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?
Maria Fish (858) 822-5382

HOW HEALTHY IS OUR CAMPUS?

UC San Diego
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:**

<table>
<thead>
<tr>
<th>Tobacco</th>
<th>80% have never used cigarettes</th>
<th>87% have never used E-cigarettes</th>
</tr>
</thead>
<tbody>
<tr>
<td>National Comparison: 76% have never used cigarettes</td>
<td>85% have never used E-cigarettes</td>
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<table>
<thead>
<tr>
<th>Drugs</th>
<th>65% have never used marijuana</th>
<th>90% have never used MDMA (aka Ecstasy)</th>
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<tbody>
<tr>
<td>National Comparison: 60% have never used marijuana</td>
<td>93% have never used MDMA (aka Ecstasy)</td>
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<table>
<thead>
<tr>
<th>Non-Medical Use of RX Drugs</th>
<th>95% have not taken stimulants (e.g. Ritalin or Adderall) within the last 12 months</th>
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<tbody>
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<td>National Comparison: 97% have not taken study drugs within the last 12 months</td>
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<tr>
<th>Alcohol</th>
<th>24% have never used alcohol</th>
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<tr>
<td>National Comparison: 20% have never used alcohol</td>
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**Top 5 Reported Protective Strategies Used Within the Last 12 Months**

- 87% Stayed with the same group of friends the entire time they were drinking
- 86% Used a designated driver
- 83% Ate before and/or during drinking
- 72% Kept track of how many drinks they were drinking
- 46% Consumed only one kind of alcohol when drinking

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<th>Sexual Health</th>
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<tr>
<td>30% used a condom or other protective barrier during anal sex within the last 30 days</td>
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<tr>
<td>53% received the HPV vaccine</td>
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<tr>
<td>50% used a condom or other protective barrier during vaginal sex within the last 30 days</td>
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<tr>
<td>86% used a method of birth control to prevent pregnancy the last time they had vaginal intercourse</td>
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<tr>
<td>25% have ever been tested for HIV</td>
</tr>
<tr>
<td>75% have been tested for STIs within the last 12 months</td>
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<th>Physical Activity</th>
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<tr>
<td>46% of students are meeting the aerobic physical activity recommendations (at least 150 minutes of moderate-intensity aerobic activity per week)</td>
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<tr>
<td>35% of students are meeting the resistance exercise recommendations (strength training major muscle groups 2-3 days per week)</td>
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<th>Sleep</th>
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<td>45% of students met the sleep recommendations of sleeping 7-9 hours each night within the past 7 days</td>
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<th>General Prevention</th>
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<td>44% of students have received the flu vaccine within the last 12 months</td>
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<tr>
<td>46% used sunscreen regularly with sun exposure</td>
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<th>Sunscreen Protection</th>
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<td>46% used sunscreen regularly with sun exposure</td>
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