

Health and Wellness Survey 2021

Weighted Undergraduate Report

n = 4129

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)

Male	45.0
Female	55.0
Agender	0.1
Transgender	0.3
Nonbinary	0.6
Genderqueer/Gender nonconforming	0.1
Another identity	0.2

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

Other identities:

- Fluid/androgynous (=1)
- Gendersmorphe (n=1)
- Questioning (n=1)
- Unknown (n=1)

% Living arrangements

House/apartment/etc.	80.4
Dorm	16.5
Fraternity/Sorority	2.6
No stable residence	0.4

Which dorm they live in (number in each):

Arbol de la Vida	63
Arizona Sonora	24
Cochise	7
Colona de la Paz	24
Coronado	42
Gila	17
Global Campus	1
Graham-Greenlee	19
Honor's Village	114
Hopi Lodge	6
La Paz	3
Likins	25
Manzanita-Mohave	38
Maricopa	8
Navajo-Pinal (Stadium)	17
Pima	11
Posada San Pedro	9
Pueblo de la Cienega	10
Villa De Puente	16
Yavapai	10
Yuma	22

% Ethnic/Racial Origin (mark all that apply)

African American/Black	4.9
Asian/Pacific Islander	13.0
Caucasian/White	63.7
Hispanic/Latinx	27.0

Middle Eastern/North African	2.4
Native American/Alaska Native	2.8
Another identity	1.1

Type other:

- African (n=2)
- Asian American (n=2)
- Brazilian (n=2)
- Central American (n=1)
- Central Asian (n=1)
- Eurasian (n=1)
- Indian (n=2)
- Jewish (n=2)
- Mixed (n=4)

% Classification

First year	27.0
Sophomore	21.0
Junior	24.0
Senior	28.0

% First in their family to attend college

Yes	21.4
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% Extracurricular activities

Fraternity/Sorority member	19.0
Sports club participant	5.4
Intercollegiate athlete	1.8
Intramural athlete	5.7

% Current military status (response that best describes them)

Not in U.S. Military	96.7
U.S. veteran	2.3
Active duty	0.4
Reserves	0.5
Guard	0.2
Military spouse	0
Military dependent	0

Average age

Mean	20.89
Median	20.00
Under 21 (%)	59.7

Average current UA GPA

Mean	3.43
Median	3.52

% Relationship status

Single - not dating	51.9
Casually dating	9.3
Exclusively dating one person	33.2
Engaged	1.4
Married/Partnered	3.5
Open Relationship or polyamorous	0.4
Other	0.4

Other relationship:

- Divorced (n=2)

%Sexual orientation (mark all that apply)

Heterosexual	81.3
Gay	2.3
Lesbian	1.2
Bisexual	10.8
Queer	1.6
Questioning	3.4
Asexual	1.5
A different identity	1.3

Different identities:

- Demisexual (n=5)
- Heteroflexible (n=1)
- Pansexual (n=21)

% Live in off-campus housing complex

Yes	29.6
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% Currently live outside of Tucson

Yes	17.0
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% Currently live out of state

Yes	43.1
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% Pell Grant recipient

Yes	25.8
No	63.9
Unsure	10.3

% Ever been diagnosed with a disability or impairment

Yes	10.2
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Alcohol and Other Drug Behaviors

Alcohol Use:

Drinks per week – mean	3.08
Drinks per week - median	1.00
% had five or more in one sitting at least once in past 2 weeks	33.9
Of these, % did so 1 - 2 times	64.8
% did so 3 - 5 times	24.9
% did so 6 or more times	10.3
Drinks had last time drank – mean	3.97
Drinks had last time drank - median	3.00
Drinks per hour last time drank – mean	1.30
Drinks per hour last time drank - median	1.00
BAC* - mean	.0530
BAC – median	.0307
% whose most recent drinking occasion was within the past 30 days	56.4
% whose most recent drinking occasion was within this school year	13.6
% whose most recent drinking occasion was more than one year ago	5.4

