

UNDERSTANDING STUDENT WELL-BEING: INSIGHTS FROM THE 2025 NCHA SURVEY

Last spring, the University of Iowa invited all students to participate in the 2025 National College Health Assessment (NCHA), continuing our commitment to better understand and support student well-being. After analyzing the results, Student Wellness and Assessment, Improvement, & Research staff collaborated to produce detailed reports and have since met with campus partners—including academic colleges—to share key findings and explore opportunities for collective action.

Highlights from the 2025 NCHA include:

- Undergraduate alcohol use (ever used, past three months, and past month) has slightly declined. However, usage rates at UI remain higher than the national average.
- Academic stressors such as procrastination, stress, anxiety, depression, and sleep difficulties have decreased since 2023. At the same time, more students reported being diagnosed with two or more mental health conditions.
- Among graduate and professional students, nicotine use (any use in the past three months) has increased, along with reports of serious psychological distress.
- Perceptions of campus culture around well-being have improved, yet there was a noted decline in students experiencing food security.

Full reports for both undergraduate and graduate/professional students are available on the [Student Wellness website](#), along with data from previous years.

