

Health and Wellness Survey 2026

Undergraduate Students

n= 4,415



**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

- ✓ Students who used Campus Health reported that the services they received helped them remain a student.
- ✓ Students reported similar levels of alcohol related protective factors compared to years past.
- ✓ Nearly 1 in 4 students used counseling services to support their mental health.
- ✓ 68% of students reported not being tested for STIs within the last year.

Methodology

Based on stratified random sampling, each level of undergraduate course of 25 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



36%

of U of A students have used a
Campus Health service

1 in 2



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 email, 30%**
- **Campus Health website, 26%**

41%



of students knew they could **be seen at a reduced cost** at Campus Health **without insurance**

Physical Health



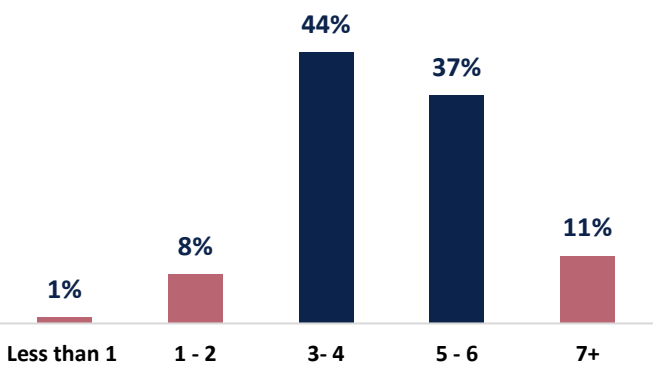
58% of U of A students consider themselves to be **physically active**

On average, students reported exercising on **4 of the past 7 days**

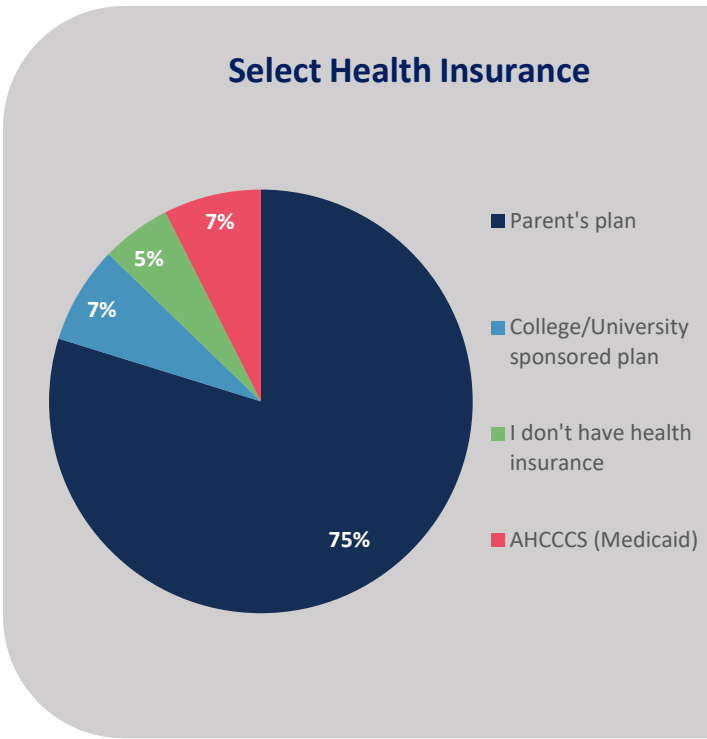
On average students reported getting enough sleep on **4 of the past 7 days**



Hours Spent on Cell Phone per Day



82% of students reported that they felt the need to **cut down or limit their cell phone use**

