

Health and Wellness Survey 2018

Weighted Undergraduate Report

n = 5,438

*University of Arizona Campus Health Service
Health Promotion and Preventive Services*

Section Key	
Sample Size and Demographics	Page 1
Alcohol and Other Drug Behaviors	Page 3
Body Image and Exercise	Page 6
Mental Health and Violence	Page 7
Sexual Health and Human Sexuality	Page 11
Campus Health Utilization and Media	Page 12

Sample Size and Demographics

Demographics:

% Gender

Males	48.1
Females	51.9

% Living Arrangements

House/apartment	74.4
Residence hall	23.5
Fraternity/sorority	2.1

% Ethnic/Racial Origin (mark all that apply)

African American	6.1
Asian/Pacific Islander	13.6
Caucasian	58.6
Hispanic/Latino	28.3
Middle Eastern and North African	3.1
Native American/Alaska Native	1.9
Other	1.1

% Classification

Freshmen	28.8
Sophomores	21.0
Juniors	23.0
Seniors	27.3

% Extracurricular Activities

Fraternity/Sorority	15.0
Sports Club	8.3
Intercollegiate Athlete	3.1
Intramural Athlete	12.7

% Current Military Status

Not in U.S. Military	96.8
U.S. Veteran	1.9
Active Duty	0.1
Reserves	0.9
Discharged	0.3

Average age

Mean	20.65
Median	20.00
Under 21 (%)	57.4

Average current UA GPA

Mean	3.28
Median	3.30

% Relationship status

Single - not dating	50.0
Casually dating	12.7
Exclusively dating one person	33.2
Engaged	1.2
Married	2.6
Other	0.3

%Sexual Orientation

Heterosexual	91.1
Gay	1.9
Lesbian	0.6
Bisexual	4.3
Queer	0.3
Questioning	0.9
Asexual	0.9

% First Semester at UA

Yes	8.7
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% Out of State

Yes	31.5
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Alcohol and Other Drug Behaviors**AOD Use:**

Drinks per week – mean	3.70
Drinks per week - median	1.00
Drinks usually have when they party - mean	4.26
Drinks usually have when they party - median	4.00
% usually have 0 - 4 drinks when they party	55.4
% had five or more in one sitting at least once in past 2 weeks	42.4
Of these, % did so 1 - 2 times	70.7
% did so 3 - 5 times	22.0
% did so 6 or more times	7.2
% usually party less than one night per week	69.2
% usually party one night per week	16.3
% usually party two nights per week	12.0
% usually party three or more nights per week	2.5
Drinks had last time drank – mean	4.72
Drinks had last time drank - median	4.00
% had 1 - 4 last time they drank	56.1

Drinks per hour last time drank - mean	1.54
Drinks per hour last time drank - median	1.25
BAC* - mean	.0771
BAC – median	.0538
% whose most recent drinking occasion was within the past 30 days	80.4
% whose most recent drinking occasion was within this school year	16.0
% whose most recent drinking occasion was more than one year ago	3.6
% used tobacco in the past 30 days	16.2
% used E-cigarettes/JUULs/Vape in the past 30 days	24.3
% used alcohol in the past 30 days	61.3
% used marijuana (smoked) in the past 30 days	27.6
% used marijuana (edibles) in the past 30 days	11.2
% used cocaine in the past 30 days	6.4
% used heroin in the past 30 days	0.2
% used pain pills (oxy, Vicodin, Percocet, etc.) not prescribed by their physician	0.4
% used sedatives (Valium, Xanax, sleeping pills) not prescribed by their physician	4.0
% used Ritalin/Adderall/Concerta not prescribed by their physician	6.9
% used Ecstasy in the past 30 days	2.2
% used other illegal drugs in the past 30 days	1.6
% used tobacco in the past year	32.7
% used E-cigarettes/JUULs/Vape in the past year	36.6
% used alcohol in the past year	78.6
% used marijuana (smoked) in the past year	46.0
% used marijuana (smoked) in the past year	30.5
% used cocaine in the past year	13.9
% used heroin in the past year	0.5
% used pain pills (oxy, Vicodin, Percocet, etc.) not prescribed by their physician	4.6
% used sedatives (Valium, Xanax, sleeping pills) not prescribed by their physician	9.3
% used Ritalin/Adderall/Concerta not prescribed by their physician	15.1
% used Ecstasy in the past year	9.2
% used other illegal drugs in the past year	4.8

* BAC was truncated to .4 for males and .3 for females

Protective behaviors: % Usually or always do the following when they drink

Stop drinking at least 1 to 2 hours before going home	60.0
Alternate with non-alcoholic beverages	57.2
Have a designated driver	92.3
Set a limit on the number of drinks they have	49.6
Make their own drinks to control the amount of alcohol they have	64.0
Limit the amount of money they bring or spend on alcohol	61.0
Avoid drinking games	32.3
Eat before and during the time they are drinking	86.8
Refuse to ride with a driver who has been drinking	93.1
Avoid pre-gaming/pre-partying	26.6
Avoid shots of hard liquor	26.1

