

# Health and Wellness Survey 2020

## Weighted Undergraduate Report

n = 4,808

University of Arizona Campus Health Service  
Health Promotion and Preventive Services

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## Sample Size and Demographics

### Demographics:

% Gender (mark all that apply)

Males	47.0
Females	53.0
Agender	0.05
Transgender	0.3
Nonbinary	0.1
Genderqueer	0.1

*\*Note: This question was modified in 2020 to reflect the UA Inclusive and Functional Demographics Question by making it 'mark all that apply'.*

% Living Arrangements

House/apartment	71.8
Residence hall	25.1
Fraternity/sorority	2.9
No stable residence	0.2

## % Ethnic/Racial Origin (mark all that apply)

African American	6.1
Asian/Pacific Islander	15.0
Caucasian	59.1
Hispanic/Latino	27.4
Middle Eastern and North African	3.0
Native American/Alaska Native	2.6
Other	0.4

## % Classification

Freshmen	28.0
Sophomores	23.0
Juniors	22.0
Seniors	27.0

## % Out-of-State Student

Yes	37.8
No	62.2

*\*this was not included in the Qualtrics version (missing 1054 cases)*

## % First Generation Student

Yes	21.1
No	78.9

## % Extracurricular Activities

Fraternity/Sorority	19.0
Sports Club	5.9
Intercollegiate Athlete	2.2
Intramural Athlete	10.1

## % Current Military Status

Not in U.S. Military	96.5
U.S. Veteran	1.5
Active Duty	0.2
Reserves	1.5
Discharged	0.3

## Average age

Mean	20.61
Median	20.00
Under 21 (%)	58.3%

## Average current UA GPA

Mean	3.30
Median	3.39

## % Relationship status

Single - not dating	50.5
Casually dating	12.8
Exclusively dating one person	32.6
Engaged	1.5
Married	1.9
Open Relationship	0.4
Other	0.2

## %Sexual Orientation

Heterosexual	87.6
Gay	1.8
Lesbian	0.8
Bisexual	6.9
Queer	0.8
Questioning	1.3
Asexual	0.8
A different identity	0.1

## % Live in Off Campus Student Housing

Yes	30.4
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## Alcohol and Other Drug Behaviors

### AOD Use:

Drinks per week – mean	3.96
Drinks per week - median	1.00
% do not drink alcohol	22.9
Drinks usually have when they party - mean	4.16
Drinks usually have when they party - median	4.00
% usually have 0 - 4 drinks when they party	57.0
% had five or more in one sitting at least once in past 2 weeks	41.2
Of these, % did so 1 - 2 times	68.4
% did so 3 - 5 times	25.2
% did so 6 or more times	6.4
% usually party less than one night per week	70.5
% usually party one night per week	15.2
% usually party two nights per week	11.2
% usually party three or more nights per week	3.0
Of those who drink alcohol, % drank in last 30 days	81.0
Of those who drink alcohol, % drank in last year	95.4
Drinks had last time drank – mean	4.68
Drinks had last time drank - median	4.00
% had 1 - 4 last time they drank	57.2
Drinks per hour last time drank – mean	1.48
Drinks per hour last time drank - median	1.17
BAC* - mean	.0737
BAC – median	.0494
% whose most recent drinking occasion was within the past 30 days	81.0
% whose most recent drinking occasion was within this school year	14.4
% whose most recent drinking occasion was more than one year ago	4.6

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

## 30-day AOD use:

% used tobacco in the past 30 days	11.7
% used e-cigarettes in the past 30 days	23.1
% used alcohol in the past 30 days	63.5
% used marijuana (smoked) in the past 30 days	26.4
% used marijuana (edibles) in the past 30 days	12.2
% used marijuana (vape) in the past 30 days	20.8
% used cocaine in the past 30 days	4.7
% used heroin in the past 30 days	0
% used pain pills (oxy, Vicodin, Percocet, etc.) not prescribed by their physician	0.3
% used sedatives (Valium, Xanax, sleeping pills) not prescribed by their physician	3.0
% used Ritalin/Adderall/Concerta not prescribed by their physician	5.7
% used ecstasy in the past 30 days	1.6
% used other illegal drugs in the past 30 days	1.4

## Past Year AOD use:

% used tobacco in the past year	25.8
% used e-cigarettes in the past year	37.4
% used alcohol in the past year	77.1
% used marijuana (smoked) in the past year	43.1
% used marijuana (edibles) in the past year	31.3
% used marijuana (vape) in the past year	37.5
% used cocaine in the past year	11.5
% used heroin in the past year	0.2
% used pain pills (oxy, Vicodin, Percocet, etc.) not prescribed by their physician	2.4
% used sedatives (Valium, Xanax, sleeping pills) not prescribed by their physician	7.0
% used Ritalin/Adderall/Concerta not prescribed by their physician	11.6
% used ecstasy in the past year	8.1
% used other illegal drugs in the past year	4.9

