# **Wellbeing Quick Look**

## CAMPUS HEALTH

### 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.

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

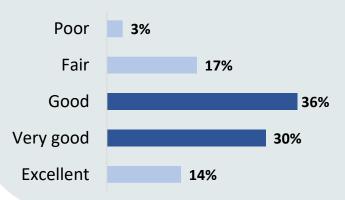
- **31%** of students have suffered from disordered eating
  - of students compare their food/body to social media, negatively impacting their mental well-being



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

### 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** 

#### 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%

44%

Peggy Glider, PhD Coordinator, Evaluation and Research glider@arizona.edu

Rachel Abraham, MPH Evaluation Manager rachelabraham@arizona.edu

Ande Nutter, MPH Evaluation Specialist anutter@arizona.edu Maham Khalid, MA Evaluation Graduate Assistant mahamkhalid@arizona.edu