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

Past 30-day AOD use:

% used tobacco	6.4
% used e-cigarettes/JUUL/vape tobacco	14.6
% used alcohol	45.4
% used marijuana (smoked)	18.8
% used marijuana (vape or concentrate)	15.9
% used marijuana (edibles)	11.2
% used cocaine	2.2
% used heroin	0.1
% used pain pills (oxy, Vicodin, Percocet, Fentanyl) not prescribed by their physician	0.4
% used sedatives (Valium, Xanax, sleeping pills) not prescribed by their physician	1.7
% used Ritalin/Adderall/Concerta not prescribed by their physician	2.9
% used Molly/MDMA/ecstasy	0.3
% used other illegal drugs	0.9

AOD use since August 2020:

% used tobacco	11.7
% used e-cigarettes/JUUL/vape tobacco	24.1
% used alcohol	64.1
% used marijuana (smoked)	29.5
% used marijuana (vape or concentrate)	26.0
% used marijuana (edibles)	23.4
% used cocaine	4.8
% used heroin	0.2
% used pain pills (oxy, Vicodin, Percocet, Fentanyl) not prescribed by their physician	0.9
% used sedatives (Valium, Xanax, sleeping pills) not prescribed by their physician	3.0
% used Ritalin/Adderall/Concerta not prescribed by their physician	5.5
% used Molly/MDMA/ecstasy	2.1
% used other illegal drugs	2.6

Since August 2020, % have felt the need to stop or cut down on their alcohol or other drug use

% Yes	20.4
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Since August 2020, % have had someone close to them suggest that they should stop or cut down on their alcohol or other drug use

% Yes	9.2
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Since August 2020, % have tried to stop or cut down on their alcohol or other drug use

% Yes	21.6
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% are currently interested in recovery programming for alcohol or other drug problems at UA

% Yes	1.7
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Nutrition, Body Image, Sleep and Physical Health

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

Yes	13.3
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Within the past 12 months, % have you done any of the following to lose weight

Dieted	42.5
Vomited or used laxatives	5.6
Taken diet pills	4.3
Exercised more	55.3
Smoked cigarettes/vaped	5.6
Misused prescription drugs	1.4
Avoided food	32.1

Since August 2020, % have ever felt so preoccupied with food, weight and/or body image that it negatively effected their quality of life

Yes	35.2
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If yes, % indicated this effect on them worsened since the start of COVID-19 (March 2020)

Much worse than before	19.2
Worse than before	39.3
About the same as before	35.7
Better than before	4.6
Much better than before	1.3

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? (% in each)

0 days	11.6
1-2 days	21.8
3-4 days	31.1
5-6 days	26.1
7 days	9.4
Mean	3.49
Median	4.00

How would you describe your overall physical health? (% in each)

Excellent	14.0
Very good	35.5
Good	35.1
Fair	13.4
Poor	2.0

Mental Health and Violence

How would you describe your overall mental health? (% in each)

Excellent	8.6
Very good	18.3
Good	31.6
Fair	29.7
Poor	11.7

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

Yes, at CAPS	7.7
Yes, off campus provider	17.3
No	77.3

In the last 30 days, aside from when you are in class, about how many hours per week did you usually spend some time in person with friends or acquaintances?

0 hours	12.5
1 – 5 hours	37.5
6 – 15 hours	29.5
16+ hours	20.4

% have ever been diagnosed with the following

Depression	20.5
Anxiety	24.3
Attentional Disorder (e.g., ADHD)	9.6
Autism Spectrum Disorder	1.2
Eating Disorder (e.g. anorexia, bulimia, binge eating)	4.1
Learning impairment	3.1
Trauma and stress-related disorders (e.g., PTSD)	5.5

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)? (% in each)

Did not make it difficult at all	13.2
Made it somewhat difficult	45.5
Made it very difficult	24.4
Not applicable	16.8

