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:
- Poor: 3%
- Fair: 17%
- Good: 36%
- Very good: 30%
- Excellent: 14%

57% of UA students consider themselves to be physically active

- On average, students reported getting enough sleep on 4 out of the past 7 days
- On average students reported exercising on 3 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%