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

- 1 in 4

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%

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.

58.4% of all students are sexually active.

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.

48.1% increase in the number of undergraduate students wearing bike helmets from 2015 to 2019.

15.8% of UC Davis students never used marijuana and less than 52.4% used it within the last 30 days.