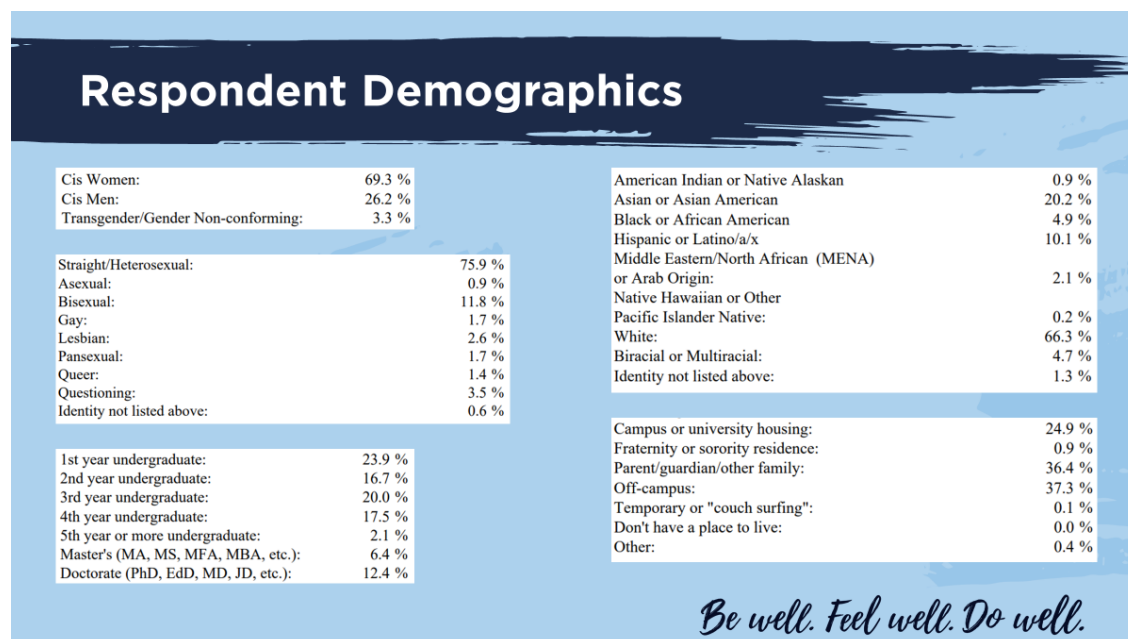


## Background

The National College Health Assessment (NCHA) is a survey organized by the American College Health Association (ACHA) to assist universities in collecting data about their students' habits and behaviors on prevalent health and well-being topics. The University of Connecticut administers the NCHA every other year, most recently during Spring Semester 2023.

In Spring 2023, a sample of 27,188 undergraduate and graduate students across all UConn campuses were invited to participate. The overall response rate for Storrs and all regional campuses was 5.6% (1,533/27,188), and the Storrs campus response rate was 5.9% (1,261/21,536).



Among the primary demographic categories, several identities stand out as making up a majority of the respondent group for this survey administration.

- 69.3% of the sample identified as “Cis women,” 75.9% identified as “Straight/ Heterosexual,”
- 80.2% reported enrollment as an undergraduate student, and
- 66.3% identified as “White.”

Given the overall response rate and the more specific overrepresentation of some student populations in the sample, caution should be exercised when generalizing findings to the broader student population. Even so, there may be value in examining this data set for opportunities to better support the health and well-being of UConn students.

## UConn NCHA Summary 2023

This overview will focus specifically on responses from students on the Storrs campus and some comparisons are made with the national reference group<sup>1</sup> findings reported by the ACHA in 2023 (78,024 respondents; 11.0% response rate).