% Experienced the following consequences in the past 30 days due to their drinking

Had a hangover	38.2
Got sick	27.3
Missed a class	20.8
Damaged property	4.4
Been hurt or injured	7.0
Had a memory loss	15.9
Experienced threats of physical violence ¹	3.4
Performed poorly on test or important project	8.5
Used marijuana or other drugs	24.2
Been in trouble with school authorities	2.4
Been left in a potentially dangerous situation	3.7
Got into a fight or argument	6.8
Been in trouble with police	2.0
Did something you later regretted	13.7
Passed out	9.9
Received an MIP	1.5
Received a lower grade in a class	3.7
Drove after drinking any alcohol	11.8

% Experienced the following consequences in the current school year due to their drinking

Had a hangover	70.1
Got sick	59.2
Missed a class	39.3
Damaged property	9.8
Been hurt or injured	20.3
Had a memory loss	37.4
Experienced threats of physical violence	8.1
Performed poorly on test or important project	21.7
Used marijuana or other drugs	41.9
Been in trouble with school authorities	5.1
Been left in a potentially dangerous situation	12.5
Got into a fight or argument	20.3
Been in trouble with police	4.6
Did something you later regretted	35.0
Passed out	24.3
Received an MIP	3.2
Received a lower grade in a class	13.3
Drove after drinking any alcohol	27.5

% who have used any of the following in the past year:

Street opioids (heroin, opium)	0.5
Prescription opioids without a prescription	4.0
Xanax without a prescription	5.1
% who have tried to control, cut down, or stop using any of the above opioids	5.9

Nutrition, Body Image, Sleep and Exercise**Body Image/Eating Disorders****% who report that they always/often eat fruits and/or vegetables at meals and snacks:**

Breakfast	44.9
Lunch	55.7
Dinner	61.0
Snacks	49.2

Within the past 12 months, % have you done any of the following to lose weight

Dieted	46.8
Vomited or used laxatives	5.4
Taken diet pills	5.3
Exercised more	66.1
Smoked more cigarettes	8.3
Misused prescription drugs	2.3

On how many of the past 7 days did you get enough sleep so that you felt rested when you woke up in the morning? (% in each)

0 days	12.2
1-2 days	26.3
3-4 days	33.8
5-6 days	20.8
7 days	6.9
Mean	3.24
Median	3.00

Mental Health, Violence, and Academic Impact

Mental Health

% who have ever been diagnosed with depression	17.3
% who have ever been diagnosed with anxiety	20.9
% who indicated anxiety or depression did not make it difficult at all to work, study, go to class or get along with people	14.7
% who indicated anxiety or depression made it somewhat difficult to work, study, go to class or get along with people	26.6
% who indicated anxiety or depression made it very difficult to work, study, go to class or get along with people	13.0

Overall stress experienced within the past school year (% in each)

No stress	1.6
Less than average stress	6.4
Average stress	35.9
More than average stress	43.0
Tremendous stress	13.1

% Experienced the following in the last 30 days:

Felt things were hopeless	16.4
Felt overwhelmed by all you had to do	48.1
Felt exhausted (not from physical activity)	46.0
Felt very lonely	23.4
Felt very sad	26.0
Felt so depressed that it was difficult to function	11.3
Felt overwhelming anxiety	24.5
Felt overwhelming anger	14.7
Intentionally cut, burned, bruised, or otherwise injured yourself	2.0

% Experienced the following in the last year:

Felt things were hopeless	42.3
Felt overwhelmed by all you had to do	82.3
Felt exhausted (not from physical activity)	76.5
Felt very lonely	53.5
Felt very sad	57.7
Felt so depressed that it was difficult to function	30.1
Felt overwhelming anxiety	51.8
Felt overwhelming anger	38.7
Intentionally cut, burned, bruised, or otherwise injured yourself	6.9

% Times seriously through about suicide in past school year

0 times	90.7
1 or more times	9.3
1 - 4 times	7.7
5 – 8 times	0.6
9 or more times	1.0

% Times attempted suicide in past school year

0 times	98.7
1 or more times	1.3
1 time	0.9
2 times	0.3
3+ times	0.1

% agreed that if in the future they were having a personal problem that was really bothering them, they would consider seeking help from a mental health professional

Yes	74.5
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% indicated yes to the following:

Are you familiar with the National Suicide Prevention Lifeline (phone number)?	75.1
Are you familiar with the National Suicide Prevention Lifeline (text)?	56.8
Have you used the National Suicide Prevention Lifeline?	12.5
Are you aware of suicide prevention resources?	77.3

% who said yes to the following:

Have you ever been in treatment for alcohol or other drug problems?	2.1
Are you currently in treatment for alcohol or other drug problems?	0.7
Are you currently in recovery for alcohol or other drug problems?	1.2
Are you interested in recovery programming for alcohol and other drugs at the UA?	2.0

