

# Health and Wellness Survey 2023

## Weighted Undergraduate Report

n = 3872

University of Arizona Campus Health Service  
Health Promotion and Preventive Services

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*Note: Data has been weighted for gender, class and fraternity/sorority affiliation to match campus demographics*

## Demographics

% Gender (mark all that apply)

Male	39.0
Female	59.3
Agender	0.2
Transgender	0.6
Nonbinary	1.5
Genderqueer/Gender nonconforming	1.1
Another identity	0.2

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

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

African American/Black	4.7
Asian/Pacific Islander	13.3
Caucasian/White	63.6
Hispanic/Latinx	25.0
Middle Eastern/North African	3.4
Native American/Alaska Native	2.6
Another identity	1.2
BIPOC (Black, Indigenous, and People of Color)	46.2
QTBIPOC (Queer and Transgender People of Color)	9.9

## % Classification

First year	14.4
Sophomore	23.2
Junior	37.3
Senior	25.1

## % Extracurricular activities

Fraternity/Sorority member	24.6
Sports club participant	5.4
Intercollegiate athlete	1.7
Intramural athlete	12.2

## % First in their family to attend college

Yes	18.6
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## % Living arrangements

House/apartment/etc.	80.6
Dorm	14.5
Fraternity/Sorority	4.6
No stable residence	0.3

Which dorm they live in (number in each):

Apache-Santa Cruz	14
Árbol de la Vida	38
Arizona-Sonora	28
Babcock	18
Cochise	16
Coconino	12
Colona de la Paz	32
Coronado	42
Gila	15
Graham-Greenlee	23
Honors Village	84
Hopi	4
Kaibab-Huachuca	26
Likins	18
Manzanita-Mohave	19
Maricopa	9
Navajo-Pinal (Stadium)	8
Pima	6
Posada San Pedro	14
Pueblo de la Cienega	12
Villa De Puente	19
Yavapai	8
Yuma	13

% Live in off-campus housing complex

Yes	53.0
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Average age

Mean	20.98
Median	20.00
Under 21 (%)	52.6

## Average current UA GPA

Mean	3.43
Median	3.59

## % Relationship status

Single - not dating	50.9
Casually dating	11.1
Exclusively dating one person	33.8
Engaged	1.1
Married/Partnered	2.2
Open Relationship or polyamorous	0.6
Other	0.4

## % Sexual orientation (mark all that apply)

Heterosexual/straight	81.3
Gay/lesbian	3.5
Bisexual	11.2
Asexual	2.3
Queer	2.5
Questioning	2.8
A different identity	1.2
LGBQ Sex identity (Sexual identity only)	19.8
LGBTQ All (Sexual and gender identity)	20.0

## % Current military status (response that best describes them)

Not in U.S. Military	95.2
U.S. veteran	1.1
Active duty	0.2
Reserves	0.3
Guard	0.1
Military spouse	0.2
Military dependent	2.8

## % Currently live outside of Tucson

Yes	12.4
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## % Honors student

Yes	14.6
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## % Pell Grant recipient

Yes	23.6
No	65.4
Unsure	11.0

## % Ever been diagnosed with a disability

Yes	10.5
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**Alcohol and Other Drug Behaviors**

## Alcohol use:

Drinks per week – mean	3.96
Drinks per week - median	1.00
% had five or more drinks in one sitting at least once in past 2 weeks	33.7
Of these, % did so 1 - 2 times	73.9
% did so 3 - 5 times	21.1
% did so 6 or more times	5.1
Drinks had in a social setting - mean	2.81
Drinks had in a social setting - median	2.00
% drank within the past 30 days	62.4
% drank within the school year	13.6
% drank more than one year ago	4.2
Drinks had last time drank – mean	4.42
Drinks had last time drank - median	4.00
Drinks per hour last time drank – mean	1.27
Drinks per hour last time drank - median	1.00
BAC* - mean	0.0607
BAC* – median	0.0389