## Findings

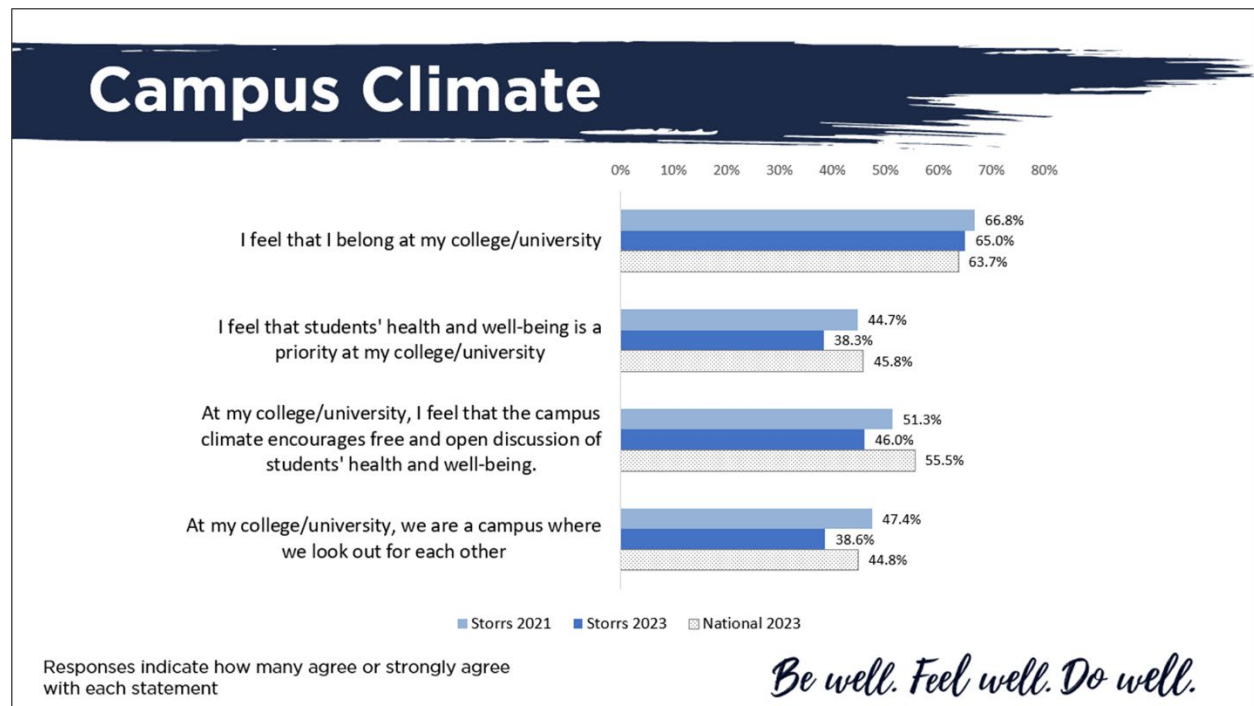
### General Health

Students were asked to rate their overall health on a 5-point scale ranging from “Poor” to “Excellent.”

- 89.1% of UConn respondents rated their overall health as “Good, Very Good, or Excellent” compared with 86.5% of the national reference group.
- 55.1% of UConn respondents rated their overall health as “Very Good or Excellent” compared with 49.7% of the national reference group.

### Campus Climate

UConn students reported a stronger sense of belonging than the national reference group (65% vs. 63.7%) but scored lower than the national reference group on perceptions of the overall campus climate regarding health and well-being.



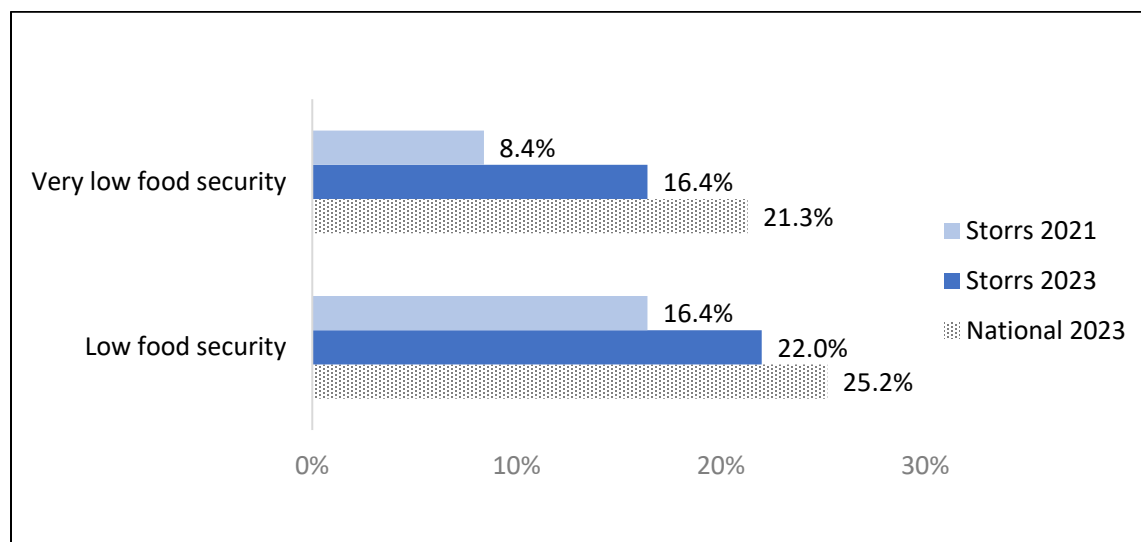
## UConn NCHA Summary 2023

### Physical Activity

72.7% of respondents met the US Dept of Health and Human Services' recommendations for aerobic activity (150 minutes or more of moderate-intensity physical activity per week or 75 minutes of vigorous-intensity physical activity).

