

Student Health Behavior Report Card

This report card highlights self-reported student behaviors from a variety of surveys and, where possible, compares UT students to college students nationwide.

FINDING	GRADE	COMPARED TO NATIONAL	MEANING	DATA SOURCE
General Health	A	↔	93% of students report their health is good, very good, or excellent (92% NRG)	National College Health Assessment, UT Austin, 2011 (NCHA)
Pre-matriculation Alcohol Education	A+	NA	98% of incoming students completed part 1 of AlcoholEdu	Everfi
Post-matriculation Alcohol Education	B+	NA	85% of students completed part 2 of AlcoholEdu	Everfi
Campus Safety	B	↕	90% of students feel very safe on campus during the day (90% NRG) 32% feel very safe on campus at night (36% NRG)	NCHA
Physical Activity	B	NA	85% of students engaged in at least 1 hour of exercise or recreational sports in the past week	Student Experience in a Research University (SERU)
Smoking	B	↑	86% of students are nonsmokers (have never smoked or not in the last 30 days) (84% NRG)	NCHA
Contraceptive Use	C+	↔	79% of students used birth control the last time they had sex (79% NRG)	NCHA
Binge Drinking	C	↔	73% of students didn't binge drink the last time they partied (72% NRG)	NCHA
Condom Use	D	↔	62% of students used a condom the last time they had vaginal sex (61% NRG)	NCHA
Fruits & Vegetables	F	↑	35% eat 3 or more servings of fruits and vegetables per day (33% NRG)	NCHA
Sleep	F	↔	9% got enough sleep to feel rested on 6 or more days in the past week (10% NRG)	NCHA
Bike Helmets	F	↑	39% wear bike helmets mostly or always (34% NRG)	NCHA
Stress	F	↓	55% of students report experiencing 'more than average stress' or 'tremendous stress' within the past 12 months. (53% NRG)	NCHA

NOTES

Data sources include:

NCHA = National College Health Assessment, conducted annually by University Health Services. A representative sample of students are invited to participate. The National Reference Group (NRG) is the compilation of all respondents nationally.

Everfi = Everfi is the company that provides AlcoholEdu, the pre-matriculation alcohol risk reduction program required of all incoming students under the age of 21. Students complete surveys twice during the program and data is delivered to UHS.

Symbols (arrows) reflect UT students in comparison to the national reference group, where available.



THE UNIVERSITY OF TEXAS AT AUSTIN