

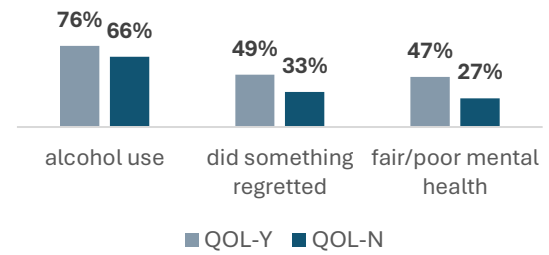
# Body Image, Quality of Life, and Alcohol & Other Drug Behaviors Quick Look



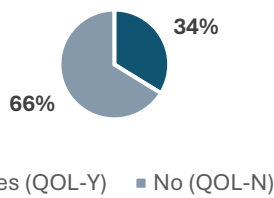
Undergraduate Health and Wellness Survey 2025 n= 3,529  
 QOL-Y n=1,194; QOL-N n=2,335

- ✓ **1 in 3 students** report body image concerns negatively impacting Quality of Life (QOL)
- ✓ These students report **higher alcohol, nicotine, and marijuana use**
- ✓ They experience **more alcohol-related consequences**
- ✓ They report **poorer mental health outcomes**
- ✓ **Opportunity:** Integrate body image, mental health, and substance use education into campus prevention and health promotion efforts

## Key Differences by Body Image QOL Status



## Those who report their body image impacts QOL



## Alcohol Use

Students reporting body image-related QOL concerns (QOL-Y) reported:

**Higher alcohol use since August** (76% vs. 66%)

**More past 30-day use** (58% vs. 50%)

**More 5+ drink episodes** (36% vs. 31%)



## 1 in 3 Students Report Body Image QOL Impact

**34%** reported that focus on food, weight, or body image negatively affected their quality of life since August 2024.



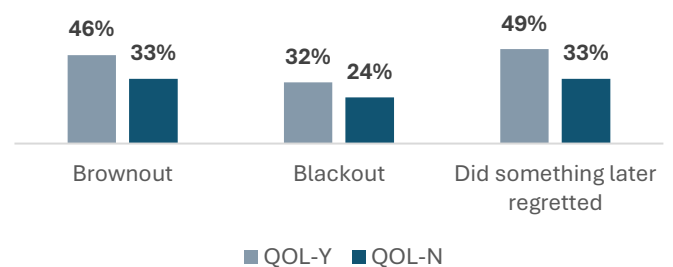
## Mental Health

QOL-Y students reported:

**Fair/Poor mental health** (47% vs. 27%)

**Counseling use (past year)** (31% vs. 20%)

## Alcohol-Related Consequences Since August 2024



## Nicotine & Marijuana Use (Since August 2024)

Compared to QOL-N students, QOL-Y students reported:

**Higher e-cigarette use** (32% vs. 21%)

**Higher marijuana use (all formats)** (~33–37% vs. ~24–28%)

## Substance Use Since August 2024

