

Health and Wellness Survey 2024

Weighted Undergraduate Report

n = 4567

University of Arizona Campus Health Service
Health Promotion and Preventive Services

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Note: Data has been weighted for gender, class and fraternity/sorority affiliation to match campus demographics

Demographics

Gender (mark all that apply)

**Note: This question was modified in 2020 to reflect the UA Inclusive and Functional Demographics Question by making it 'mark all that apply'.*

Response	Percentage
Man	42.2
Woman	55.6
Agender	0.3
Transgender	0.7
Nonbinary	1.7
Genderqueer/Gender Nonconforming	1.0
Another Identity	0.2

Ethnic/Racial Origin (mark all that apply)

Response	Percentage
African American/Black	4.8
Asian/Pacific Islander	12.7
Caucasian/White	66.2
Hispanic/Latinx	26.5
Middle Eastern/North African	3.0
Native American/Alaska Native	2.5
Another Identity	1.2
BIPOC (Black, Indigenous, and People of Color)	47.2
QTBIPOC (Queer and Transgender People of Color)	10.2

Academic Standing

Response	Percentage
First Year	27.0
Sophomore	20.5
Junior	29.0
Senior	23.6

Extracurricular Activities

Response	Percentage
Fraternity/Sorority Member	22.6
Sports Club Participant	6.7
Intercollegiate Athlete	2.3
Intramural Athlete	11.8

First in Family to Attend College

Response	Percentage
Yes	18.5

Living Arrangements

Response	Percentage
House/Apartment/Etc.	72.9
Dorm	23.5
Fraternity/Sorority	3.4
No Stable Residence	0.2

Dorm Where They Reside

Response	Number
Apache-Santa Cruz	35
Árbol de la Vida	79
Arizona-Sonora	47
Babcock	25
Cochise	19
Coconino	21
Colona de la Paz	54
Coronado	57
Gila	36
Graham-Greenlee	39
Honors Village	208
Hopi	10
Kaibab-Huachuca	36
Likins	54
Manzanita-Mohave	54
Maricopa	16
Navajo-Pinal (Stadium)	12
Pima	14
Posada San Pedro	24
Pueblo de la Cienega	37
Villa De Puente	35
Yavapai	27
Yuma	24

Live in Off-Campus Housing Complex

Response	Percentage
Yes	53.1

Age

Response	Results
Mean	20.56
Median	20.00
Under 21 (percentage)	56.3

Current UA GPA

Response	Results
Mean	3.4561
Median	3.600

Relationship Status

Response	Percentage
Single - Not Dating	52.5
Casually Dating	9.8
Exclusively Dating One Person	34.0
Engaged	1.0
Married/Partnered	1.4
Open Relationship or Polyamorous	0.5
Other	0.9

Sexual Orientation (mark all that apply)

Response	Percentage
Heterosexual/Straight	80.1
Gay/Lesbian	4.1
Bisexual	11.2
Asexual	1.7
Queer	3.1
Questioning	2.5
Another Identity	1.5
LGBQ Sex Identity (sexual orientation identity only)	20.4
LGBTQ All (sexual orientation and gender identity)	20.6

Current Military Status

Response	Percentage
Not in U.S. Military	94.2
U.S. Veteran	1.0
Active Duty	0.1
Reserves	0.3
Guard	0.2
Military Spouse	0.1
Military Dependent	4.2

Currently Live Outside of Tucson

Response	Percentage
Yes	14.3

Honors Student

Response	Percentage
Yes	15.9

Pell Grant Recipient

Response	Percentage
Yes	21.6
No	67.6
Unsure	10.8

Identify as a Person With a Disability

Response	Percentage
Yes	8.5

Alcohol and Other Drug Behaviors

Alcohol use:

**Note: BAC was truncated to .4 for males and .3 for females*

Topic	Results
Drinks per week – mean	3.59
Drinks per week - median	0.0
Percent had five or more drinks in one sitting at least once in past 2 weeks	29.0
Of these, percent did so 1 - 2 times	74.8
Percent did so 3 - 5 times	19.9
Percent did so 6 or more times	5.4
Drinks had in a social setting - mean	2.54
Drinks had in a social setting - median	2.00
Percent whose most recent drinking occasion was within the past 30 days	52.8
Percent whose most recent drinking occasion was within the school year	16.0
Percent whose most recent drinking occasion was more than one year ago	5.0
Drinks had last time drank – mean	4.40
Drinks had last time drank - median	4.00
Drinks per hour last time drank – mean	1.25
Drinks per hour last time drank - median	1.00
BAC* - mean	0.0670
BAC* – median	0.0470

How often do you usually drink alcohol in a social setting?

