Health and Wellness Survey 2023
Undergraduate Students
n=3564

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

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

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.
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

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:

- Exhausted (not from physical activity): 80%
- Overwhelming anxiety: 61%
- Very sad: 60%
- Very lonely: 53%
- Hopeless: 47%
- So depressed it was difficult to function: 37%

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

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

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

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.

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Alcohol and Other Drug Behaviors

Select Alcohol and Other Drugs used since August 2022:

- Tobacco: 18%
- E-cigarettes/JUUL/vape (tobacco): 30%
- Marijuana (edibles): 31%
- Marijuana (vape or concentrate): 33%
- Marijuana (smoked): 36%
- Alcohol: 72%

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

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

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%

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%

Contact Us

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

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