

NATIONAL COLLEGE HEALTH ASSESSMENT – 2016

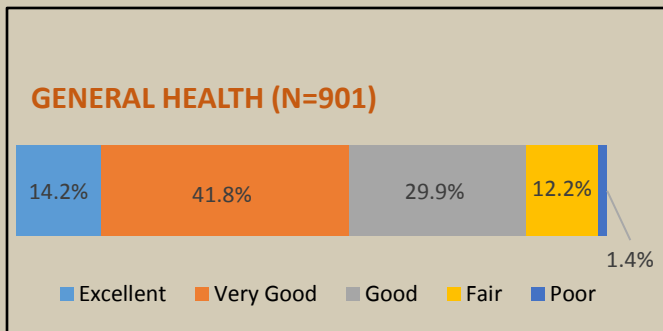
EXECUTIVE SUMMARY

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 Fall 2016 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 15%, yielding 901 students. In the sample, female, Asian and white students were slightly over represented while Chicano/Latino students were under represented. Graduate and professional students had a slightly higher response rate of 16%. (see Demographics Box).

Overall, the results were generally positive. Of students surveyed, 56% 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).



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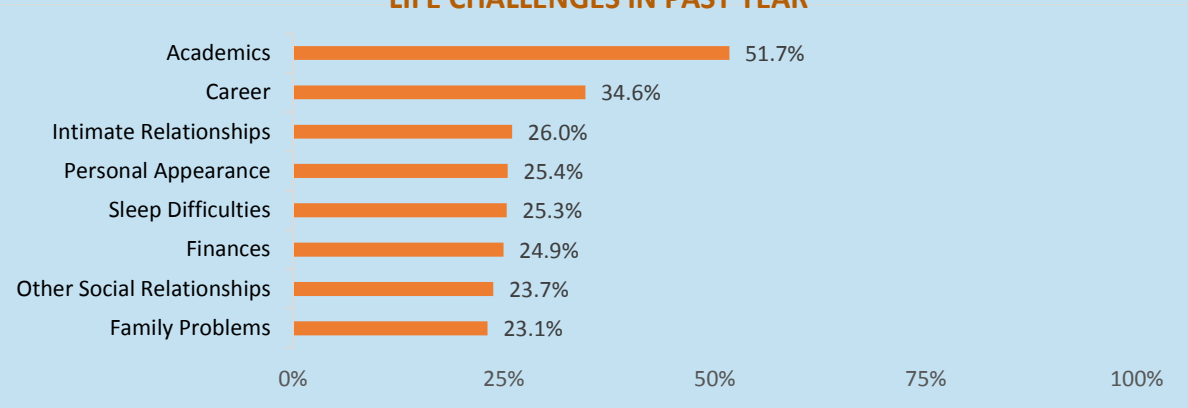
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DEMOGRAPHIC CHARACTERISTICS

	CAMPUS Fall 2016 (N = 42,418)	NCHA Sample (n = 901)
AVERAGE AGE	21	23.1
GENDER		
Women	57%	65%
Men	43%	34%
RACE/ETHNICITY		
African American / Black	3%	3%
American Indian / Alaskan	<1%	<1%
Asian / Pacific Islander	29%	44%
Chicano / Latino	22%	12%
White	27%	37%
Other/Unknown	7%	4%
International	12%	14%
YEAR IN SCHOOL		
1st year	23%	0%
2nd year	19%	22%
3rd year	14%	21%
4th year	12%	19%
5th year or more	3%	3%
Graduate or professional	29%	36%

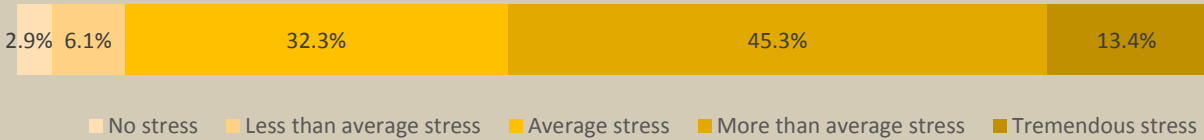


LIFE CHALLENGES IN PAST YEAR



Students reporting experiencing challenges within the last 12 months that are difficult to handle (n=891)