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

## How often do you usually drink alcohol in a social setting (% in each)

Never	23.4
Once or twice a year	13.9
Once or twice a month	28.7
Once a week	16.7
Twice a week	13.6
3 or more times a week	3.7

## Past 30-day AOD use:

% used tobacco	10.6
% used e-cigarettes/JUUL/vape tobacco	22.2
% used alcohol	56.6
% used marijuana (smoked)	23.6
% used marijuana (vape or concentrate)	22.2
% used marijuana (edibles)	15.0
% used cocaine	2.5
% used heroin	0.2
% used pain pills (oxy, Vicodin, Percocet, Fentanyl) not prescribed by their physician	0.6
% used sedatives (Valium, Xanax, sleeping pills) not prescribed by their physician	1.6
% used Ritalin/Adderall/Concerta not prescribed by their physician	4.1
% used Molly/MDMA/ecstasy	0.9
% used other illegal drugs	1.4

## AOD use since August 2022:

% used tobacco	17.5
% used e-cigarettes/JUUL/vape tobacco	29.8
% used alcohol	72.0
% used marijuana (smoked)	35.9
% used marijuana (vape or concentrate)	33.2
% used marijuana (edibles)	30.6
% used cocaine	5.7
% used heroin	0.5
% used pain pills (oxy, Vicodin, Percocet, Fentanyl) not prescribed by their physician	1.3
% used sedatives (Valium, Xanax, sleeping pills) not prescribed by their physician	3.2
% used Ritalin/Adderall/Concerta not prescribed by their physician	7.3
% used Molly/MDMA/ecstasy	3.6
% used other illegal drugs	3.5

## Protective behaviors: usually or always do the following when they drink (% in each)

Stop drinking at least 1 to 2 hours before going home	66.0
Alternate with non-alcoholic beverages	58.7
Use a ride service or have a designated driver	90.7
Set a limit on the number of drinks they have	57.1
Drink beer or other lower alcohol content drinks	73.9
Avoid drinking games	43.2
Eat before or during the time they are drinking	90.4
Refuse to ride with a driver who has been drinking	93.0
Avoid pre-gaming/pre-partying	31.5
Avoid shots of hard liquor	37.6

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

Drove after drinking any amount of alcohol	9.9
Brownout (forgot where I was or what I did for short periods of time)	18.0
Blackout (forgot where I was or what I did for a long period of time)	9.4
Missed a class	18.2
Performed poorly on a test or important project	8.8
Did something they later regretted	17.4
Received a lower grade in a class	6.6

Experienced the following consequences since August 2022 due to their drinking (% in each)

Drove after drinking any amount of alcohol	20.0
Brownout (forgot where I was or what I did for short periods of time)	40.5
Blackout (forgot where I was or what I did for a long period of time)	28.3
Missed a class	32.2
Performed poorly on a test or important project	21.0
Did something they later regretted	38.5
Received a lower grade in a class	18.8

Since August 2022, % have felt the need to stop or cut down their:

Tobacco (smoke, chew, hookah) use	11.2
E-cigarettes/JUUL/Vape (tobacco) use	25.8
Alcohol use	24.2
Marijuana use	22.1
Other illegal drug use	6.6

Since August 2022, % have had someone close to them suggest that they should stop or cut down on their:

Tobacco (smoke, chew, hookah) use	4.9
E-cigarettes/JUUL/Vape (tobacco) use	13.1
Alcohol use	10.2
Marijuana use	9.5
Other illegal drug use	3.5

Since August 2022, % have tried to stop or cut down on their:

Tobacco (smoke, chew, hookah) use	11.2
E-cigarettes/JUUL/Vape (tobacco) use	23.3
Alcohol use	23.0
Marijuana use	20.8
Other illegal drug use	6.1

## Nutrition and Body Image

In the last 12 months, % who were ever hungry but did not eat because there was not enough money for food

Yes	21.0
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Since August 2022, % have ever felt so focused on food, weight and/or body image that it negatively effected their quality of life

