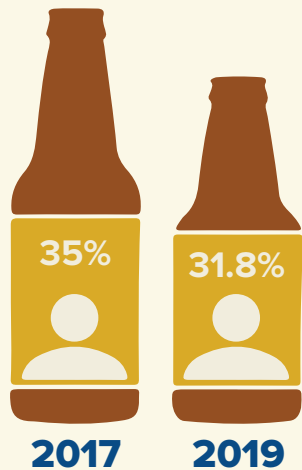


# UC Davis Student Health & Well-Being Data

This infographic highlights some key findings from the Spring 2019 American College Health Association National College Health Assessment (ACHA-NCHA) for UC Davis undergraduate, graduate and professional students. The survey used a representative sample, with a response rate of 12.7%.



**2017 to 2019**  
**9%**  
**decrease**  
in binge drinking

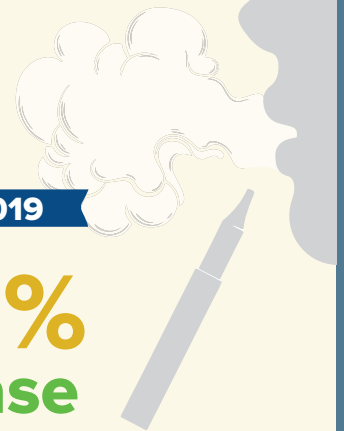


**60.7%**

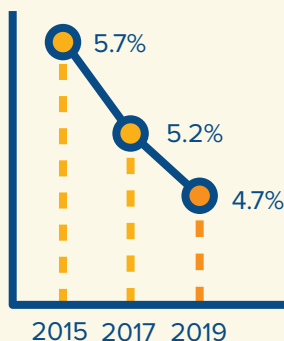
of students think that students' health and well-being is a priority at UC Davis



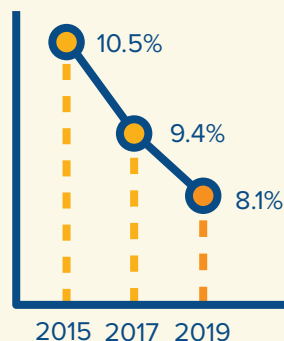
**2015 to 2019**  
**50%**  
**decrease**  
in students who drive under the influence of alcohol



**2017 to 2019**  
**200%**  
**increase**  
in e-cigarette use



**4.7% of undergraduate students eat 5+ servings of fruits and veggies per day**

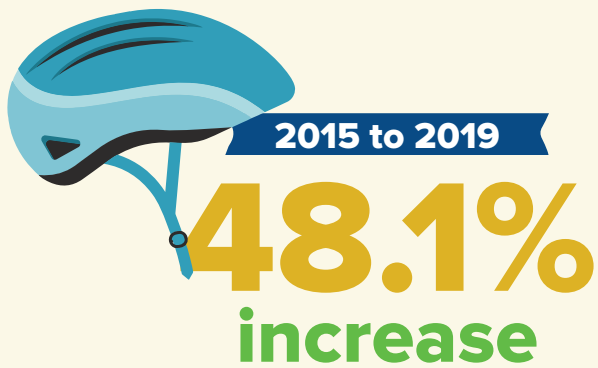


**8.1% of graduate students eat 5+ servings of fruits and veggies per day**



**1 in 5 students**

were hungry but didn't eat in the last 12 months, because there wasn't enough money for food



in the number of undergraduate students wearing bike helmets

UC Davis students believe that **91.2%** of UC Davis students have used marijuana, when in fact, **58.8%** of UC Davis students have never used marijuana and less than **1 in 5** have used in the last 30 days

### Students in crisis would most prefer these methods for immediate, confidential support



**52.4%**



**16.1%**



**11.3%**

### Top 3 negative impacts to academic performance for undergraduates

**Stress**

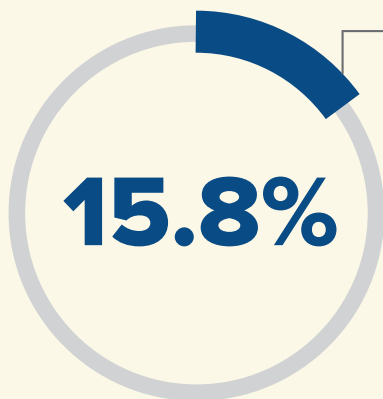
**44.4%**

**Anxiety**

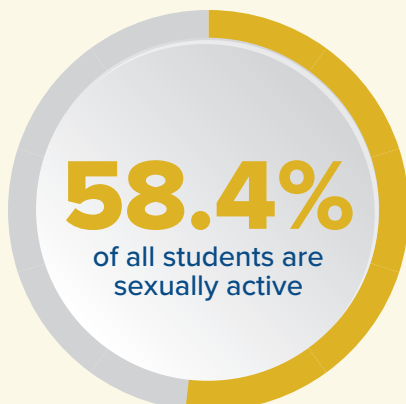
**35.3%**

**Sleep difficulties**

**28.6%**



Undergraduates who said they seriously considered suicide, anytime within the last 12 months



**1 in 4**  
**sexually active students**

have obtained safer sex products from the Love Lab in the last year



**1 in 3**  
**sexually active students**

have been tested for STIs/HIV in the last year