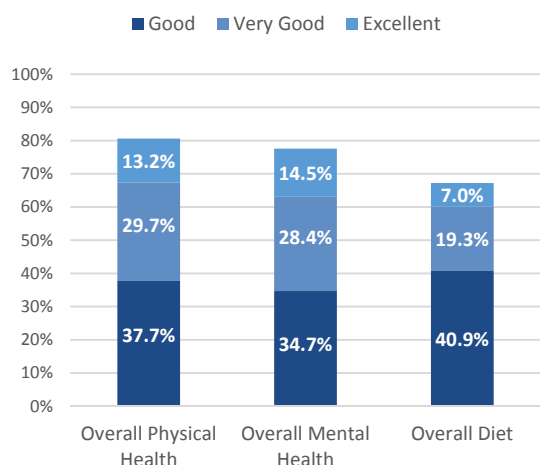


## Self-Perception of Overall Health

Students were asked to rate their overall diet, mental, and physical health on scale of 1-5 where poor was 1 and 5 was excellent. Overall, ratings were high and while few reported “poor” ratings on any of these areas, diet was perhaps the place for most concern (see Figure 1). Almost 25% of undergrads rate their diet as fair and the overall average rating of their diet fell at 2.9, below the midrange of the scale (See Table 1). Still the majority rated their overall diet as good-excellent. Average ratings of physical health hovered above the middle at 3.3. Similarly, average ratings for mental health also came in above scale midrange at 3.3. Across the three categories, diet was the area in which students rated themselves lowest with only around 26% reporting their diet as very good or excellent.

**Figure 1. Quality Ratings of Health**



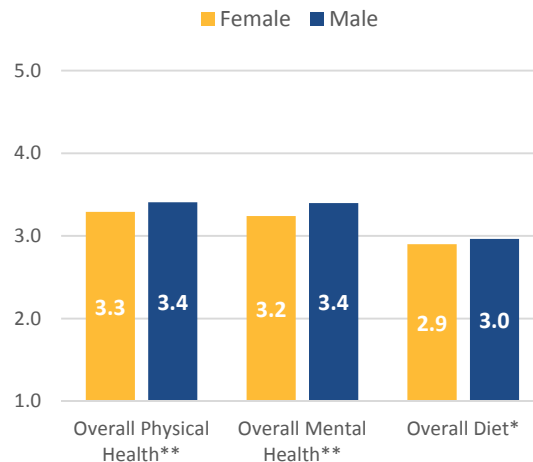
**Table 1. Mean Ratings of Health**

	Mean
Overall Physical Health	3.3
Overall Mental Health	3.3
Overall Diet	2.9

## Comparison by Gender

Across the three categories, males rated themselves higher than females (see Figure 2). Comparing females and males yielded significant differences between overall physical and mental health ratings at a  $p < .01$  level while overall diet yielded a significant difference at the  $p < .05$  level.

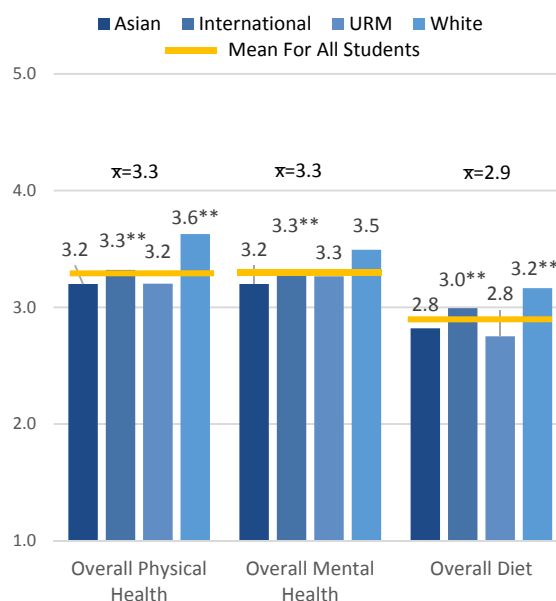
**Figure 2. Gender Mean Comparison of Quality Ratings of Health**



## Comparison by Race/Ethnicity

When exploring differences by racial/ethnic groups, International undergraduate students had no significant differences compared to all undergraduate students across all categories. In contrast, Asian and White respondent had significant differences compared to all respondents across all categories at the  $p < .05$  level. URM students presented significant differences in overall physical health and overall diet at the  $p < .05$  level (see Figure 3).