Response	Percentage
Never	30.1
Once or twice a year	15.2
Once or twice a month	25.2
Once a week	14.7
Twice a week	11.5
3 or more times a week	3.4

Past 30-day AOD use:

Substance	Percentage
Used tobacco	9.8
Used e-cigarettes/JUUL/vape tobacco	17.3
Used alcohol	48.2
Used marijuana (smoked)	20.5
Used marijuana (vape or concentrate)	20.3
Used marijuana (edibles)	12.9
Used cocaine	2.0
Used heroin	0.1
Used pain pills (oxy, Vicodin, Percocet, Fentanyl) not prescribed by their physician	0.2
Used sedatives (Valium, Xanax, sleeping pills) not prescribed by their physician	1.2
Used Ritalin/Adderall/Concerta not prescribed by their physician	3.5
Used Molly/MDMA/ecstasy	0.6
Used other illegal drugs	0.9

AOD use since August 2023:

Substance	Percentage
Used tobacco	15.1
Used e-cigarettes/JUUL/vape tobacco	23.6
Used alcohol	65.0
Used marijuana (smoked)	31.3
Used marijuana (vape or concentrate)	29.7
Used marijuana (edibles)	26.4
Used cocaine	4.0
Used heroin	0.3
Used pain pills (oxy, Vicodin, Percocet, Fentanyl) not prescribed by their physician	0.6
Used sedatives (Valium, Xanax, sleeping pills) not prescribed by their physician	2.2
Used Ritalin/Adderall/Concerta not prescribed by their physician	5.9
Used Molly/MDMA/ecstasy	2.4
Used other illegal drugs	1.9

Protective behaviors: usually or always do the following when they drink

Protective Behaviors	Percentage
Stop drinking at least 1 to 2 hours before going home	68.0
Alternate with non-alcoholic beverages	63.1
Use a ride service or have a designated driver	90.9
Set a limit on the number of drinks they have	59.7
Drink beer or other lower alcohol content drinks	74.1
Avoid drinking games	49.2
Eat before or during the time they are drinking	92.1
Refuse to ride with a driver who has been drinking	94.5
Avoid pre-gaming/pre-partying	34.1
Avoid shots of hard liquor	38.4

Experienced the following consequences in the past 30 days due to their drinking:

Consequences	Percentage
Drove after drinking any amount of alcohol	6.2
Brownout (forgot where I was or what I did for short periods of time)	17.1
Blackout (forgot where I was or what I did for a long period of time)	8.9
Missed a class	16.6
Performed poorly on a test or important project	6.5
Did something they later regretted	16.2
Received a lower grade in a class	5.4

Experienced the following consequences since August 2023 due to their drinking:

Consequences	Percentage
Drove after drinking any amount of alcohol	15.2
Brownout (forgot where I was or what I did for short periods of time)	36.6
Blackout (forgot where I was or what I did for a long period of time)	25.1
Missed a class	30.5
Performed poorly on a test or important project	19.5
Did something they later regretted	37.6
Received a lower grade in a class	17.6

Since August 2023, have felt the need to stop or cut down their:

Substance	Percentage
Tobacco (smoke, chew, hookah) use	7.3
E-cigarettes/JUUL/Vape (tobacco) use	16.6
Alcohol use	17.4
Marijuana use	16.2
Other illegal drug use	4.3
Have felt the need to stop or cut down use of any substances listed above	32.8

Since August 2023, have had someone close to them suggest that they should stop or cut down on their:

Substance	Percentage
Tobacco (smoke, chew, hookah) use	3.2
E-cigarettes/JUUL/Vape (tobacco) use	9.0
Alcohol use	7.9
Marijuana use	7.2
Other illegal drug use	1.9
Have had someone close to them suggest they stop or cut down use of any substances listed above	16.9

Since August 2023, have tried to stop or cut down on their:

Substance	Percentage
Tobacco (smoke, chew, hookah) use	7.3
E-cigarettes/JUUL/Vape (tobacco) use	15.5
Alcohol use	17.2
Marijuana use	15.5
Other illegal drug use	4.6
Have tried to stop or cut down use of any substances listed above	31.3

Nutrition and Body Image

In the last 12 months, were ever hungry but did not eat because there was not enough money for food

Response	Percentage
Yes	20.0

Since August 2023, have ever felt so focused on food, weight and/or body image that it negatively affected their quality of life

Response	Percentage
Yes	35.0

Indicated weight affects the way they feel about themselves

Response	Percentage
Yes	61.2

Indicated they have or are currently suffering from disordered eating

Response	Percentage
Yes	31.7

Indicated comparing their food or body in social media negatively affected their mental wellbeing

Response	Percentage
Yes	42.3

Sleep and Physical Health

On average, how many hours per day do you spend on your cell phone?

