

NATIONAL COLLEGE HEALTH ASSESSMENT – FALL 2012

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 2012. Four thousand undergraduate students were sampled and invited to participate in the survey. Unfortunately, the overall response rate was 8.9%, yielding 356 respondents. As UCLA launches the Healthy Campus Initiative, we feel it is important to share the findings; however, it is critical to point out that caution should be used in interpreting these data due to the small sample size. The small number of respondents means that values are subject to potentially wide variability. For example, if a few more respondents answered the survey and responded in a different way, the value could shift considerably. To help contextualize these potential variations, many of the values in this report are presented along with a confidence interval indicating that the actual value for the measure could fall anywhere within that range. While the sample size is small, the sample is generally representative of the campus population, with the slight over representation of female and Asian/Pacific Islander students (see Demographics Box).

Overall, the results were generally positive. Of students surveyed (60.6 % male and 51.6 % female) 54.5% described their health as *very good or excellent*, and when the “good” category is also included the percentage jumps to 90.1% (92.3 % male and 89.3 % female). Students do, however, report some impediments to their academic performance, with the most common being stress (see Page 2)

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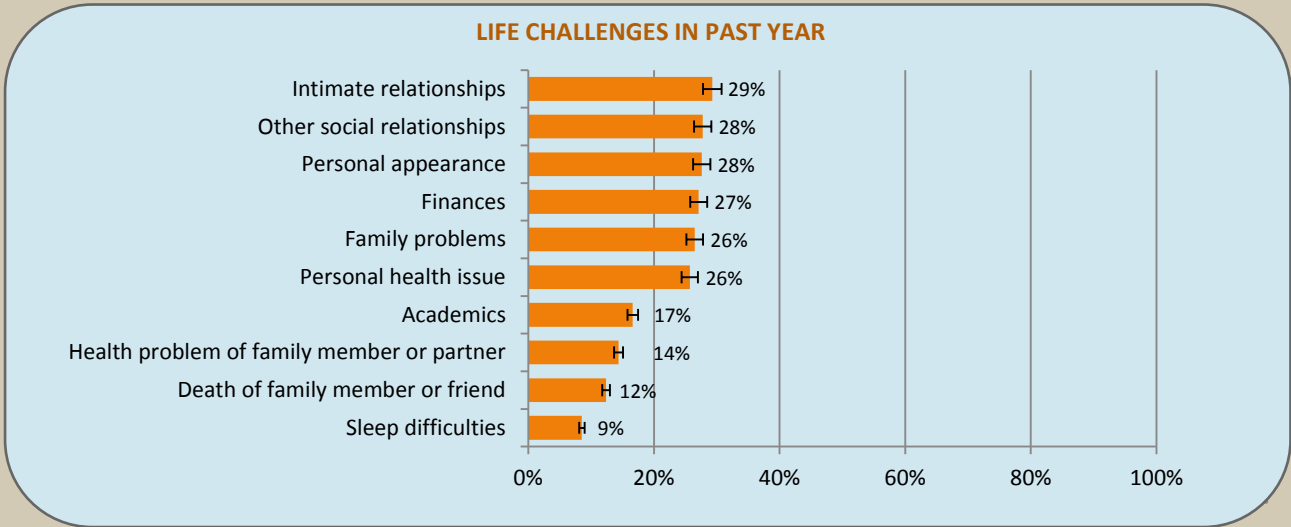
DEMOGRAPHIC CHARACTERISTICS

	CAMPUS Fall 2012 (N = 27,199)	NCHA Sample (n = 356)
AVERAGE AGE	20	20
GENDER		
Women	55%	70%*
Men	45%	30%
RACE/ETHNICITY		
African American / Black	4%	4%
American Indian / Alaskan	<1%	2%
Asian / Pacific Islander	37%	47%*
Hispanic	16%	17%
White	32%	35%
Domestic unknown	4%	3%
Multiracial	5%	6%
Other		4%
International	10%	10%
YEAR IN SCHOOL		
1st year	20%	<1%
2nd year	20%	54%
3rd year	27%	25%
4th year	25%	17%
5th year or more	8%	4%

