

Annual Health & Wellness Survey Weighted Undergraduate Sample Comparisons over the past decade (2016 – 2025)

*University of Arizona (U of A) Campus Health Service (CHS)
Health Promotion*

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For each year, the data was weighted to match campus demographics on the basis of gender (male/female), class (first year through senior) and fraternity/sorority membership.

Sample Size

2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
2650	6718	5435	4879	4811	4132	4971	3564	4567	3928

In the following tables, numbers represent percent of respondents giving that response unless otherwise noted. N/A = not applicable as the question was not asked that year. Questions that are mark all that apply may have a cumulative percent greater than 100%.

Demographics

Gender

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. In 2022 “Male” changed to “Man” and “Female” to “Woman” to reflect the same Guide & Question bank.

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
Male	39.0	45.1	43.0	37.4	43.9	36.0	38.9	39.0	42.2	39.9
Female	60.6	54.4	56.5	62.0	55.3	62.4	59.0	59.3	55.6	58.6
Agender	N/A	N/A	N/A	N/A	0.2	0.3	0.3	0.2	0.3	0.2
Transgender	0.4	0.5	0.3	0.4	0.4	0.6	0.9	0.6	0.7	0.9
Nonbinary	N/A	N/A	N/A	N/A	0.5	1.5	1.8	1.5	1.7	1.1
Genderqueer/ Gender nonconforming	N/A	N/A	N/A	N/A	0.4	0.7	1.0	1.1	1.0	0.9
Another Identity	N/A	N/A	0.2	0.2	0.2	0.4	0.5	0.2	0.2	0.2

Ethnic/Racial Origin (mark all that apply)

Note: In 2020 "Latino" changed to "Latinx" and "White" was added to "Caucasian" to reflect the U of A Surveys & Demographic Data: Guide & Question Bank.

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
African American/Black	5.0	5.4	5.7	6.2	5.9	4.6	4.8	4.7	4.8	5.3
Asian/Pacific Islander	12.3	12.8	12.9	12.6	14.4	12.3	12.5	13.3	12.7	12.6
Caucasian	62.7	62.7	61.7	60.8	60.7	66.3	65.1	63.6	66.2	66.1
Hispanic/Latino	24.8	25.0	26.0	27.7	26.5	25.4	27.0	25.0	26.5	27.3
Middle Eastern/North African	N/A	N/A	2.8	2.9	3.0	2.3	3.1	3.4	3.0	2.4
Native American/Alaska Native	2.1	2.6	1.9	2.8	2.5	2.6	2.3	2.6	2.5	3.0
Another identity	2.8	2.5	1.1	0.8	0.4	1.0	1.0	1.2	1.2	1.2
BIPOC (Black, Indigenous, and People of Color)	43.3	45.4	47.1	48.7	49.6	44.7	46.8	47.2	47.2	47.7
QTBIPOC (Queer and Transgender People of Color)	3.2	4.2	4.5	5.6	6.7	9.5	9.8	10.1	10.2	9.0

Academic Standing

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
*Freshman	19.0	17.9	19.0	22.8	24.2	16.2	29.7	14.4	27.0	22.8
Sophomore	22.7	21.9	23.7	23.3	23.1	30.8	16.4	23.2	20.5	17.3
Junior	33.1	33.3	33.5	27.2	28.0	25.6	28.8	37.3	29.0	34.8
Senior	25.1	26.9	23.9	26.6	24.7	27.3	25.2	25.1	23.6	25.2

*In 2021 "Freshman" changed to "First Year"

Extracurricular Activities (mark all that apply)

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
Fraternity/Sorority Member	23.7	26.1	27.8	25.9	25.0	28.7	23.3	24.6	22.6	25.9
Sports Club Participant	9.6	8.6	7.8	6.7	5.8	5.0	5.7	5.4	6.7	6.9
Intercollegiate Athlete	2.7	2.5	2.7	1.9	2.2	1.5	1.9	1.7	2.3	1.7
Intramural Athlete	12.3	13.6	13.1	9.5	9.9	5.6	8.6	12.2	11.8	11.8

First in Family to Attend College

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
Yes	N/A	N/A	N/A	N/A	20.5	20.2	19.6	18.6	18.5	17.5

Living Arrangements

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
House/Apartment/Etc.	77.5	78.4	77.0	75.3	72.8	81.9	72.9	80.6	72.9	75.9
*Residence Hall	18.1	17.0	17.7	20.8	22.8	12.2	23.7	14.5	23.5	19.7
Fraternity/Sorority	4.4	4.6	5.3	3.8	4.1	5.5	3.1	4.6	3.4	4.3
No Stable Residence	N/A	N/A	N/A	0.1	0.2	0.4	0.4	0.3	0.2	0.1

*In 2019 "Residence Hall" changed to "Dorm"

Live in Off-Campus Housing Complex (District, oLive, The Mark, Aspire, Sol y Luna, The Seasons, Zona Verde, The Retreat/Cottages, The Hub, etc.)

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
Yes	N/A	N/A	N/A	32.7	31.8	34.2	45.2	53.0	53.1	51.4

Age

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
Mean	20.7	20.9	20.7	20.6	20.6	20.9	20.9	21.0	20.6	20.6
Median	20.0	20.0	20.0	20.0	20.0	20.0	20.0	20.0	20.0	20.0

GPA

Note: In 2020 "GPA" changed to "Current GPA" and "best guess if unsure" was added parenthetically.

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
Mean	3.23	3.24	3.28	3.29	3.30	3.44	3.39	3.43	3.46	3.49
Median	3.24	3.30	3.30	3.34	3.39	3.55	3.53	3.59	3.60	3.63

Current Relationship Status

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
Single (not dating)	49.0	49.6	49.0	48.2	50.0	50.6	50.1	50.9	52.5	53.4
Casually Dating	12.0	12.8	13.3	12.8	13.1	10.4	11.7	11.1	9.8	9.4
Exclusively Dating One Person	34.2	33.1	33.9	34.7	32.8	33.7	33.2	33.8	34.0	34.0
Engaged	1.1	1.6	1.1	1.3	1.4	1.4	1.2	1.1	1.0	0.8
Married/Partnered	3.0	2.5	2.3	2.2	1.9	3.1	2.7	2.2	1.4	1.5
*Open Relationship	N/A	N/A	N/A	0.5	0.5	0.5	0.4	0.6	0.5	0.3
Other	0.7	0.5	0.4	0.4	0.3	0.3	0.7	0.4	0.9	0.6

**In 2021 "Polyamorous" was added to "Open Relationship"*

Sexual Orientation (mark all that apply)

Note: This question was modified in 2021 to reflect the U of A Surveys & Demographic Data: Guide & Question Bank by making it mark all that apply. In 2022, "Straight" was added to "Heterosexual" and "Gay" and "Lesbian" were reported together to reflect the same Guide & Question bank.

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
Heterosexual	93.5	92.3	91.6	89.2	87.6	81.4	81.8	81.3	80.1	83.8
Gay/Lesbian	2.2	2.2	2.2	2.6	2.5	3.4	3.9	3.5	4.1	3.5
Bisexual	3.1	3.3	3.9	5.7	6.8	10.8	12.3	11.2	11.2	8.9
Asexual	N/A	N/A	1.0	0.7	0.8	1.5	3.1	2.3	1.7	1.7
Queer	0.5	0.9	0.4	0.8	1.0	2.1	1.9	2.5	3.1	2.1
Questioning	0.7	1.2	0.9	1.0	1.2	3.4	3.0	2.8	2.5	2.0
Another Identity	N/A	N/A	N/A	N/A	0.1	1.4	1.1	1.2	1.5	0.9
LGBQ (sexual orientation identity only)	6.3	7.4	8.1	10.5	12.1	19.1	20.4	19.8	20.4	16.2
LGBTQ All (sexual orientation and gender identity)	6.5	7.5	8.2	10.6	12.2	19.3	20.8	20.0	20.5	16.4

