

Health and Wellness Survey 2023

Undergraduate Students

n=3564



**CAMPUS
HEALTH**

Introduction to Health and Wellness:

For over 20 years, Campus Health has administered the annual Campus Health, Health & Wellness Survey to students at the University of Arizona. The Health & Wellness Survey data is used to improve Campus Health programs, share data with campus partners, and to improve the health of the community.

Key Insights

- ✓ Students who used Campus Health reported that the services they received helped them remain a student
- ✓ Students reported higher levels of disordered eating compared to years past
- ✓ 1 in 4 students used counseling services to support their mental health
- ✓ 28% of students reported not consuming alcohol within the past year

Methodology

Based on stratified random sampling, each level of undergraduate course of 25 or more students had a 50% chance of being selected for sampling.

From the selected list, instructors were sent an invitation to participate in the annual Health & Wellness survey. The survey is administered digitally using Qualtrics in the classroom (in-person or over zoom), and on the D2L sites of asynchronous courses.

CHS Usage & Media



39%

of UA students have used a **Campus Health service**

98%



of these students indicated that **CHS services helped** them remain a student at UA

Top 3 sources of Campus Health information:

- **Orientation or Campus Tour, 41%**
- **Campus email, 35%**
- **Campus Health Website, 29%**

53%



of student followers of **Campus Health social media accounts** have used it to **improve their health or well-being**

Physical Health



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

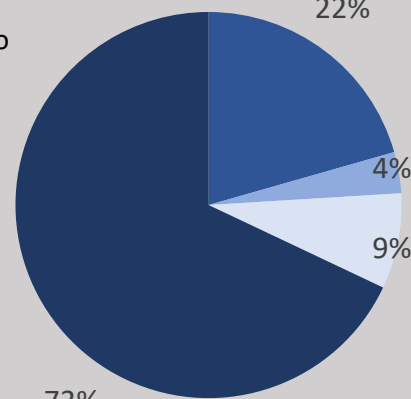
Students reported exercising **3 of the past 7 days** on average

Students reported getting enough sleep **4 of the past 7 days** on average



Select Health Insurance Coverage

- Have health insurance that requires them to go elsewhere 22%
- Do not have health insurance 4%
- Enrolled in UA health insurance plan 9%
- On parents' health insurance plan 73%



Vaccinations received by students:

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

Nutrition and Body Image

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



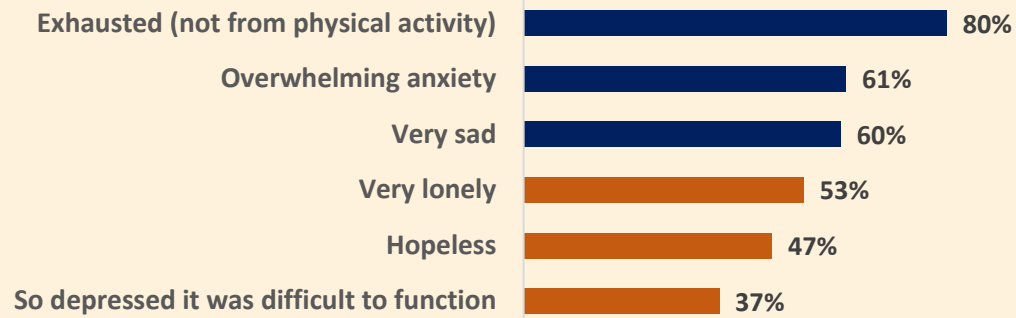
Mental Health

25%



of UA students have received counseling/therapy for mental/emotional health in the past 12 months

Select mental health symptoms reported by UA students since August 2022:



69%



of students reported that **anxiety or depression made it difficult** for them to work, study, go to class or get along with other people

54%



of students have experienced **above average or tremendous stress** since August 2022

Sexual Health

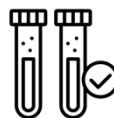
38% of students reported using a form of **birth control**



25% of students reported **never having had any type of sex**

65% of students have been **sexually active since August 2022**. Among those...

67% of students have **not been tested for STIs** within the last year



Popular forms of birth control:

- Condom, **42%**
- Oral Contraceptive Pills, **56%**
- Intrauterine device, **21%**

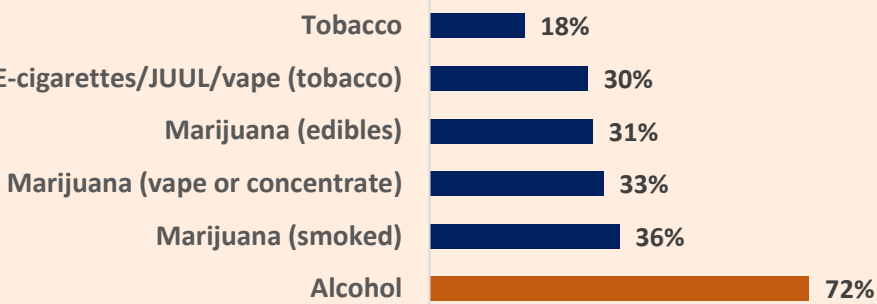
48% of students know they can get **STI testing** at Campus Health **without it showing on their bursar account**



3

Alcohol and Other Drug Behaviors

Select Alcohol and Other Drugs used since August 2022:



34% of students reported they **binge drink** (5+ drinks in one sitting in the past 2 weeks)



Select protective behaviors while drinking in the last 12 months:

- Drink beer or other lower alcohol content drinks, **74%**
- Alternate with non-alcoholic beverages, **59%**
- Avoid shots of hard liquor, **38%**

Among those who drink, **students drink an average of 4 drinks** per week



Select consequences of drinking in the last 12 months:

- Brownout (forgetting where one is/did for short periods of time), **42%**
- Did something they later regretted, **39%**
- Missed a class, **32%**
- Blackout (forgetting where one is/did for a long period of time), **28%**

Contact Us

Interested in learning more about the data? Let us know!

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