

# 2016

# NATIONAL COLLEGE HEALTH ASSESSMENT

## University of Guelph Results

This past spring, 1,864 students at the University of Guelph completed the National College Health Assessment, which evaluated the overall health and well-being of post-secondary students. The survey looked at a large variety of health and social factors that can affect student's academics. These NCHA results will inform health and wellness programs and services. The response group consisted of the following:

	U of G	Canada
<b>Number of responses</b>	1,864	43,780
<b>GENDER</b>	%	%
Female	72.5	67.9
Male	25.3	29.2
Non-binary	2.3	2.9
<b>INTERNATIONAL</b>	4.5	9.4
<b>YEAR OF STUDY</b>		
1st	19.9	23.0
2nd	20.8	20.4
3rd	19.0	18.6
4th	15.9	14.6
5th +	5.3	6.6
Graduate	18.5	13.9
<b>HOUSING</b>		
On campus	23.3	14.1
Off campus	76.8	85.9
<b>AGE</b>		
18-20 years	50.1	40.3
21-24 years	35.5	37.4
25-29 years	9.0	12.5
30+ years	5.4	9.8

Many thanks and best wishes for a healthy year!

-The University of Guelph Student Affairs NCHA Advisory Team



## GENERAL HEALTH

Students were asked to rate their overall health. Here are the percentages of students who rated their health in a positive way.

%	U of G	Canada
Excellent or very good	45.4	45.3
Excellent, very good or good	83.7	80.8

% diagnosed for in the past 12 months	U of G	Canada
Back Pain	15.1	17.7
Allergies	13.1	14.1
Sinus infection	11.0	12.3
Strep throat	12.7	12.1
Urinary tract infection	12.9	11.3

The five most frequent health issues diagnosed or treated by a professional within the previous years.

## Preventative health measures

Students were asked about various preventative health measures in which they participated including vaccines, examinations, and other diagnostic tests.

% received in last 12 months	U of G	Canada
Hepatitis B vaccine	75.1	70.1
HPV vaccine	47.4	39.1
Influenza vaccine	26.2	31.2
Dental exam & cleaning	82.8	73.0

The percentage of students who reported participating in these preventative measures as compared to students in Canada.

## Safety

In the area of threatening situations, very small percentages of students indicated any type of physical threats. 19.0% of University of Guelph students indicated receiving a verbal threat within the past 12 months.

Students were asked a number of questions regarding violence, abusive relationships, and personal safety.

% in Last 12 months	UofG	Canada
Sexual touching without their consent	12.7	10.7
In a physical fight	5.0	5.2
Physically assaulted	3.7	4.0

The percentage of students who reported experiencing these within the previous 12 months.

## Sleep

Students reported a number of sleep difficulties that affected them in the week prior to the survey.



% that indicated affected 3 or more days	UofG	Canada
Enough sleep to feel rested	59.6	56.0
Felt tired, dragged out or sleepy during day	62.4	63.2
Big or very big problem with sleepiness during day	22.0	21.7



## NUTRITION & PHYSICAL ACTIVITY

### Nutrition



Canada's Food Guide recommends 7-10 fruits and vegetables per day for males and females aged 19-50.

Servings per day	UofG	Canada
0	3.5	5.0
1-4	84.4	85.5
5 or more	12.0	9.6

The percentage of students who consume servings of fruits and vegetables each day.

### Physical Activity

Moderate to vigorous physical activity causes an increase in heart rate and can include brisk walking or jogging. The American College of Sports Medicine and the American Heart Association recommends moderate-intensity cardio or aerobic exercise for at least 30 minutes on 5 or more days a week, or vigorous-intensity cardio or aerobic exercise for at least 20 minutes on 3 or more days per week. 43.6% of University of Guelph students met these recommendations, or a combination of both, compared to 40.3% of Canadian students.

Number of days in past week	UofG	Canada
0	20.1	25.1
1-4	60.6	58.2
5-7	19.4	16.7

The percentage of students who reported doing moderate-intensity cardio or aerobic exercise for at least 30 minutes in the past 7 days.