Response	Percentage
Less than 1 hour	1.0
1 – 2 hours	11.2
3 – 4 hours	45.9
5 – 6 hours	32.5
7+ hours	9.4
Have felt the need to cut down or limit their cell phone usage	77.3

On how many of the past 7 days did you get enough sleep so that you felt rested when you woke up in the morning?

Number of Days	Results
Percent reported 0 days	8.2
Percent reported 1 day	6.3
Percent reported 2 days	14.1
Percent reported 3 days	16.6
Percent reported 4 days	18.1
Percent reported 5 days	19.5
Percent reported 6 days	8.7
Percent reported 7 days	8.5
Mean	3.66
Median	4.00

How would you describe your overall physical health?

Response	Percentage
Excellent	13.4
Very good	31.4
Good	36.6
Fair	16.3
Poor	2.4

Do you consider yourself to be physically active?

Response	Percentage
Yes	55.9
No	10.5
Somewhat	33.5

On how many of the past 7 days did you intentionally perform exercise?

Number of Days	Results
Percent reported 0 days	13.6
Percent reported 1 day	7.2
Percent reported 2 days	12.4
Percent reported 3 days	16.4
Percent reported 4 days	16.0
Percent reported 5 days	15.1
Percent reported 6 days	10.6
Percent reported 7 days	8.8
Mean	3.46
Median	4.00

Have received the following vaccinations/shots

Vaccinations/Shots	Percentage Yes	Percentage Don't Know
Human Papillomavirus/HPV (Gardasil)	65.5	26.5
Meningococcal conjugate or MenACWY [Menactra, Menveo, and MenQuadfi (meningitis)]	63.2	30.9
Serogroup B meningococcal or MenB (Bexsero and Trumenba)	51.3	41.8
Varicella (chicken pox)	73.0	21.7
Had the flu shot since August 2023	35.7	NA

Current COVID-19 vaccination status

Response	Percentage
Not vaccinated	15.4
Partially vaccinated (only one dose of initial two-dose series, not including J&J)	7.9
Primary vaccine series	27.0
Primary vaccine series + one or more original (monovalent/bivalent) boosters	31.4
Primary vaccine series + all recommended boosters (fall 2023 monovalent booster)	18.3

Percent have experienced symptoms for more than 4 weeks after initial COVID-19 illness (not due to other conditions)

Response	Percentage
Yes	10.9

Mental Health and Violence

Received counseling/therapy for mental or emotional health in the last 12 months

Response	Percentage
Yes, at CAPS	8.3
Yes, other on campus provider (not CAPS)	2.8
Yes, off campus provider (in-person)	9.6
Yes, off campus provider (remote)	10.4
No	74.8
Received counseling/therapy for mental or emotional health in the last 12 months	24.2

How often do you feel that you lack companionship?

Response	Percentage
Rarely	41.7
Sometimes	44.5
Often	13.8

How often do you feel left out?

Response	Percentage
Rarely	44.7
Sometimes	42.8
Often	12.5

How often do you feel isolated from others?

Response	Percentage
Rarely	46.8
Sometimes	39.4
Often	13.8

How would you describe your overall mental health?

Response	Percentage
Excellent	8.0
Very good	20.9
Good	35.9
Fair	27.7
Poor	7.5

How difficult has anxiety or depression made it for you to do your work, study, go to class or get along with other people (diagnosed or not)?