Military Status

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
Not in U.S. Military	98.2	96.2	97.1	97.3	96.7	97.4	93.2	95.2	94.2	94.7
U.S. Veteran	0.8	1.6	1.6	1.6	1.4	1.7	1.5	1.1	1.0	1.1
Active Duty	0.1	0.2	0.1	0.2	0.2	0.3	0.3	0.2	0.1	0.1
Reserves	0.7	1.2	0.9	0.7	1.4	0.5	0.7	0.3	0.3	0.3
Discharged	0.1	0.5	0.3	0.2	0.3	N/A	N/A	N/A	N/A	N/A
Guard	N/A	N/A	N/A	N/A	N/A	0.1	0.4	0.1	0.2	0.1
Military Spouse	N/A	N/A	N/A	N/A	N/A	0.0	0.4	0.2	0.1	0.1
Military Dependent	N/A	N/A	N/A	N/A	N/A	0.0	3.4	2.8	4.2	3.7

Honors Student

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
Yes	N/A	N/A	N/A	11.2	N/A	N/A	N/A	14.6	15.9	14.8

First Semester at UA

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
Yes	5.4	7.8	6.6	7.8	N/A	N/A	N/A	N/A	N/A	N/A

Pell Grant Recipient

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
Yes	N/A	N/A	N/A	N/A	N/A	24.6	23.3	23.6	21.6	23.3

Alcohol and Other Drugs (AOD) Behaviors

Note: In 2024 the reference for a standard drink changed from 12 oz. beer, 4 - 5 oz. wine, 1 oz. liquor to 12 oz. beer, 5 oz. wine, 1.5 oz. liquor to reflect the National Institute on Alcohol Abuse and Alcoholism (NIAAA) definition.

Note: BAC (Blood Alcohol Content) was truncated to 0.4 for males and 0.3 for females.

Average Drinking Behaviors (Mean)

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
Drinks per week	3.90	4.34	3.70	3.73	3.96	3.08	3.64	3.96	3.59	3.80
Drinks when partying	4.29	4.30	4.26	4.10	4.16	N/A	N/A	N/A	N/A	N/A
Drinks had in a social setting	N/A	N/A	N/A	N/A	N/A	N/A	2.91	2.81	2.54	2.76
*Drinks had last time drank	4.72	4.71	4.72	4.72	4.68	3.97	4.09	4.42	4.40	4.41
*Drinks per hour last time drank	1.58	1.56	1.54	1.51	1.48	1.30	1.25	1.27	1.25	1.23
*BAC last time drank	0.076	0.076	0.077	0.075	0.074	0.053	0.057	0.059	0.065	0.066

**In 2023 display logic was added to display the last drinks and last hours questions to those that have drank within the past 30 days*

Average Drinking Behaviors (Median)

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
Drinks per week	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	0.0	1.00
Drinks when partying	4.00	4.00	4.00	4.00	4.00	N/A	N/A	N/A	N/A	N/A
Drinks had in a social setting	N/A	N/A	N/A	N/A	N/A	N/A	3.00	2.00	2.00	2.00
*Drinks had last time drank	4.00	4.00	4.00	4.00	4.00	3.00	3.00	4.00	4.00	4.00
*Drinks per hour last time drank	1.25	1.25	1.25	1.20	1.17	1.00	1.00	1.00	1.00	1.00
*BAC last time drank	0.051	0.052	0.054	0.050	0.049	0.031	0.036	0.039	0.047	0.047

*In 2023 display logic was added to display the last drinks and last hours questions to those that have drank within the past 30 days

Had five or more drinks in one sitting at least once in the past 2 weeks

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
% said yes	36.6	43.4	42.4	40.6	41.2	33.9	38.6	33.7	29.0	32.9
If yes, did so 1 - 2 times	76.3	67.4	70.7	70.1	68.4	64.8	67.4	73.9	74.8	75.7
If yes, did so 3 - 5 times	18.3	24.5	22.0	21.3	25.2	24.9	24.5	21.1	19.9	19.6
If yes, did so 6 or more times	5.4	8.1	7.2	8.7	6.4	10.3	8.1	5.1	5.4	4.7

How recent was the last time you drank?

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
Within the past 30 days	81.8	81.3	80.4	79.4	64.7	56.4	N/A	62.4	52.8	59.8
Within this school year	13.9	14.3	16.0	17.1	11.5	13.6	N/A	13.6	16.0	14.1
More than one year ago	4.2	4.4	3.6	3.6	3.6	5.4	N/A	4.2	5.0	4.4
N/A, do not drink	20.4	22.6	18.9	19.8	20.2	24.7	N/A	19.9	26.2	21.7

How often do you usually party?

Note: In 2022 "party" changed to "drink alcohol in a social setting"

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
Never	17.1	17.9	17.7	20.0	21.1	N/A	23.8	23.4	30.1	25.0
Once or twice a year	20.1	19.3	20.4	20.4	19.6	N/A	15.0	13.9	15.2	14.9
Once or twice a month	33.3	30.4	31.2	31.3	29.9	N/A	27.2	28.7	25.2	27.8
Once a week	15.8	15.6	16.3	14.7	15.2	N/A	15.6	16.7	14.7	16.2
Twice a week	11.4	13.3	12.0	11.0	11.2	N/A	13.3	13.6	11.5	13.1
3 or more times a week	2.3	3.5	2.5	2.6	3.0	N/A	5.1	3.7	3.5	3.0

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

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
Used tobacco (smoke, chew, hookah)	16.8	18.3	16.2	13.8	11.7	6.4	9.5	10.6	9.8	10.2
*Used e-cigarettes	6.3	12.3	24.3	27.5	23.1	14.6	20.7	22.2	17.3	17.8
Used alcohol (beer, wine, liquor)	61.6	62.6	61.3	62.0	63.5	45.4	53.6	56.6	48.2	53.2
**Used marijuana (pot, hash)	26.8	27.7	27.6	31.0	26.4	18.8	21.5	23.6	20.5	20.5
Used marijuana (vape or concentrates)	N/A	N/A	N/A	N/A	20.8	15.9	20.4	22.2	20.3	18.0
Used marijuana (edibles)	N/A	11.1	11.2	12.0	12.2	11.2	13.4	15.0	12.9	13.8
Used cocaine	4.9	6.1	6.4	5.7	4.7	2.2	2.1	2.5	2.0	2.1
Used heroin	0.5	0.4	0.2	0.1	0.0	0.1	0.1	0.2	0.1	0.2
***Used pain pills (Oxy, Vicodin, Percocet, etc.)	3.4	2.2	0.4	0.2	0.3	0.4	0.2	0.6	0.2	0.2
Used sedatives (Xanax, Valium, sleeping pills)	4.6	5.7	4.0	3.9	3.0	1.7	1.6	1.6	1.2	1.5
Used Ritalin/Adderall/Concerta	9.5	8.5	6.9	6.7	5.7	2.9	3.7	4.1	3.5	4.7
Used molly/MDMA/ecstasy	2.3	2.6	2.2	2.2	1.6	0.3	0.6	0.9	0.6	0.7
Used other illegal drugs	2.7	2.1	1.6	1.9	1.4	0.9	0.7	1.4	0.9	0.7

**/JUUL/Vape" added in 2018. "(Tobacco)" added in 2020. "(Tobacco)" changed to "(nicotine)" in 2025.*

***Statement changed to "Marijuana (smoke)" in 2017. Statement changed to "Marijuana (smoke/vape)" in 2019. Statement changed to "Marijuana (smoke 'flower' or 'bud')"* in 2020. *"Marijuana (vape/concentrate)" added as own statement in 2020.*

****"Pain pills" and "etc." removed, and "Fentanyl" was added to the statement in 2018.*

AOD use in the past year (not prescribed by their physician)

Note: In 2021 'past year' was changed to 'Since August 2020'

