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

**LIFE CHALLENGES IN PAST YEAR**

- Intimate relationships: 29%
- Other social relationships: 28%
- Personal appearance: 28%
- Finances: 27%
- Family problems: 26%
- Personal health issue: 26%
- Academics: 17%
- Health problem of family member or partner: 14%
- Death of family member or friend: 12%
- Sleep difficulties: 9%

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

- No stress: 2%
- Less than average stress: 9%
- Average stress: 44%
- More than average stress: 39%
- Tremendous stress: 7%

**TOP 10 IMPEDIMENTS TO ACADEMIC PERFORMANCE**

- Stress: 36%
- Anxiety: 22%
- Sleep difficulties: 22%
- Participation in extracurricular activities: 20%
- Internet use/computer games: 20%
- Cold/Flu/Sore throat: 18%
- Depression: 15%
- Work: 14%
- Roomate difficulties: 11%
- Relationship difficulties: 11%

% 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.

**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
MENTAL WELLNESS

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

- Felt overwhelmed by all you had to do: 86%
- Felt very sad: 60%
- Felt very lonely: 59%
- Felt overwhelming anxiety: 53%
- Felt things were hopeless: 50%
- Felt so depressed that it was difficult to function: 34%
- Felt overwhelming anger: 32%

SUBSTANCE USE

<table>
<thead>
<tr>
<th>Substance</th>
<th>N</th>
<th>Never used</th>
<th>Used in last 30 days</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol</td>
<td>354</td>
<td>36.2</td>
<td>13.8</td>
</tr>
<tr>
<td>Marijuana</td>
<td>355</td>
<td>69</td>
<td>15.2</td>
</tr>
<tr>
<td>All Other drugs*</td>
<td>356</td>
<td>96.6</td>
<td>2.5</td>
</tr>
<tr>
<td>Cigarettes</td>
<td>353</td>
<td>79.9</td>
<td>12.5</td>
</tr>
<tr>
<td>Other tobacco products*</td>
<td>356</td>
<td>84.7</td>
<td>11.2</td>
</tr>
</tbody>
</table>

SLEEP PATTERNS

- 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.

- Alcohol: Actual use in last 30 days: 50%, Perceived use by others in last 30 days: 93%
- Marijuana: Actual use in last 30 days: 16%, Perceived use by others in last 30 days: 80%
- All Other drugs*: Actual use in last 30 days: 1%, Perceived use by others in last 30 days: 23%
- Cigarettes: Actual use in last 30 days: 8%, Perceived use by others in last 30 days: 67%
- Other Tobacco Products*: Actual use in last 30 days: 4%, Perceived use by others in last 30 days: 47%

*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

- No problem: 9%
- A little problem: 50%
- More than a little problem: 26%
- A big problem: 11%
- A very big problem: 4%
PHYSICAL ACTIVITIES AND NUTRITION

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

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

<table>
<thead>
<tr>
<th>% Reporting (N=349)</th>
</tr>
</thead>
<tbody>
<tr>
<td>University sponsored plan</td>
</tr>
<tr>
<td>Parent’s plan</td>
</tr>
<tr>
<td>Another plan</td>
</tr>
<tr>
<td>Do not have health insurance</td>
</tr>
<tr>
<td>Not sure if have health insurance</td>
</tr>
</tbody>
</table>

SEXUAL ACTIVITY

<table>
<thead>
<tr>
<th>% Reporting within the last 30 days (N=352)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oral Sex</td>
</tr>
<tr>
<td>Vaginal Intercourse</td>
</tr>
<tr>
<td>Anal Intercourse</td>
</tr>
</tbody>
</table>

VACCINATIONS

<table>
<thead>
<tr>
<th>% Reporting having received (N=354)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hepatitis B</td>
</tr>
<tr>
<td>Human Papillomavirus/ HPV (cervical cancer)</td>
</tr>
<tr>
<td>Influenza (in the last 12 months)</td>
</tr>
<tr>
<td>Measles, mumps, rubella</td>
</tr>
<tr>
<td>Meningococcal disease (Meningitis)</td>
</tr>
<tr>
<td>Varicella (chicken pox)</td>
</tr>
</tbody>
</table>

SAFETY BEHAVIOR

- 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

*of those who engaged in the activity

PERCEPTION OF CAMPUS SAFETY

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