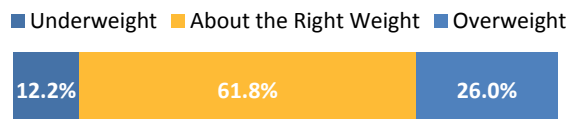
**Figure 3. Race/Ethnicity Mean Comparison of Quality Ratings of Health**



## Weight

Respondents were asked to describe their current weight on a five point scale from 1 very underweight to 5 very overweight. The average rating for weight was slightly below midscale at 2.9. Slightly over a fourth of the respondents indicated feeling overweight while 12.2% rated themselves as slightly or very underweight (see Figure 4). Overall, the majority of undergraduates rated themselves at “about the right weight.”

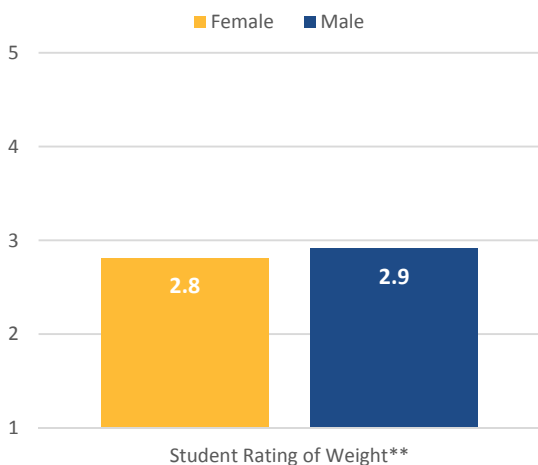
**Figure 4. Student Rating of Weight**



### Comparison by Gender

Female students had a lower rating than men when rating their weight (see Figure 5). Men rated their average weight at 2.9 while women rated theirs at 2.8. Overall, there was a significant difference between men and women at the  $p < .01$  level.

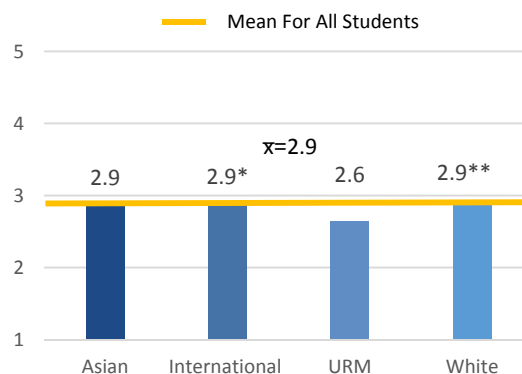
**Figure 5. Gender Mean Comparison of Student Rating of Weight**



### Comparison by Race/Ethnicity

Looking at differences by racial/ethnic groups, International undergraduate students had no significant difference compared to all undergraduate students. URM and White respondent had significant differences compared to all respondents at the  $p < .01$  level. Asian students presented significant differences in at the  $p < .05$  level (see Figure 6).

**Figure 6. Race/Ethnicity Mean Comparison of Student Rating of Weight**



## Improving Overall Health

Survey participants were asked to identify behaviors that they engaged in within the past month to improve their overall health (see Table 2). The top ranking method of improving health amongst participants was to “incorporate more fruits, vegetables and whole grains into my meals.” This was followed by “increase in physical activity” and rounding out the top three was “engage in more social activities.”