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
Used tobacco (smoke, chew, hookah)	35.0	33.5	32.7	28.6	25.8	11.7	15.8	17.5	15.1	16.5
*Used e-cigarettes	17.4	20.9	36.6	41.9	37.4	24.1	28.7	29.8	23.6	24.7
Used alcohol (beer, wine, liquor)	76.8	78.6	78.6	79.1	77.1	64.1	70.3	72.0	65.0	69.2
**Used marijuana (pot, hash)	42.8	44.1	46.0	46.4	43.1	29.5	33.6	35.9	31.3	30.6
Used marijuana (vape or concentrates)	N/A	N/A	N/A	N/A	37.5	26.0	30.7	33.2	29.7	27.2
Used marijuana (edibles)	N/A	27.7	30.5	30.4	31.3	23.4	27.7	30.6	26.4	27.1
Used cocaine	10.8	13.0	13.9	13.4	11.5	4.8	4.7	5.7	4.0	3.6
Used heroin	0.8	0.7	0.5	0.2	0.2	0.2	0.4	0.5	0.3	0.3
***Used pain pills (Oxy, Vicodin, Percocet, etc.)	10.0	10.3	4.6	3.1	2.4	0.9	1.0	1.3	0.6	0.3
Used sedatives (Xanax, Valium, sleeping pills)	10.9	12.6	9.3	8.9	7.0	3.0	3.2	3.2	2.2	2.2
Used Ritalin/Adderall/Concerta	16.8	17.4	15.1	14.1	11.6	5.5	7.1	7.3	5.9	6.8
Used molly/MDMA/ecstasy	8.0	9.2	9.2	9.8	8.1	2.1	2.9	3.6	2.4	2.5
Used other illegal drugs	5.8	5.3	4.8	5.2	4.9	2.6	2.4	3.5	1.9	1.7

**/JUUL/Vape" added in 2018. "(Tobacco)" added in 2020. "(Tobacco)" changed to "(nicotine)" in 2025.

**Statement changed to "Marijuana (smoke)" in 2017. Statement changed to "Marijuana (smoke/vape)" in 2019. Statement changed to "Marijuana (smoke 'flower' or 'bud') in 2020. "Marijuana (vape/concentrate)" added as own statement in 2020.

***"Pain pills" and "etc." removed, and "Fentanyl" was added to the statement in 2018.

Protective behaviors: usually or always do the following when they drink

Note: In 2020 display logic was added to not display the protective behaviors matrix to those that do not drink. In previous years, an option to select "Not applicable, I don't drink alcohol" was available. This display logic was not applied in 2022 as the "How recent was the last time you drank?" question was not asked.

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
Stop drinking at least 1-2 hours before going home	63.7	58.6	60.0	61.6	62.7	N/A	65.3	66.0	68.0	66.0
Alternate with non-alcoholic beverages	57.0	55.8	57.2	58.8	60.5	N/A	59.5	58.7	63.1	57.2
*Have a designated driver when they know that they will be drinking	91.3	90.7	92.3	91.8	92.4	N/A	91.5	90.7	90.9	90.9
Set a limit on the number of drinks they have	48.5	48.4	49.6	48.9	50.5	N/A	54.1	57.1	59.7	60.5
**Drink beer or other lower alcohol content drinks	N/A	N/A	N/A	58.7	61.3	N/A	77.5	73.9	74.1	73.7
Avoid drinking games	31.6	32.0	32.3	37.9	37.1	N/A	41.4	43.2	49.2	46.6
***Eat before and during the time they are drinking	84.3	85.8	86.8	86.3	87.0	N/A	92.1	90.4	92.1	91.9
Refuse to ride with a driver who has been drinking	92.1	92.6	93.1	93.6	94.4	N/A	94.6	93.0	94.5	94.4
Avoid pre-gaming/pre-partying	30.7	27.4	26.6	28.2	28.9	N/A	33.9	31.5	34.1	28.9
Avoid shots of hard liquor	28.7	27.8	26.1	28.5	29.4	N/A	35.1	37.6	38.4	38.0

*In 2022 statement changed to "Use a ride service or have a designated driver when I am out drinking"

**In 2022 "hard seltzer" was added to statement

***In 2022 "and" changed to "or"

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

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
Had a hangover	40.9	43.3	38.2	36.3	36.6	N/A	N/A	N/A	N/A	N/A
Been sick	28.2	29.5	27.3	27.4	27.1	N/A	N/A	N/A	N/A	N/A
Damaged property	4.7	5.2	4.4	2.9	3.2	N/A	N/A	N/A	N/A	N/A
Been hurt or injured	7.2	9.1	7.0	6.6	6.9	N/A	N/A	N/A	N/A	N/A
Had memory loss	15.4	18.2	15.9	14.5	14.3	N/A	N/A	N/A	N/A	N/A
Experienced threats of physical violence	3.9	4.4	3.4	2.4	2.5	N/A	N/A	N/A	N/A	N/A
Used marijuana or other drugs while drinking	24.3	24.6	24.2	25.8	22.7	N/A	N/A	N/A	N/A	N/A
Been in trouble with school authorities	2.5	2.8	2.4	1.2	1.2	N/A	N/A	N/A	N/A	N/A
Been left in a potentially dangerous situation	4.5	5.1	3.7	2.8	3.3	N/A	N/A	N/A	N/A	N/A
Gotten into a fight or argument	7.2	8.3	6.8	6.0	6.0	N/A	N/A	N/A	N/A	N/A
Been in trouble with the police	2.6	3.1	2.0	1.3	1.3	N/A	N/A	N/A	N/A	N/A
Passed out	4.9	11.1	9.9	8.8	7.3	N/A	N/A	N/A	N/A	N/A
Received an MIP alcohol citation	1.8	2.3	1.5	0.9	1.0	N/A	N/A	N/A	N/A	N/A
*Drove while under the influence of alcohol	4.9	6.2	11.8	9.7	9.9	N/A	9.3	9.9	6.2	6.3
Brownout (forgot where they were or what they did for short periods of time)	N/A	N/A	N/A	N/A	N/A	N/A	18.4	18.0	17.1	16.1
Blackout (forgot where they were or what they did for a long period of time)	N/A	N/A	N/A	N/A	N/A	N/A	10.2	9.4	8.9	9.0
Missed a class	21.0	22.4	20.8	22.8	21.4	N/A	15.1	18.2	16.6	14.2
Performed poorly on a test or important project	8.1	8.2	8.5	6.7	6.4	N/A	6.5	8.8	6.5	6.1
Did something they later regretted	12.1	14.7	13.7	12.4	12.4	N/A	15.1	17.4	16.2	16.5
Received a lower grade in a class	3.4	4.5	3.7	3.5	3.5	N/A	4.4	6.6	5.4	3.8

*In 2018 statement changed to "Drove after drinking any amount of alcohol"

Experienced the following consequences within the school year due to their drinking

Note: In 2022 "within the school year" changed to "Since August 2021"

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
Had a hangover	70.5	71.0	70.1	70.2	68.3	N/A	N/A	N/A	N/A	N/A
Been sick	57.3	59.2	59.2	58.2	56.9	N/A	N/A	N/A	N/A	N/A
Damaged property	9.3	11.4	9.8	7.5	8.1	N/A	N/A	N/A	N/A	N/A
Been hurt or injured	20.4	22.3	20.3	19.0	20.4	N/A	N/A	N/A	N/A	N/A
Had memory loss	37.6	41.2	37.4	36.2	35.4	N/A	N/A	N/A	N/A	N/A
Experienced threats of physical violence	9.6	10.5	8.1	7.2	7.1	N/A	N/A	N/A	N/A	N/A
Used marijuana or other drugs while drinking	40.5	42.3	41.9	43.7	42.3	N/A	N/A	N/A	N/A	N/A
Been in trouble with school authorities	5.3	7.0	5.1	3.2	3.3	N/A	N/A	N/A	N/A	N/A
Been left in a potentially dangerous situation	12.0	14.4	12.5	10.8	10.3	N/A	N/A	N/A	N/A	N/A
Gotten into a fight or argument	20.0	21.7	20.3	18.5	17.9	N/A	N/A	N/A	N/A	N/A
Been in trouble with the police	5.3	7.0	4.6	3.5	3.1	N/A	N/A	N/A	N/A	N/A
Passed out	25.9	25.2	24.3	22.0	20.0	N/A	N/A	N/A	N/A	N/A
Received an MIP alcohol citation	3.1	4.2	3.2	2.4	1.9	N/A	N/A	N/A	N/A	N/A
*Drove while under the influence of alcohol	17.5	15.8	27.5	24.7	24.8	N/A	20.6	20.0	15.2	15.0
Brownout (forgot where they were or what they did for short periods of time)	N/A	N/A	N/A	N/A	N/A	N/A	42.3	40.5	36.6	37.9
Blackout (forgot where they were or what they did for a long period of time)	N/A	N/A	N/A	N/A	N/A	N/A	28.9	28.3	25.1	26.9
Missed a class	36.6	41.2	39.3	40.7	41.3	N/A	30.4	32.2	30.5	28.6
Performed poorly on a test or important project	19.6	21.7	21.7	20.7	21.3	N/A	19.0	21.0	19.5	18.5
Did something they later regretted	35.5	38.4	35.0	33.3	34.0	N/A	38.7	38.5	37.6	39.0
Received a lower grade in a class	13.2	14.5	13.3	13.7	13.9	N/A	17.1	18.8	17.6	15.9