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

Stop drinking at least 1 to 2 hours before going home	62.7
Alternate with non-alcoholic beverages	60.5
Drink beer	61.3

Have a designated driver	92.4
Set a limit on the number of drinks they have	50.5
Avoid drinking games	37.1
Eat before and during the time they are drinking	87.0
Refuse to ride with a driver who has been drinking	94.4
Avoid pre-gaming/pre-partying	28.9
Avoid shots of hard liquor	29.4

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

Had a hangover	36.6
Got sick	27.1
Missed a class	21.4
Damaged property	3.2
Been hurt or injured	6.9
Had a memory loss	14.3
Experienced threats of physical violence	2.5
Performed poorly on test or important project	6.4
Used marijuana or other drugs	22.7
Been in trouble with school authorities	1.2
Been left in a potentially dangerous situation	3.3
Got into a fight or argument	6.0
Been in trouble with police	1.3
Did something you later regretted	12.4
Passed out	7.3
Received an MIP	1.0
Received a lower grade in a class	3.5
Drove after drinking any alcohol	9.9

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

Had a hangover	68.3
Got sick	56.9
Missed a class	41.3
Damaged property	8.1
Been hurt or injured	20.4

Had a memory loss	35.4
Experienced threats of physical violence	7.1
Performed poorly on test or important project	21.3
Used marijuana or other drugs	42.3
Been in trouble with school authorities	3.3
Been left in a potentially dangerous situation	10.3
Got into a fight or argument	17.9
Been in trouble with police	3.1
Did something you later regretted	34.0
Passed out	20.0
Received an MIP	1.9
Received a lower grade in a class	13.9
Drove after drinking any alcohol	24.8

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

Street opioids (heroin, opium)	0.3
Prescription opioids without a prescription	2.2
Xanax without a prescription	3.8
% who have tried to control, cut down, or stop using any of the above opioids	5.2

## Nutrition, Body Image, Sleep and Exercise

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

Yes	26.3
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### Body Image/Eating Disorders

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

Not important	26.0
More important than some things	60.7
More important than most things	10.8
Most important thing	2.5

Do you ever turn to food for any of the following reasons?

Enjoyment	63.3
Stress	46.4

Anxiety	28.0
Depression	20.4
Loneliness	19.6
Boredom	56.1

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

Dieted	48.2
Vomited or used laxatives	5.8
Taken diet pills	5.1
Exercised more	63.2
Smoked more cigarettes	9.8
Misused prescription drugs	2.1

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	11.2
1-2 days	25.5
3-4 days	35.6
5-6 days	20.6
7 days	7.2
Mean	3.29
Median	3.00

## Mental Health, Violence, and Academic Impact

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

Yes, at CAPS	9.7
Yes, off campus	11.1
No	79.3

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

0 hours	3.2
1 – 5 hours	36.7
6 – 15 hours	41.7
16+ hours	18.5



**Mental Health**

% who have ever been diagnosed with depression	20.1
% who have ever been diagnosed with anxiety	24.9
% who have ever been diagnosed with attentional disorder (ADHD)	8.7
% who have ever been diagnosed with an eating disorder	4.5
% who have ever been diagnosed with a learning impairment	2.9
% who have ever been diagnosed with PTSD	4.8
% who have been diagnosed with any of the above	36.6
% who indicated anxiety or depression did not make it difficult at all to work, study, go to class or get along with people*	18.0
% who indicated anxiety or depression made it somewhat difficult to work, study, go to class or get along with people*	40.3
% who indicated anxiety or depression made it very difficult to work, study, go to class or get along with people*	18.1

\*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	7.9
Average stress	35.2
More than average stress	41.5
Tremendous stress	13.3

## % Experienced the following in the last 30 days:

Felt things were hopeless	17.9
Felt overwhelmed by all you had to do	49.9
Felt exhausted (not from physical activity)	48.8
Felt very lonely	27.6
Felt very sad	28.8
Felt so depressed that it was difficult to function	14.3
Felt overwhelming anxiety	29.4
Felt overwhelming anger	16.3
Intentionally cut, burned, bruised, or otherwise injured yourself	2.3

## % Experienced the following in the last year:

Felt things were hopeless	49.6
Felt overwhelmed by all you had to do	84.1

Felt exhausted (not from physical activity)	78.8
Felt very lonely	60.4
Felt very sad	64.1
Felt so depressed that it was difficult to function	38.8
Felt overwhelming anxiety	60.1
Felt overwhelming anger	42.9
Intentionally cut, burned, bruised, or otherwise injured yourself	8.2