Response	Percentage
Not difficult at all	22.4
Somewhat difficult	46.8
Very difficult	18.7
Not applicable	12.1

Have ever been diagnosed with the following (mark all that apply):

Mental Health Diagnoses	Percentage
Depression	19.3
Anxiety	26.2
Attentional Disorder (e.g., ADHD)	13.4
Disordered Eating (e.g. anorexia, bulimia, binge eating)	5.4
Post-Traumatic Stress Disorder (PTSD)	4.2
Other mental health diagnosis	5.3
None of the above	59.5
Have any of the mental health diagnoses listed above	35.9

Since August 2023, have used prescription medication for the following diagnoses:

Mental Health Diagnoses	Percentage
Depression	46.9
Anxiety	46.2
Attentional Disorder (e.g., ADHD)	57.8
Disordered Eating (e.g. anorexia, bulimia, binge eating)	8.6
Post-Traumatic Stress Disorder (PTSD)	23.7
Other mental health diagnosis	36.7
Have used a prescription medication for any of the mental health diagnoses listed above	50.4

Overall stress experienced since August 2023

Response	Percentage
No stress	3.0
Less than average stress	7.9
Average stress	39.6
More than average stress	39.4
Tremendous stress	10.1

Experienced the following in the past 30 days:

Mental Health Symptom	Percentage
Felt things were hopeless	22.1
Felt overwhelmed by all you had to do	55.2
Felt exhausted (not from physical activity)	53.7
Felt very lonely	25.1
Felt very sad	29.8
Felt so depressed that it was difficult to function	15.2
Felt overwhelming anxiety	31.8
Felt overwhelming anger	17.3
Intentionally cut, burned, bruised, or otherwise injured yourself	2.8
Experienced any mental health symptom	69.3

Experienced the following since August 2023:

Mental Health Symptom	Percentage
Felt things were hopeless	42.2
Felt overwhelmed by all you had to do	82.1
Felt exhausted (not from physical activity)	78.5
Felt very lonely	49.7
Felt very sad	55.7
Felt so depressed that it was difficult to function	32.8
Felt overwhelming anxiety	56.5
Felt overwhelming anger	35.2
Intentionally cut, burned, bruised, or otherwise injured yourself	6.4
Experienced any mental health symptom	88.9

Knew they can access CAPS for virtual visits

Response	Percentage
Yes	65.8

If you wanted to use mental services but have not, what are the main barriers preventing you from seeking help? (mark all that apply)

Barrier	Percentage
Financial reasons	21.1
Stigma	9.0
Haven't gotten around to it	37.6
Scheduling issues	20.9
Don't know where to go	16.8
Feel embarrassed or ashamed	12.4
Lack of on campus appointment availability	7.0
Something else	9.9
Experienced any barrier listed above to use mental health services	66.8

Since August 2023, have experienced discrimination based on the following elements of their identity:

Targets of Discrimination	Percentage
Race or ethnicity	12.1
Gender or gender presentation	11.2
Sexual orientation	5.7
Disability	2.3
Religion	7.3
Something else	0.7
Experienced any discrimination listed above since August 2023	29.3

If you have experienced discrimination, how serious would you characterize the worst incident?

Response	Percentage
Very serious (hate crime, physical violence, something affecting your livelihood, etc.)	4.3
Somewhat serious	16.4
Less serious (microaggressions, small comments, etc.)	79.3

In the past 12 months, have been in an intimate relationship that was:

Form of Abuse	Percentage
Emotionally abusive (called derogatory names, yelled at, ridiculed)	7.9
Physically abusive (kicked, slapped, punched)	2.1
Sexually abusive (forced to have sex when they didn't want to, forced to perform or have an unwanted sexual act performed on them)	3.1
Experienced any relationship violence listed above within the last 12 months	9.2

Experienced the following consequences since August 2023 due to drinking alcohol:

Consequence	Percentage
Someone had sex with me without MY consent	2.1
Had sex with someone without THEIR consent	0.2
Had unprotected sex when I wouldn't normally	6.4

Within the last 12 months have been:

Form of Violence	Percentage
Physically assaulted (do not include sexual assault)	2.4
In a physical fight	3.2
Verbally attacked	12.4
Harassed online	6.1
Stalked	4.6
Experienced any violence listed above	18.1

Since August 2023 have seriously considered attempting suicide

Response	Percentage
Yes	5.8

Since August 2023 have attempted suicide

Response	Percentage
Yes	0.6

Agreed that if in the future they were having a personal problem that was really bothering them, they would consider seeking help from a mental health professional (mark all that apply):

Response	Percentage
Yes – from CAPS	40.3
Yes – Off campus provider	46.9
No	29.5

Indicated 'Yes' to the Following

Response	Percentage
Are you familiar with the 988 Suicide & Crisis Lifeline (free to call or text 24/7)?	63.3
Are you familiar with the National Crisis Text Line (741741)?	53.4
Have you used the 988 Suicide & Crisis Lifeline (phone or text)?	9.5
Are you aware of suicide prevention resources?	76.1