**Table 2. Behaviors Engaged to Improve Overall Health within Last Month**

Behavior	Yes, have pursued
Incorporate more fruits, vegetables and whole grains into my meals	82.1%
Increase in physical activity	71.3%
Engage in more social activities	64.0%
Increase amount of sleep	59.9%
Choose sugars from naturally occurring sources such as fruits	57.5%
Prepare meals at home more often	49.8%
Seek emotional support from a trusted person	45.3%
Engage in relaxation activities (e.g. yoga, meditation)	37.3%
Seek counseling	20.0%

### Comparison by Gender

Overall, a higher percentage of female students reported engaging in most activities or behaviors to increase overall health. The only exceptions were “increase in physical activity,” “increase amount of sleep,” and “seek counseling.” Given that students were asked to mark all applicable health improvement strategies, we did not compare the means of each selected category. Both female and male students identified the same top three behaviors as part of their health improvement plan (see Table 3).

**Table 3. Behaviors Engaged to Improve Overall Health by Gender**

	Female	Male
Incorporate more fruits, vegetables and whole grains into my meals	<b>84.9%</b>	<b>77.5%</b>
Increase in physical activity	<b>70.5%</b>	<b>72.7%</b>
Engage in more social activities	<b>64.0%</b>	<b>64.0%</b>
Increase amount of sleep	59.2%	61.1%
Choose sugars from naturally occurring sources such as fruits	59.7%	53.8%
Prepare meals at home more often	51.2%	47.6%
Seek emotional support from a trusted person	49.3%	38.7%
Engage in relaxation activities (e.g. yoga, mediation)	38.2%	35.8%
Seek counseling	19.8%	20.0%

### Comparison by Race/Ethnicity

As discussed above, students were asked to mark all applicable health improvement strategies; therefore, we did not compare the means of each selected category. Across all race/ethnicity, students identified the same top two behaviors (see Table 4). When comparing the third behavior there was a difference between most common, Asian, URM, and White students who identified “engage in more social activities” and International students who identified “increase amount of sleep.”

**Table 4. Top Three Behaviors Engaged to Improve Overall Health by Race/Ethnicity**

	All	Asian	INTL	URM	White
Incorporate more fruits, vegetables and whole grains into my meals	<b>82.1%</b>	<b>82.1%</b>	<b>78.6%</b>	<b>86.4%</b>	<b>79.9%</b>
Increase in physical activity	<b>71.3%</b>	<b>71.0%</b>	<b>68.1%</b>	<b>73.6%</b>	<b>71.4%</b>
Engage in more social activities	<b>64.0%</b>	<b>65.4%</b>	58.8%	<b>62.8%</b>	<b>63.7%</b>
Increase amount of sleep	59.9%	60.8%	<b>61.4%</b>	58.7%	59.1%
Choose sugars from naturally occurring sources such as fruits	57.5%	56.4%	52.2%	62.0%	56.7%
Prepare meals at home more often	49.8%	47.3%	44.6%	50.8%	54.2%
Seek emotional support from a trusted person	45.3%	44.1%	44.0%	45.3%	47.2%
Engage in relaxation activities (e.g. yoga, mediation)	37.3%	32.7%	37.5%	37.3%	43.3%
Seek counseling	20.0%	18.3%	26.8%	22.1%	18.5%

Note: UCUES 2014 data was used for this brief. Analysis of the data primarily included frequencies and descriptive statistics. To understand group differences by gender and race/ethnicity, we conducted t-tests. The average for each race/ethnicity was compared to the overall average in order to determine if the average of each group (Asian, International, URM, and White) differed respective to the overall mean. Significance was calculated and reported as follows: one asterisk (\*)  $p < 0.05$ , two asterisks (\*\*)  $p < 0.01$ .

For accompanying information including participant demographics, survey methodology, and additional undergraduate wellness series briefs please visit: <http://www.sairo.ucla.edu/2014-Wellness>.