Overall stress experienced since August 2020 (% in each)

No stress	1.7
Less than average stress	5.3
Average stress	27.3
More than average stress	51.7
Tremendous stress	14.0

% Experienced the following in the past 30 days:

Felt things were hopeless	20.9
Felt overwhelmed by all you had to do	51.5
Felt exhausted (not from physical activity)	48.8
Felt very lonely	31.0
Felt very sad	32.5
Felt so depressed that it was difficult to function	17.6
Felt overwhelming anxiety	33.6
Felt overwhelming anger	18.1
Intentionally cut, burned, bruised, or otherwise injured yourself	2.4

% Experienced the following since August 2020:

Felt things were hopeless	51.0
Felt overwhelmed by all you had to do	83.9
Felt exhausted (not from physical activity)	79.8
Felt very lonely	62.6
Felt very sad	64.4
Felt so depressed that it was difficult to function	40.8
Felt overwhelming anxiety	63.7
Felt overwhelming anger	41.6
Intentionally cut, burned, bruised, or otherwise injured yourself	7.2

% knew they can access CAPS for virtual visits

Yes	65.3
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If you wanted to use mental services but have not, what are the main barriers preventing you from seeking help? (% in each) (mark all that apply)

Financial reasons	23.1
Stigma	12.2
Haven't gotten around to it	39.0
Scheduling issues	19.4
Don't know where to go	21.6
Feel embarrassed or ashamed	17.8
Something else	7.5

% Times seriously thought about suicide since August 2020

0 times	87.4
1 or more times	12.6
1 - 4 times	9.9
5 – 8 times	1.3
9 or more times	1.4

% Times attempted suicide since August 2020

0 times	98.8
1 or more times	1.2
1 time	1.0
2 times	0.2

3+ times	0.1
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% 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)

Yes – at CAPS	48.4
Yes – Off campus provider	52.9
No	25.2

% indicated yes to the following:

Are you familiar with the National Suicide Prevention Lifeline (phone number)?	77.8
Are you familiar with the National Crisis Line (text)?	60.2
Have you used the National Suicide Prevention Lifeline?	6.5
Are you aware of suicide prevention resources?	79.4

Since August 2020, % have experienced discrimination based on the following elements of their identity

Race or ethnicity	14.1
Gender or gender presentation	11.2
Sexual orientation	4.9
Disability	2.7
Religion	5.6
Something else	4.2

If you they had experienced discrimination, how serious would you characterize the worst incident? (% in each)

Very serious (hate crime, physical violence, something affecting your livelihood, etc.)	4.0
Somewhat serious	18.7
Less serious (microaggressions, small comments, etc.)	77.3

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

Emotionally abusive (called derogatory names, yelled at, ridiculed)	8.8
Physically abusive (kicked, slapped, punched)	1.8
Sexually abusive (forced to have sex when they didn't want to, forced to perform or have an unwanted sexual act performed on them)	2.4

Sexual Health

% ever had oral sex	70.5
% ever had vaginal intercourse	67.4
% ever had anal intercourse	22.6
% ever had vaginal or anal intercourse	69.1
% ever had oral, vaginal or anal sex	73.3
% had zero vaginal/anal sexual partners since August 2020	40.3
Of those who have been sexually active since August 2020:	
% had one vaginal/anal sexual partner	67.4
% had 2 vaginal/anal sexual partners	14.7
% had 3 - 5 vaginal/anal sexual or more partners	13.1
% had 6 or more vaginal/anal sexual or more partners	4.8
% usually or always use a condom (among sexually active)	56.9
% have been STI tested within the last year (among sexually active)	23.0
% have NOT been STI tested within the last year (among sexually active)	74.9
% don't know if they have been STI tested within the last year (among sexually active)	2.2

Know they can get STI testing at CHS without details showing on their Bursar's account

% yes	52.4
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Service Utilization and Media