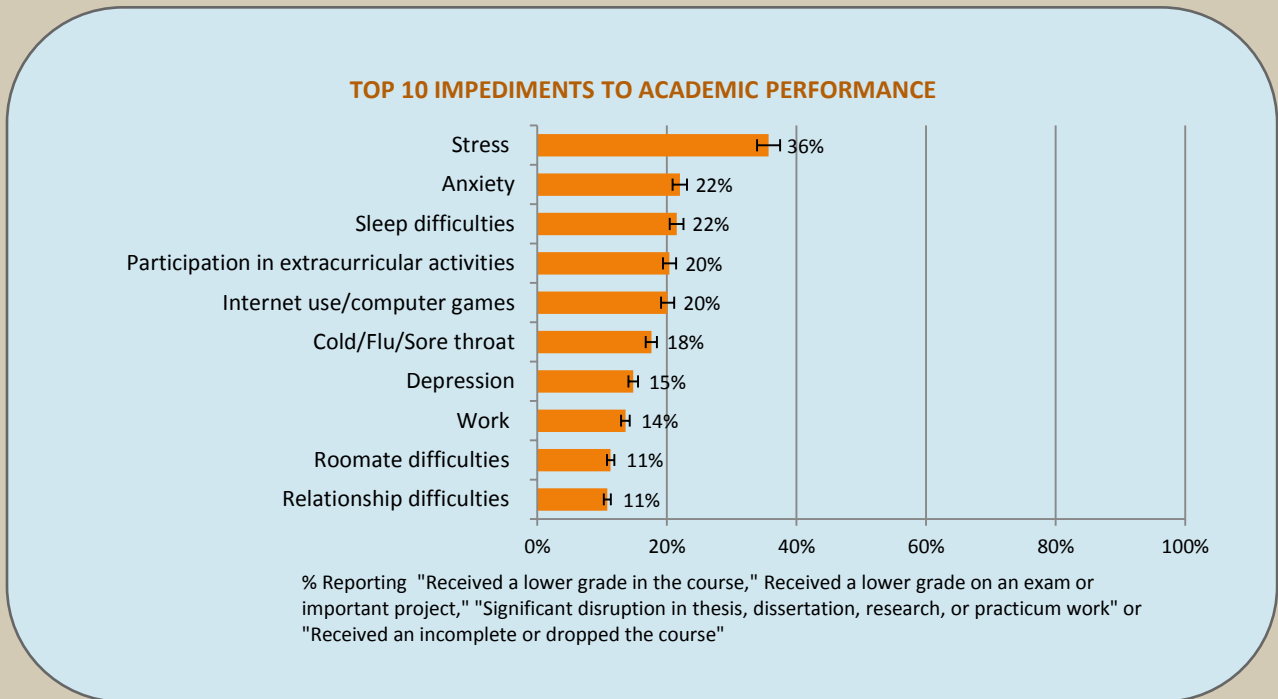
*significantly different with p<0.05



STUDENTS REPORTING EXPERIENCING CHALLENGES WITHIN THE LAST 12 MONTHS THAT ARE DIFFICULT TO HANDLE (n=355)



LEVEL OF STRESS IN THE LAST 6 MONTHS (N=354)



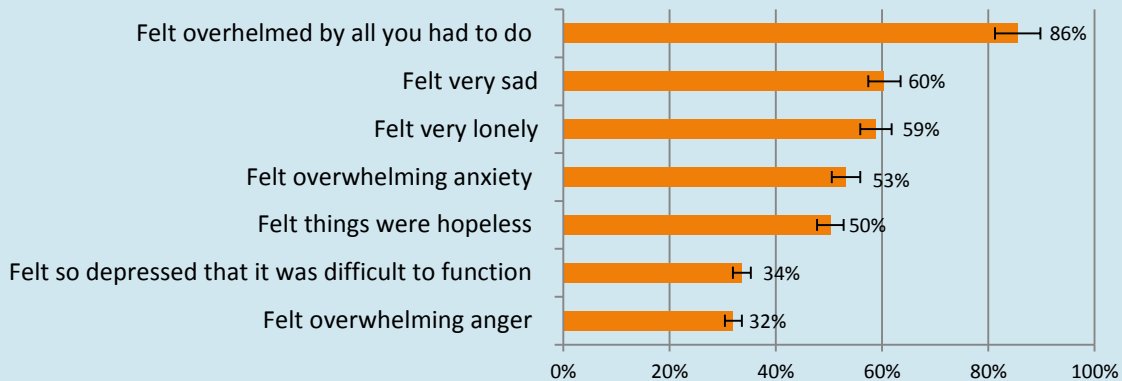
USE OF UNIVERSITY MENTAL HEALTH SERVICES

Students who have received services in the past **17%**
 Students who would consider in the future **73%**

RECEIVED MENTAL HEALTH CARE SERVICES IN LIFETIME

26% from counselor/therapist/psychologist
11% from psychiatrist
9% from other medical provider
4% from clergy

STUDENTS REPORTING EXPERIENCING THE FOLLOWING WITHIN THE LAST 12 MONTHS (n=355)