*In 2018 statement changed to "Drove after drinking any amount of alcohol"

Since August of that academic year, have felt the need to stop or cut down their:

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

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
Tobacco (smoke, chew, hookah) use	N/A	N/A	N/A	N/A	N/A	N/A	N/A	39.6	31.3	37.5
E-cigarettes/JUUL/Vape (tobacco) use (tobacco changed to nicotine in 2025)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	64.7	61.2	62.3
Alcohol use (beer, wine, liquor)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	26.0	24.9	27.3
Marijuana use	N/A	N/A	N/A	N/A	N/A	N/A	N/A	37.0	36.7	38.1
Other illegal drug use	N/A	N/A	N/A	N/A	N/A	N/A	N/A	19.1	18.7	21.6
Have felt the need to stop or cut down use of any substances listed above since August of that academic year	N/A	N/A	N/A	N/A	N/A	N/A	N/A	48.5	45.8	49.1

Since August of that academic year, have had someone close to them suggest that they should stop or cut down their:

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

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
Tobacco (smoke, chew, hookah) use	N/A	N/A	N/A	N/A	N/A	N/A	N/A	18.1	15.9	14.9
E-cigarettes/JUUL/Vape (tobacco) use (tobacco changed to nicotine in 2025)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	32.9	33.9	32.9
Alcohol use (beer, wine, liquor)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	10.8	11.6	10.4
Marijuana use	N/A	N/A	N/A	N/A	N/A	N/A	N/A	15.6	16.6	15.6
Other illegal drug use	N/A	N/A	N/A	N/A	N/A	N/A	N/A	11.9	9.0	10.4
Have had someone close to them suggest they stop or cut down use of any substances listed above since August of that academic year	N/A	N/A	N/A	N/A	N/A	N/A	N/A	24.4	23.7	23.4

Since August of that academic year, have tried to stop or cut down their:

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

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
Tobacco (smoke, chew, hookah) use	N/A	N/A	N/A	N/A	N/A	N/A	N/A	39.5	30.2	36.5
E-cigarettes/JUUL/Vape (tobacco) use (tobacco changed to nicotine in 2025)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	57.7	55.6	54.6
Alcohol use (beer, wine, liquor)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	24.5	24.1	25.8
Marijuana use	N/A	N/A	N/A	N/A	N/A	N/A	N/A	34.2	34.6	35.1
Other illegal drug use	N/A	N/A	N/A	N/A	N/A	N/A	N/A	16.5	17.3	18.8
Have tried to stop or cut down use of any substances listed above since August of that academic year	N/A	N/A	N/A	N/A	N/A	N/A	N/A	45.5	43.4	45.6

AOD Recovery

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
Have ever been in treatment for alcohol or other drug problems	2.0	2.5	2.1	1.7	2.0	N/A	N/A	N/A	N/A	N/A

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
Are currently in treatment for alcohol or other drug problems	0.5	0.7	0.7	0.3	0.4	N/A	N/A	N/A	N/A	N/A

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
Are currently in recovery for alcohol or other drug problems	1.2	1.2	1.2	1.0	0.7	N/A	N/A	N/A	N/A	N/A

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
*Interested in recovery programming for alcohol and other drugs at the UA	1.4	2.4	2.0	1.3	1.2	1.7	N/A	N/A	N/A	N/A

*In 2020 statement changed to "Currently interested in recovery programming for alcohol and other drug problems at the UA"

Nutrition and Body Image**Within past 12 months, did the following to lose weight**

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
Dieted	43.8	46.6	46.8	50.0	48.2	42.5	N/A	N/A	N/A	N/A
Vomited or used laxatives	5.1	4.0	5.4	5.6	5.8	5.6	N/A	N/A	N/A	N/A
Took diet pills	6.5	5.8	5.3	4.9	5.1	4.3	N/A	N/A	N/A	N/A
Exercised more	65.3	65.3	66.1	66.8	63.2	55.3	N/A	N/A	N/A	N/A
*Smoked cigarettes	5.0	4.9	8.3	9.3	9.8	5.6	N/A	N/A	N/A	N/A
Misused prescription drugs	2.6	2.2	2.3	2.3	2.1	1.4	N/A	N/A	N/A	N/A

*In 2018 "/vaped" was added to "smoked cigarettes"

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

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
Yes	N/A	N/A	N/A	28.0	26.3	13.3	21.0	21.0	20.0	17.7

Since August of that academic year, have ever felt so preoccupied with food, weight, and/or body image that it negatively affected their quality of life

Note: In 2022 "preoccupied with" changed to "focused on"

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
Yes	N/A	N/A	N/A	N/A	N/A	35.2	38.5	37.0	35.0	32.4

Reported weight affects the way they feel about themselves

Note: In 2025, "affects" changed to "negatively affects"

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
Yes	N/A	N/A	N/A	N/A	N/A	N/A	62.8	62.0	61.2	50.1

Reported they have or are currently suffering from disordered eating (for example, restricted eating, over-exercising, binge eating, eating in secret, shame around eating)

Note: In 2025, parenthetical updated to “e.g., restricted eating, over-exercising, binge eating, vomiting, misuse of laxatives, shame around eating, etc.”

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
Yes	N/A	N/A	N/A	N/A	N/A	N/A	31.3	30.9	31.7	27.3

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

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
Yes	N/A	N/A	N/A	N/A	N/A	N/A	45.4	43.5	42.3	43.1

Physical Health

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?

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
0 days	12.6	11.5	12.2	11.8	11.2	11.6	10.8	8.0	8.2	7.2
1 – 2 days	26.7	25.9	26.3	26.8	25.5	21.8	24.0	23.0	20.4	20.6
3 – 4 days	34.2	34.8	33.8	34.4	35.6	31.1	34.6	36.4	34.7	36.6
5 – 6 days	20.2	20.5	20.8	19.8	20.6	26.1	22.3	24.0	28.2	28.2
7 days	6.4	7.2	6.9	7.2	7.2	9.4	8.4	8.5	8.5	7.5
Mean	3.18	3.26	3.24	3.24	3.29	3.49	3.37	3.53	3.66	3.66
Median	3.00	3.00	3.00	3.00	3.00	4.00	3.00	4.00	4.00	4.00

How would you describe your overall physical health?

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
Excellent	N/A	N/A	N/A	N/A	N/A	14.0	15.2	14.1	13.4	14.4
Very good	N/A	N/A	N/A	N/A	N/A	35.5	27.3	30.2	31.4	31.3
Good	N/A	N/A	N/A	N/A	N/A	35.1	35.0	35.8	36.6	36.3
Fair	N/A	N/A	N/A	N/A	N/A	13.4	19.0	17.2	16.3	15.4
Poor	N/A	N/A	N/A	N/A	N/A	2.0	3.4	2.8	2.4	2.5

Do you consider yourself to be physically active?

