

Health and Wellness Survey 2017

Weighted Undergraduate Report

n = 6,718

*University of Arizona Campus Health Service
Health Promotion and Preventive Services*

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Sample Size and Demographics

Demographics:

% Gender

Males	48.0
Females	52.0

% Living Arrangements

House/apartment	73.4
Residence hall	24.7
Fraternity/sorority	1.9

% Ethnic/Racial Origin*

African American	6.0
Asian/Pacific Islander	14.0
Caucasian	59.7
Hispanic/Latino	26.4
Native American/Alaska Native	2.8
Other	2.6

*Changed in 2014 to "mark all that apply" question.

% Classification

Freshmen	31.0
Sophomores	21.0
Juniors	22.0
Seniors	26.0

% Extracurricular Activities

Fraternity/Sorority	14.0
Sports Club	9.4
Intercollegiate Athlete	2.8
Intramural Athlete	13.3

% Current Military Status

Not in U.S. Military	96.2
U.S. Veteran	1.8
Active Duty	0.2
Reserves	1.2
Discharged	0.6

Average age

Mean	20.66
Median	20.00
Under 21 (%)	58.1

Average current UA GPA

Mean	3.23
Median	3.30

% Relationship status

Single - not dating	50.8
Casually dating	12.3
Exclusively dating one person	32.3
Engaged	1.6
Married	2.5
Other	0.5

%Sexual Orientation

Heterosexual	92.0
Gay	1.8
Lesbian	0.6
Bisexual	3.5
Queer	0.9
Questioning	1.2

% First Semester at UA

Yes	11.4
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Alcohol and Other Drug Behaviors**AOD Use:**

Drinks per week – mean	4.34
Drinks per week - median	1.00
Drinks usually have when they party - mean	4.30
Drinks usually have when they party - median	4.00
% usually have 0 - 4 drinks when they party	56.4
% had five or more in one sitting at least once in past 2 weeks	43.4
Of these, % did so 1 - 2 times	67.4
% did so 3 - 5 times	24.5
% did so 6 or more times	8.1
% usually party less than one night per week	67.6
% usually party one night per week	15.6
% usually party two nights per week	13.3
% usually party three or more nights per week	3.5
Drinks had last time drank – mean	4.71
Drinks had last time drank - median	4.00
% had 1 - 4 last time they drank	56.2
BAC* - mean	.0762
BAC - median	.0519
% whose most recent drinking occasion was within the past 30 days	81.3
% whose most recent drinking occasion was within this school year	14.3

% whose most recent drinking occasion was more than one year ago	4.4
% used tobacco in the past 30 days	18.3
% used ecigarettes in the past 30 days	12.3
% used alcohol in the past 30 days	62.6
% used marijuana (smoked) in the past 30 days	27.7
% used marijuana (edibles) in the past 30 days	11.1
% used cocaine in the past 30 days	6.1
% used heroin in the past 30 days	0.4
% used pain pills (oxy, Vicoden, Percocet, etc.) not prescribed by their physician	2.2
% used sedatives (Valium, Xanax, sleeping pills) not prescribed by their physician	5.7
% used Ritalin/Adderall/Concerta not prescribed by their physician	8.5
% used ecstasy in the past 30 days	2.6
% used other illegal drugs in the past 30 days	2.1
% used tobacco in the past year	33.5
% used ecigarettes in the past year	20.9
% used alcohol in the past year	78.6
% used marijuana (smoked) in the past year	44.1
% used marijuana (smoked) in the past year	27.7
% used cocaine in the past year	13.0
% used heroin in the past year	0.7
% used pain pills (oxy, Vicoden, Percocet, etc.) not prescribed by their physician	10.3
% used sedatives (Valium, Xanax, sleeping pills) not prescribed by their physician	12.6
% used Ritalin/Adderall/Concerta not prescribed by their physician	17.4
% used ecstasy in the past year	9.2
% used other illegal drugs in the past year	5.3
% used tobacco in the past 30 days on UA property	12.1
% used e-cigarettes in the past 30 days on UA property	11.7
% aware of UA tobacco policies	86.7
% of tobacco users who said the UA tobacco policies helped them decrease or stop using tobacco	6.5

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

Protective behaviors: % Usually or always do the following when they drink

Stop drinking at least 1 to 2 hours before going home	58.6
Alternate with non-alcoholic beverages	55.8
Have a designated driver	90.7
Set a limit on the number of drinks they have	48.4
Make their own drinks to control the amount of alcohol they have	62.1
Limit the amount of money they bring or spend on alcohol	68.8
Avoid drinking games	32.0
Eat before and during the time they are drinking	85.8
Refuse to ride with a driver who has been drinking	92.6
Avoid pre-gaming/pre-partying	27.4
Avoid shots of hard liquor	27.8