SUBSTANCE USE

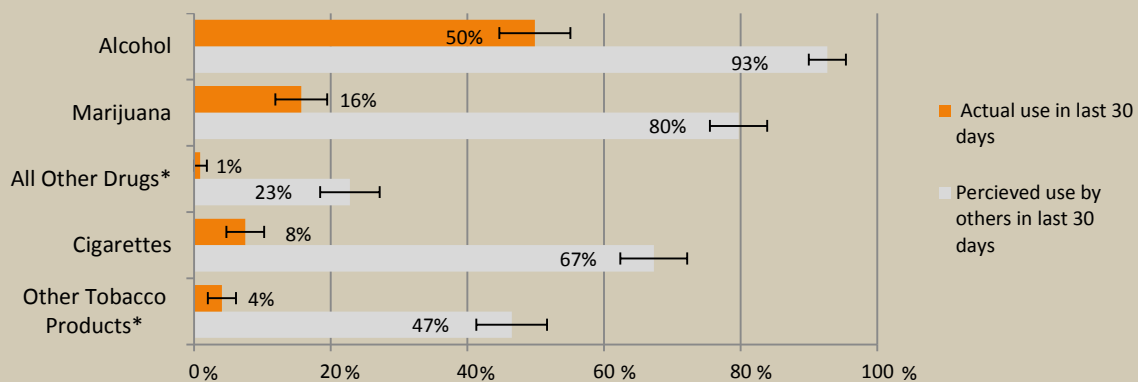
	N	Never used	Not used in last 30 days	Used in last 30 days
Alcohol	354	36.2	13.8	49.9
Marijuana	355	69	15.2	15.7
All Other drugs*	356	96.6	2.5	0.9
cigarettes	353	79.9	12.5	7.5
Other tobacco products*	356	84.7	11.2	4.1

SLEEP PATTERNS

In the last 7 days: (N=355)	0 days	1-4 days	5-7 days
Had enough sleep to feel rested	8%	65%	27%
Felt tired/sleepy during the day	6%	70%	24%
Went to bed because could not stay awake	34%	57%	9%
Had extremely hard time falling asleep	57%	38%	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 SLEEP IN THE LAST 7 DAYS

9%

No problem

50%

A little problem

26%

More than a little problem

11%

A big problem

4%

A very big problem



PHYSICAL ACTIVITIES AND NUTRITION

Number of days	0	1	2	3	4	5	6	7	
% Moderate exercise for at least 30 minutes	22.2	12.0	14.5	13.4	10.8	14.5	4.6	8.0	27%
% Vigorous exercise for at least 20 minutes	39.9	19.0	15.6	10.8	6.8	5.1	.8	2.0	26%
% Exercise to strengthen muscles 8-12 repetitions	60.3	12.6	10.9	8.0	4.3	2.9	1.1	0.0	27%

Met Recommendation by American Heart Association

FRUIT AND VEGETABLE INTAKE

0 Servings per day **3.7%**
 1-2 servings per day **57.5%**
 3-4 servings per day **31.0%**
 5 or more servings per day **7.9%**

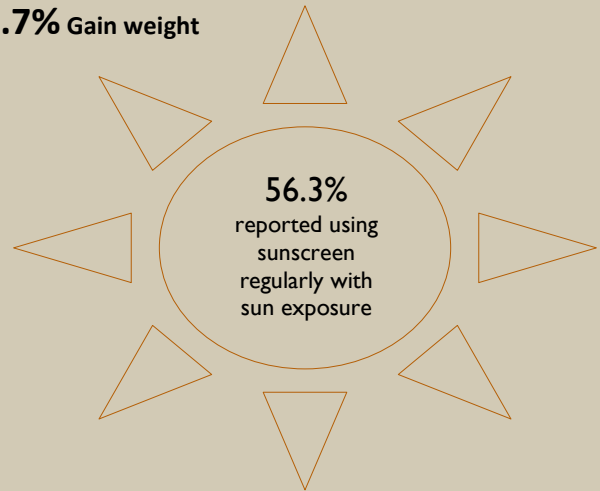
ACTIVITIES REGARDING WEIGHT

14.9% Not trying to do anything
51.3% Lose weight
23.1% Stay the same weight
10.7% Gain weight

HEALTH AND SAFETY

PRIMARY SOURCE OF HEALTH INSURANCE

% Reporting (N=349)	
University sponsored plan	38.7
Parent's plan	56.2
Another plan	3.7
Do not have health insurance	0.9
Not sure if have health insurance	0.6



SEXUAL ACTIVITY

% Reporting within the last 30 days (N=352)	
Oral Sex	30.4
Vaginal Intercourse	32.4
Anal Intercourse	2.6

VACCINATIONS

% Reporting having received (N=354)	
Hepatitis B	83.0
Human Papillomavirus/ HPV (cervical cancer)	47.5
Influenza (in the last 12 months)	40.5
Measles, mumps, rubella	64.0
Meningococcal disease (Meningitis)	50.0
Varicella (chicken pox)	30.5

SAFETY BEHAVIOR

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

99% Wear a seatbelt when riding in a car
38% Wear a helmet when riding a bicycle
77% Wear a helmet when riding a motorcycle
41% Wear a helmet when inline skating

PERCEPTION OF CAMPUS SAFETY

% Reporting "somewhat safe" or "very safe"

92% On UCLA campus (daytime)
31% On UCLA campus (nighttime)
62% In the community surrounding UCLA (daytime)
14% In the community surrounding UCLA (nighttime)

*of those who engaged in the activity