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
Yes	N/A	N/A	N/A	N/A	N/A	N/A	62.7	56.3	55.9	58.6
No	N/A	N/A	N/A	N/A	N/A	N/A	22.4	11.0	10.5	10.0
Somewhat	N/A	N/A	N/A	N/A	N/A	N/A	14.9	32.7	33.5	31.4

On how many of the past 7 days did you intentionally perform exercise? (not things like walking or biking to class)*Note: In 2023, parenthetical remark was removed from the question*

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
0 days	N/A	N/A	N/A	N/A	N/A	N/A	12.8	16.5	13.6	13.0
1 – 2 days	N/A	N/A	N/A	N/A	N/A	N/A	27.2	18.9	19.6	18.5
3 – 4 days	N/A	N/A	N/A	N/A	N/A	N/A	35.5	30.7	32.4	32.7
5 – 6 days	N/A	N/A	N/A	N/A	N/A	N/A	19.0	25.2	25.7	26.5
7 days	N/A	N/A	N/A	N/A	N/A	N/A	5.5	8.7	8.8	9.3
Mean	N/A	N/A	N/A	N/A	N/A	N/A	3.01	3.34	3.46	3.51
Median	N/A	N/A	N/A	N/A	N/A	N/A	3.00	3.00	4.00	4.00

Have received the following vaccinations/shots

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
Human Papillomavirus/HPV (Gardasil)	60.6	63.1	66.3	69.2	67.6	67.3	71.1	65.3	65.5	65.4
Meningococcal conjugate or MenACWY (meningitis)	63.9	64.5	66.2	71.6	70.1	68.9	75.2	62.8	63.2	60.6
Serogroup B meningococcal or MenB	N/A	N/A	N/A	N/A	N/A	N/A	N/A	50.4	51.3	50.8
Varicella (chicken pox)	70.0	72.5	72.0	77.0	72.8	75.1	78.3	74.1	73.0	70.9
Flu Shot (since August of the previous year)	34.4	35.8	36.3	38.8	38.8	43.9	38.2	38.4	35.7	33.0

Don't know if they have received the following vaccinations/shots

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
Human Papillomavirus/HPV (Gardasil)	24.5	24.5	20.9	19.3	18.7	20.3	20.6	25.0	26.5	26.4
Meningococcal conjugate or MenACWY (meningitis)	27.3	27.4	24.1	21.1	18.7	24.0	20.3	30.0	30.9	32.6
Serogroup B meningococcal or MenB	N/A	N/A	N/A	N/A	N/A	N/A	N/A	41.5	41.8	41.9
Varicella (chicken pox)	18.3	18.7	17.7	15.1	16.4	16.1	16.6	19.9	21.7	22.6

Current COVID-19 vaccination status

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
Not vaccinated	N/A	N/A	N/A	N/A	N/A	82.9	10.6	11.3	15.4	15.7
COVID-19	N/A	N/A	N/A	N/A	N/A	13.9	N/A	N/A	N/A	N/A
Partially vaccinated (only one dose of initial two-dose series, not including J&J)	N/A	N/A	N/A	N/A	N/A	N/A	2.9	4.9	7.9	10.1
Primary vaccine series	N/A	N/A	N/A	N/A	N/A	N/A	43.8	29.7	27.0	25.9
*Primary vaccine series + one or more original (monovalent) boosters	N/A	N/A	N/A	N/A	N/A	N/A	42.7	31.6	31.4	30.9
Primary vaccine series + all recommended boosters	N/A	N/A	N/A	N/A	N/A	N/A	N/A	22.5	18.3	17.4

**Bivalent booster added in 2024*

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

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
Yes	N/A	N/A	N/A	N/A	N/A	N/A	11.2	14.0	10.9	11.4

Mental Health and Violence

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

Note: This question was modified in 2020 by making it mark all that apply. In 2022, “Yes, other on-campus provider (not CAPS)” was added. In 2023, “Yes, off-campus provider” was changed to “Yes, off-campus provider (in-person)” and “Yes, off-campus provider (remote) was added.

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
Yes, at CAPS (Counseling & Psych Services)	N/A	N/A	N/A	7.5	9.7	7.7	7.4	7.8	8.3	7.5
Yes, other on-campus provider (not CAPS)	N/A	N/A	N/A	N/A	N/A	N/A	1.8	1.6	2.8	2.2
Yes, off campus provider (in-person)	N/A	N/A	N/A	10.3	11.1	17.3	18.0	9.4	9.6	8.8
Yes, off campus provider (remote)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	11.3	10.4	11.0
No	N/A	N/A	N/A	82.7	79.3	77.3	75.6	74.9	74.8	75.9
Received counseling/therapy for mental or emotional health in the last 12 months from any location listed above	N/A	N/A	N/A	17.3	10.9	22.7	24.4	24.5	24.2	23.3

How often do you feel that you lack companionship?

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
Rarely	N/A	N/A	N/A	N/A	N/A	N/A	41.0	41.2	41.7	45.1
Sometimes	N/A	N/A	N/A	N/A	N/A	N/A	42.4	44.8	44.5	43.7
Often	N/A	N/A	N/A	N/A	N/A	N/A	16.5	13.9	13.8	11.3

How often do you feel left out?

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
Rarely	N/A	N/A	N/A	N/A	N/A	N/A	41.0	45.5	44.7	48.3
Sometimes	N/A	N/A	N/A	N/A	N/A	N/A	44.0	43.2	42.8	42.1
Often	N/A	N/A	N/A	N/A	N/A	N/A	14.6	11.3	12.5	9.6

How often do you feel isolated from others?

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
Rarely	N/A	N/A	N/A	N/A	N/A	N/A	42.5	46.1	46.8	52.0
Sometimes	N/A	N/A	N/A	N/A	N/A	N/A	41.5	40.2	39.4	36.8
Often	N/A	N/A	N/A	N/A	N/A	N/A	16.1	13.7	13.8	11.2

How would you describe your overall mental health?

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
Excellent	N/A	N/A	N/A	N/A	N/A	8.6	7.1	7.2	8.0	7.9
Very Good	N/A	N/A	N/A	N/A	N/A	18.3	19.9	19.1	20.9	22.6
Good	N/A	N/A	N/A	N/A	N/A	31.6	31.0	36.6	35.9	36.7
Fair	N/A	N/A	N/A	N/A	N/A	29.7	31.0	27.2	27.7	26.7
Poor	N/A	N/A	N/A	N/A	N/A	11.7	11.0	9.8	7.5	6.2

How difficult has anxiety or depression made it for you to do your work, study, go to class, or get along with other people?

Note: In 2020 "(diagnosed or not)" was added to the end of the question

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
Not difficult at all	13.1	14.4	14.7	18.6	18.0	13.2	18.8	20.7	22.4	22.8
Somewhat difficult	24.1	26.8	26.6	36.9	40.3	45.5	44.6	47.6	46.8	48.3
Very difficult	11.1	11.3	13.0	16.8	18.1	24.4	26.0	21.5	18.7	16.7
Not applicable	51.7	47.5	45.8	27.7	23.6	16.8	10.6	10.2	12.1	12.2

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

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
Depression	16.4	16.5	17.3	19.9	20.1	20.5	21.3	20.5	19.3	19.4
Anxiety	19.0	18.8	20.9	24.9	24.9	24.3	27.6	26.7	26.2	28.2
Attentional Disorder (e.g. ADHD)	N/A	N/A	N/A	N/A	8.7	9.6	11.7	12.6	13.4	13.0
*Eating Disorder (e.g., anorexia, bulimia, binge eating)	N/A	N/A	N/A	4.6	4.5	4.1	6.5	6.8	5.4	5.3
**Trauma and stressor-related disorders (e.g., PTSD)	N/A	N/A	N/A	3.9	4.8	5.5	N/A	4.5	4.2	4.6
Other mental health diagnosis	N/A	N/A	N/A	N/A	N/A	N/A	N/A	3.8	5.3	4.8
None of the above	N/A	N/A	N/A	65.2	63.4	61.1	63.5	60.3	59.5	58.4
Have any of the mental health diagnoses listed above	24.5	24.7	26.2	30.9	34.7	33.6	36.5	36.5	35.9	36.8

*In 2023 "Eating Disorder" changed to "Disordered Eating"

*In 2025 parenthetical updated to "e.g., anorexia, bulimia, binge eating disorder, avoidant restrictive food intake disorder, unspecified eating disorder"

**In 2023 "Trauma and stressor-related disorders" changed to "Post-Traumatic Stress Disorder (PTSD)"

Overall stress experienced in past school year

Note: In 2021 "Within the past school year" was changed to "Since August 2020"

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
No stress	1.5	2.2	1.6	2.2	2.2	1.7	2.0	2.5	3.0	2.6
Less than average stress	6.5	6.8	6.4	7.2	7.9	5.3	6.1	7.2	7.9	7.2
Average stress	34.2	35.7	35.9	35.2	35.2	27.3	33.7	36.5	39.6	40.1
More than average stress	46.5	44.2	43.0	42.1	41.5	51.7	44.8	43.4	39.4	40.5
Tremendous stress	11.3	11.1	13.1	13.3	13.3	14.0	13.5	10.5	10.1	9.6

