DEMOGRAPHICS

CLASS STANDING

74% UNDERGRADUATE
26% GRADUATE

AGE

21-24 YEARS 41.5%
25-29 YEARS 13.6%
30+ YEARS 6.1%
18-20 YEARS 38.9%

QUESTIONS?
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HOW HEALTHY IS OUR CAMPUS?
In 2016, Health Promotion Services and the Student Health and Well-being cluster, conducted the National College Health Assessment II (NCHA) at UC San Diego. This nationally recognized survey collects information about graduate and undergraduate students’ health behaviors and perceptions. The information presented is a representative sample of students on our campus. Eight-hundred and eighty-five students completed the survey. Results are compared to the NCHA national data set which surveyed 95,761 students from over 137 postsecondary institutions.

## Health Categories:

### Tobacco
- 80% have never used cigarettes
- 87% have never used E-cigarettes

**National Comparison:**
- 76% have never used cigarettes
- 85% have never used E-cigarettes

### Drugs
- 65% have never used marijuana
- 90% have never used MDMA (aka Ecstasy)

**National Comparison:**
- 60% have never used marijuana
- 93% have never used MDMA (aka Ecstasy)

### Non-Medical Use of Rx Drugs
- 95% have not taken stimulants (e.g. Ritalin or Adderall) within the last 12 months

**National Comparison:**
- 97% have not taken study drugs within the last 12 months

### Alcohol
- 24% have never used alcohol

**National Comparison:**
- 20% have never used alcohol

#### Responsible Drinking
- 73% of women (consumed 3 or fewer drinks) and 71% of men, drank responsibly (consumed 4 or fewer drinks) the last time they partied/socialized

#### Drinking and Driving
- 77% did not drive after drinking any alcohol at all within the last 30 days

### Sexual Health
- 30% used a condom or other protective barrier during anal sex within the last 30 days
- 53% received the HPV vaccine

**National Comparison:**
- 30% used a condom or other protective barrier during anal sex within the last 30 days
- 53% received the HPV vaccine

### Physical Activity
- 46% of students are meeting the aerobic physical activity recommendations (at least 150 minutes of moderate-intensity aerobic activity per week)

### Sleep
- 45% of students met the sleep recommendations of sleeping 7-9 hours each night within the past 7 days

### Flu Vaccine
- 44% of students have received the flu vaccine within the last 12 months

### Sunscreen Protection
- 46% used sunscreen regularly with sun exposure

### General Prevention
- 87% of students have ever been tested for HIV
- 86% have been tested for STIs within the last 12 months

## National Comparison:
- 20% have never used alcohol
- 97% have not taken study drugs within the last 12 months