

Health and Wellness Survey 2019

Weighted Undergraduate Report

n = 4,879

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

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Sample Size and Demographics

Demographics:

% Gender

Males	47.0
Females	53.0

% Living Arrangements

House/apartment	74.3
Residence hall	23.6
Fraternity/sorority	1.9
No stable residence	0.1

% Ethnic/Racial Origin (mark all that apply)

African American	6.5
Asian/Pacific Islander	13.5
Caucasian	57.8
Hispanic/Latino	29.1
Middle Eastern and North African	3.1
Native American/Alaska Native	2.9
Other	0.8

% Classification

Freshmen	29.0
Sophomores	20.0
Juniors	22.0
Seniors	29.0

% Extracurricular Activities

Fraternity/Sorority	15.0
Sports Club	7.6
Intercollegiate Athlete	2.0
Intramural Athlete	10.1

% Current Military Status

Not in U.S. Military	96.9
U.S. Veteran	1.9
Active Duty	0.2
Reserves	0.9
Discharged	0.2

Average age

Mean	20.61
Median	20.00
Under 21 (%)	56.6

Average current UA GPA

Mean	3.28
Median	3.33

% Relationship status

Single - not dating	49.2
Casually dating	12.2
Exclusively dating one person	34.0
Engaged	1.3

Married	2.5
Open Relationship	0.5
Other	0.4

%Sexual Orientation

Heterosexual	89.0
Gay	2.4
Lesbian	0.6
Bisexual	5.6
Queer	0.7
Questioning	1.1
Asexual	0.6

% First Semester at UA

Yes	9.2
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% Out of State

Yes	33.2
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% In the Honors College

Yes	11.1
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% Live in Off Campus Student Housing

Yes	30.1
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Alcohol and Other Drug Behaviors**AOD Use:**

Drinks per week – mean	3.73
Drinks per week - median	1.00
Drinks usually have when they party - mean	4.10
Drinks usually have when they party - median	4.00
% usually have 0 - 4 drinks when they party	57.8
% had five or more in one sitting at least once in past 2 weeks	40.6
Of these, % did so 1 - 2 times	70.1
% did so 3 - 5 times	21.3

% did so 6 or more times	8.7
% usually party less than one night per week	71.6
% usually party one night per week	14.7
% usually party two nights per week	11.0
% usually party three or more nights per week	2.6
Drinks had last time drank – mean	4.72
Drinks had last time drank - median	4.00
% had 1 - 4 last time they drank	57.7
Drinks per hour last time drank – mean	1.51
Drinks per hour last time drank - median	1.20
BAC* - mean	.0748
BAC – median	.0504
% whose most recent drinking occasion was within the past 30 days	79.4
% whose most recent drinking occasion was within this school year	17.1
% whose most recent drinking occasion was more than one year ago	3.6
% used tobacco in the past 30 days	13.8
% used ecigarettes in the past 30 days	27.5
% used alcohol in the past 30 days	62.0
% used marijuana (smoked) in the past 30 days	31.0
% used marijuana (edibles) in the past 30 days	12.0
% used cocaine in the past 30 days	5.7
% used heroin in the past 30 days	0.1
% used pain pills (oxy, Vicoden, Percocet, etc.) not prescribed by their physician	0.2
% used sedatives (Valium, Xanax, sleeping pills) not prescribed by their physician	3.9
% used Ritalin/Adderall/Concerta not prescribed by their physician	6.7
% used ecstasy in the past 30 days	2.2
% used other illegal drugs in the past 30 days	1.9
% used tobacco in the past year	28.6
% used ecigarettes in the past year	41.9
% used alcohol in the past year	79.1
% used marijuana (smoked) in the past year	46.4
% used marijuana (edibles) in the past year	30.4

% used cocaine in the past year	13.4
% used heroin in the past year	0.3
% used pain pills (oxy, Vicoden, Percocet, etc.) not prescribed by their physician	3.1
% used sedatives (Valium, Xanax, sleeping pills) not prescribed by their physician	8.9
% used Ritalin/Adderall/Concerta not prescribed by their physician	14.1
% used ecstasy in the past year	9.8
% used other illegal drugs in the past year	5.2

* 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	61.6
Alternate with non-alcoholic beverages	58.8
Have a designated driver	91.8
Set a limit on the number of drinks they have	48.9
Avoid drinking games	37.9
Eat before and during the time they are drinking	86.3
Refuse to ride with a driver who has been drinking	93.6
Avoid pre-gaming/pre-partying	28.2
Avoid shots of hard liquor	28.5