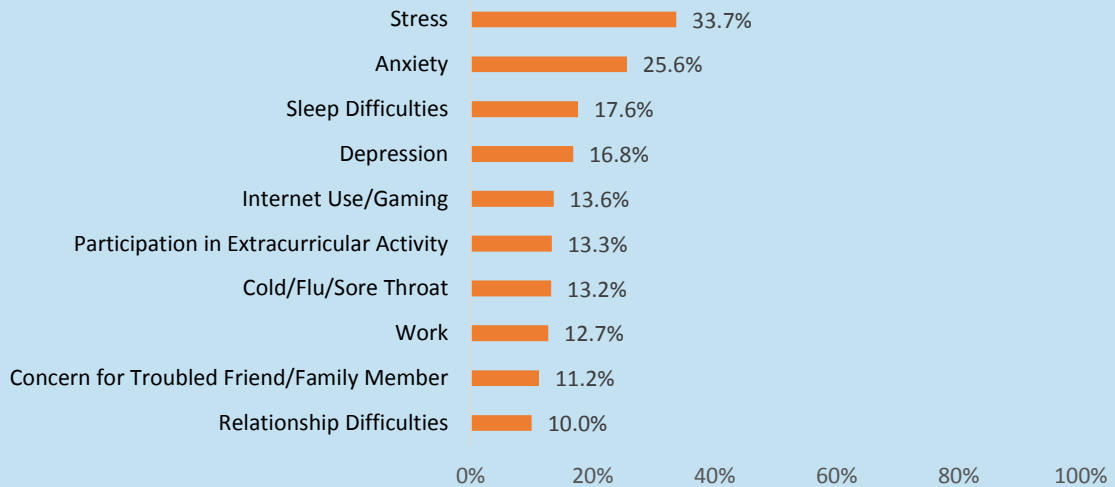
LEVEL OF STRESS IN THE LAST 6 MONTHS (N=896)



■ No stress
 ■ Less than average stress
 ■ Average stress
 ■ More than average stress
 ■ Tremendous stress

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=884.



USE OF UNIVERSITY MENTAL HEALTH SERVICES

Students who have received services in the past **23.7%**

Students who would consider use in the future **80.9%**

RECEIVED MENTAL HEALTH CARE SERVICES IN LIFETIME

34.7% from counselor/therapist/psychologist

13.6% from psychiatrist

12.2% from other medical provider

3.5% from clergy



SUBSTANCE USE

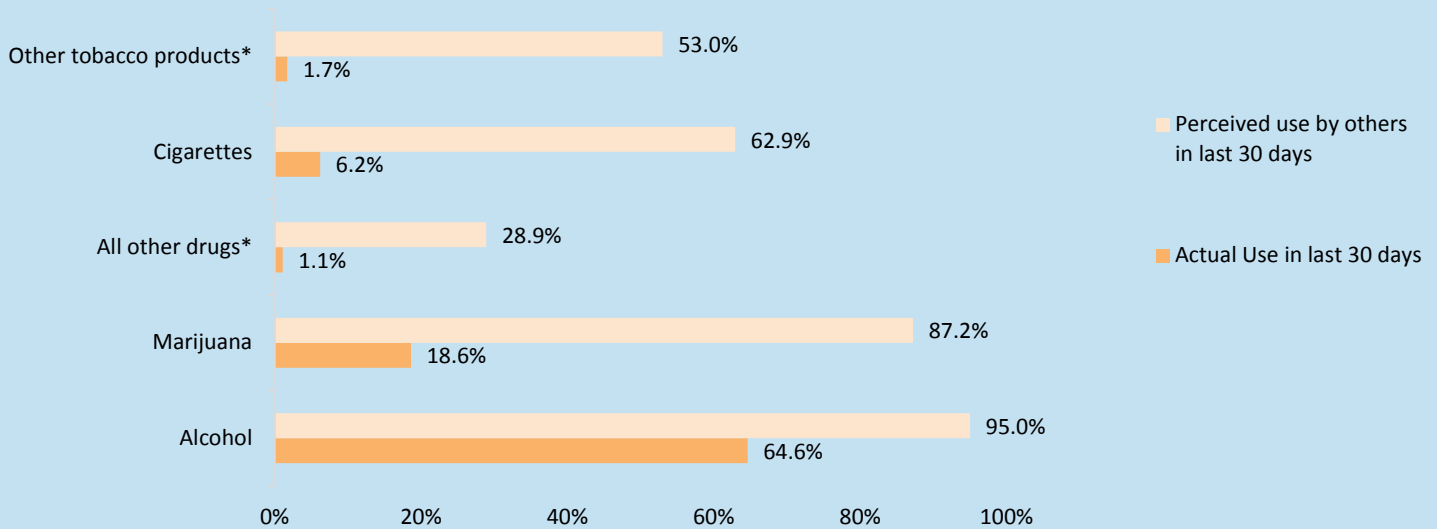
	N	Never used	Not used in last 30 days	Used in last 30 days
Alcohol	902	22.9%	12.4%	64.7%
Marijuana	901	61.7%	19.6%	18.7%
All Other drugs*	901	96.1%	2.8%	1.1%
Cigarettes	904	81.0%	12.8%	6.2%
Other tobacco products*	902	89.4%	8.8%	1.6%