# SUBSTANCE USE

## Alcohol

Students were asked about the number of alcoholic beverages they consumed the last time they "partied" or socialized.

%	UofG	Canada
4 or fewer	44.7	52.4
5	14.6	12.2
6	13.3	10.1
7 or more	27.5	25.3

The percentage of students who indicated the number of drinks they consumed the last time they "partied."

While the pattern of consumption is similar, the number of students who abstain from drinking is lower at U of G than across Canada (9.5% vs 15.6%). However, questions on perceptions of alcohol use indicated that students believe many more of their peers consume alcohol than the actual use.

% Used in last 30 days		
UofG		Canada
78.8	Actual use	69.3
98.4	Perceived use	95.0

The percentage of students who reported consuming any alcohol in the past 30 days compared to the perceived use.



## Other Drugs

Students were asked about their use of a variety of substances.

### Cigarettes

% Used in last 30 days		
UofG		Canada
9.3	Actual use	11.0
77.5	Perceived use	79.4

The percentage of students who reported using cigarettes in the past 30 days compared to the perceived use.



## Marijuana



% Used in last 30 days		
UofG		Canada
23.7	Actual use	17.9
91.8	Perceived use	86.4

The percentage of students who reported using marijuana in the past 30 days compared to the perceived use.

## Prescription Drugs not Prescribed

10.1% of University of Guelph students indicated they had used 1 or more medications that were not prescribed to them. Pain killers and stimulants appeared to be the most commonly used.

Used in last 12 months	UofG	Canada
Pain killers	4.3	5.5
Stimulants	5.5	4.5

The percentage of students who reported using these prescription drugs not prescribed to them in the past 12 months.

# MENTAL HEALTH

Students were asked questions on a wide variety of mental health concerns and how these changed under different time frames.

% affected in past 12 months	UofG	Canada
Overwhelmed	93.6	89.5
Exhausted (not from physical activity)	92.2	88.2
Very Sad	76.9	73.7
Very Lonely	69.0	66.6
Overwhelming Anxiety	63.6	64.5

The percentage of students that reported experiencing any of the top five mental health indicators any time within the past 12 months.

Students were also asked if they had been diagnosed or treated by a professional for any of the following.

% affected in past 12 months	UofG	Canada
Anxiety	17.8	18.4
Depression	12.4	14.7
Panic Attacks	8.5	9.3
Insomnia	4.3	5.3
ADHD	3.3	4.1

The percentage of students who reported being diagnosed or treated for any of the top five mental health concerns in the past 12 months.



The mental health section confirmed that approximately 1 in 4 University of Guelph students reported a mental health concern.

Within the previous 12 months, 8.4% of students reported only one mental health concern. Those who reported both depression and anxiety together included 10.1% of students at the University of Guelph compared to 11.4% of students across Canada.



## SEXUAL BEHAVIOUR & HEALTH

About 71.6% of University of Guelph students indicated that they had been sexually active in the previous 12 months. Students that had been sexually active and engaging in oral, vaginal, and anal intercourse in the past 30 days were questioned about their use of condoms or protective barriers. Of them, about 47.9% indicated using some type of protective barrier mostly or always during vaginal intercourse, 19.1 when engaging in anal intercourse, and 2.3% when engaging in oral sex. 60.9% of students indicated using some form of contraception the last time they had vaginal intercourse.

## IMPEDIMENTS TO ACADEMIC PERFORMANCE

The following table shows the top impediments to academic performance reported by students in the past 12 months. The affects on academic performance were defined as: receiving a lower grade on an exam, or an important project; receiving a lower grade in a course, receiving an incomplete or dropping a course, or serious disruption in work.

% affected in past 12 months	UofG	Canada
Stress	45.8	42.2
Anxiety	34.1	32.5
Sleep difficulties	30.3	28.4
Cold/flu/sore throat	22.6	20.6
Internet/computer use	24.3	18.7
Depression	21.3	20.9

The percentage of students reporting negative impacts on academic performance.