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

Had a hangover	36.3
Got sick	27.4
Missed a class	22.8
Damaged property	2.9
Been hurt or injured	6.6
Had a memory loss	14.5
Experienced threats of physical violence	2.4
Performed poorly on test or important project	6.7
Used marijuana or other drugs	25.8
Been in trouble with school authorities	1.2
Been left in a potentially dangerous situation	2.8
Got into a fight or argument	5.9
Been in trouble with police	1.3

Did something you later regretted	12.4
Passed out	8.8
Received an MIP	0.9
Received a lower grade in a class	3.5
Drove after drinking any alcohol	9.7

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

Had a hangover	70.2
Got sick	58.2
Missed a class	40.7
Damaged property	7.5
Been hurt or injured	19.0
Had a memory loss	36.2
Experienced threats of physical violence	7.2
Performed poorly on test or important project	20.7
Used marijuana or other drugs	43.7
Been in trouble with school authorities	3.2
Been left in a potentially dangerous situation	10.8
Got into a fight or argument	18.5
Been in trouble with police	3.5
Did something you later regretted	33.3
Passed out	22.0
Received an MIP	2.4
Received a lower grade in a class	13.7
Drove after drinking any alcohol	24.7

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

Street opioids (heroin, opium)	0.3
Prescription opioids without a prescription	2.4
Xanax without a prescription	5.2
% who have tried to control, cut down, or stop using any of the above opioids	4.9

Nutrition, Body Image, Sleep and Exercise

% who were hungry but did not eat because there was enough money for food in the past 12 months:

Yes	28.0
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Body Image/Eating Disorders

Compared to other things in your life, how important is your weight to you?

Not important	24.6
More important than some things	62.3
More important than most things	10.7
Most important thing	2.4

Compared to other people your age, how much do you worry about weight and/or body shape?

A lot less	18.8
A little less	17.3
Same	29.6
A little more	23.3
A lot more	11.0

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

Dieted	50.0
Vomited or used laxatives	5.6
Taken diet pills	4.9
Exercised more	66.8
Smoked more cigarettes	9.3
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	11.8
1-2 days	26.8
3-4 days	34.4
5-6 days	19.8
7 days	7.2
Mean	3.24
Median	3.00

Mental Health, Violence, and Academic Impact

% Received counseling/therapy for mental health in the last 12 months:

Yes, at CAPS	7.5
Yes, off campus	10.3
No	82.7

Aside from when you are in class, how many hours a week do you spend some time physically with friends or acquaintances?

0 hours	3.4
1 – 5 hours	38.0
6 – 15 hours	42.6
16+ hours	16.1

Mental Health

% who have ever been diagnosed with depression	19.6
% who have ever been diagnosed with anxiety	24.3
% who have ever been diagnosed with autism	1.0
% who have ever been diagnosed with an eating disorder	4.6
% who have ever been diagnosed with a learning impairment	5.4
% who have ever been diagnosed with PTSD	3.9
% who have been diagnosed with any of the above	33.5
% who indicated anxiety or depression did not make it difficult at all to work, study, go to class or get along with people*	18.6
% who indicated anxiety or depression made it somewhat difficult to work, study, go to class or get along with people*	36.9
% who indicated anxiety or depression made it very difficult to work, study, go to class or get along with people*	16.8

*Note: This question was changed in 2019 to include a 'not applicable' option so results do not total to 100%

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

No stress	2.2
Less than average stress	7.2
Average stress	35.2
More than average stress	42.1
Tremendous stress	13.3

% Experienced the following in the last 30 days:

Felt things were hopeless	25.1
Felt overwhelmed by all you had to do	52.1
Felt exhausted (not from physical activity)	48.5
Felt very lonely	27.7
Felt very sad	29.7
Felt so depressed that it was difficult to function	14.5
Felt overwhelming anxiety	28.8
Felt overwhelming anger	15.3
Intentionally cut, burned, bruised, or otherwise injured yourself	2.5

% Experienced the following in the last year:

Felt things were hopeless	53.5
Felt overwhelmed by all you had to do	84.6
Felt exhausted (not from physical activity)	82.4
Felt very lonely	59.1
Felt very sad	62.8
Felt so depressed that it was difficult to function	36.5
Felt overwhelming anxiety	58.9
Felt overwhelming anger	42.2
Intentionally cut, burned, bruised, or otherwise injured yourself	8.7

% Times seriously through about suicide in past school year

0 times	88.9
1 or more times	11.1
1 - 4 times	9.2
5 – 8 times	1.0
9 or more times	0.9

