This report highlights self-reported student behaviors from the Fall 2013 National College Health Assessment (NCHA) and compares UT students to college students nationwide.

### General Health
- 92% of UT students report their health is good, very good, or excellent (92%)

### Fruits and Vegetables
- 36% of UT students eat 3 or more servings of fruit and vegetables per day (33%)

### Binge Drinking
- 70% of UT students didn’t binge drink the last time they partied (72%)

### Condom Use
- 59% of UT students used a condom the last time they had vaginal sex (61%)

### Contraception
- 80% of UT students used birth control the last time they had sex (79%)

### Sleep
- 9% of UT students got enough sleep to feel rested on 6 or more days in the past week (10%)

### Smoking
- 84% of UT students are nonsmokers (have never smoked or not in the last 30 days) (90%)

### Bike Helmets
- 39% of UT students wear bike helmets most of the time or always (34%)

### Campus Safety: Day
- 90% of UT students feel very safe on campus during the day (90%)

### Campus Safety: Night
- 35% of UT students feel very safe on campus at night (36%)

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UT Wellness Network is a campus-wide coalition committed to assessing and addressing the health and wellness needs of students, faculty, and staff at The University of Texas at Austin. We bring together advocates for health and wellness from across UT Austin to share information, strategies, and resources to address the above and other health topics. Wellness Network works toward a campus community where the healthy choice is the easy choice. Visit wellnessnetwork.utexas.edu for more information.