

NATIONAL COLLEGE HEALTH ASSESSMENT – FALL 2014

EXECUTIVE SUMMARY

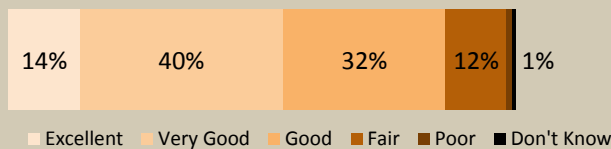
INTRODUCTION

The ACHA-National College Health Assessment II (ACHA-NCHA II) is a national research survey organized by the American College Health Association (ACHA) to assist colleges in collecting data about their students' habits, behaviors, and perceptions on health topics. More information on the survey and instrument is available here: <http://www.achancha.org>.

This Executive Summary highlights results of the survey for University of California Los Angeles in Fall 2014. Four thousand undergraduate students and two thousand graduate students were sampled and invited to participate in the survey. The overall response rate was 22%, yielding 1,341. In the sample, female, Asian and white students were slightly over represented. Graduate and professional students were more likely to respond with a higher response rate of 29%. (see Demographics Box).

Overall, the results were generally positive. Of students surveyed 54% described their health as *very good or excellent*, and when the "good" category is also included the percentage jumps to 86%. Students do, however, report some impediments to their academic performance, with the most common being stress (see Page 2).

General Health (N=1,341)

