

# Health and Wellness Survey 2025

Graduate Report

n = 316

University of Arizona (U of A) Campus Health Service (CHS)  
Health Promotion and Preventive Services (HPPS)

Section Key	Page Number
Demographics	Page 1
Alcohol and Other Drugs (AOD) Behaviors	Page 6
Nutrition and Body Image	Page 10
Physical Health	Page 10
Mental Health and Violence	Page 13
Sexual Health and Human Sexuality	Page 18
Service Utilization and Media	Page 19

## Demographics

Gender (mark all that apply)

*Note: This question was modified in 2020 to reflect the U of A Surveys & Demographic Data: Guide & Question Bank by making it 'mark all that apply'.*

Response	Percentage
Man	36.4
Woman	62.0
Agender	0.0
Transgender	0.3
Nonbinary	1.6
Genderqueer/Gender Nonconforming	0.9
Another Identity	0.0

## Ethnic/Racial Origin (mark all that apply)

<b>Response</b>	<b>Percentage</b>
African American/Black	6.0
Asian/Pacific Islander	22.8
Caucasian/White	54.7
Hispanic/Latinx	22.8
Middle Eastern/North African	4.1
Native American/Alaska Native	1.9
Another Identity	1.3
BIPOC (Black, Indigenous, and People of Color)	56.3
QTBIPOC (Queer and Transgender People of Color)	10.1

## Academic Standing

<b>Response</b>	<b>Percentage</b>
Grad/Professional	100.0

## Extracurricular Activities (mark all that apply)

<b>Response</b>	<b>Percentage</b>
Fraternity/Sorority Member	7.6
Sports Club Participant	4.7
Intercollegiate Athlete	1.6
Intramural Athlete	4.7

## First in Family to Attend College

<b>Response</b>	<b>Percentage</b>
Yes	21.8

## Living Arrangements

<b>Response</b>	<b>Percentage</b>
House/Apartment/Etc.	97.8
Dorm	2.2
Fraternity/Sorority	0.0
No Stable Residence	0.0

## Dorm Where They Reside

<b>Response</b>	<b>Number</b>
Apache-Santa Cruz	0
Árbol de la Vida	0
Arizona-Sonora	0
Babcock	0
Cochise	0
Coconino	1
Colona de la Paz	0
Coronado	0
Gila	0
Graham-Greenlee	0
Honors Village	1
Hopi	0
Kaibab-Huachuca	0
La Aldea	5
Likins	0
Manzanita-Mohave	0
Maricopa	0
Navajo-Pinal (Stadium)	0
Pima	0
Posada San Pedro	0
Pueblo de la Cienega	0
Villa De Puente	0
Yavapai	0
Yuma	0

## Live in Off-Campus Housing Complex

(District, oLive, The Mark, Aspire, Sol y Luna, The Seasons, Zona Verde, The Retreat/Cottages, The Hub, etc.)

Response	Percentage
Yes	34.6

## Age

Response	Results
Mean	27.40
Median	25.00
Under 21 (percentage)	0.6

## Current GPA

Response	Results
Mean	3.6836
Median	3.7700

## Current Relationship Status

Response	Percentage
Single (not dating)	34.8
Casually Dating	9.5
Exclusively Dating One Person	30.1
Engaged	5.7
Married/Partnered	18.4
Open Relationship or Polyamorous	0.6
Other	0.9

## Sexual Orientation (mark all that apply)

Response	Percentage
Heterosexual/Straight	83.2
Gay/Lesbian	4.1
Bisexual	10.1
Asexual	0.6
Queer	2.2
Questioning	0.6
Another Identity	0.9
LGBQ (sexual orientation identity only)	18.0
LGBTQ All (sexual orientation and gender identity)	18.0

## Military Status

Response	Percentage
Not in U.S. Military	96.8
U.S. Veteran	1.3
Active Duty	0.3
Reserves	0.0
Guard	0.0
Military Spouse	0.6
Military Dependent	1.0

## Honors Student

Response	Percentage
Yes	5.1

## Pell Grant Recipient

Response	Percentage
Yes	8.3
No	87.9
Unsure	3.8

## Identify as a Person With a Disability

Response	Percentage
Yes	10.5

## Alcohol and Other Drugs (AOD) Behaviors

Alcohol use:

*Note: Reference for a standard drink: 12 oz. beer, 5 oz. wine, 1.5 oz. liquor*

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

Topic	Results
Drinks per week – mean	1.78
Drinks per week – median	0.0
Percent had five or more drinks in one sitting at least once in the past 2 weeks	17.1
Of these, percent did so 1 - 2 times	94.4
Percent did so 3 - 5 times	5.6
Percent did so 6 or more times	0.0
Drinks had in a social setting – mean	1.84
Drinks had in a social setting – median	1.00
Percent whose most recent drinking occasion was within the past 30 days	57.0
Percent whose most recent drinking occasion was within the school year	18.4
Percent whose most recent drinking occasion was more than one year ago	7.0
Drinks had last time drank – mean	2.90
Drinks had last time drank – median	2.00
Drinks per hour last time drank – mean	0.90
Drinks per hour last time drank – median	1.00
BAC*last time drank – mean	0.0283
BAC*last time drank – median	0.0128

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

Response	Percentage
Never	20.6
Once or twice a year	20.6
Once or twice a month	41.5
Once a week	12.7
Twice a week	3.8
3 or more times a week	0.9

## Past 30-day AOD use (not prescribed by their physician)

Substance	Percentage
Used tobacco (smoke, chew, hookah)	7.6
Used e-cigarettes/JUUL/vape (nicotine)	12.4
Used nicotine pouches (ZYN, on!, velo, etc.)	5.1
Used alcohol (beer, wine, liquor)	50.5
Used marijuana (smoke)	11.8
Used marijuana (vape or concentrate)	8.9
Used marijuana (edibles)	9.6
Used cocaine	0.3
Used heroin	0.0
Used pain pills (Oxy, Vicodin, Percocet, fentanyl)	0.0
Used sedatives (Xanax, Valium, sleeping pills)	1.9
Used Ritalin/Adderall/Concerta	3.5
Used molly/MDMA/ecstasy	0.0
Used other illegal drugs	0.6

## AOD use since August 2024 (not prescribed by their physician)

Substance	Percentage
Used tobacco (smoke, chew, hookah)	10.8
Used e-cigarettes/JUUL/vape (nicotine)	15.6
Used nicotine pouches (ZYN, on!, velo, etc.)	7.6
Used alcohol (beer, wine, liquor)	68.9
Used marijuana (smoke)	18.8
Used marijuana (vape or concentrate)	12.8
Used marijuana (edibles)	18.3
Used cocaine	1.3
Used heroin	0.0
Used pain pills (Oxy, Vicodin, Percocet, fentanyl)	0.0
Used sedatives (Xanax, Valium, sleeping pills)	2.9
Used Ritalin/Adderall/Concerta	5.7
Used molly/MDMA/ecstasy	1.6
Used other illegal drugs	1.6

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	78.7
Alternate with non-alcoholic beverages	68.5
Use a ride service or have a designated driver	90.1
Set a limit on the number of drinks they have	70.9
Drink beer, hard seltzer, or other lower alcohol content drinks	76.7
Avoid drinking games	65.7
Eat before or during the time they are drinking	94.5
Refuse to ride with a driver who has been drinking	95.3
Avoid pre-gaming/pre-partying	55.4
Avoid shots of hard liquor	65.3

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

Consequences	Percentage
Drove after drinking any amount of alcohol	13.3
Brownout (forgot where they were or what they did for short periods of time)	5.1
Blackout (forgot where they were or what they did for a long period of time)	2.7
Missed a class	3.1
Performed poorly on a test or important project	0.8
Did something they later regretted	4.3
Received a lower grade in a class	0.8

Experienced the following consequences since August 2024 due to their drinking

Consequences	Percentage
Drove after drinking any amount of alcohol	24.2
Brownout (forgot where they were or what they did for short periods of time)	17.8
Blackout (forgot where they were or what they did for a long period of time)	9.0
Missed a class	7.1
Performed poorly on a test or important project	3.5
Did something they later regretted	16.1
Received a lower grade in a class	3.5

Since August 2024, have felt the need to stop or cut down their:

(Among those that have used said substance since August 2024, not prescribed by their physician)

