

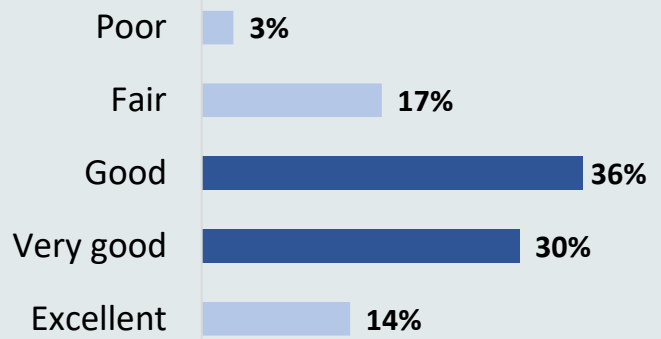
# Wellbeing Quick Look

Health and Wellness Survey 2023 (N= 3872)

## Key Insights:

- ✓ Majority of students reported that their overall mental health was good or very good.
- ✓ Over half of students considered themselves to be physically active.
- ✓ On average, students reported not getting sufficient sleep on 3 out of the past 7 days.
- ✓ 31% of students have suffered from disordered eating.
- ✓ More than half of students said that weight affects how they feel about themselves.
- ✓ Only half of students reported receiving primary COVID vaccines and boosters.

## Self-reported overall physical health:



**57%** of UA students consider themselves to be **physically active**

On average students reported exercising on **3 out of the past 7 days**



On average, students reported getting enough sleep on **4 out of the past 7 days**

**31%** of students have suffered from **disordered eating**

**44%** of students **compare their food/body to social media, negatively** impacting their **mental well-being**



**62%** of students reported that **weight** affects the **way they feel about themselves**

**21%** of students reported **not eating** due to **insufficient money** in the last 12 months

## Vaccinations received by students:

- Varicella (chicken pox), **74%**
- COVID vaccine + boosters, **54%**
- HPV, **65%**
- Meningococcal conjugate or MenACWY, **63%**
- Serogroup B meningococcal or MenB (Bexsero and Trumenba), **50%**
- Flu shot (since Aug 2022), **38%**