### Food Security

In 2023, 38.4% of Storrs students reported any food insecurity, with 22% reporting low food security and 16.4% reporting very low food security. While this is a lower rate than the national sample (46.6% low or very low), it is worth noting that nearly 2 of every 5 students participating in this survey administration report some degree of food insecurity, which represents a significant increase from 2021.



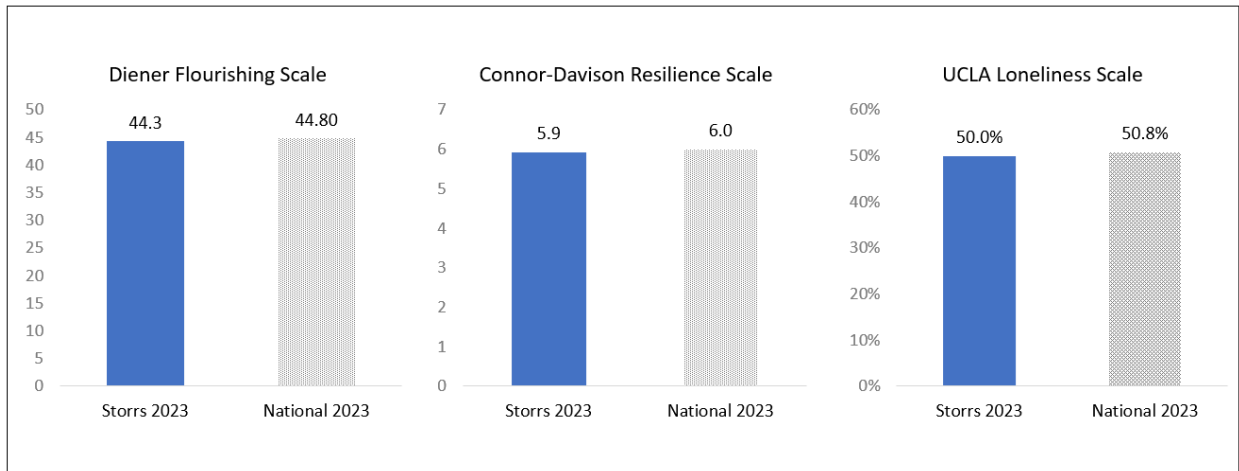
### Mental Health and Well-being

Students completing the survey responded to measures of well-being in addition to experience of stressors and incidence of mental health symptoms, diagnoses, and treatment/support.

- The mean score on the Diener Flourishing Scale (range=8-56 where higher scores represent greater overall well-being) was 44.3 which aligns with the 40<sup>th</sup> percentile for this scale (below the 50<sup>th</sup> percentile which represents a typical score, but on par with the national reference group where the mean score was 44.8, or about the 42<sup>nd</sup> percentile).
- The mean score for the Connor-Davison Resilience Scale (range=0-8 where higher scores represent greater psychological resilience) was 5.92 (on par with national reference group).

