

Health and Wellness Survey 2025

Graduate Students

N= 316



**CAMPUS
HEALTH**

Introduction to Health and Wellness:

For nearly 30 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

- ✓ Graduate students who used Campus Health reported that the services they received helped them remain a student.
- ✓ Graduate students reported higher levels of alcohol protective behaviors compared to years past.
- ✓ Over 1 in 3 graduate students used counseling services to support their mental health.
- ✓ 65% of students reported not being tested for STIs within the last year.

Methodology

Based on stratified random sampling, each level of graduate courses of 15 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



42%

of U of A students have used a
Campus Health service

99%



of these graduate 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, 40%**
- **Campus Health website, 40%**
- **Campus email, 32%**

58%



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

Physical Health



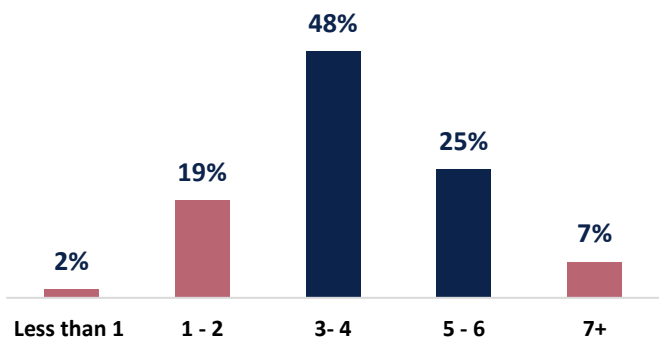
45% of U of A students consider themselves to be **physically active**

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

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

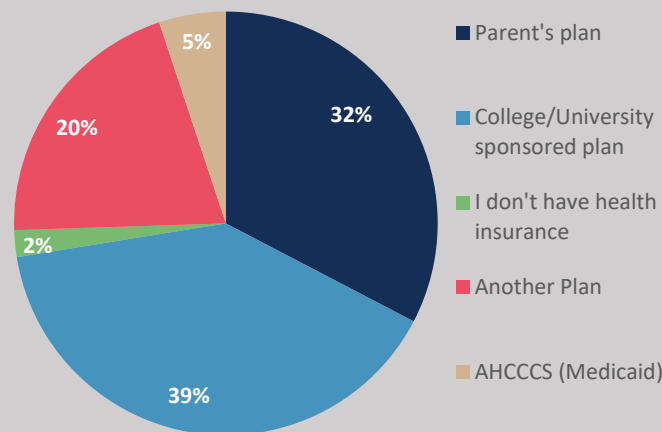


Hours Spent on Cell Phone per Day



79% of graduate students reported that they felt the need to **cut down or limit their cell phone use**

Select Health Insurance



Nutrition and Body Image

27% of students had or currently suffer from **disordered eating**

38% of graduate students **compare their food/body to social media, negatively** affecting their **mental wellbeing**

56% of students reported that **weight negatively** affects the **way they feel about themselves**



11%

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

Mental Health

35%



of U of A graduate 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 2024:



70%



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

58%

of graduate students have experienced **above average or tremendous stress** since August 2024

Sexual Health

40% of graduate students use a form of **birth control**

Popular forms of birth control:

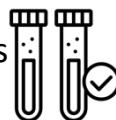
- Oral contraceptive pills, **47%**
- Intrauterine device, **35%**
- Implant, **5%**



18% of students reported **never having any type of sex**

68% of graduate students have had **sexual intercourse since August 2024**.

65% of sexually active graduate students have **not been tested for STIs** within the last year



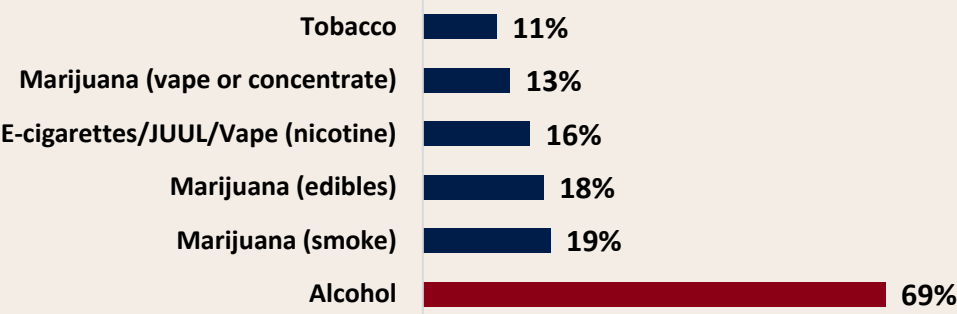
47% of students know they can get **STI testing** at Campus Health **without details showing on their Bursar account**



3

Alcohol and Other Drug Behaviors

Select Alcohol and Other Drug use since August 2024:



Graduate students drink an average of 2 drinks per week



17% 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, **90%**
- Drink lower alcohol content drinks, **77%**
- Alternate with non-alcoholic beverages, **69%**
- Avoid shots of hard liquor, **65%**

Select consequences of drinking since August 2024

- Brownout (forgetting where one is/did for short periods of time), **18%**
- Did something they later regretted, **16%**
- Blackout (forgetting where one is/did for a long period of time), **9%**
- Missed a class, **7%**

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

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