% accessed the following Campus Health Media during the past school year

Campus Health website	43.1
Living Wild website	4.2
Social Media@UAZCampusHealth on Facebook, Instagram, Twitter	16.3
Stressbusters app	2.3

% follow the following Campus Health social media accounts

Instagram	10.0
Twitter	1.9
Facebook	1.6

% would recommend following Campus Health social media accounts to a friend

Yes	45.5
No	8.1

Maybe	46.4
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% have used some of the information they've learned on Campus Health social media to improve their health and wellbeing

Yes	57.5
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CHS

% ever used CHS	47.4
% have medical insurance that requires them to go elsewhere	22.6
% are unsure if their medical insurance requires them to go elsewhere	34.2

Among those who used the service, % who indicated the following helped them remain a student at UA

% Campus Rec	76.6
% CHS medical services	56.9
% CAPS	38.7
% HPPS	20.2
% who indicated using any of the above CHS services	70.6

% indicated the following as their primary form of health insurance

College/university sponsored plan	7.5
Parent's plan	73.2
Another plan	12.3
I don't have health insurance	5.1
I am not sure if I have health insurance	1.9

How did you learn about Campus Health (mark all that apply) (% in each)

Orientation	60.3
Campus Health website	31.1
Campus email	43.4
Parent or guardian	9.2
Friend or classmate	19.9
Professor or TA	25.4
RA or other Residence Life staff	13.3
Another UA service (e.g., ASUA, Thrive, Campus Rec, Dean of Students, etc.)	9.6
Social media	9.1
Other	2.3
I do not know about Campus Health	5.3

Since August 2020, % have needed the following but did not seek help because they couldn't afford it

Medical services when sick	9.8
Routine medical services (like a Well Check)	10.8
Mental health services	16.8
Medications prescribed by your doctor	7.1

% have received the following vaccinations/shots

	Yes	Don't Know
Human Papillomavirus/HPV (Gardasil)	67.3	20.3
Meningococcal disease (meningitis)	68.9	24.0
Varicella (chicken pox)	75.1	16.1
COVID-19 vaccine	13.9	3.2
Had the flu shot since August 2020	43.9	N/A

Questions related to COVID-19

Since August 2020, how would you rate your experience of 'Zoom Fatigue'? (% in each)

I have not had Zoom Fatigue	7.8
I rarely have had Zoom Fatigue	7.5
I have sometimes had Zoom Fatigue	27.3
I often have Zoom Fatigue	27.4
I frequently have Zoom Fatigue	30.0

How often do you carry out the following safety measures to protect yourself or others from COVID-19? (% indicated "always/most of the time" in each)

Wearing a mask	94.4
Social distancing	83.3
Frequently disinfecting	75.7
Frequently washing your hands	90.3
Avoiding touching your eyes, nose and/or mouth with unwashed hands	72.3
Avoid going out as much as possible	64.7
Avoid large crowds	78.8
Other	56.3

Other examples:

- Avoid eating outside
- Avoid people I know aren't being safe
- Avoiding high-risk areas such as restaurants
- Avoiding sick or high-risk people
- Avoiding social gatherings
- Avoiding taking potentially harmful substances
- Being updated with COVID news (n=2)
- Change clothes after being in public (n=2)
- COVID response is a myth
- COVID testing
- Curbside pickups instead of going inside place (n=2)
- Don't go outside (n=3)
- Don't let teacher pressure you into go to in-person classes
- Double mask
- Drinking emergency C
- Eat outside when in public (n=2)
- Eating foods specifically targeted towards boosting immunity

- Face shields when at work
- Get tested frequently (n=12)
- Get vaccinated (n=8)
- Hang with a friend/same small group of friends (n=10)
- If with a bigger group of people, quarantine for 3 days to be sure
- Isolating to protect grandparents
- Isolation (n=23)
- Monitoring possible symptoms (n=2)
- Not going to clubs
- Not traveling outside the state
- Wearing gloves (n=3)

