by a healthcare provider

20% of students report being diagnosed with depression by a healthcare provider

80% of students report that they would consider seeking professional mental health help if they had a really bothersome problem

Top 5 ISSUES AFFECTING ACADEMICS

- Stress
- Anxiety
- Depression
- Sleep Difficulties
- Academic Performance

TOP 3 ISSUES THAT DELAYED PROGRESS TOWARDS A DEGREE

- Stress
- Anxiety
- Depression

More information on the NCHA report: wellness.sfsu.edu  hpw@sfsu.edu  @SFStateCares