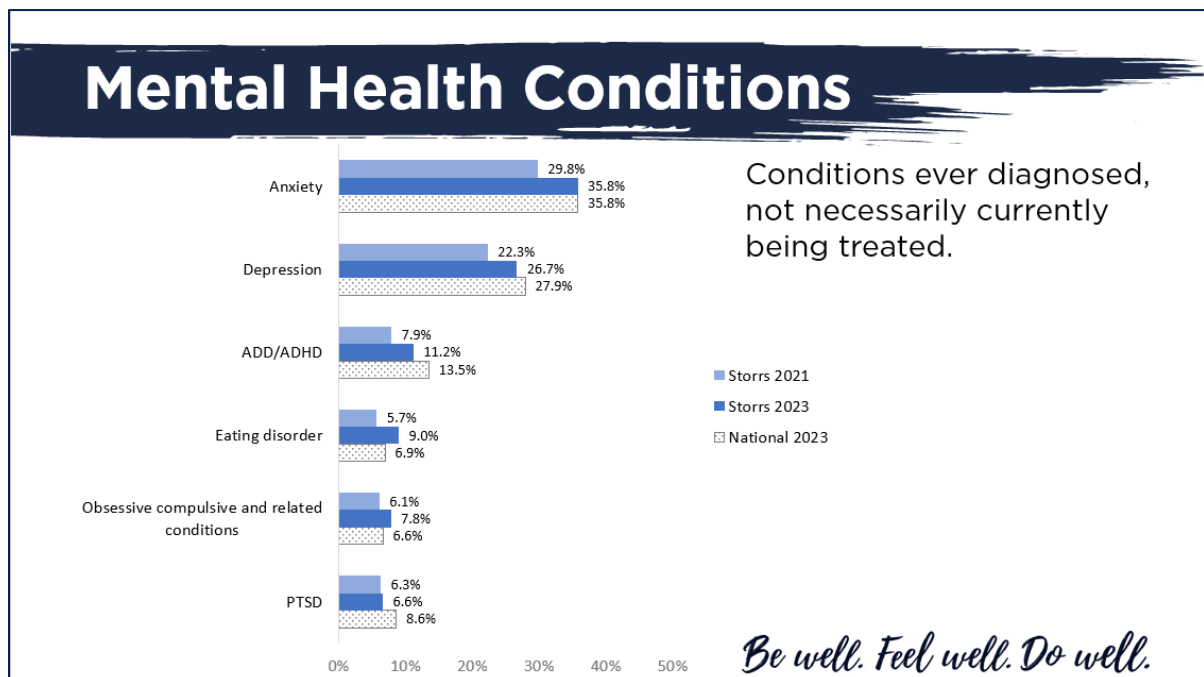
## UConn NCHA Summary 2023

- UConn students were evenly split in terms of their results on the UCLA Loneliness Scale, as 50% of respondents met criteria for loneliness and 50% did not (on par with national reference group).



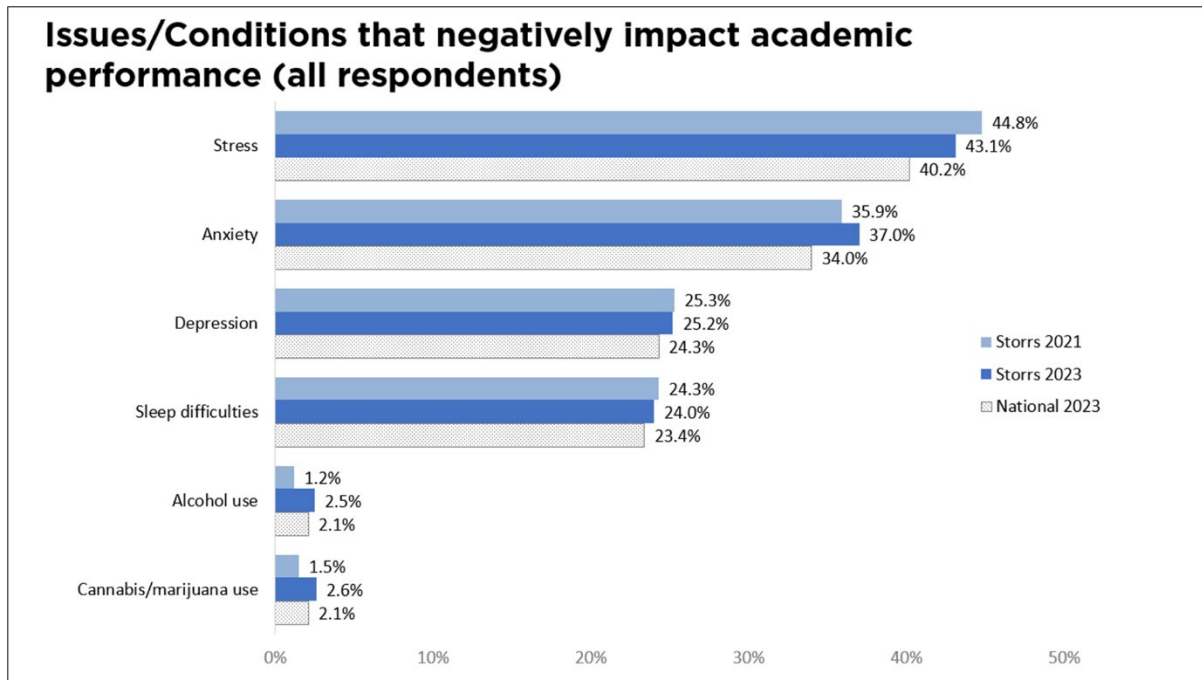
Taken together, these three measures indicate that while our student results are very consistent with the national reference group, there are opportunities to help our student population become more aware of and utilize their strengths and internal resources for psychological well-being and resilience, and to forge stronger interpersonal connections to reduce incidence of loneliness.

Regarding occurrence of and experience with mental health struggles, anxiety and depression continue to be the most prevalent diagnoses on all college campuses, and these findings hold true for UConn as well.



## UConn NCHA Summary 2023

Similarly, anxiety, depression, and general stress were identified as the top three factors that negatively impact academic performance for students. Additional factors include sleep disturbance and use of alcohol and other substances.



## Substance Use

In addition to connecting the use of alcohol or cannabis to academic performance, student respondents were asked a variety of questions related to their alcohol and cannabis use.

- Over half of all respondents (51.9%) reported that they had not consumed alcohol in the past 2 weeks.
- Among respondents who reported drinking alcohol in the past 3 months more than three quarters (77.8%) chose NOT to binge drink the last time they drank alcohol in a social setting.
- A majority of respondents reported that they have NOT driven after consuming any amount of alcohol in the past 30 days (85.4%).
- 22.1% of all respondents reported never drinking alcohol.
- More than half of all respondents reported that they have never used cannabis for nonmedical reasons (51.6%).