% Times attempted suicide in past school year

0 times	97.9
1 or more times	2.1
1 time	1.5
2 times	0.3
3+ times	0.3

% 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 – at CAPS	40.5
Yes – Off campus	33.9
No	31.9

% indicated yes to the following:

Are you familiar with the National Suicide Prevention Lifeline (phone number)?	74.1
Are you familiar with the National Suicide Prevention Lifeline (text)?	59.9
Have you used the National Suicide Prevention Lifeline?	12.3
Are you aware of suicide prevention resources?	77.2

% who said yes to the following:

Have you ever been in treatment for alcohol or other drug problems?	1.7
Are you currently in treatment for alcohol or other drug problems?	0.3
Are you currently in recovery for alcohol or other drug problems?	1.0
Are you interested in recovery programming for alcohol and other drugs at the UA?	1.3

Violence on campus:

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

Been in a physical fight	7.3
Been physically assaulted (not including sexual assault)	3.1
Been verbally threatened	14.7
Bullying	10.0
Hazing	3.3
Hate crimes or discrimination	7.7
Been sexually touched without consent	8.1
Had sexual penetration attempted without consent	2.8
Been sexually penetrated without consent	1.8
Stalking	3.9
Been in an emotionally abusive relationship	11.5
Been in a physically abusive relationship	2.7
Been in a sexually abusive relationship	2.2

% have experienced/been a victim of

any of the above types of violence in the past 12 months (non-sexual, non-relationship)	26.6
any of the above types of sexual violence within the past 12 months	8.6
any of the above types of relationship abuse in the past 12 months	12.0

Sexual Health

Sexual health/behaviors

% ever had oral sex	75.9
% ever had vaginal intercourse	73.7
% ever had anal intercourse	23.8
% never had vaginal or anal intercourse	24.5
% never had oral, vaginal or anal sex	20.7
% had zero vaginal/anal sexual partners during school year	32.2
Of those who have had vaginal/anal sex this school year, % had one vaginal/anal sexual partner during school year	56.9
% had 2 vaginal/anal sexual partners during school year	16.1
% had 3 - 5 vaginal/anal sexual or more partners during school year	18.2
% had 6 or more vaginal/anal sexual or more partners during school year	8.8
% usually or always use a condom (among sexually active)	58.0
% have been STI tested within the last year (among sexually active)	46.1
% have NOT been STI tested within the last year (among sexually active)	51.6
% don't know if they have been STI tested within the last year (among sexually active)	2.3

Thinking of the last time respondent did not use a condom, why (among those who have ever had vaginal or anal sex)?

% used another contraceptive	49.9
% condom was not available	13.3
% forgot to use a condom	5.5
% didn't want to use a condom	25.0
% partner didn't want to use a condom	18.2
% didn't feel comfortable insisting on using a condom	2.3
% was too drunk	3.6
% wanted to get pregnant	1.1

Service Utilization and Media

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

Sex Talk columns	32.5
Red Cup columns	31.6
NutriNews Columns	16.4
Cold and Flu ads	40.6
Ads about general health and wellness	45.9
Ads about Campus Health Services	47.7
Living Wilde ezine	11.5
Flu shot poster	58.4
Get yourself tested poster	55.1
Alcohol poster	57.6
Free Condom Friday poster	61.4
Cats After Dark Posters	30.3
CHS Social Media	38.2
Other CHS media	35.1
Never, Never, Never Give Up Poster	15.5

% Attended a Cats After Dark event in the past 12 months:

Yes	7.9
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CHS

% ever used CHS	50.9
% have medical insurance that requires them to go elsewhere	28.4
% have purchased health insurance through the Health Insurance Marketplace	8.8

	Among those who used the service
% who indicated that using Campus Recreation helped them remain a student at the UA	74.2
% who indicated using CHS medical services helped them remain students at UA	61.0
% who indicated using CAPS helped them remain students at UA	36.0
% who indicated using HPPS helped them remain students at UA	20.1
% who indicated using any of the above CHS services helped them remain students at UA	72.6

% indicated the following as their primary form of health insurance

College/university sponsored plan	8.2
Parent's plan	76.3
Another plan	9.8
I don't have health insurance	3.8
I am not sure if I have health insurance	1.9
% who have dental insurance	13.5

% have received the following vaccinations/shots

	Yes	Don't Know
Human Papillomavirus/HPV	69.2	19.3
Meningococcal disease (meningitis)	71.6	21.1
Varicella (chicken pox)	77.0	15.1
Had the flu shot in the last year	38.8	NA