Yes	37.0
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% indicated weight affects the way they feel about themselves

Yes	62.0
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% indicated they have or are currently suffering from disordered eating

Yes	30.9
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% indicates comparing their food or body in social media that it negatively affected their mental wellbeing

Yes	43.5
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## Sleep and Physical Health

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	8.0
1 day	7.9
2 days	15.1
3 days	17.6
4 days	18.8
5 days	16.3
6 days	7.7
7 days	8.5
Mean	3.53
Median	4.00

How would you describe your overall physical health? (% in each)

Excellent	14.1
Very good	30.2
Good	35.8
Fair	17.2
Poor	2.8

Do you consider yourself to be physically active? (% in each)

Yes	56.3
No	11.0
Somewhat	32.7

On how many of the past 7 days did you intentionally perform exercise? (% in each)

0 days	16.5
1 day	7.1
2 days	11.8
3 days	16.1
4 days	14.6
5 days	15.6
6 days	9.6
7 days	8.7
Mean	3.34
Median	3.00

Have received the following vaccinations/shots (% in each)

	Yes	Don't Know
Human Papillomavirus/HPV (Gardasil)	65.3	25.0
Meningococcal conjugate or MenACWY [Menactra, Menveo, and MenQuadfi (meningitis)]	62.8	30.0
Serogroup B meningococcal or MenB (Bexsero and Trumenba)	50.4	41.5
Varicella (chicken pox)	74.1	19.9
Had the flu shot since August 2022	38.4	NA

Current COVID-19 vaccination status (% in each)

Not vaccinated	11.3
Partially vaccinated (only one dose of initial two-dose series, not including J&J)	4.9
Primary vaccine series	29.7
Primary vaccine series + one or more original (monovalent) boosters	31.6
Primary vaccine series + all recommended boosters (fall 2022 bivalent booster)	22.5

% have experienced symptoms for more than 4 weeks after initial COVID-19 illness (not due to other conditions)

Yes	14.0
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## Mental Health and Violence

Received counseling/therapy for mental or emotional health in the last 12 months (% in each)

Yes, at CAPS	7.8
Yes, other on campus provider (not CAPS)	1.6
Yes, off campus provider (in-person)	9.4
Yes, off campus provider (remote)	11.3
No	74.9

% received counseling/therapy for mental or emotional health in the last 12 months

Yes	24.5
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How often do you feel that you lack companionship (% in each)

Rarely	41.2
Sometimes	44.8
Often	13.9

How often do you feel left out (% in each)

Rarely	45.5
Sometimes	43.2
Often	11.3

How often do you feel isolated from others (% in each)

Rarely	46.1
Sometimes	40.2
Often	13.7

How would you describe your overall mental health? (% in each)

Excellent	7.2
Very good	19.1
Good	36.6
Fair	27.2
Poor	9.8

How difficult has anxiety or depression made it for you to do your work, study, go to class or get along with other people (diagnosed or not)? (% in each)

Not difficult at all	20.7
Somewhat difficult	47.6
Very difficult	21.5
Not applicable	10.2

Have ever been diagnosed with the following (mark all that apply) (% in each)

Depression	20.5
Anxiety	26.7
Attentional Disorder (e.g., ADHD)	12.6
Disordered Eating (e.g. anorexia, bulimia, binge eating)	6.8
Post-Traumatic Stress Disorder (PTSD)	4.5
Other mental health diagnosis	3.8
None of the above	60.3

% have any of the mental health diagnoses listed above

Yes	36.5
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Have used prescription medication for the following diagnoses (% in each)

Depression	47.4
Anxiety	47.7
Attentional Disorder (e.g., ADHD)	59.9
Disordered Eating (e.g. anorexia, bulimia, binge eating)	9.5
Post-Traumatic Stress Disorder (PTSD)	19.6
Other mental health diagnosis	45.1

% have a used prescription medication for any of the mental health diagnoses listed above

Yes	31.8
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Overall stress experienced since August 2022 (% in each)

