Top 10 Impediments Affecting Individual Academic Performance

- 34% Stress
- 24% Sleep Difficulties
- 22% Anxiety
- 21% Internet use/computer games
- 19% Cold/Flu/Sore Throat
- 17% Extracurricular activities
- 17% Depression
- 15% Concern for a troubled friend/family member
- 14% Relationship difficulties
- 14% Work

Physical Activity

- 47% Meet the ACSM and AHA cardio/aerobic guidelines

Sedentary Behavior

- 74% Engage in 2 or more hours of sedentary behavior during a typical weekend
- 55% Engage in 2 or more hours of sedentary behavior during a typical weekday

Nutrition

- 55% Have 1-2 servings of fruits & vegetables daily
- 31% Have 3-4 servings of fruits & vegetables daily
- 8% Have 5+ servings of fruits & vegetables daily

Top 5 Reported Illnesses

- 16% Allergies
- 9% Urinary tract infection
- 8% Broken bone/fracture/sprain
- 8% Back pain
- 8% Asthma or Sinus Infection

Disease and Injury Prevention

- 55% Use sunscreen regularly with sun exposure
- 44% of females reported having a routine gynecological exam in the last year
- 40% Have received flu vaccination in the last 12 months (shot or nasal mist)
- 31% Have received vaccination against Human Papilloma Virus (HPV)
- 27% Have been tested for HIV

Demographics of Students Surveyed

<table>
<thead>
<tr>
<th>Total Surveyed</th>
<th>505 students</th>
</tr>
</thead>
<tbody>
<tr>
<td>Average Age</td>
<td>22 years</td>
</tr>
<tr>
<td>Gender</td>
<td></td>
</tr>
<tr>
<td>Male</td>
<td>39.6% female</td>
</tr>
<tr>
<td>Female</td>
<td>39.2% male</td>
</tr>
<tr>
<td>Transgender</td>
<td>0.2%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Student status</th>
<th>84% undergraduate</th>
</tr>
</thead>
</table>

Race/Ethnicity:

- 47% White
- 44% Asian or Pacific Islander
- 9% Hispanic or Latino/a
- 5% Biracial or Multiracial
- 1% Black- not Hispanic
- 1% Native or Native Hawaiian
- 3% Other

Housing:

- 56% Other off-campus housing
- 24% Campus residence hall
- 12% Other university housing
- 8% Parent/guardian home
- <1% Other

How Healthy Is Our Campus?

2010 National College Health Assessment

Results for UC San Diego

Students at UC San Diego reported on ...

- Nutrition
- Sexual Health
- Physical Activity
- Emotional and Mental Health
- Alcohol Protective Factors
- Alcohol, Tobacco and Marijuana
- Violence, Abusive Relationships and Personal Safety

Sponsored by the Wellness Cluster

- Student Health Services
- Counseling & Psychological Services
- Recreation
- Sexual Assault & Violence Prevention Resource Center

For more information please call (858) 822-5382
**ALCOHOL, TOBACCO AND MARIJUANA**

Numbers of days students used alcohol, tobacco, and marijuana within the last 30 days:

- **Never Used**
  - Hookah: 70%
  - Marijuana: 67%
  - Cigarette: 67%
  - Alcohol: 76%

- **Used, but not in the last 30 days**
  - Hookah: 22%
  - Marijuana: 17%
  - Cigarette: 14%
  - Alcohol: 23%

- **1-9 days**
  - Hookah: 11%
  - Marijuana: 12%
  - Cigarette: 6%
  - Alcohol: 6%

- **10-29 days**
  - Hookah: 1%
  - Marijuana: 2%
  - Cigarette: 2%
  - Alcohol: 11%

- **Used all 30 days**
  - Hookah: 2%
  - Marijuana: 1%
  - Cigarette: 1%
  - Alcohol: 1%

**ALCOHOL PROTECTIVE FACTORS**

- 98% of students who partied/socialized during the last 12 months reported doing one or more of the following:
  - Avoided drinking games
  - Chose not to drink alcohol
  - Alternated non-alcoholic with alcoholic beverages
  - Determined in advance not to exceed a set number of drinks
  - Ate before and/or during drinking
  - Kept track of how many drinks he/she consumed
  - Paced drinks to one or fewer an hour
  - Stayed with only one kind of alcohol when drinking
  - Stayed with the same group of friends the entire time drinking
  - Had a friend let him/her know when he/she had enough
  - Used a designated driver

**EMOTIONAL AND MENTAL HEALTH**

In the last year:
- 88% Felt overwhelmed by all they had to do
- 84% Felt exhausted (not from physical activity)
- 64% Felt very sad
- 62% Felt very lonely
- 52% Felt things were hopeless
- 49% Felt overwhelming anxiety
- 39% Felt overwhelming anger
- 35% Felt so depressed it was difficult to function
- 7% Seriously considered suicide

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**SMOKING POLICY**

91% of students support changing campus smoking policy to restrict smoking to designated areas only

**VIOLENCE, ABUSIVE RELATIONSHIPS, PERSONAL SAFETY**

Within the last 12 months, students reported experiencing:

- A sexually abusive intimate relationship
- A physically abusive intimate relationship
- An emotionally abusive relationship
- Stalking
- Sexual penetration attempt without their consent
- Sexual touching without their consent
- A verbal threat
- A physical assault (not sexual assault)
- A physical fight

**SEXUAL HEALTH**

Top three birth control methods:
- Male condom
- Birth control pills
- Male condom + another method

Number of sexual partners (oral sex, vaginal or anal intercourse) within the last 12 months:

- None: 38%
- 1 partner: 44%
- 2 partners: 10%
- 3 partners: 4%
- 4 or more partners: 4%