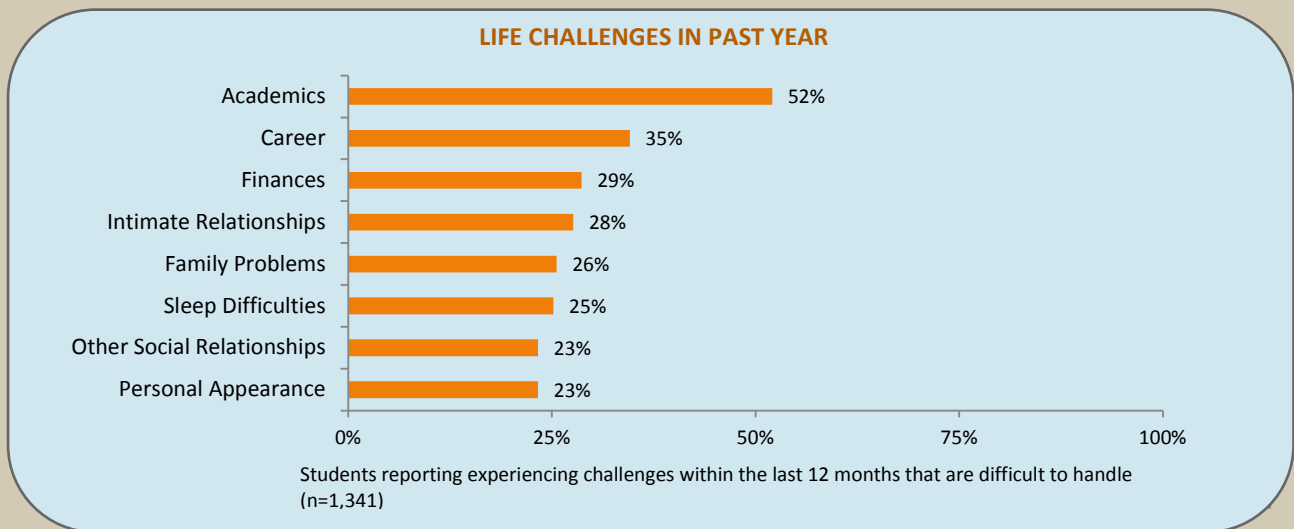


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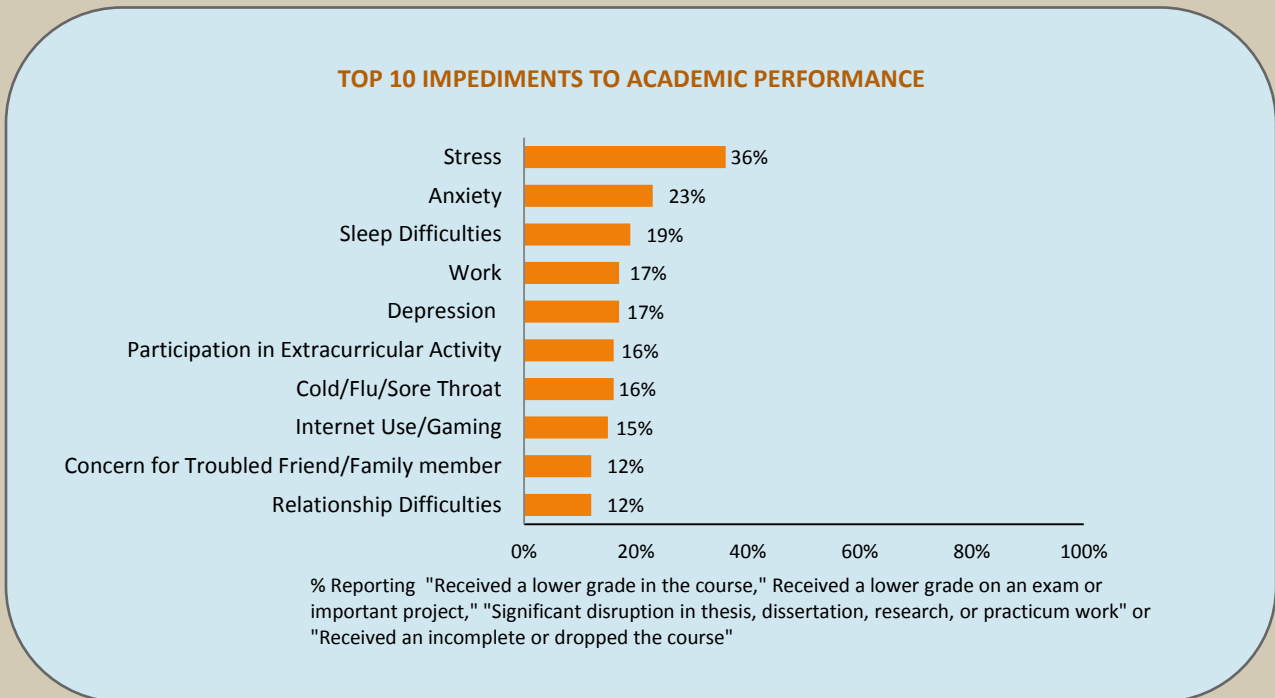
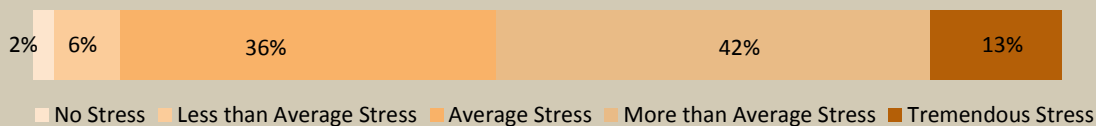
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DEMOGRAPHIC CHARACTERISTICS

	CAMPUS Fall 2014 (N = 29,633)	NCHA Sample (n = 1,341)
AVERAGE AGE	20	23.1
GENDER		
Women	56%	66%
Men	44%	33%
RACE/ETHNICITY		
African American / Black	4%	3%
American Indian / Alaskan	<1%	1%
Asian / Pacific Islander	34%	44%
Hispanic	19%	15%
White	27%	38%
Others/Unknown	3%	5%
International	13%	17%
YEAR IN SCHOOL		
1st year	20%	<1%
2nd year	19%	24%
3rd year	29%	19%
4th year	26%	23%
5th year or more	5%	5%
Graduate or professional	28%	29%



LEVEL OF STRESS IN THE LAST 6 MONTHS (N=1,341)



