

## NATIONAL COLLEGE HEALTH ASSESSMENT – 2019

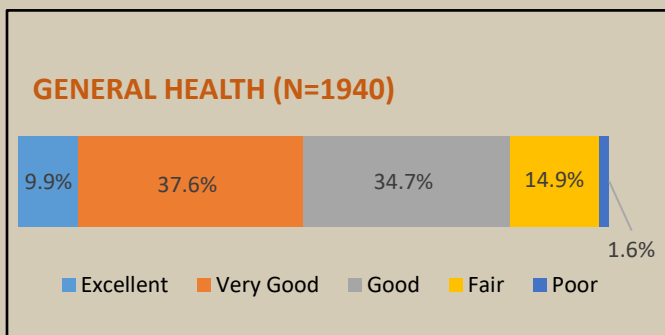
### EXECUTIVE SUMMARY

#### 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 of health topics. More information on the survey and instrument is available here: <http://www.achancha.org>.

This Executive Summary highlights the Winter 2019 survey results for the University of California, Los Angeles. Four thousand undergraduate students and two thousand graduate students were sampled and invited to participate in the survey. The overall response rate was 32%, yielding 1940 students. In the sample, female, Asian and white students were slightly over represented while Hispanic students were under represented. First and second year students are significantly overrepresented. (see Demographics Box).

Overall, the results were generally positive. Of students surveyed, 47% described their health as “very good or excellent”, and when the “good” category is also included the percentage jumps to 82%. Students do, however, report some impediments to their academic performance, with the most common being stress (see Page 2).



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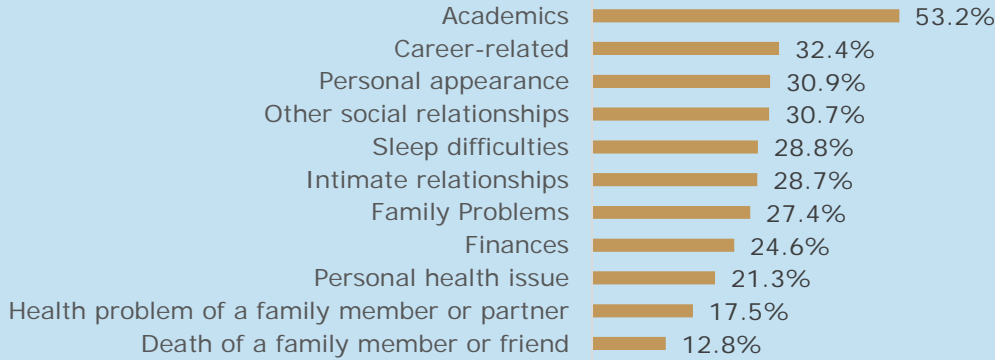
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#### DEMOGRAPHIC CHARACTERISTICS

	CAMPUS Fall 2018 (N = 44537)	NCHA Sample (n = 1940)
<b>AVERAGE AGE</b>	22.5	22.4
<b>GENDER</b>		
Women	55%	66%
Men	45%	33%
<b>RACE/ETHNICITY</b>		
African American / Black	3%	3%
American Indian / Alaskan	<1%	<1%
Asian / Pacific Islander	25%	46%
Hispanic	18%	18%
White	28%	34%
Other/Unknown	8%	3%
International	15%	17%
<b>YEAR IN SCHOOL</b>		
1st year	22%	36%
2nd year	20%	23%
3rd year	15%	12%
4th year	12%	<1%
5th year or more	2%	<1%
Graduate or professional	29%	28%



## LIFE CHALLENGES IN THE PAST YEAR



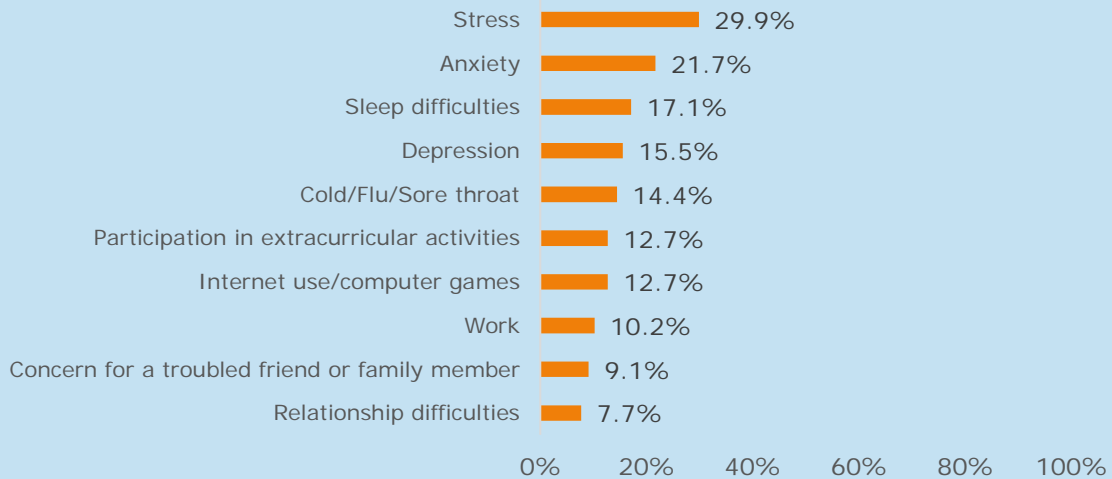
Students reporting experiencing challenges within the last 12 months that are difficult to handle (n=1940)

