

THE UNIVERSITY OF NEW MEXICO

STUDENT WELL-BEING ASSESSMENT

2024-2025 UNM-Gallup Findings Report



A Lobo Well-Being Project

SUMMARY

The UNM Student Well-Being Assessment was completed in Fall 2024 in partnership with the American College Health Association (ACHA). 4,704 UNM students participated in the survey, which investigated areas of well-being, known as “dimensions”, that are influenced by the college environment. Please refer to the *Student Well-Being Assessment: 2024-2025 Findings Report* for information regarding ACHA’s dimensions and correlation to the University’s Lobo Well-Being framework.

This supplemental report references terminology specific to the American College Health Association’s Well-Being Assessment. Definitions of Trans/GNC, Dimensions, and the use of sex and gender are included in the 2024-2025 Findings Report.

DEMOGRAPHICS

According to the UNM Office of Institutional Analytics (OIA) Official Enrollment Report (OER), the total Gallup Campus Headcount for Fall 2024 was 1,692 students. Of that total, 172 students participated in the Student Well-Being Assessment, resulting in a response rate of just over 10%. Please note that students participating in dual-credit and concurrent enrollment were not included in the Student Well-Being Assessment. Approximately 59% of Gallup’s Fall 2024 headcount was female, while 40% were male. OIA does not currently track transgender or gender non-conforming identities in the OER.

See Figure 1 for additional demographic information.



95.9%

Identify as BIPOC

81.4%

Reported being a first generation college student

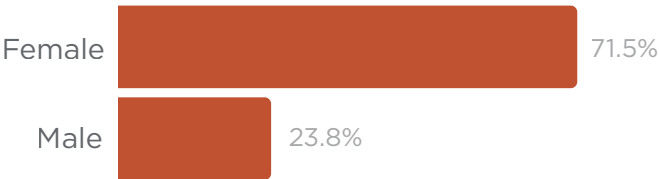
32.6%

Reported primary responsibility for a child under the age of 18*

16.3%

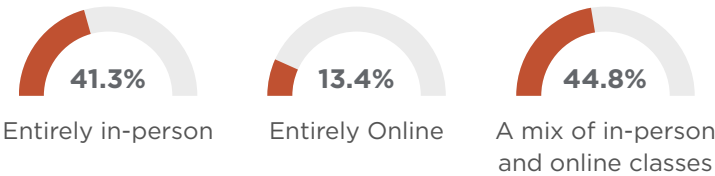
Identify as Queer

Respondents by Sex & Gender



67.4% reported full-time enrollment
30.2% reported part-time enrollment
1.7% reported “Other” enrollment

Course Modality



*For the purposes of this study, this group is known as Parenting Students

RESULTS & KEY FINDINGS

Figure 2. Dimension Scores by Campus

● = Most desirable score

| | Gallup | All Other Branches | Central (Main) |
|---------------------|---------------------|--------------------|---------------------|
| Happiness | <u>35.34</u> | 33.48 | 30.71 |
| Anxiety | <u>24.76</u> | 26.89 | 29.29 |
| Depression | <u>20.03</u> | 21.45 | 22.68 |
| Loneliness | <u>17.91</u> | 18.52 | 19.79 |
| Social Anxiety | <u>20.14</u> | 21.64 | 22.60 |
| Life Satisfaction | <u>45.79</u> | 41.87 | 42.04 |
| Self-Esteem | <u>45.86</u> | 43.65 | 42.44 |
| Optimism | <u>42.46</u> | 39.79 | 37.47 |
| Positive Coping | 35.65 | 35.40 | 34.49 |
| Belonging | <u>46.82</u> | 45.62 | 41.41 |
| Meaning | <u>49.03</u> | 44.73 | 42.95 |
| Purpose | 50.18 | 50.02 | 49.24 |
| Academic Engagement | <u>47.30</u> | 45.25 | 43.95 |
| Activity Engagement | 41.30 | 42.05 | <u>43.20</u> |

Students at the Gallup campus generally reported more desirable dimension scores than their peers at All Other Branches and Central (Main) Campus, scoring more desirably in eleven of the fourteen dimensions. Gallup scored within +/- 1.00 of all other branches in the Positive Coping and Purpose dimensions, while Central Campus scored highest in the Activity Engagement dimension. See Figure 2.

Students at Gallup with Disabilities or Conditions generally report less desirable scores in many dimensions compared to their peers. Queer-Spectrum students reported less desirable scores in eight dimensions compared to their peers, though scores were similar to their peers' scores—or even slightly better—in Loneliness, Social Anxiety, Optimism, Activity Engagement, Academic Engagement, and Purpose. The number of Trans/GNC respondents at Gallup was too low for comparison.

Cis Men scored more desirably than any other population at Gallup (excluding the BIPOC category, which drives the mean) in eleven of the fourteen dimensions. This contrasts with Central Campus, where Parenting Students reported the most desirable scores.



Mental Health and Access to Care

Figure 3. Gallup Students' Mental Health and Access to Care



38.4% of students at Gallup report having at least one disability or condition



39.5% of students at Gallup cannot currently afford to obtain mental health care if needed.



34.3% of students at Gallup cannot currently afford to obtain medical care if needed.

Fewer students at Gallup report having at least one disability or condition than the average of students at all campuses (38.4% vs. 57.9%). However, 6.2% more students at Gallup cannot currently afford medical care if needed while 8.2% more cannot currently afford mental health care if needed. This indicates that students at Gallup may face greater barriers to care than the average UNM student. See Figure 3.

RESULTS & KEY FINDINGS (CONTINUED)

Within the last 30 days, 57% of students at Gallup indicated the food they bought did not last, and they did not have money to get more (vs. an average of 31.4%). 48.9% of Gallup students also reported sometimes/often/very often contributing money to support family members, vs. a UNM-wide average of 26.3%. Students at Gallup also appear to worry about paying for their educational expenses slightly more than the average UNM student (60.4% vs. 56.4%). See Figure 4.



Figure 4. Gallup Students' Basic Needs and Financial Concerns

57%

Within the last 30 days, the food I bought (sometimes/often) just didn't last, and I didn't have money to get more.

48.9%

I (sometimes/often/very often) contributed money to help support family members who were not my own domestic partner or children.

60.4%

I (sometimes/often/very often) worried about being able to pay for my educational expenses.

CONSIDERATIONS

In addition to the Considerations highlighted in the 2024-2025 Findings Report, please note that, due to the number of responses, care should be taken when

reviewing these data. With a response number of 172, Gallup met the desired 10% response rate, but sub-population data may not be fully representative of the Gallup student body. Additionally, some sub-populations including Veterans and Trans/GNC students have been excluded from further analysis due to the risk of identification. Lastly, research requirements have mandated that students under the age of 18 be excluded from this assessment. Given the composition of UNM's Branch Campuses in general, it is important to remember that these data apply *only* to students 18 years of age or older.

REFERENCES

American College Health Association. American College Health Association-Well-Being Assessment: University of New Mexico Executive Summary Fall 2024. Silver Spring, MD: American College Health Association; 2024.

The University of New Mexico. (2025). *Student Well-Being Assessment: 2024-2025 Findings Report*.

UNM Office of Institutional Analytics. (n.d.). *University of New Mexico Official Enrollment Report* [Public dashboard]. Retrieved September 3, 2025, from <https://oia.unm.edu/facts-and-figures/official-enrollment-reports.html>

The UNM IRB protocol associated with this study is **#2407139897**



**DIVISION OF
STUDENT AFFAIRS**