USE OF UNIVERSITY MENTAL HEALTH SERVICES

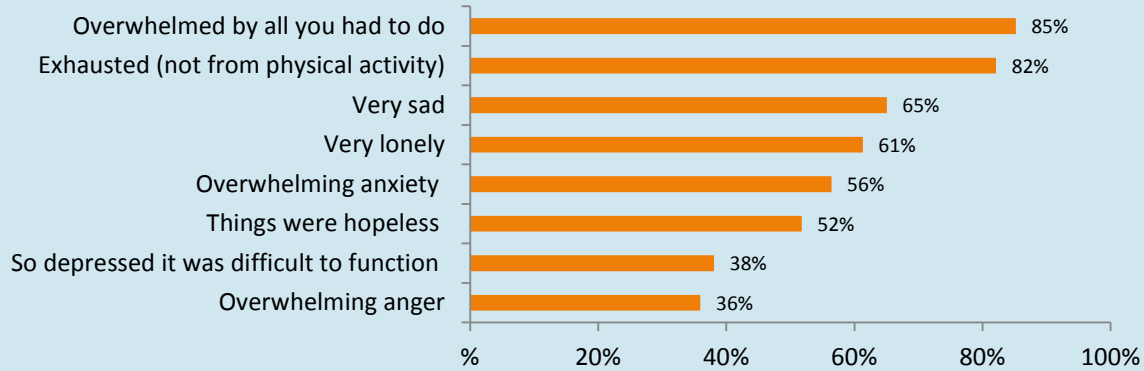
Students who have received services in the past **24%**
 Students who would consider in the future **77%**

RECEIVED MENTAL HEALTH CARE SERVICES IN LIFETIME

34% from counselor/therapist/psychologist
12% from psychiatrist
11% from other medical provider
6% from clergy



STUDENTS REPORTING EXPERIENCING THE FOLLOWING WITHIN THE LAST 12 MONTHS (n=1,341)



SUBSTANCE USE

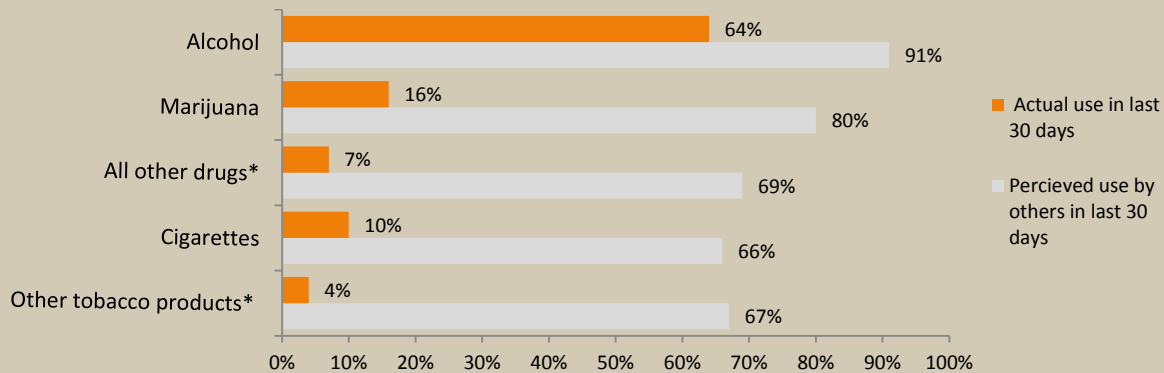
	N	Never used	Not used in last 30 days	Used in last 30 days
Alcohol	1319	23.4	12.2	63.9
Marijuana	1318	64.1	19.4	16.5
All Other drugs*	1312	96.4	2.7	7.4
Cigarettes	1323	77.2	13.1	9.8
Other tobacco products*	1318	83.8	13.3	4.5

SLEEP PATTERNS

In the last 7 days: (N=1,341)	0 days	1-2 days	3-5 days	6+ days
Had enough sleep to feel rested	14%	37%	42%	6%
Felt tired/sleepy during the day	3.6%	23%	53%	20%
Went to bed because could not stay awake	22%	35%	34%	9%
Had extremely hard time falling asleep	48%	31%	17%	4%

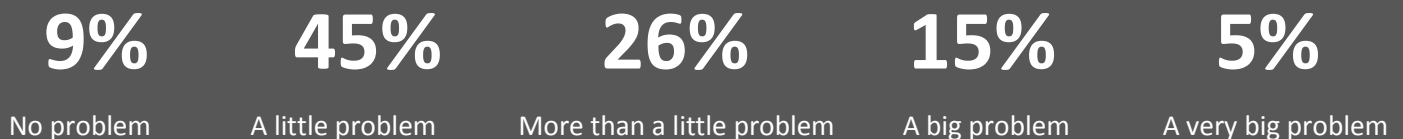
SUBSTANCE USE (ACTUAL vs. PERCEIVED)

Students' perception of the substance use of their peers is much higher than the actual use.