Substance	Percentage
Tobacco (smoke, chew, hookah) use	44.1
E-cigarettes/JUUL/Vape (nicotine) use	55.3
Nicotine pouch (ZYN, on!, velo, etc.) use	21.7
Alcohol use (beer, wine, liquor)	20.9
Marijuana use	30.5
Other illegal drug use	0.0
Have felt the need to stop or cut down use of any substances listed above since August 2024	36.2

Since August 2024, have had someone close to them suggest that they should stop or cut down on their:

Among those that have used said substance since August 2024, not prescribed by their physician)

Substance	Percentage
Tobacco (smoke, chew, hookah) use	32.4
E-cigarettes/JUUL/Vape (nicotine) use	16.7
Nicotine pouch (ZYN, on!, velo, etc.) use	13.0
Alcohol use (beer, wine, liquor)	7.5
Marijuana use	10.8
Other illegal drug use	0.0
Have had someone close to them suggest they stop or cut down use of any substances listed above since August 2024	16.7

Since August 2024, have tried to stop or cut down on their:

Among those that have used said substance since August 2024, not prescribed by their physician)

Substance	Percentage
Tobacco (smoke, chew, hookah) use	41.2
E-cigarettes/JUUL/Vape (nicotine) use	39.6
Nicotine pouch (ZYN, on!, velo, etc.) use	26.1
Alcohol use (beer, wine, liquor)	23.5
Marijuana use	31.3
Other illegal drug use	0.0
Have tried to stop or cut down use of any substances listed above since August 2024	35.4

## Nutrition and Body Image

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

Response	Percentage
Yes	10.9

Since August 2024, have ever felt so focused on food, weight and/or body image that it negatively affected their quality of life

Response	Percentage
Yes	31.7

Reported weight negatively affects the way they feel about themselves

Response	Percentage
Yes	56.4

Reported they have or are currently suffering from disordered eating (e.g. restricted eating, over-exercising, binge eating, vomiting, misuse of laxatives, shame around eating, etc.)

Response	Percentage
Yes	27.4

Reported comparing their food or body to those on social media in a way that negatively affects their mental wellbeing

Response	Percentage
Yes	37.6

## Physical Health

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

Response	Percentage
Less than 1 hour	1.6
1 – 2 hours	18.7
3 – 4 hours	47.8
5 – 6 hours	24.7
7+ hours	7.3
Have felt the need to cut down or limit their cell phone usage	78.5

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	8.0
Percent reported 1 day	9.2
Percent reported 2 days	11.8
Percent reported 3 days	15.9
Percent reported 4 days	19.4
Percent reported 5 days	14.3
Percent reported 6 days	9.9
Percent reported 7 days	11.5
Mean	3.69
Median	4.00

How would you describe your overall physical health?

Response	Percentage
Excellent	9.2
Very good	27.2
Good	37.7
Fair	22.8
Poor	3.2

Do you consider yourself to be physically active?

Response	Percentage
Yes	45.3
No	12.7
Somewhat	42.1

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

Number of Days	Results
Percent reported 0 days	15.5
Percent reported 1 day	9.4
Percent reported 2 days	19.9
Percent reported 3 days	16.5
Percent reported 4 days	14.1
Percent reported 5 days	14.1
Percent reported 6 days	5.4
Percent reported 7 days	5.1
Mean	2.94
Median	3.00

Have received the following vaccinations/shots

Vaccinations/Shots	Percentage Yes	Percentage Don't Know
Human Papillomavirus/HPV (Gardasil)	66.7	14.0
Meningococcal conjugate or MenACWY [Menactra, Menveo, and MenQuadfi (meningitis)]	56.7	29.7
Serogroup B meningococcal or MenB (Bexsero and Trumenba)	43.1	41.8
Varicella (chicken pox)	76.2	12.8
Had the flu shot since August 2024	52.1	N/A

Current COVID-19 vaccination status

Response	Percentage
Not vaccinated	5.5
Partially vaccinated (only one dose of initial two-dose series, not including J&J)	4.5
Primary vaccine series	25.2
Primary vaccine series + one or more original (monovalent/bivalent) boosters	38.1
Primary vaccine series + all recommended boosters (monovalent vaccine)	26.8