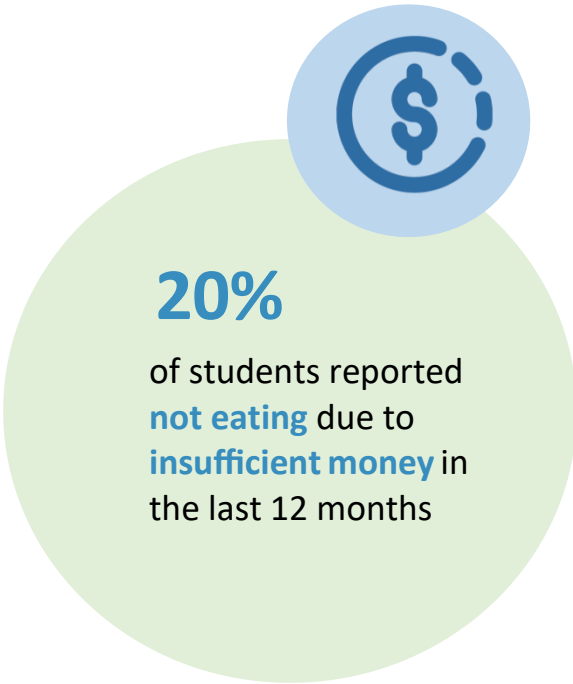


Nutrition and Body Image

31% of students have ever or currently have **disordered eating behaviors**

44% of students **compare their food/body to social media**, negatively affecting their **mental wellbeing**

50% of students reported that **weight negatively affects the way they feel about themselves**

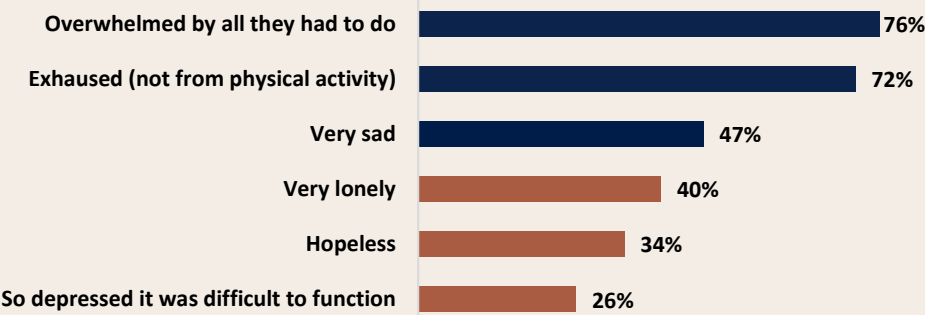


Mental Health

23% of U of A 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 2025:



69%

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



54%

of students have experienced **above average or tremendous stress** since August 2025

Sexual Health

29% of students reported **never** having any type of sex



60% of students have had **sexual intercourse** since August 2025

68% of sexually active students have **not been tested for STIs** within the last year



33% of students use a form of **birth control**

Popular forms of birth control:

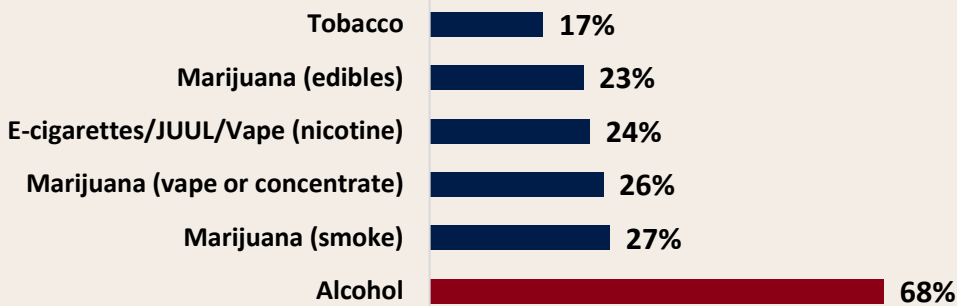
- Oral contraceptive pills, **56%**
- Intrauterine device, **24%**
- Implant, **11%**

50% of students know they can get **STI testing** at Campus Health **without details showing on their Bursar account**



Alcohol and Other Drug Behaviors

Select Alcohol and Other Drug use since August 2025:



Students drink an average of 4 drinks per week



34% 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, **91%**
- Drink lower alcohol content drinks, **74%**
- Alternate with non-alcoholic beverages, **55%**
- Avoid shots of hard liquor, **37%**

Select consequences of drinking or using substances since August 2025

- Did something they later regretted, **42%**
- Missed a class, **38%**
- Brownout (forgetting where one is/did for short periods of time), **37%**
- Blackout (forgetting where one is/did for a long period of time), **26%**

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

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