SLEEP PATTERNS

In the last 7 days: (N=890)	0 days	1-2 days	3-5 days	6+ days
Had enough sleep to feel rested	10%	26%	47%	17%
Felt tired/sleepy during the day	14%	34%	39%	13%
Went to bed because could not stay awake	38%	33%	24%	6%
Had extremely hard time falling asleep	55%	25%	15%	4%

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

13.0%

No problem

47.8%

A little problem

23.9%

More than a little problem

9.9%

A big problem

5.4%

A very big problem

PHYSICAL HEALTH



PHYSICAL ACTIVITIES AND NUTRITION

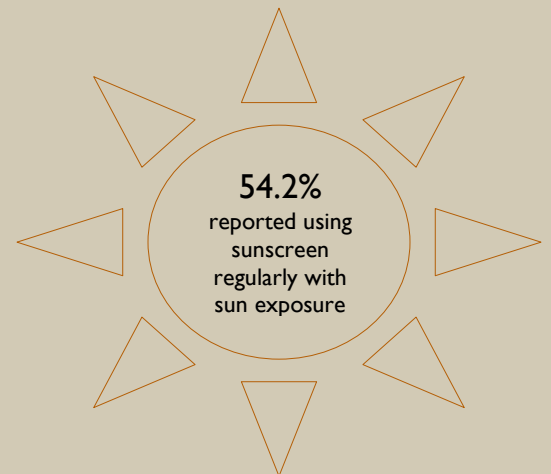
Number of days	0	1	2	3	4	5	6	7	
% Moderate exercise for at least 30 minutes	23.8	14.5	16.8	14.9	9.5	12.1	3.0	5.5	20.6%
% Vigorous exercise for at least 20 minutes	46.1	18.4	13.9	9.7	5.7	3.0	2.0	1.2	21.6%
% Exercise to strengthen muscles 8-12 repetitions	60.5	11.2	9.9	9.2	4.4	2.2	1.9	0.6	28.2%
Met Recommendation by American Heart Association									

FRUIT AND VEGETABLE INTAKE

- 0 Servings per day **4.9%**
- 1-2 servings per day **60.5%**
- 3-4 servings per day **29.0%**
- 5 or more servings per day **5.5%**

ACTIVITIES REGARDING WEIGHT

- 17.5%** Not trying to do anything
- 48.3%** Lose weight
- 24.5%** Stay the same weight
- 9.7%** Gain weight



HEALTH AND SAFETY

PRIMARY SOURCE OF HEALTH INSURANCE

% Reporting (N=892)	
University sponsored plan	56.5
Parent's plan	37.7
Another plan	5.5
Do not have health insurance	0.2
Not sure if have health insurance	0.1

SEXUAL ACTIVITY

% Reporting within the last 30 days (N=888)	
Oral Sex	38.8
Vaginal Intercourse	40.8
Anal Intercourse	6.1

VACCINATIONS

% Reporting having received (N=890)	
Hepatitis B	78.4
Human Papillomavirus/ HPV (cervical cancer)	59.7
Influenza (in the last 12 months)	57.3
Measles, mumps, rubella	75.6
Meningococcal disease (Meningitis)	64.6
Varicella (chicken pox)	68.1

SAFETY BEHAVIOR

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

- 97%** Wear a seatbelt when riding in a car
- 71%** Wear a helmet when riding a bicycle
- 84%** Wear a helmet when riding a motorcycle
- 61%** Wear a helmet when inline skating

PERCEPTION OF CAMPUS SAFETY

% Reporting "somewhat safe" or "very safe"

- 99%** On UCLA campus (daytime)
- 88%** On UCLA campus (nighttime)
- 97%** In the community surrounding UCLA (daytime)
- 75%** In the community surrounding UCLA (nighttime)

*of those who engaged in the activity