No stress	2.5
Less than average stress	7.2
Average stress	36.5
More than average stress	43.4
Tremendous stress	10.5

## Experienced the following in the past 30 days (% in each)

Felt things were hopeless	24.2
Felt overwhelmed by all you had to do	58.3
Felt exhausted (not from physical activity)	57.4
Felt very lonely	27.6
Felt very sad	34.1
Felt so depressed that it was difficult to function	19.8
Felt overwhelming anxiety	36.8
Felt overwhelming anger	20.0
Intentionally cut, burned, bruised, or otherwise injured yourself	3.2
Experienced any mental health symptom	72.2

## Experienced the following since August 2022 (% in each)

Felt things were hopeless	46.7
Felt overwhelmed by all you had to do	84.3
Felt exhausted (not from physical activity)	80.4
Felt very lonely	53.3
Felt very sad	60.3
Felt so depressed that it was difficult to function	37.3
Felt overwhelming anxiety	61.1
Felt overwhelming anger	38.8
Intentionally cut, burned, bruised, or otherwise injured yourself	6.8
Experienced any mental health symptom	90.9

## % knew they can access CAPS for virtual visits

Yes	69.2
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If you wanted to use mental services but have not, what are the main barriers preventing you from seeking help? (mark all that apply) (% in each)

Financial reasons	26.1
Stigma	10.5
Haven't gotten around to it	38.3
Scheduling issues	22.9
Don't know where to go	18.8
Feel embarrassed or ashamed	14.0
Something else	8.8

% experienced any barrier listed above to use mental health services

Yes	70.7
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Since August 2022, % have experienced discrimination based on the following elements of their identity

Race or ethnicity	14.6
Gender or gender presentation	12.3
Sexual orientation	5.7
Disability	2.2
Religion	6.5
Something else	1.2

% experienced any of the types of discrimination listed above since August 2022

Yes	36.7
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If you have experienced discrimination, how serious would you characterize the worst incident? (% in each)

Very serious (hate crime, physical violence, something affecting your livelihood, etc.)	5.9
Somewhat serious	15.9
Less serious (microaggressions, small comments, etc.)	78.1

In the past 12 months, % have been in an intimate relationship that was:

Emotionally abusive (called derogatory names, yelled at, ridiculed)	8.7
Physically abusive (kicked, slapped, punched)	2.2
Sexually abusive (forced to have sex when they didn't want to, forced to perform or have an unwanted sexual act performed on them)	3.8

% experienced any of the types of relationship violence listed above within the last 12 months

Yes	10.7
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## Experienced the following consequences since August 2022 due to drinking alcohol (% in each)

Someone had sex with me without MY consent	3.1
Had sex with someone without THEIR consent	0.6
Had unprotected sex when I wouldn't normally	8.0

## % within the last 12 months have been:

Physically assaulted (do not include sexual assault)	2.7
In a physical fight	4.3
Verbally attacked	15.1
Harassed online	5.7
Stalked	3.9

## % experienced any of the types of violence listed above

Yes	20.7
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## % since August 2022 have seriously considered attempting suicide

Yes	7.5
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## % since August 2022 have attempted suicide

Yes	1.0
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## 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 (mark all that apply) (% in each)

Yes – from CAPS	43.5
Yes – Off campus provider	49.7
No	25.8

## % indicated yes to the following:

Are you familiar with the 988 Suicide & Crisis Lifeline (free to call or text 24/7)?	60.1
Are you familiar with the National Crisis Text Line (741741)?	50.9
Have you used the 988 Suicide & Crisis Lifeline (phone or text)?	5.6
Are you aware of suicide prevention resources?	73.0