Sexual Health and Human Sexuality

Topic	Percentage
Ever had oral sex	65.4
Ever had vaginal intercourse	63.1
Ever had anal intercourse	15.2
Never had vaginal or anal intercourse	35.4
Never had oral, vaginal or anal sex	31.1
Had zero vaginal/anal sexual partners since August 2023	41.7
Of those who have been sexually active since August 2023:	63.4
Had one vaginal/anal sexual partner	13.9
Had 2 vaginal/anal sexual partners	16.2
Had 3 - 5 vaginal/anal sexual or more partners	6.5
Had 6 or more vaginal/anal sexual or more partners	61.5
Usually or always use a condom (among sexually active)	28.4
Have been STI tested within the last year (among sexually active)	69.5
Have NOT been STI tested within the last year (among sexually active)	2.2
Don't know if they have been STI tested within the last year (among sexually active)	44.9
Know they can get STI testing at CHS without details showing on their Bursar's account	

Among all students, currently use a form of hormonal birth control

Response	Percentage
Yes	25.8

Among students who identify as female, currently use a form of hormonal birth control

Response	Percentage
Yes	42.7

Of those that use a form of hormonal birth control, the following birth control methods are used (mark all that apply):

Birth Control Method	Percentage
Oral Contraceptive Pills	62.4
IUD (e.g. Mirena, Kyleena, Skyline, ParaGuard)	21.3
Implant (e.g. Nexplanon)	9.3
Injection	3.0
Vaginal ring (e.g. NuvaRing, EluRyng)	2.0
Patch (e.g. Twirla, Xulane)	0.6
Other	1.7

Service Utilization and Media

Since August 2023, have needed the following but did not seek help because they couldn't afford it:

Service	Percentage
Medical services when sick	13.8
Routine medical services (like a Well Check)	13.0
Mental health services	16.8
Medications prescribed by your doctor	10.8

Used the following services:

Service	Percentage
Campus Health Medical Services	29.6
CAPS (Counseling & Psych Services)	12.0
HPPS (Health Promotion and Prevention Services)	6.2
Campus Recreation (Rec Center, Intramurals, Outdoor Adventures, etc.)	55.0
Indicated using any of the above CHS services	35.9

Among those that have used services, indicated the following services helped them remain a student at UA:

Service	Percentage
Campus Health Medical Services	44.2
CAPS (Counseling & Psych Services)	56.5
HPPS (Health Promotion and Prevention Services)	32.4
Campus Recreation (Rec Center, Intramurals, Outdoor Adventures, etc.)	66.3
Indicated a CHS service listed above has helped them remain a student at UA	97.1

How did you learn about Campus Health? (mark all that apply)

Source	Percentage
Orientation/ Campus Tour	37.8
Campus Health website	25.5
Campus email	34.1
Parent or guardian	11.9
Friend or classmate	22.5
Professor or TA	20.1
RA or other Residence Life staff	9.1
Another UA service (e.g. ASUA, Thrive, Campus Rec, Dean of Students, etc.)	12.1
Social media	13.4
Other	3.2
I do not know about Campus Health	5.7

Indicated the following as their primary form of health insurance

Health Insurance	Percentage
College/university sponsored plan	7.5
Parent's plan	75.0
AHCCCS (Medicaid in Arizona)	6.8
Another plan	4.7
I don't have health insurance	3.3
I am not sure if I have health insurance	2.5

Have medical insurance that requires them to go somewhere other than CHS

Response	Percentage
Yes	21.9

Are unsure if their medical insurance requires them to go somewhere other than CHS

Response	Percentage
Yes	41.4

Accessed the following Campus Health Media during the past school year:

Media Platform	Percentage
Campus Health website (health.arizona.edu)	37.9
CAPS website (caps.arizona.edu)	19.5
Social Media @UAZCampusHealth on Instagram, Twitter or Facebook	13.3
Stressbusters app	3.1

Among those that have accessed @UAZCampusHealth, follow the following Campus Health social media accounts (mark all that apply):

Social Media Account	Percentage
Instagram	79.1
Twitter	4.1
Facebook	2.7

Among followers, would recommend following Campus Health social media accounts to a friend

Response	Percentage
Yes	66.9
No	5.4
Maybe	27.6

Among followers, have used some of the information they've learned on Campus Health social media to improve their health or wellbeing

Response	Percentage
Yes	67.6