Have experienced symptoms for more than 4 weeks after initial COVID-19 illness (long COVID) not due to other conditions (e.g., fatigue, brain fog, heart racing, headaches, or worsening mood)

Response	Percentage
Yes	18.6

## Mental Health and Violence

Received counseling/therapy for mental or emotional health in the last 12 months (mark all that apply)

Response	Percentage
Yes, at CAPS (Counseling & Psych Services)	11.1
Yes, other on-campus provider (not CAPS)	3.5
Yes, off-campus provider (in-person)	12.0
Yes, off-campus provider (remote)	17.1
No	64.2
Received counseling/therapy for mental or emotional health in the last 12 months from any location listed above	34.7

How often do you feel that you lack companionship?

Response	Percentage
Rarely	46.2
Sometimes	41.5
Often	12.3

How often do you feel left out?

Response	Percentage
Rarely	49.2
Sometimes	41.5
Often	9.3

How often do you feel isolated from others?

Response	Percentage
Rarely	48.9
Sometimes	39.9
Often	11.3

How would you describe your overall mental health?

Response	Percentage
Excellent	6.4
Very good	24.5
Good	36.0
Fair	26.4
Poor	6.7

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	20.2
Somewhat difficult	52.2
Very difficult	17.9
Not applicable	9.6

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

Mental Health Diagnoses	Percentage
Depression	25.3
Anxiety	32.3
Attentional Disorder (e.g., ADHD)	15.2
Disordered Eating (e.g. anorexia, bulimia, binge eating disorder, avoidant restrictive food intake disorder, unspecified eating disorder)	4.4
Post-Traumatic Stress Disorder (PTSD)	11.1
Other mental health diagnosis	6.0
None of the above	54.1
Have any of the mental health diagnoses listed above	44.0

Since August 2024, have used prescription medication for any of the following diagnoses

Mental Health Diagnoses	Percentage
Depression	47.4
Anxiety	52.5
Attentional Disorder (e.g., ADHD)	74.5
Disordered Eating (e.g. anorexia, bulimia, binge eating disorder, avoidant restrictive food intake disorder, unspecified eating disorder)	25.0
Post-Traumatic Stress Disorder (PTSD)	14.7
Other mental health diagnosis	50.0
Have used a prescription medication for any of the mental health diagnoses listed above	54.7

## Overall stress experienced since August 2024

<b>Response</b>	<b>Percentage</b>
No stress	1.0
Less than average stress	5.5
Average stress	35.6
More than average stress	46.3
Tremendous stress	11.7

## Experienced the following in the past 30 days

<b>Mental Health Symptom</b>	<b>Percentage</b>
Felt things were hopeless	24.2
Felt overwhelmed by all they had to do	54.4
Felt exhausted (not from physical activity)	54.4
Felt very lonely	19.8
Felt very sad	29.1
Felt so depressed that it was difficult to function	16.2
Felt overwhelming anxiety	32.8
Felt overwhelming anger	17.2
Intentionally cut, burned, bruised, or otherwise injured themselves	2.3
Experienced any mental health symptom listed above in the past 30 days	66.7

## Experienced the following since August 2024

<b>Mental Health Symptom</b>	<b>Percentage</b>
Felt things were hopeless	41.9
Felt overwhelmed by all they had to do	83.5
Felt exhausted (not from physical activity)	80.6
Felt very lonely	44.8
Felt very sad	51.8
Felt so depressed that it was difficult to function	33.4
Felt overwhelming anxiety	60.7
Felt overwhelming anger	32.4
Intentionally cut, burned, bruised, or otherwise injured themselves	5.2
Experienced any mental health symptom listed above since August 2024	90.0

Know they can access Counseling & Psych Services (CAPS) for virtual visits

Response	Percentage
Yes	71.9

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	27.2
Stigma	4.1
Haven't gotten around to it	31.0
Scheduling issues	27.5
Don't know where to go	14.6
Feel embarrassed or ashamed	9.2
Lack of on campus appointment availability	7.9
Something else	8.9
Experienced any barrier listed above to use mental health services	64.6

Since August 2024, have experienced discrimination based on the following elements of their identity

Targets of Discrimination	Percentage
Race or ethnicity	16.9
Gender or gender presentation	15.3
Sexual orientation	6.3
Disability	2.7
Religion	8.3
Something else	3.4
Experienced any discrimination listed above since August 2024	38.2