Experienced the following in the past 30 days

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
Felt things were hopeless	16.6	15.1	16.4	25.1	17.9	20.9	26.1	24.2	22.1	19.3
Felt overwhelmed by all they had to do	50.1	45.7	48.1	52.1	49.9	51.5	59.2	58.3	55.2	54.2
Felt exhausted (not from physical activity)	48.0	45.1	46.0	48.5	48.8	48.8	57.9	57.4	53.7	52.1
Felt very lonely	23.1	22.4	23.4	27.7	27.6	31.0	31.3	27.6	25.1	22.2
Felt very sad	23.7	23.1	26.0	29.7	28.8	32.5	36.3	34.1	29.8	27.6
Felt so depressed that it was difficult to function	11.6	10.7	11.3	14.5	14.3	17.6	20.7	19.8	15.2	12.9
Felt overwhelming anxiety	24.1	22.9	24.5	28.8	29.4	33.6	37.6	36.8	31.8	32.1
Felt overwhelming anger	14.6	13.7	14.7	15.3	16.3	18.1	20.1	20.0	17.3	17.0
Intentionally cut, burned, bruised, or otherwise injured themselves	2.6	1.7	2.0	2.5	2.3	2.4	3.1	3.2	2.8	2.1
Experienced any mental health symptom listed above in the past 30 days	62.6	59.1	62.2	70.4	63.2	66.1	71.3	72.2	69.3	66.2

Experienced the following in the past year

Note: In 2021 "in the past year" was changed to "Since August 2020"

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
Felt things were hopeless	43.1	44.9	42.3	53.5	49.6	51.0	49.7	46.7	42.2	42.2
Felt overwhelmed by all they had to do	82.6	81.4	82.3	84.6	84.1	83.9	83.1	84.3	82.1	82.0
Felt exhausted (not from physical activity)	78.3	76.1	76.5	82.4	78.8	79.8	80.4	80.4	78.5	77.7
Felt very lonely	51.6	52.7	53.5	59.1	60.4	62.6	57.5	53.3	49.7	46.4
Felt very sad	54.8	55.7	57.7	62.8	64.1	64.4	62.0	60.3	55.7	54.3
Felt so depressed that it was difficult to function	28.9	29.8	30.1	36.5	38.8	40.8	41.9	37.3	32.8	30.5
Felt overwhelming anxiety	52.1	50.4	51.8	58.9	60.1	63.7	62.4	61.1	56.5	58.6
Felt overwhelming anger	37.4	37.1	38.7	42.2	42.9	41.6	41.3	38.8	35.2	36.4
Intentionally cut, burned, bruised, or otherwise injured themselves	7.2	6.0	6.9	8.7	8.2	7.2	8.4	6.8	6.4	6.0
Experienced any mental health symptom listed above in the past year	88.9	87.9	88.3	92.5	89.5	90.5	89.3	90.9	88.9	88.2

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

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
Yes	N/A	N/A	N/A	N/A	N/A	65.3	65.3	69.2	65.8	66.0

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

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
Financial reasons	N/A	N/A	N/A	N/A	N/A	23.1	37.1	26.1	21.1	20.0
Stigma	N/A	N/A	N/A	N/A	N/A	12.2	16.7	10.5	9.0	9.3
Haven't gotten around to it	N/A	N/A	N/A	N/A	N/A	39.0	57.8	38.3	37.6	35.8
Scheduling issues	N/A	N/A	N/A	N/A	N/A	19.4	34.7	22.9	20.9	19.8
Don't know where to go	N/A	N/A	N/A	N/A	N/A	21.6	33.3	18.8	16.8	16.2
Feel embarrassed or ashamed	N/A	N/A	N/A	N/A	N/A	17.8	23.0	14.0	12.4	12.1
Lack of on campus appointment availability	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	7.0	5.4
Something else	N/A	N/A	N/A	N/A	N/A	7.5	9.1	8.8	9.9	9.8
Experienced any barrier listed above to use mental health services	N/A	N/A	N/A	N/A	N/A	66.9	65.9	70.7	66.8	65.8

Since August of that academic year, have experienced discrimination based on the following elements of their identity

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
Race or ethnicity	N/A	N/A	N/A	N/A	N/A	14.1	14.6	14.6	12.1	13.1
Gender or gender presentation	N/A	N/A	N/A	N/A	N/A	11.2	12.9	12.3	11.2	12.6
Sexual orientation	N/A	N/A	N/A	N/A	N/A	4.9	6.1	5.7	5.7	5.4
Disability	N/A	N/A	N/A	N/A	N/A	2.7	2.9	2.2	2.3	3.0
Religion	N/A	N/A	N/A	N/A	N/A	5.6	5.5	6.5	7.3	6.8
Something else	N/A	N/A	N/A	N/A	N/A	4.2	2.6	1.2	0.7	0.9
Experienced any discrimination listed above since August of that academic year	N/A	N/A	N/A	N/A	N/A	45.9	42.9	36.7	29.3	30.8

If you have experienced discrimination, how serious would you characterize the worst incident?

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
Very serious (hate crime, physical violence, something affecting your livelihood, etc.)	N/A	N/A	N/A	N/A	N/A	4.0	5.7	5.9	4.3	4.7
Somewhat serious	N/A	N/A	N/A	N/A	N/A	18.7	18.7	15.9	16.4	17.6
Less serious (microaggressions, small comments, etc.)	N/A	N/A	N/A	N/A	N/A	77.3	75.6	78.1	79.3	77.6

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

Note: In 2025 "etc." was added to all parentheticals

	2016	2017	2018	2019	*2020	2021	2022	2023	2024	2025
Emotionally abusive (called derogatory names, yelled at, ridiculed)	N/A	10.5	11.6	11.5	12.7	8.8	8.6	8.7	7.9	7.5
Physically abusive (kicked, slapped, punched)	N/A	3.1	2.8	2.7	3.0	1.8	2.1	2.2	2.1	1.9
Sexually abusive (forced to have sex when they didn't want to, forced to perform or have an unwanted sexual act performed on them)	N/A	2.4	2.5	2.2	3.2	2.4	3.5	3.8	3.1	2.1
Experienced any relationship violence listed above within the last 12 months	N/A	10.7	12.2	12.0	13.4	9.9	10.2	10.7	9.2	8.5

**In 2020 only "In the last 12 months" was removed from the question*

Experienced the following consequences since August of that academic year due to drinking alcohol

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
Someone had sex with me without MY consent	N/A	N/A	N/A	N/A	N/A	N/A	1.9	3.1	2.1	1.9
Had sex with someone without THEIR consent	N/A	N/A	N/A	N/A	N/A	N/A	0.2	0.6	0.2	0.2
Had unprotected sex when I normally wouldn't	N/A	N/A	N/A	N/A	N/A	N/A	6.3	8.0	6.4	7.2

Within the last 12 months:

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
Experienced bullying	N/A	9.7	10.0	10.0	10.3	N/A	N/A	N/A	N/A	N/A
Experienced hazing	N/A	3.5	3.4	3.3	3.6	N/A	N/A	N/A	N/A	N/A
Experienced hate crimes or discrimination (race/ethnicity, gender, sexual orientation, religion, etc.)	N/A	8.3	8.1	7.7	7.2	N/A	N/A	N/A	N/A	N/A
Was sexually touched without consent	N/A	5.6	7.3	8.1	8.5	N/A	N/A	N/A	N/A	N/A
Sexual penetration was attempted (vaginal, anal, oral) without consent	N/A	2.6	3.3	2.8	3.1	N/A	N/A	N/A	N/A	N/A
Was sexually penetrated (vaginal, anal, oral) without consent	N/A	1.9	2.3	1.8	2.4	N/A	N/A	N/A	N/A	N/A
Was physically assaulted (do not include sexual assault)	N/A	3.9	2.8	3.1	3.1	N/A	2.3	2.7	2.4	1.6
Was in a physical fight	N/A	7.0	5.8	7.3	6.4	N/A	3.7	4.3	3.2	3.7
*Was verbally threatened	N/A	13.9	13.9	14.7	13.5	N/A	14.4	15.1	12.4	12.6
Was harassed online	N/A	N/A	N/A	N/A	N/A	N/A	6.6	5.7	6.1	5.0
**Was stalked (e.g., waiting for you outside your classroom, residence, or office; repeated emails/phone calls)	N/A	4.0	4.0	3.9	4.1	N/A	4.0	3.9	4.6	3.9
Experienced any violence listed above within the last 12 months	N/A	29.5	30.1	31.8	30.7	N/A	20.0	20.7	18.1	17.7

*In 2022 "verbally threatened" changed to "verbally attacked"

**In 2022 parenthetical removed from stalking statement

How many times during the past school year have you seriously considered attempting suicide?