## LEVEL OF STRESS IN THE LAST 6 MONTHS (N=1940)



## TOP 10 IMPEDIMENTS TO ACADEMIC PERFORMANCE

% Reporting "Received a lower grade in the course," "Received a lower grade on an exam or important project," "Significant disruption in thesis, dissertation, research, or practicum work" or "Received an incomplete or dropped the course". N=1940.



## USE OF UNIVERSITY MENTAL HEALTH SERVICES

Students who have received services in the past **18.7%**

Students who would consider use in the future **82.1%**

## RECEIVED MENTAL HEALTH CARE SERVICES IN LIFETIME

**34.5%** from counselor/therapist/psychologist

**11.3%** from psychiatrist

**11.9%** from other medical provider



## SUBSTANCE USE

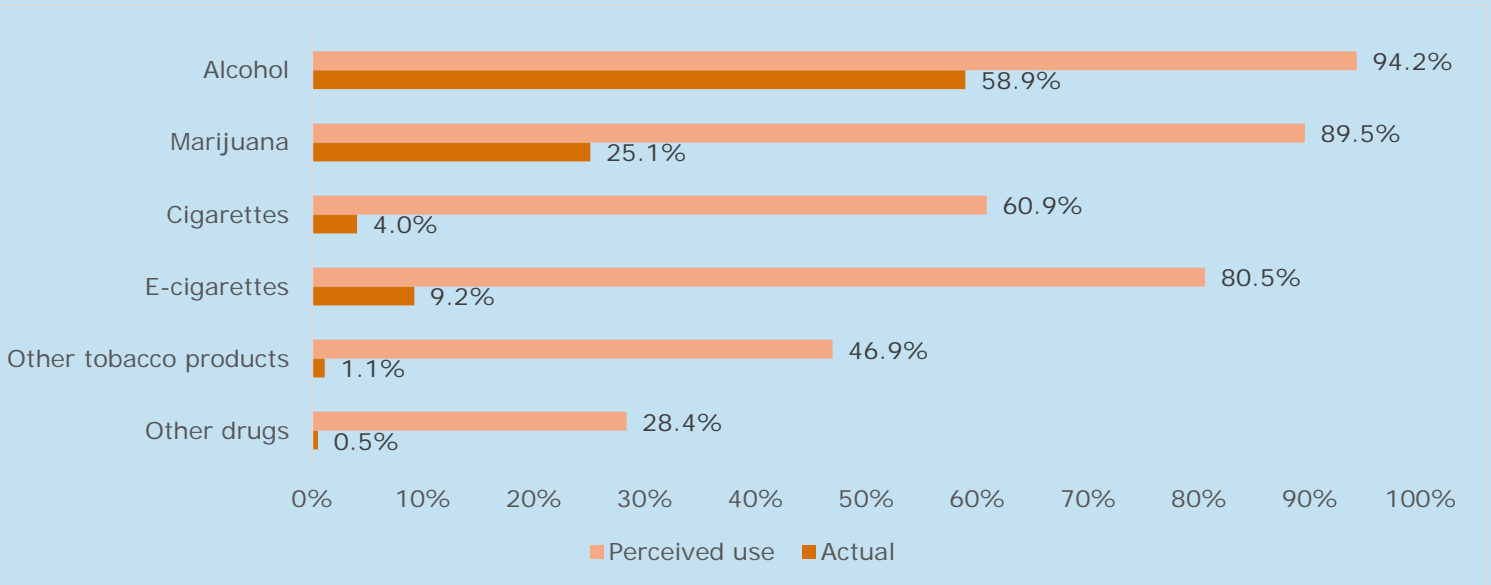
	Never used	Not used in last 30 days	Used in last 30 days
Alcohol	26.7%	14.4%	58.9%
Marijuana	58.8%	16.1%	25.1%
Cigarettes	86.3%	9.7%	4.0%
E-cigarettes	83.3%	7.5%	9.2%
Other tobacco products	92.7%	6.1%	1.1%
Other drugs	97.7%	1.7%	0.5%