% Times seriously thought about suicide in past school year

0 times	87.2
1 or more times	12.8
1 - 4 times	11.1
5 – 8 times	0.9
9 or more times	0.8

% Times attempted suicide in past school year

0 times	98.5
1 or more times	1.5
1 time	1.2
2 times	0.2
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 – at CAPS	44.1
Yes – Off campus	41.6
No	30.5

% indicated yes to the following:

Are you familiar with the National Suicide Prevention Lifeline (phone number)?	74.7
Are you familiar with the National Suicide Prevention Lifeline (text)?	55.3
Have you used the National Suicide Prevention Lifeline?	14.4
Are you aware of suicide prevention resources?	74.6

% who said yes to the following:

Have you ever been in treatment for alcohol or other drug problems?	2.0
Are you currently in treatment for alcohol or other drug problems?	0.4
Are you currently in recovery for alcohol or other drug problems?	0.7
Are you interested in recovery programming for alcohol and other drugs at the UA?	1.2

### Violence on campus:

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

Been in a physical fight	6.4
Been physically assaulted (not including sexual assault)	3.1
Been verbally threatened	13.5
Bullying	10.3
Hazing	3.6
Hate crimes or discrimination	7.2
Been sexually touched without consent	8.5
Had sexual penetration attempted without consent	3.1
Been sexually penetrated without consent	2.4
Stalking	4.1
Been in an emotionally abusive relationship	12.7
Been in a physically abusive relationship	3.0
Been in a sexually abusive relationship	3.2

% have experienced/been a victim of

any of the above types of violence in the past 12 months (non-sexual, non-relationship)	27.2
any of the above types of sexual violence within the past 12 months	8.9
any of the above types of relationship abuse in the past 12 months	13.4

## Sexual Health

### Sexual health/behaviors

% ever had oral sex	75.0
% ever had vaginal intercourse	72.9
% ever had anal intercourse	23.4
% never had vaginal or anal intercourse	25.6
% never had oral, vaginal or anal sex	21.8

% had zero vaginal/anal sexual partners during school year	33.5
<b>Of those who have been sexually active this school year:</b>	
% had one vaginal/anal sexual partner during school year	56.2
% had 2 vaginal/anal sexual partners during school year	16.9
% had 3 - 5 vaginal/anal sexual or more partners during school year	17.9
% had 6 or more vaginal/anal sexual or more partners during school year	9.0
% usually or always use a condom (among sexually active)	58.7
% have been STI tested within the last year (among sexually active)	42.6
% have NOT been STI tested within the last year (among sexually active)	55.6
% don't know if they have been STI tested within the last year (among sexually active)	1.7

Have you ever had any of the following STIs?

% genital herpes	1.2
% chlamydia	5.0
% gonorrhea	0.8
% genital warts	0.7
% molluscum contagiosum	0.6
% HIV	0.4
% other STI	0.7

Know they can get STI testing at CHS

% yes	59.9
% no	40.1

## Service Utilization and Media

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

Sex Talk columns	5.4
Red Cup columns	5.2
NutriNews Columns	3.5
Ads about general health and wellness	10.9
Ads about Campus Health Services	13.1
Living Wilde ezine	2.4
Flu shot poster	19.7
Get yourself tested poster	17.1
Alcohol poster	17.4

Free Condom Friday poster	21.8
Cats After Dark Posters	12.6
CHS Social Media	16.9
Other CHS media	11.0
Never, Never, Never Give Up Poster	11.8
Stressbusters App	7.0

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

Yes	8.7
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### CHS

% ever used CHS	52.6
% have medical insurance that requires them to go elsewhere	26.5
% have purchased health insurance through the Health Insurance Marketplace	9.5

	Among those who used the service
% who indicated that using Campus Recreation helped them remain a student at the UA	78.8
% who indicated using CHS medical services helped them remain students at UA	66.9
% who indicated using CAPS Main helped them remain students at UA	45.6
% who indicated using CAPS North helped them remain students at UA	37.3
% who indicated using HPPS helped them remain students at UA	19.3
% who indicated using any of the above <b>CHS</b> services helped them remain students at UA	81.7

% indicated the following as their primary form of health insurance

College/university sponsored plan	10.5
Parent's plan	73.7
Another plan	8.9
I don't have health insurance	5.2
I am not sure if I have health insurance	1.7
% who were aware of the UA dental insurance plan	15.5

**% have received the following vaccinations/shots**

	Yes	Don't Know
Human Papillomavirus/HPV	67.6	18.7
Meningococcal disease (meningitis)	70.1	18.7
Varicella (chicken pox)	72.8	16.4
Had the flu shot in the last year	38.8	NA