Note: In 2021 "during the past school year" was changed to "Since August 2020"

	2016	2017	2018	2019	2020	2021	2022
0 times	90.6	92.5	90.7	89.0	87.2	87.4	85.7
1 – 4 times	7.9	6.4	7.7	9.2	11.1	9.9	11.6
5 – 8 times	0.5	0.6	0.6	1.0	0.9	1.3	1.1
9 or more times	0.9	0.5	1.0	0.9	0.8	1.4	1.6

Seriously considered attempting suicide since August of that academic year

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
Yes	N/A	N/A	N/A	N/A	N/A	N/A	N/A	7.5	5.8	5.4

How many times during the past school year have you attempted suicide?

Note: In 2021 "during the past school year" was changed to "Since August 2020"

	2016	2017	2018	2019	2020	2021	2022
0 times	98.6	98.6	98.7	97.9	98.5	98.8	98.4
1 or more times	1.4	1.4	1.3	2.1	1.5	1.2	1.5

Attempted suicide since August of that academic year

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
Yes	N/A	N/A	N/A	N/A	N/A	N/A	N/A	1.0	0.6	0.6

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?

Note: In 2019 question was broken into three options: Yes - CAPS, Yes - off-campus provider, no. In 2020 question was made mark all that apply.

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
Yes	75.7	74.2	74.5	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Yes – from CAPS (Counseling and Psych Services)	N/A	N/A	N/A	40.5	44.1	48.4	47.6	43.5	40.3	36.1
Yes – from a provider off-campus	N/A	N/A	N/A	33.9	41.6	52.9	55.7	49.7	46.9	47.3

Suicide Prevention Resources

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
*Are familiar with the National Suicide Prevention Lifeline phone number	60.5	61.6	75.1	74.1	74.7	77.8	76.2	60.1	63.3	65.9
**Are familiar with the National Suicide Prevention Lifeline text line (741741)	N/A	N/A	56.8	59.9	55.3	60.2	58.6	50.9	53.4	54.8
***Have used the National Suicide Prevention Lifeline	3.2	3.9	12.5	12.3	14.4	6.5	7.2	5.6	9.5	9.3
Are aware of suicide prevention resources	67.9	67.8	77.3	77.2	74.6	79.4	79.5	73.0	76.1	74.9

*In 2023 title changed to "988 Suicide & Crisis Lifeline (free to call or text 24/7)"

**In 2020 title changed to "National Crisis Line." In 2022 title changed to "National Crisis Text Line"

***In 2018 "(phone or text)" added. In 2023 title changed to "988 Suicide & Crisis Lifeline (phone or text)"

Sexual Health and Human Sexuality

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
Ever had oral sex	73.6	74.9	75.4	75.9	75.0	70.5	71.3	72.8	65.4	67.8
Ever had vaginal intercourse	71.7	72.8	72.6	73.7	72.9	67.4	68.7	69.7	63.1	66.1
Ever had anal intercourse	23.4	22.6	22.1	23.8	23.4	22.6	23.0	21.9	15.2	15.1
Never had vaginal or anal intercourse	26.8	25.8	25.9	24.5	25.6	30.9	29.6	28.7	35.4	32.7
Never had oral, vaginal, or anal sex	22.8	22.2	21.6	20.7	21.8	26.7	26.0	24.7	31.1	28.9
*Had zero vaginal/anal sexual partners that school year	33.8	32.9	32.6	32.2	33.5	40.3	36.8	34.9	41.7	40.3
*Had sexual intercourse within that school year	66.2	67.1	67.4	67.8	66.5	59.7	63.2	65.1	58.3	59.7
*Of those who have been sexually active within that school year										
Had one vaginal/anal sexual partner	55.8	52.9	56.8	56.9	56.2	67.4	60.6	61.3	63.4	65.2
Had 2 vaginal/anal sexual partners	17.9	18.0	17.6	16.1	16.9	14.7	15.4	14.8	13.9	13.2
Had 3 - 5 vaginal/anal sexual partners	18.3	18.9	18.4	18.2	17.9	13.1	16.0	16.0	16.2	15.0
Had 6 or more vaginal/anal sexual partners	8.0	10.2	7.2	8.8	9.0	4.8	8.0	7.8	6.5	6.6
Usually or always use a condom (among sexually active)	68.4	66.2	59.8	57.9	60.5	56.8	56.4	56.9	61.5	57.5
*Have been tested for any Sexually Transmitted Infections (STIs) in the last year (among sexually active within that school year)	39.9	42.6	42.3	46.1	42.6	34.1	34.1	33.7	31.4	34.0
*Have NOT been tested for any Sexually Transmitted Infections (STIs) in the last year (among sexually active within that school year)	58.5	55.3	55.1	51.6	55.6	64.1	64.1	64.8	66.3	64.4
*Don't know if they have been tested for any Sexually Transmitted Infections (STIs) in the last year (among sexually active within that school year)	1.6	2.1	2.6	2.3	1.7	1.7	1.8	1.5	2.3	1.6
**Know they can get tested for STDs at Campus Health without details showing on their Bursar's account	N/A	N/A	N/A	N/A	59.9	52.4	45.1	47.5	44.9	48.4

*In 2021 "this school year" changed to "Since August 2020"

**In 2022 "STDs" changed to "STIs"

Service Utilization and Media

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

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
Medical services when sick	N/A	N/A	N/A	N/A	N/A	9.8	13.7	14.3	13.8	13.7
*Routine medical services (like a Well Check)	N/A	N/A	N/A	N/A	N/A	10.8	13.8	14.8	13.0	14.2
Mental health services	N/A	N/A	N/A	N/A	N/A	16.8	19.5	20.3	16.8	15.9
Medications prescribed by their doctor	N/A	N/A	N/A	N/A	N/A	7.1	10.3	10.8	10.8	10.4

*In 2025 "like a Well Check" changed to "like an annual physical"

Used the following services

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
*The Campus Health Service	50.9	51.1	50.6	50.9	52.6	47.4	N/A	N/A	N/A	N/A
Campus Health Medical Services	N/A	N/A	N/A	N/A	N/A	N/A	35.8	33.9	29.6	27.4
CAPS (Counseling & Psych Services)	N/A	N/A	N/A	N/A	N/A	N/A	12.9	12.3	12.0	10.9
**HPPS (Health Promotion and Preventive Services)	N/A	N/A	N/A	N/A	N/A	N/A	3.9	4.3	6.2	3.3
Campus Recreation (Rec Center, Intramurals, Outdoor Adventures, etc.)	N/A	N/A	N/A	N/A	N/A	N/A	53.3	54.4	55.0	58.6
Indicated using any of the above Campus Health services	N/A	N/A	N/A	N/A	N/A	N/A	38.6	39.1	35.9	33.9

*Changed to "Campus Health" in 2020

**In 2022 read "HPPS Includes: Free Condom Friday, Sex Talk, Red Cup Q&A, Stressbusters, Body Positive, Navigating Relationships, Cooking on Campus, The Buzz, Campus Health TV videos, SHADE, e-checkup to go, nutrition counseling, health presentations, QPR Suicide Prevention training, Campus Health Social Media, COVID-19 messaging, Living Wild, events, brochures, posters, etc."

**Updated in 2023 to include the Health Promotion Hideaway

**In 2025, changed to read "Health Promotion includes: Health Promotion Hideaway, Free Condom Friday, Health & Wellness Presentations/Events, EveryBODY Arizona, Cooking on Campus, SHADE Class, QPR Suicide Prevention training, brochures, posters, etc."