Violence on campus:

% who have experienced/been a victim of the following in the past 12 months:

Been in a physical fight	5.8
Been physically assaulted (not including sexual assault)	2.8
Been verbally threatened	13.9
Bullying	10.0
Hazing	3.4
Hate crimes or discrimination	8.1
Been sexually touched without consent	7.3
Had sexual penetration attempted without consent	3.3
Been sexually penetrated without consent	2.3
Stalking	4.0
Been in an emotionally abusive relationship	11.6
Been in a physically abusive relationship	2.8
Been in a sexually abusive relationship	2.5

% have experienced/been a victim of

any of the above types of violence in the past 12 months (non-sexual, non-relationship)	26.4
any of the above types of sexual violence within the past 12 months	7.9
any of the above types of relationship abuse in the past 12 months	12.2

Impacts on Academic Performance:

% who said the following have caused them to receive a lower grade on an exam or important assignment

Alcohol use	8.5
Anxiety	22.4
Cold, Flu, or other acute infection	19.1
Depression	11.9
Eating disorder	2.4
Relationship problems	11.1
Lack of sleep	34.9
Stress	36.5
Substance use	2.7

% who said the following have caused them to receive a lower grade in a course

Alcohol use	2.5
Anxiety	12.1
Cold, Flu, or other acute infection	5.3
Depression	8.2
Eating disorder	1.5
Relationship problems	5.4
Lack of sleep	12.9
Stress	15.6
Substance use	1.2

% who said the following have caused them to receive an incomplete or drop a course

Alcohol use	0.4
Anxiety	3.8
Cold, Flu, or other acute infection	0.7
Depression	2.8
Eating disorder	0.4
Relationship problems	1.0

Lack of sleep	2.1
Stress	3.8
Substance use	0.4

% who said the following have caused them to consider dropping out of school

Alcohol use	0.5
Anxiety	9.2
Cold, Flu, or other acute infection	0.5
Depression	8.1
Eating disorder	0.9
Relationship problems	2.1
Lack of sleep	3.9
Stress	9.7
Substance use	10.4

Sexual Health

Sexual health/behaviors

% ever had oral sex	75.4
% ever had vaginal intercourse	72.6
% ever had anal intercourse	22.1
% never had vaginal or anal intercourse	21.6
% never had oral, vaginal or anal sex	25.9
% had zero vaginal/anal sexual partners during school year	32.5
Of those who had vaginal/anal sex during the school year, % had one vaginal/anal sexual partner	56.8
% had 2 vaginal/anal sexual partners during school year	17.6
% had 3 - 5 vaginal/anal sexual or more partners during school year	18.4
% had 6 or more vaginal/anal sexual or more partners during school year	7.2
% usually or always use a condom (among sexually active)	59.8
% have been STI tested within the last year (among sexually active)	43.4
% have NOT been STI tested within the last year (among sexually active)	56.6
% who used birth control the last time they had sex (among sexually active)	80.8
% who did not use birth control because they did not want to prevent pregnancy (among sexually active)	1.2

% who did not use any birth control method (among sexually active)	8.5
% who do not know if they used any birth control method the last time they had sex (among sexually active)	4.0

Service Utilization and Media

% exposure to program materials/sessions/trainings in school year

Sex Talk columns	39.0
Red Cup columns	35.3
NutriNews Columns	18.2
Cold and Flu ads	47.5
Ads about general health and wellness	49.4
Ads about Campus Health Services	52.4
Living Wilde ezine	13.6
Flu shot poster	63.0
Get yourself tested poster	56.9
Alcohol poster	61.2
Free Condom Friday poster	66.1
Cats After Dark Posters	35.3
CHS Social Media	42.7
Other CHS media	38.6

CHS

% ever used CHS	50.6
% have medical insurance that requires them to go elsewhere	29.9
% have purchased health insurance through the Health Insurance Marketplace	9.4

% interested in using the following services:

Telemedicine	50.1
Telepsych	45.1

	Among those who used the service
% who indicated that using Campus Recreation helped them remain a student at the UA	75.3
% who indicated using CHS medical services helped them remain students at UA	57.5
% who indicated using CAPS helped them remain students at UA	35.8

% who indicated using HPPS helped them remain students at UA	20.2
% who indicated using any of the above CHS services helped them remain students at UA	68.4

% indicated the following as their primary form of health insurance

College/university sponsored plan	8.4
Parent's plan	76.3
Another plan	10.0
I don't have health insurance	3.7
I am not sure if I have health insurance	1.6
% aware UA has a voluntary basic dental insurance plan	15.7

% have received the following vaccinations/shots

	Yes	Don't Know
Human Papillomavirus/HPV	66.3	20.9
Meningococcal disease (meningitis)	66.2	24.1
Varicella (chicken pox)	72.0	17.7
Had the flu shot in the last year	36.3	NA