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

Had a hangover	43.3
Got sick	29.5
Missed a class	22.4
Damaged property	5.2
Been hurt or injured	9.1
Had a memory loss	18.2
Experienced threats of physical violence ¹	4.4
Performed poorly on test or important project	8.2
Used marijuana or other drugs	24.6
Been in trouble with school authorities	2.8
Been left in a potentially dangerous situation	5.1
Got into a fight or argument	8.3
Been in trouble with police	3.1
Did something you later regretted	14.7
Drove while under the influence	6.2
Passed out	11.1
Received an MIP	2.3
Received a lower grade in a class	4.5
Drove after drinking any alcohol	17.2

% Experienced the following consequences in the current school year due to their drinking

Had a hangover	71.0
Got sick	59.2
Missed a class	41.2
Damaged property	11.4
Been hurt or injured	22.3
Had a memory loss	41.2
Experienced threats of physical violence	10.5
Performed poorly on test or important project	21.7
Used marijuana or other drugs	42.3
Been in trouble with school authorities	7.0
Been left in a potentially dangerous situation	14.4
Got into a fight or argument	21.7
Been in trouble with police	7.0
Did something you later regretted	38.4
Drove while under the influence	15.8
Passed out	25.2
Received an MIP	4.2
Received a lower grade in a class	14.5
Drove after drinking any alcohol	24.5

Nutrition, Body Image, Sleep and Exercise**Body Image/Eating Disorders**

% who report that they always/often eat fruits and/or vegetables at meals and snacks:

Breakfast	44.4
Lunch	54.1
Dinner	60.1
Snacks	47.6

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

Dieted	46.6
Vomited or used laxatives	4.0
Taken diet pills	5.8

Exercised more	65.3
Smoked more cigarettes	4.9
Misused prescription drugs	2.2

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	11.5
1-2 days	25.9
3-4 days	34.8
5-6 days	20.5
7 days	7.2
Mean	3.26
Median	3.00

Mental Health, Violence, and Academic Impact

Mental Health

% who have ever been diagnosed with depression	16.5
% who have ever been diagnosed with anxiety	18.8
% who indicated anxiety or depression did not make it difficult at all to work, study, go to class or get along with people	14.4
% who indicated anxiety or depression made it somewhat difficult to work, study, go to class or get along with people	26.8
% who indicated anxiety or depression made it very difficult to work, study, go to class or get along with people	11.3

Overall stress experienced within the past school year (% in each)

No stress	2.2
Less than average stress	6.8
Average stress	35.7
More than average stress	44.2
Tremendous stress	11.1

% Experienced the following in the last 30 days:

Felt things were hopeless	15.1
Felt overwhelmed by all you had to do	45.7
Felt exhausted (not from physical activity)	45.1
Felt very lonely	22.4

Felt very sad	23.1
Felt so depressed that it was difficult to function	10.7
Felt overwhelming anxiety	22.9
Felt overwhelming anger	13.7
Intentionally cut, burned, bruised, or otherwise injured yourself	1.7

% Experienced the following in the last year:

Felt things were hopeless	44.9
Felt overwhelmed by all you had to do	81.4
Felt exhausted (not from physical activity)	76.1
Felt very lonely	52.7
Felt very sad	55.7
Felt so depressed that it was difficult to function	29.8
Felt overwhelming anxiety	50.4
Felt overwhelming anger	37.1
Intentionally cut, burned, bruised, or otherwise injured yourself	6.0

% Times seriously thought about suicide in past school year

0 times	92.5
1 or more times	6.4
1 - 4 times	0.6
5 – 8 times	0.5
9 or more times	0.0

% Times attempted suicide in past school year

0 times	98.6
1 or more times	1.1
1 - 4 times	0.2
5 – 8 times	0.1
9 or more times	0.0

% 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

Yes	74.2
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% indicated yes to the following:

Are you familiar with the National Suicide Prevention Lifeline?	61.6
Have you used the National Suicide Prevention Lifeline?	3.9
Are you aware of suicide prevention resources?	67.8

% who said yes to the following:

Have you ever been in treatment for alcohol or other drug problems?	2.5
Are you currently in treatment for alcohol or other drug problems?	0.7
Are you currently in recovery for alcohol or other drug problems?	1.2
Are you interested in recovery programming for alcohol and other drugs at the UA?	2.4

