Weber State University  
2009 American College Health Association  
National College Health Assessment (ACHA-NCHA)

The National College Health Assessment is the "largest comprehensive data set on the health of college students" (ACHA, 2009, p. 2). The survey was administered 3/17/2009-4/3/2009. A total of 418 students responded for a 5% sample error at a 95% confidence level.

94% of students surveyed described their health as good, very good, or excellent  
45% of students felt very lonely within the past 12 months

**Perceived/Actual Drug Use**  
80% of students believe that the typical student on campus has used alcohol within the past 30 days  
23% of students actually have used alcohol within the past 30 days

65% of students believe that the typical student on campus has smoked cigarettes within the past 30 days  
5% of students actually have smoked cigarettes within the past 30 days

65% of students believe that the typical student on campus has used drugs (excluding alcohol, cigarettes, marijuana, and hookah) within the past 30 days  
7% of students actually have used drugs (excluding alcohol, cigarettes, marijuana, and hookah) within the past 30 days

8% of students have seriously considered suicide within the past 12 months; 1.7% have attempted suicide  
8% of sexually active college students reported using (or reported their partner used) emergency contraception ("morning after pill") within the last 12 months

**Vaccinations**  
71% of students reported receiving a vaccination against hepatitis B  
74% reported receiving a vaccination against measles, mumps, and rubella  
42% reported receiving a vaccination for the flu within the past 12 months

**Students’ Health**  
79% of students of students reported moderate-intensity cardio or aerobic exercise for at least 30 minutes within the past week  
44% of students are overweight or obese (based on self-reported weight and height)  
18% of students reported experiencing a verbal threat within the last 12 months  
41% of students felt things were hopeless within the past 12 months  
86% of students felt overwhelmed by all they had to do within the past 12 months

51% of students reported experiencing more than average or tremendous stress within the past 12 months  
20% of students reported that, within the last 12 months, anxiety affected their individual academic performance  
21% of students reported that, within the last 12 months, sleep difficulties affected their individual academic performance  
30% of students reported that, within the last 12 months, stress affected their individual academic performance

**Health and Academics**  
40% of students report that their academics have been traumatic or very difficult to handle within the past 12 months; 45% report that their finances have been traumatic or very difficult to handle  
40% of students report that their finances have been traumatic or very difficult to handle within the past 12 months

30% of students reported that, within the last 12 months, stress affected their individual academic performance