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.)	5.6
Somewhat serious	21.3
Less serious (microaggressions, small comments, etc.)	73.0

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

Form of Abuse	Percentage
Emotionally abusive (called derogatory names, yelled at, ridiculed, etc.)	6.4
Physically abusive (kicked, slapped, punched, etc.)	2.4
Sexually abusive (forced to have sex when they didn't want to, forced to perform or have an unwanted sexual act performed on them, etc.)	1.7
Experienced any relationship violence listed above within the last 12 months	7.5

Experienced the following consequences since August 2024 due to drinking alcohol

Consequence	Percentage
Someone had sex with me without MY consent	1.0
Had sex with someone without THEIR consent	0.3
Had unprotected sex when I wouldn't normally	4.4

Within the last 12 months have been:

Form of Violence	Percentage
Physically assaulted (do not include sexual assault)	2.7
In a physical fight	1.7
Verbally attacked	10.8
Harassed online	1.7
Stalked	3.4
Experienced any violence listed above within the last 12 months	12.9

Since August 2024 have seriously considered attempting suicide

Response	Percentage
Yes	4.7

Since August 2024 have attempted suicide

Response	Percentage
Yes	0.3

If in the future you were having a personal problem that was really bothering you, would you consider seeking help from a mental health professional? (mark all that apply)

Response	Percentage
Yes – from CAPS (Counseling & Psych Services)	48.7
Yes – from a provider off-campus	57.3
No	17.7

Reported 'Yes' to the following

Response	Percentage
Are you familiar with the 988 Suicide & Crisis Lifeline (free to call or text 24/7)?	57.1
Are you familiar with the National Crisis Text Line (741741)?	44.4
Have you used the 988 Suicide & Crisis Lifeline (phone or text)?	6.4
Are you aware of suicide prevention resources?	65.4

## Sexual Health and Human Sexuality

Topic	Percentage
Ever had oral sex	77.6
Ever had vaginal intercourse	77.0
Ever had anal intercourse	25.8
Never had vaginal or anal intercourse	21.0
Never had oral, vaginal, or anal sex	18.4
Had zero vaginal/anal sexual partners since August 2024	31.8
Had vaginal/anal sexual intercourse since August 2024	68.2
<b>Of those who have been sexually active since August 2024:</b>	79.3
Had one vaginal/anal sexual partner	
Had 2 vaginal/anal sexual partners	8.7
Had 3 - 5 vaginal/anal sexual partners	8.2
Had 6 or more vaginal/anal sexual partners	3.8
Usually or always use a condom (among sexually active)	52.8
Have been tested for any Sexually Transmitted Infections (STIs) in the last year (among sexually active since August 2024)	32.4
Have NOT been tested for any Sexually Transmitted Infections (STIs) in the last year (among sexually active since August 2024)	65.2
Don't know if they have been tested for any Sexually Transmitted Infections (STIs) in the last year (among sexually active since August 2024)	2.4
Know they can get tested for STIs at Campus Health without details showing on their Bursar's account	46.7

Currently use a form of birth control (not including condoms)

Response	Percentage
Yes	39.8

Among students who identify as a woman, currently use a form of birth control (not including condoms)

Response	Percentage
Yes	46.3

Among those that use a form of birth control (not including condoms), the following birth control methods are used (mark all that apply)

Birth Control Method	Percentage
Oral Contraceptive Pills	47.1
IUD (e.g. Mirena, Kyleena, Skyline, ParaGuard)	34.7
Implant (e.g. Nexplanon)	5.0
Injection	0.0
Vaginal ring (e.g. NuvaRing, EluRyng)	0.8
Patch (e.g. Twirla, Xulane)	0.0
Other	9.9

## Service Utilization and Media

Since August 2024, have needed any of the following but did not seek help because they couldn't afford it

Service	Percentage
Medical services when sick	20.7
Routine medical services (like an annual physical)	21.8
Mental health services	21.5
Medications prescribed by your doctor	15.4

Used the following healthcare services in the last 12 months (mark all that apply)