## SLEEP PATTERNS

In the last 7 days: (N=1940)	0 days	1-2 days	3-5 days	6+ days
Had enough sleep to feel rested	9.8%	32.3%	46.7%	11.3%
Felt tired/sleepy during the day	7.6%	31.5%	46.9%	13.9%
Went to bed because could not stay awake	36.2%	34.3%	24.4%	5.1%
Had extremely hard time falling asleep	45.2%	31.2%	17.9%	5.7%

## SUBSTANCE USE (ACTUAL vs. PERCEIVED)

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

8.2%

No problem

47.8%

A little problem

26.5%

More than a little problem

12.5%

A big problem

4.9%

A very big problem

# PHYSICAL HEALTH



## PHYSICAL ACTIVITIES AND NUTRITION

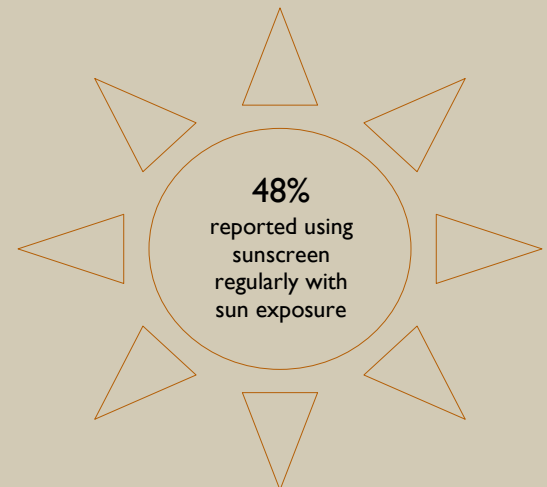
Number of days	0	1	2	3	4	5	6	7	
% Moderate exercise for at least 30 minutes	18.5%	14.4%	13.3%	14.4%	9.1%	14.8%	6.0%	9.6%	<b>30.4%</b>
% Vigorous exercise for at least 20 minutes	42.2%	17.5%	14.1%	11.1%	5.7%	4.8%	2.5%	2.2%	<b>26.2%</b>
% Exercise to strengthen muscles 8-12 repetitions	55.6%	13.1%	10.1%	8.6%	5.2%	4.3%	1.8%	1.2%	<b>31.3%</b>
Met Recommendation by American Heart Association									

### FRUIT AND VEGETABLE INTAKE

- 0 Servings per day **5.7%**
- 1-2 servings per day **60.2%**
- 3-4 servings per day **28.8%**
- 5 or more servings per day **5.4%**

### ACTIVITIES REGARDING WEIGHT

- 15.2%** Not trying to do anything
- 51.2%** Lose weight
- 22.9%** Stay the same weight
- 10.7%** Gain weight



## HEALTH AND SAFETY

### PRIMARY SOURCE OF HEALTH INSURANCE

% Reporting (N=1940)	
University sponsored plan	49.1
Parent's plan	45.9
Another plan	4.7
Do not have health insurance	>1
Not sure if have health insurance	>1

### SEXUAL ACTIVITY

% Reporting within the last 30 days (N=1940)	
Oral Sex	35.3
Vaginal Intercourse	33.2
Anal Intercourse	4.5

### VACCINATIONS

% Reporting having received (N=1940)	
Hepatitis B	82.4
Human Papillomavirus/ HPV (cervical cancer)	75.9
Influenza (in the last 12 months)	67.0
Measles, mumps, rubella	90.2
Meningococcal disease (Meningitis)	87.0
Varicella (chicken pox)	87.2

### SAFETY BEHAVIOR

- % Reporting "mostly" or "always" in the last 12 months\*
- 96%** Wear a seatbelt when riding in a car
  - 46%** Wear a helmet when riding a bicycle
  - 82%** Wear a helmet when riding a motorcycle

### PERCEPTION OF CAMPUS SAFETY

- % Reporting "somewhat safe" or "very safe"
- 99%** On UCLA campus (daytime)
  - 89%** On UCLA campus (nighttime)
  - 96%** In the community surrounding UCLA (daytime)
  - 68%** In the community surrounding UCLA (nighttime)

\*of those who engaged in the activity