Indicated the following services helped them remain a student at the UA

Note: In 2022 display logic was added to display the retain statement(s) to those that have used said service(s)

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
Campus Health Medical Services	36.2	57.0	57.5	61.0	66.9	56.9	39.5	43.8	44.2	40.3
CAPS (Counseling & Psych Services)	20.2	35.6	35.8	36.0	* Main 45.6 North 37.3	38.7	48.8	52.1	56.5	56.5
**Health Promotion and Preventive Services (HPPS)	13.0	21.4	20.2	20.1	19.3	20.2	39.1	36.4	32.4	54.5
Campus Recreation (Rec Center, classes, intramurals, Outdoor Adventures, etc.)	59.8	74.1	75.3	74.2	78.8	76.6	58.6	62.9	66.3	68.7
Indicated a CHS service listed above has helped them remain a student at the U of A	51.9	68.0	68.4	72.6	81.7	70.6	43.8	97.9	97.1	99.8

**Question broken out in 2020 only to include CAPS Main and CAPS North (in NorthRec at Honor’s Village)*

***In 2016 read “HPPS includes SexTalk Column, Red Cup Q&A, Step Up! Violence Prevention Program, The Buzz, Campus Health TV videos, SHADE, e-checkup to go, nutrition counseling, health presentations, QPR Suicide Prevention training, Facebook Page, Living Wild e-newsletter, events, brochures, posters, etc.”*

***Updated in 2017 to remove Step Up! Violence Prevention Program, and include Stressbusters, BASICS, Body Smart, Cooking on Campus, & Free Condom Friday*

***Updated in 2018 to include Navigating Relationships, and change “Body Smart” to “Body Positive”*

***In 2020 “Sex Talk Column” changed to “Sex Talk”*

***Updated in 2021 to include Campus Health Social Media and COVID-19 messaging, and change “Living Wild e-newsletter” to “Living Wild”*

***Updated in 2023 to include the Health Promotion Hideaway*

***In 2025, changed to read “Health Promotion includes: Health Promotion Hideaway, Free Condom Friday, Health & Wellness Presentations/Events, EveryBODY Arizona, Cooking on Campus, SHADE Class, QPR Suicide Prevention training, brochures, posters, etc.”*

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

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
*Orientation	N/A	N/A	N/A	N/A	N/A	60.3	46.6	41.3	37.8	34.5
Campus Health website	N/A	N/A	N/A	N/A	N/A	31.1	34.2	28.8	25.5	24.4
Campus email	N/A	N/A	N/A	N/A	N/A	43.4	41.2	34.9	34.1	29.5
Parent or guardian	N/A	N/A	N/A	N/A	N/A	9.2	11.7	13.0	11.9	11.1
Friend or classmate	N/A	N/A	N/A	N/A	N/A	19.9	23.0	24.9	22.5	20.0
Professor or TA	N/A	N/A	N/A	N/A	N/A	25.4	21.1	20.3	20.1	16.8
RA or other Residence Life staff	N/A	N/A	N/A	N/A	N/A	13.3	10.9	10.3	9.1	7.9
**Another UA service (e.g. ASUA, Thrive, Campus Recreation, Dean of Students, etc.)	N/A	N/A	N/A	N/A	N/A	9.6	11.4	11.6	12.1	13.3
Social media	N/A	N/A	N/A	N/A	N/A	9.1	9.0	11.8	13.4	12.5
Other	N/A	N/A	N/A	N/A	N/A	2.3	2.4	2.2	3.2	3.4
They did not know about Campus Health	N/A	N/A	N/A	N/A	N/A	5.3	6.4	6.9	5.7	6.5

***"/Campus tour" added in 2022*

***"Cultural or Resource Centers" added to parentheses in 2022*

Primary form of health insurance

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
College/university sponsored plan	6.4	8.4	8.4	8.2	10.5	7.5	7.8	8.6	7.5	7.0
Parent's plan	78.3	75.9	76.3	76.3	73.7	73.2	69.8	71.3	75.0	75.2
AHCCCS (Medicaid in Arizona)	N/A	N/A	N/A	N/A	N/A	N/A	9.2	8.4	6.8	6.8
Another plan	10.7	10.4	10.0	9.8	8.9	12.3	7.5	5.8	4.7	5.1
They don't have health insurance	3.4	4.0	3.7	3.8	5.2	5.1	4.1	3.7	3.3	3.6
They are not sure if they have health insurance	1.3	1.4	1.6	1.9	1.7	1.9	1.7	2.2	2.5	2.3

Have medical insurance that requires them to go somewhere other than Campus Health for medical care

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
Yes	37.8	29.3	29.9	28.4	26.5	22.6	25.6	22.1	21.9	N/A

Are unsure if their medical insurance requires them to go somewhere other than Campus Health for medical care

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
Yes	N/A	33.8	29.4	28.5	29.2	34.2	37.7	38.9	41.4	N/A

Have purchased health insurance on the Health Insurance Marketplace

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
Yes	11.8	12.1	9.4	8.8	9.5	N/A	N/A	N/A	N/A	N/A

Saw the following Campus Health materials in the Daily Wildcat or via emailed during the school year

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
Sex Talk Columns	44.5	37.6	39.0	32.5	N/A	N/A	N/A	N/A	N/A	N/A
Red Cup Q&A Columns	35.5	32.2	35.3	31.6	N/A	N/A	N/A	N/A	N/A	N/A
NutriNews Columns	16.6	18.2	18.2	16.4	N/A	N/A	N/A	N/A	N/A	N/A
Ads about cold and flu prevention	40.1	39.1	47.5	40.6	N/A	N/A	N/A	N/A	N/A	N/A
Ads about general health and wellness	45.6	45.2	49.4	45.9	N/A	N/A	N/A	N/A	N/A	N/A
Ads related to services at Campus Health	48.3	48.7	52.4	47.7	N/A	N/A	N/A	N/A	N/A	N/A
Living Wild e-magazine	15.3	13.5	13.6	11.5	N/A	N/A	N/A	N/A	N/A	N/A

Saw the following Campus Health media in or around campus buildings during the school year

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
“Get the Flu Shot” posters	N/A	57.7	63.0	58.4	N/A	N/A	N/A	N/A	N/A	N/A
STD “Get Yourself Tested” posters	N/A	54.3	56.9	55.1	N/A	N/A	N/A	N/A	N/A	N/A
Alcohol-related posters	N/A	58.8	61.2	57.6	N/A	N/A	N/A	N/A	N/A	N/A
**“Free Condom Friday” posters/ads	64.3	66.9	66.1	61.4	N/A	N/A	N/A	N/A	N/A	N/A
“Cats After Dark” posters	N/A	30.5	35.3	30.3	N/A	N/A	N/A	N/A	N/A	N/A
**Social Media (Facebook/Twitter)	32.9	40.3	42.7	38.2	N/A	N/A	N/A	N/A	N/A	N/A
***Other Campus Health posters	48.1	38.6	38.6	35.1	N/A	N/A	N/A	N/A	N/A	N/A

*In 2017 “ads” was removed

**In 2018 “Instagram” was added parenthetically

***In 2017 “posters” changed to “media”

Accessed the following Campus Health Media during the school year

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
Campus Health website (health.arizona.edu)	N/A	N/A	N/A	N/A	N/A	43.1	46.7	36.6	37.9	36.1
CAPS Website (caps.arizona.edu)	N/A	N/A	N/A	N/A	N/A	N/A	18.9	19.0	19.5	17.3
Living Wild website	N/A	N/A	N/A	N/A	2.4	4.2	2.7	3.4	N/A	N/A
*Social Media @UAZCampusHealth on Facebook, Instagram, Twitter	N/A	N/A	N/A	N/A	16.9	16.3	11.4	12.3	13.3	12.4
Stressbusters app	N/A	N/A	N/A	N/A	7.0	2.3	2.0	2.3	3.1	1.8

*In 2023 “Social Media” removed from statement

*In 2025 name change from ‘Twitter’ to ‘X’

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

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
Instagram	N/A	N/A	N/A	N/A	N/A	62.0	69.6	68.6	79.1	84.5
*Twitter	N/A	N/A	N/A	N/A	N/A	11.6	10.4	3.1	4.1	2.6
Facebook	N/A	N/A	N/A	N/A	N/A	10.1	5.5	4.7	2.7	2.5

**In 2025 name change from 'Twitter' to 'X'*

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

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
Yes	N/A	N/A	N/A	N/A	N/A	55.6	58.7	62.2	66.9	64.8
No	N/A	N/A	N/A	N/A	N/A	5.4	5.7	6.8	5.4	4.8
Maybe	N/A	N/A	N/A	N/A	N/A	38.9	35.6	31.0	27.6	30.4

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

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
Yes	N/A	N/A	N/A	N/A	N/A	63.8	67.0	62.0	67.6	63.5