*All Other drugs include: cocaine, methamphetamine, other amphetamines, sedatives, hallucinogens, anabolic steroids, opiates, inhalants, MDMA and other club drugs; Other tobacco products include: tobacco from a water pipe, cigars, little cigars, clove cigarettes, and smokeless tobacco

PROBLEM WITH SLEEPINESS DURING THE DAY IN THE LAST 7 DAYS





PHYSICAL ACTIVITIES AND NUTRITION

Number of days	0	1	2	3	4	5	6	7	
% Moderate exercise for at least 30 minutes	23.3	16.2	15.6	15.3	8.5	10.4	3.5	7.1	21%
% Vigorous exercise for at least 20 minutes	43.8	17.7	16.5	10.7	3.9	3.7	2.3	1.3	22%
% Exercise to strengthen muscles 8-12 repetitions	58.8	13.0	10.8	8.4	4.0	3.0	0.8	1.3	28%
Met Recommendation by American Heart Association									

FRUIT AND VEGETABLE INTAKE

- 0 Servings per day **5.3%**
- 1-2 servings per day **56.6%**
- 3-4 servings per day **30.4%**
- 5 or more servings per day **6.8%**

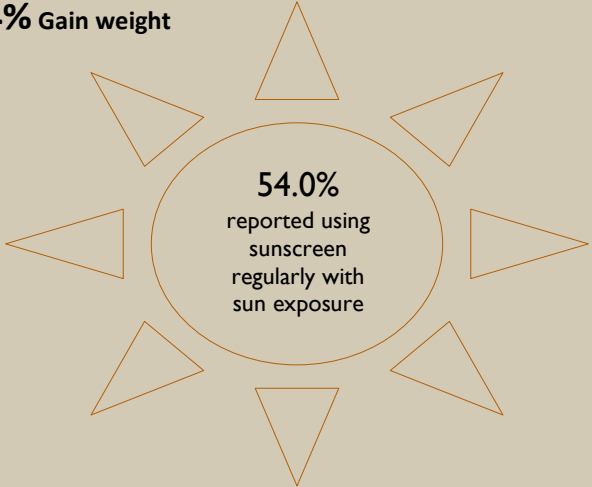
ACTIVITIES REGARDING WEIGHT

- 18.4%** Not trying to do anything
- 46.9%** Lose weight
- 26.2%** Stay the same weight
- 8.4%** Gain weight

HEALTH AND SAFETY

PRIMARY SOURCE OF HEALTH INSURANCE

% Reporting (N=1,341)	
University sponsored plan	60.2
Parent's plan	32.9
Another plan	6.0
Do not have health insurance	0.4
Not sure if have health insurance	0.5



SEXUAL ACTIVITY

% Reporting within the last 30 days (N=1,341)	
Oral Sex	37.3
Vaginal Intercourse	38.5
Anal Intercourse	4.0

VACCINATIONS

% Reporting having received (N=1,341)	
Hepatitis B	77.3
Human Papillomavirus/ HPV (cervical cancer)	53.9
Influenza (in the last 12 months)	48.2
Measles, mumps, rubella	67.9
Meningococcal disease (Meningitis)	56.6
Varicella (chicken pox)	57.3

SAFETY BEHAVIOR

% Reporting "mostly or always" in the last 12 months*

- 98%** Wear a seatbelt when riding in a car
- 23%** Wear a helmet when riding a bicycle
- 11%** Wear a helmet when riding a motorcycle
- 5%** Wear a helmet when inline skating

PERCEPTION OF CAMPUS SAFETY

% Reporting "somewhat safe" or "very safe"

- 99%** On UCLA campus (daytime)
- 85%** On UCLA campus (nighttime)
- 97%** In the community surrounding UCLA (daytime)
- 66%** In the community surrounding UCLA (nighttime)

*of those who engaged in the activity