What challenges are you facing due to the COVID-19 pandemic? (mark all that apply) (% in each)

Social isolation	60.9
Increased depression/anxiety/stress	66.3
Worry about infection for self	34.2
Worry about infection for family or friends	63.1
Frustration with online classes	76.5
Lack of access to needed technology for coursework	13.6
Financial worries	39.9
Increased use of alcohol or other drugs to help you cope	15.0
Other	2.4

Other examples:

- Annoyance that the world is shut down over this minor virus
- Anxiety and depression should be checked twice
- Being able to focus and do well in my classes
- Boredom, lack of social life
- Burnout
- Confusion like never before – very discouraging on a school level
- Contamination OCD/germaphobia (n=2)
- COVID hysteria myth
- Delayed in visa
- Deteriorating concentration and motivation
- Disability (dissociate disorder) symptoms worsened due to immense screen time
- Distrust
- Feeling like my instructors do not care about my wellbeing
- Finding dependable work
- Frustration that my kids are home with me instead of at school where they belong
- Frustration with government
- Frustration with online classes X100
- Had a relative die while in hospice care in my home because if we would have him in a hospice center we wouldn't have been able to visit
- Health scares paired with the inability to afford health care
- Homelessness
- I can't do online school successfully because my learning disability and if I couldn't bullshit so good, I would probably fail
- I checked everything on this list, especially worry about infection to family (my mother is immunocompromised and I live with her)

- I don't feel as if alcohol and weed is helping cope with anything but I'm starting to build a tolerance which I do not want. Since this realization, I've cut down my consumption significantly
- I hate online classes so much that I am not learning anything anymore
- I need to play soccer again. I got tired of playing alone
- I used to love school. Now I can't wait for it to be over, which makes me sad. I can't find any motivation to do school. I stare at a computer screen for 14 hours a day.
- I would say the worst thing is the added pressure of filling my days
- Inability to visit dying relative
- Increased anxiety caused by school and financial worry
- Increased difficulty reading from eye fatigue related to computer use
- Increased difficulty with excoriation disorder
- Increased use of sleep to help me cope
- Lack of access to exercise equipment
- Lack of motivation
- Laggy teachers
- Less time to socialize due to schoolwork being overwhelming
- More stress but not depressed
- My overall learning ability has decreased. I am a very personable individual who learns better in a physical setting versus online
- No traveling which is important to me
- No way to mourn the loss of a regular life and the friends I'll never see in class or on campus again
- Not being able to separate work, hobbies and school. They are all in the same room
- Not feeling isolated but wishing we could meet in person
- Occasional internet issues affecting ability to complete work and slow computer causing challenges
- Online classes aren't as understanding as they should be
- Online school sucks
- Parental stress/isolation
- Peer pressure to be less cautious
- Psychological impact of kids
- Quality of education
- Sadness
- Schooling from home for my kids
- Society has allowed itself to disintegrate
- Started alcohol free
- Step daughter is essentially "home schooled" so we are all stepping on each other's toes
- Stress finding a job after graduation (n=3)
- Stress from being an essential worker
- Struggling with deadlines
- The school is always asking that I pay money. It stresses me out
- The very really and significant lack of break. There are assignments due every day of the week every week.
- Very bored
- Very frustrated with classes
- Weight loss due to stress/less structure
- Work exposure
- Worry about family and friends' mental states. This is much more of a concern. People need people
- Zoom fatigue
- Zoom makes me feel extremely stressed and scrutinized

% have been tested for COVID-19

Yes	81.5
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Of those tested, % have tested positive for COVID-19

Yes	24.6
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Of those who tested positive, % who had symptoms

No, I was asymptomatic	15.9
Yes, I had mild symptoms	47.9
Yes, I had moderate symptoms	29.8
Yes, I had severe symptoms	6.1
Yes, I was hospitalized	0.3

% have had a loved one, close family member or friend pass away due to COVID-19

Yes	17.1
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