Violence on campus:

% who have experienced/been a victim of the following in the past 12 months:

Been in a physical fight	7.0
Been physically assaulted (not including sexual assault)	3.9
Been verbally threatened	13.9
Bullying	9.7
Hazing	3.5
Hate crimes or discrimination	8.3
Been sexually touched without consent	5.6
Had sexual penetration attempted without consent	2.6
Been sexually penetrated without consent	1.9
Stalking	4.0
Been in an emotionally abusive relationship	10.5
Been in a physically abusive relationship	3.1
Been in a sexually abusive relationship	2.4

% have experienced/been a victim of

any of the above types of violence in the past 12 months (exc. Relationship abuse)	29.6
any of the above types of relationship abuse in the past 12 months	10.7

Impacts on Academic Performance:

% who said the following have caused them to receive a lower grade on an exam or important assignment

Alcohol use	9.8
Anxiety	21.7
Cold, Flu, or other acute infection	21.4

Depression	10.9
Eating disorder	2.2
Relationship problems	12.1
Lack of sleep	36.2
Stress	35.7
Substance use	3.3

% who said the following have caused them to receive a lower grade in a course

Alcohol use	3.0
Anxiety	11.9
Cold, Flu, or other acute infection	5.4
Depression	7.3
Eating disorder	1.2
Relationship problems	5.5
Lack of sleep	14.1
Stress	16.8
Substance use	1.5

% who said the following have caused them to receive an incomplete or drop a course

Alcohol use	0.6
Anxiety	3.9
Cold, Flu, or other acute infection	.9
Depression	2.7
Eating disorder	.6
Relationship problems	1.6
Lack of sleep	2.3
Stress	4.1
Substance use	.3

% who said the following have caused them to consider dropping out of school

Alcohol use	0.6
Anxiety	8.1
Cold, Flu, or other acute infection	0.7
Depression	6.8
Eating disorder	0.7

Relationship problems	0.2
Lack of sleep	3.4
Stress	8.3
Substance use	0.6

Sexual Health

Sexual health/behaviors

% ever had oral sex	74.9
% ever had vaginal intercourse	72.8
% ever had anal intercourse	22.6
% never had vaginal or anal intercourse	22.2
% had zero vaginal/anal sexual partners during school year	32.9
Of those who had vaginal/anal sex during the school year, % had one vaginal/anal sexual partner	52.8
% had 2 vaginal/anal sexual partners during school year	18.0
% had 3 - 5 vaginal/anal sexual or more partners during school year	19.0
% had 6 or more vaginal/anal sexual or more partners during school year	10.2
% usually or always use a condom (among sexually active)	61.7
% have been STI tested within the last year (among sexually active)	40.5
% have NOT been STI tested within the last year (among sexually active)	59.5

Service Utilization and Media

% exposure to program materials/sessions/trainings in school year

Sex Talk columns	37.6
Red Cup columns	32.2
NutriNews Columns	18.2
Cold and Flu ads	39.1
Ads about general health and wellness	45.2
Ads about Campus Health Services	48.7
Living Wilde ezine	13.5
Flu shot poster	57.7
Get yourself tested poster	54.3
Alcohol poster	58.8

Free Condom Friday poster	66.9
Cats After Dark Posters	30.5
CHS Social Media	40.3
Other CHS media	38.6

CHS

% ever used CHS	51.1
% believe need medical insurance to use CHS	49.8
% have medical insurance that requires them to go elsewhere	29.3
% have purchased health insurance through the Health Insurance Marketplace	12.1

	Among all students	Among those who used the service
% who indicated that using Campus Recreation helped them remain a student at the UA	49.1	74.1
% who indicated using CHS medical services helped them remain students at UA	28.4	57.0
% who indicated using CAPS helped them remain students at UA	10.7	35.6
% who indicated using HPPS helped them remain students at UA	5.5	21.4
% who indicated using any of the above CHS services helped them remain students at UA	32.0	67.9

% indicated the following as their primary form of health insurance

College/university sponsored plan	8.4
Parent's plan	75.9
Another plan	10.4
I don't have health insurance	4.0
I am not sure if I have health insurance	1.4

% have received the following vaccinations/shots

	Yes	Don't Know
Hepatitis B	65.2	26.9
Human Papillomavirus/HPV	63.1	24.5
Meningococcal disease (meningitis)	64.5	27.4
Varicella (chicken pox)	72.5	18.7
Had the flu shot in the last year	35.8	NA