

# Health and Wellness Survey 2024

## Undergraduate Students

N=4,567



**CAMPUS  
HEALTH**

### Introduction to Health and Wellness:

For over 20 years, Campus Health Service (CHS) 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 lower levels of alcohol related consequences compared to years past.
- ✓ Nearly 1 in 4 students used counseling services to support their mental health.
- ✓ 70% of students reported not being tested for STIs within the last 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



**36%**

of U of A students have used a **Campus Health service**

**97%**



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

### Top 3 sources of Campus Health information:

- **Orientation or Campus Tour, 38%**
- **Campus email, 34%**
- **Campus Health website, 26%**

**68%**



of **@UAZCampusHealth followers** have used information learned to **improve their health or wellbeing**

# Physical Health



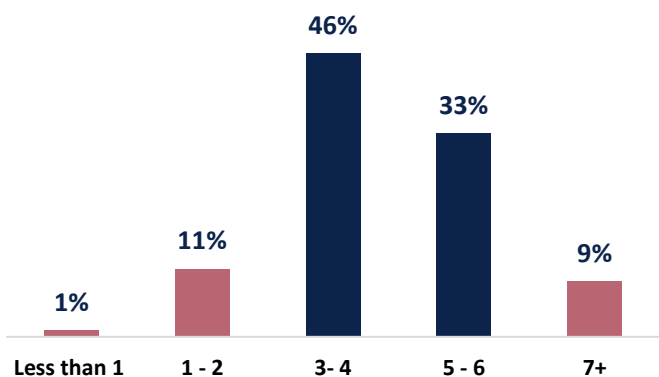
**56%** of U of A students consider themselves to be **physically active**

On average, students reported exercising on **3 of the past 7 days**

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

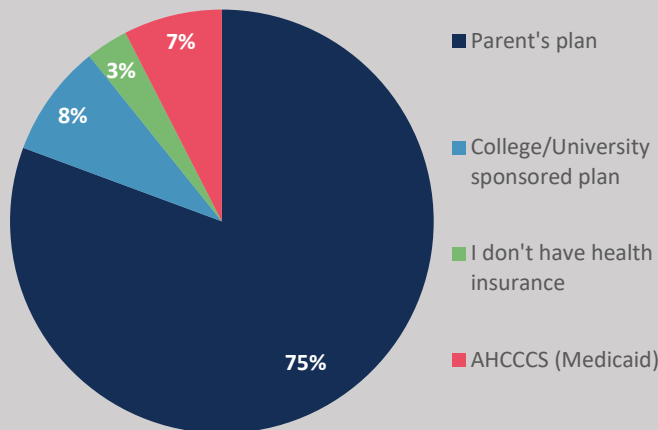


## Hours Spent on Cell Phone per Day



**77%** of students reported that they felt the need to **cut down or limit their cell phone use**

## Select Health Insurance



# Nutrition and Body Image

**32%** of students had or currently suffer from **disordered eating**

**42%** of students **compare their food/body to social media, negatively** impacting their **mental wellbeing**

**61%** of students reported that **weight** affects the **way they feel about themselves**



**20%** of students reported **not eating** due to **insufficient money** in the last 12 months

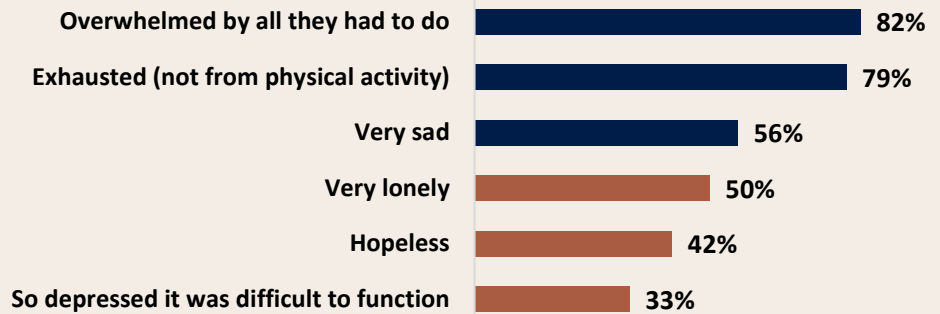
## Mental Health

24%



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

Select mental health symptoms reported by U of A students since August 2023:



65%



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

49%

of students have experienced above average or tremendous stress since August 2023

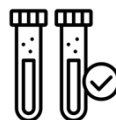
## Sexual Health



31% of students reported never having any type of sex

63% of students have been sexually active since August 2023. Among those,

70% of students have not been tested for STIs within the last year



26% of students use a form of hormonal birth control

### Popular forms of hormonal birth control:

- Oral contraceptive pills, 62%
- Intrauterine device, 21%
- Implant, 9%

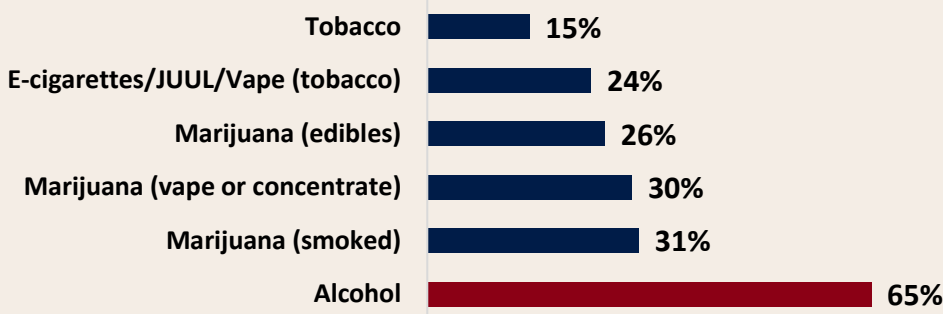
45% of students know they can get STI testing at Campus Health without details showing on their Bursar account



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# Alcohol and Other Drug Behaviors

## Select Alcohol and Other Drug use since August 2023:



Students drink an average of 4 drinks per week



**29%** of students reported they **binge drank** (5+ drinks in one sitting) within the past 2 weeks



### Select protective behaviors: Usually/always do the following when they drink

- Use a ride share service or have a designated driver, **91%**
- Drink beer or other lower alcohol content drinks, **74%**
- Alternate with non-alcoholic beverages, **63%**
- Avoid shots of hard liquor, **38%**

### Select consequences of drinking since August 2023

- Did something they later regretted, **38%**
- Brownout (forgetting where one is/did for short periods of time), **37%**
- Missed a class, **31%**
- Blackout (forgetting where one is/did for a long period of time), **25%**

## Contact Us

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

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