Service	Percentage
Dental	47.2
Dermatology	14.9
Emergency Room	7.6
Gynecology	23.4
Hospital	6.0
Imaging and Radiology	12.7
Lab Work	38.3
Optometry	16.1
Physical Therapy	7.3
Primary Care	40.8
Speech and Hearing	0.6
Specialist	12.3
Urgent Care	19.0
Other	2.5
Have not used healthcare services	17.1
Used any of the healthcare services listed above in the last 12 months	78.5

Used the following services

Service	Percentage
Campus Health Medical Services	34.3
CAPS (Counseling & Psych Services)	19.1
Nutrition Services	3.6
Health Promotion (Health Promotion Hideaway, Free Condom Friday, Health & Wellness Presentations/Events, EveryBODY Arizona, Cooking on Campus, SHADE Class, QPR Suicide Prevention training, brochures, posters, etc.)	2.6
Campus Recreation (Rec Center, Intramurals, Outdoor Adventures, etc.)	42.2
Indicated using any of the above <b>Campus Health</b> services	42.2

Why have you not used Campus Health for healthcare services? (mark all that apply)

Service	Percentage
Appointment availability/scheduling system	6.3
Clinic hours	1.3
Cost	5.1
Haven't needed healthcare services	16.1
Received healthcare services off-campus	23.1
Not aware of the services offered at Campus Health	8.2
Location of Campus Health	6.6
Parking	3.5
Past experiences at Campus Health	0.6
Other	6.0
Have not used Campus Health for any of the reasons listed above	52.8

Indicated the following services helped them remain a student at the U of A  
(among those that have used said service)

Service	Percentage
Campus Health Medical Services	52.4
CAPS (Counseling & Psych Services)	57.9
Nutrition Services	40.0
Health Promotion (Health Promotion Hideaway, Free Condom Friday, Health & Wellness Presentations/Events, EveryBODY Arizona, Cooking on Campus, SHADE Class, QPR Suicide Prevention training, brochures, posters, etc.)	25.0
Campus Recreation (Rec Center, Intramurals, Outdoor Adventures, etc.)	64.8
Indicated a <b>CHS</b> service listed above has helped them remain a student at the U of A	98.5

Would recommend the Campus Health service(s) used to a friend  
(among those that have used said service)

Service	Percentage
Campus Health Medical Services	88.0
CAPS (Counseling & Psych Services)	78.2
Nutrition Services	60.0
Health Promotion (Health Promotion Hideaway, Free Condom Friday, Health & Wellness Presentations/Events, EveryBODY Arizona, Cooking on Campus, SHADE Class, QPR Suicide Prevention training, brochures, posters, etc.)	87.5
Would recommend a CHS service listed above to a friend	99.1

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

Source	Percentage
Orientation/ Campus tour	39.9
Campus Health website	39.6
Campus email	31.6
Parent or guardian	2.8
Friend or classmate	11.7
Professor or TA	12.0
RA or other Residence Life staff	3.5
Another UA service (e.g. ASUA, Thrive, Campus Recreation, Cultural or Resource Centers, Dean of Students, etc.)	8.9
Social media	6.0
Other	4.1
They did not know about Campus Health	6.0

Know they could be seen at a reduced cost at Campus Health without health insurance

Response	Percentage
Yes	46.5

Primary form of health insurance

Health Insurance	Percentage
College/university sponsored plan	39.2
Parent's plan	32.2
AHCCCS (Medicaid in Arizona)	5.0
Another plan	19.6
They don't have health insurance	2.3
They are not sure if they have health insurance	1.7

Is Campus Health in network with your health insurance?

Response	Percentage
Yes	39.9
No	8.9
Unsure	51.2

Accessed the following Campus Health Media during this school year

Media Platform	Percentage
Campus Health Website (health.arizona.edu)	47.9
CAPS website (caps.arizona.edu)	22.6
Social Media @UAZCampusHealth on Instagram, X (Twitter) or Facebook	9.1
Stressbusters app	1.6

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

Media Account	Percentage
Instagram	85.7
X (Twitter)	7.1
Facebook	7.1

Among followers, would recommend following @UAZCampusHealth social media accounts to a friend

Response	Percentage
Yes	75.0
No	4.2
Maybe	20.8

Among followers, have used any of the information they've learned on @UAZCampusHealth social media to improve their health or wellbeing

Response	Percentage
Yes	58.3