## Sexual Health

% ever had oral sex	72.8
% ever had vaginal intercourse	69.7
% ever had anal intercourse	21.9
% never had vaginal or anal intercourse	28.7
% never had oral, vaginal or anal sex	24.7
% had zero vaginal/anal sexual partners since August 2022	34.9
<b>Of those who have been sexually active since August 2022:</b>	
% had one vaginal/anal sexual partner	52.4
% had 2 vaginal/anal sexual partners	12.8
% had 3 - 5 vaginal/anal sexual or more partners	13.9
% had 6 or more vaginal/anal sexual or more partners	6.8
% usually or always use a condom (among sexually active)	56.9
% have been STI tested within the last year (among sexually active)	31.7
% have NOT been STI tested within the last year (among sexually active)	66.7
% don't know if they have been STI tested within the last year (among sexually active)	1.6

% know they can get STI testing at CHS without details showing on their Bursar's account

Yes	47.5
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% use a form of birth control

Yes	38.0
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Of those that use a form of birth control, the following birth control methods are used (mark all that apply)  
(% in each)

Condom	41.7
Oral Contraceptive Pills	56.1
IUD (e.g. Mirena, Kyleena, Skyline, ParaGuard)	21.3
Implant (e.g. Nexplanon)	7.9
Injection	2.2
Vaginal ring (e.g. NuvaRing, EluRyng)	2.4
Patch (e.g. Twirla, Xulane)	0.8
Other	3.0

## Service Utilization and Media

Since August 2022, % have needed the following but did not seek help because they couldn't afford it

Medical services when sick	14.3
Routine medical services (like a Well Check)	14.8
Mental health services	20.3
Medications prescribed by your doctor	10.8

Used the following services (% in each)

Campus Health Medical Services	33.9
CAPS (Counseling & Psych Services)	12.3
HPPS (Health Promotion and Prevention Services)	4.3
Campus Recreation (Rec Center, Intramurals, Outdoor Adventures, etc.)	54.4
% who indicated using any of the above <b>CHS</b> services	39.1

Mean rank of reasons why students have not used Campus Health (with 1 being the top reason)

I haven't needed health care	2.27
I'm not aware of the services currently offered	3.38
I received health care services off campus	3.06
They don't take my insurance	4.80
Cost	4.10
Clinical hours	4.94
Parking	6.01
Other	7.43

Indicated the following services helped them remain a student at UA (% in each)

Campus Health Medical Services	43.8
CAPS (Counseling & Psych Services)	52.1
HPPS (Health Promotion and Prevention Services)	36.4
Campus Recreation (Rec Center, Intramurals, Outdoor Adventures, etc.)	62.9

% indicated a CHS service listed above has helped them remain a student at UA

Yes	97.9
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## How did you learn about Campus Health (mark all that apply) (% in each)

Orientation/ Campus Tour	41.3
Campus Health website	28.8
Campus email	34.9
Parent or guardian	13.0
Friend or classmate	24.9
Professor or TA	20.3
RA or other Residence Life staff	10.3
Another UA service (e.g. ASUA, Thrive, Campus Rec, Dean of Students, etc.)	11.6
Social media	11.8
Other	2.2
I do not know about Campus Health	6.9

## Indicated the following as their primary form of health insurance (% in each)

College/university sponsored plan	8.6
Parent's plan	71.3
AHCCCS (Medicaid in Arizona)	8.4
Another plan	5.8
I don't have health insurance	3.7
I am not sure if I have health insurance	2.2

## CHS

% have medical insurance that requires them to go elsewhere	22.1
% are unsure if their medical insurance requires them to go elsewhere	38.9

## Accessed the following Campus Health Media during the past school year (% in each)

Campus Health website (health.arizona.edu)	36.6
CAPS website (caps.arizona.edu)	19.0
Living Wild website	3.4
Social Media @UAZCampusHealth on Instagram, Twitter or Facebook	12.3
Stressbusters app	2.3

Follow the following Campus Health social media accounts (mark all that apply) (% in each)

Instagram	8.3
Twitter	0.4
Facebook	0.6

Among followers, % would recommend following Campus Health social media accounts to a friend

Yes	51.6
No	8.7
Maybe	39.7

Among followers, % have used some of the information they've learned on Campus Health social media to improve their health or wellbeing

Yes	52.6
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