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| **Health and lifestyle choices of students studying at an urban university in the UK** |
| **Setting/problem**Transitioning into life as a student in higher education is an important time when young people often experience independence from their family members and other supportive networks. It is, therefore, important that higher education institutes (HEIs) offer appropriate health promotion interventions. However, there are limited data about the health and lifestyle choices of this population. With this in mind, this research aimed to identify the health issues within a student population of one urban HEI in the UK and use the findings to inform the design of effective student support services offered by the HEI.**Intervention**An online, 60-question questionnaire was administered in 2014. Questions focused on 7 topics areas reflecting national public health priorities and was made available to 32,000 students registered with the HEI for full time or part time study on campus. It was administered at a time when no other student surveys were active.**Outcomes** In total, 3,428 students fully completed the questionnaire. **General health care utilisation:** 1,426 respondents were not registered with a medical practitioner and used Accident and Emergency Services inappropriately.**Eating and dietary behaviours:** only 371 respondents eat 5 portions of fruit and vegetables per day and water consumption was generally low.**Alcohol behaviours:** Alcohol was used to lower stress levels and 258 students consume more than 20 units of alcohol per week.**Smoking behaviours:** the majority of respondents had never smoked. However, cannabis together with tobacco was smoked by 212 of smokers and 136 of respondents smoked Shisha.**Sexual health behaviours:** the majority of respondents were sexually active with the number of sexual partners increasing with year of study.**Mental health behaviours**: 1,015 respondents had an emotional or mental health difficulty. The most common form of medication was antidepressants, followed by anxiety medication.**Drugs and substance behaviours:** While studying at the university, 1027 participants have used recreational drugs**Implications**Going to university offers a new opportunity to adopt a healthy lifestyle. However, this survey highlighted the specific issues and needs within this student population. These data are being used to inform the design of appropriate student support services taking a healthy university approach.**Preferred presentation format****Poster** |