

# National College Health Assessment Results

Student Wellness Services

UNIVERSITY  
of GUELPH

2022



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This past spring, 1082 students at the University of Guelph completed the National College Health Assessment (NCHA) survey which evaluates the overall health and well-being of post-secondary students at schools across North America. The survey looks at an extensive variety of health and social factors impacting students' academic success and personal wellness. We thank the students who participated in this survey and we look forward to sharing these NCHA results with many campus partners to inform decision making and to further tailor resources to assist students in achieving their academic and personal goals.

## METHODS

The National College Health Assessment (NCHA), from the American College Health Association, was administered online to a randomly selected sample of University of Guelph students. The self-report questionnaire used display logic to determine whether, based on their response to an earlier question, the student saw a follow-up question. This means some students were asked more questions than others, depending on their answers. The sample size of the respondents was 1082 (18% response rate). Data analysis was conducted using SPSS and R statistical programs. The data will be used to guide evidenced-based programming and initiatives at the University.

## NOTES

About the use of sex and gender in this report: Survey results are reported by sex based on the responses to several questions. The responses to these questions are used to create a new variable called RSEX. RSEX is used for organizing results in the ACHA-NCHA report documents. Respondents are reported as cis men or cis women only when their responses are consistent across the multiple questions. If gender identity is consistent with sex at birth AND "no" is selected for transgender, then respondents are designated as either cis men or cis women in RSEX. If respondents select "yes" for transgender OR their sex at birth is not consistent with their gender identity, then they are designated as transgender/gender non-conforming in RSEX. A respondent that selects "intersex" for sex at birth, "no" for transgender, and man or woman for gender identity are designated as cis men or cis women in RSEX. A respondent that selects "intersex" for sex at birth, "yes" for transgender, or selects a gender identity other than man or woman are designated as transgender/gender non-conforming in RSEX. A respondent that selects "another identity" is designated missing in RSEX. A respondent that skips any of the three questions is designated as missing in RSEX.



# DEMOGRAPHICS OF SAMPLE

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**Sample size:** 1082 respondents

## AGE

18 - 20 years:	48.7%
21 - 24 years:	34.6%
25 - 29 years:	9.9%
30+ years:	6.8%

## GENDER

Cis Women:	70.7%
Cis Men:	23.8%
Transgender / Gender Non-conforming:	4.9%

## SEXUAL ORIENTATION

Asexual:	2.0%
Bisexual:	14.8%
Gay:	1.1%
Lesbian:	2.1%
Pansexual:	2.5%
Queer:	3.4%
Questioning:	2.8%
Straight/Heterosexual:	70.5%
Identity not listed above:	0.7%

## HOUSING

Off-campus:	59.6%
Campus or university housing:	20.3%
Parent/guardian/other family:	18.4%
Fraternity or sorority residence:	0.4%
Temporary or "couch surfing":	0.4%
Don't have a place to live:	0.0%
Other:	0.9%

## ETHNICITY

Arab:	2.8%
Black:	3.5%
Chinese:	6.6%
Filipino:	0.9%
Indigenous:	3.0%
Japanese:	0.7%
Korean:	0.3%
Latin American:	2.7%
South Asian:	5.7%
Southeast Asian:	2.9%
West Asian:	1.0%
White:	74.7%
Identity not listed above:	2.8%

## YEAR OF SCHOOL

1st year undergraduate:	19.2%
2nd year undergraduate:	19.7%
3rd year undergraduate:	19.6%
4th year undergraduate:	18.5%
5th year or more undergraduate:	4.5%
Master's:	8.8%
Doctorate:	7.8%
Not seeking a degree:	0.2%
Other:	1.7%

## ENROLLMENT STATUS

Full-time student:	92.9%
Part-time student:	5.5%
Other student:	1.7%

## FIRST GENERATION STUDENTS

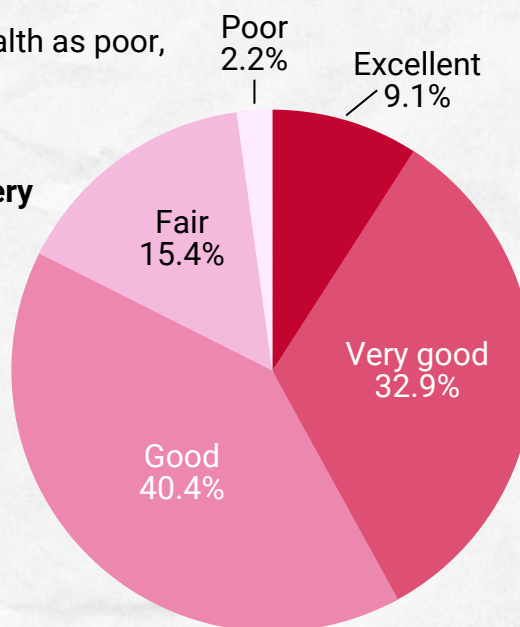
32.1%

## PERSONAL RATING OF OVERALL HEALTH

Students were asked to describe their overall health as poor, fair, good, very good, or excellent.

**82.4% of students rated their health as Good, Very Good, or Excellent** (up from 81.3% in 2019)

*43% of transgender and gender-nonconforming students reported their overall health as Fair or Poor, compared to 16% of cis women and 18% of cis men.*



## TOP PHYSICAL HEALTH ILLNESSES

Students were asked if they had been diagnosed by a healthcare professional with any of the following health issues within the last year. The following are the percentages of students who reported being diagnosed for each health issue, ordered from highest to lowest.

Acne:	26.7%	Migraine headaches:	11.0%
Environmental allergy:	23.6%	Orthopedic injury:	9.2%
Cold / virus or other respiratory illness:	23.2%	Chronic pain:	8.6%
Asthma:	15.3%	Irritable bowel syndrome:	7.5%
Food allergy:	13.0%	Stomach or GI virus or bug, food poisoning, or gastritis:	6.5%
Animal allergy:	12.6%	Flu or flu-like illness:	6.2%
Urinary tract infection:	11.8%		

*17% of transgender and gender-nonconforming students reported having Chronic Pain, compared to 9% of cis women and 5% of cis men.*

*21% of transgender and gender-nonconforming students reported having Irritable Bowel Syndrome, compared to 8% of cis women and 4% of cis men.*



## We're here for you!

- Student Health Services provides primary medical care to all students. Visit [wellness.uoguelph.ca/health](https://wellness.uoguelph.ca/health) to find out more about their services or check them out on Instagram and Twitter @wellness\_uog.
- The Health and Performance Centre prevents and treats sports and activity related injuries for University students and the surrounding community. Check them out on Facebook or Instagram to see what they're up to!

## DISABILITIES

Students were asked if they had any of the following disabilities. The following are percentages of students who reported having each disability, ordered from highest to lowest.

ADD / ADHD:	12.7%
Learning disability:	5.7%
Blind / low vision:	3.4%
Autism:	2.9%
Mobility / dexterity disability:	1.8%
Deaf / hearing loss:	1.7%
Speech or language disorder:	1.0%

*Transgender and gender-nonconforming students reported higher rates of ADD / ADHD, Learning disability, Blind / low vision, and Autism than cis women and cis men.*

## We're here for you!

- Student Accessibility Services helps students who experience disabilities to achieve full and equitable participation in academic life. They aim to create a barrier free environment where all students can achieve their potential. Check them out at [wellness.uoguelph.ca/accessibility](https://wellness.uoguelph.ca/accessibility) to see how they can help you!

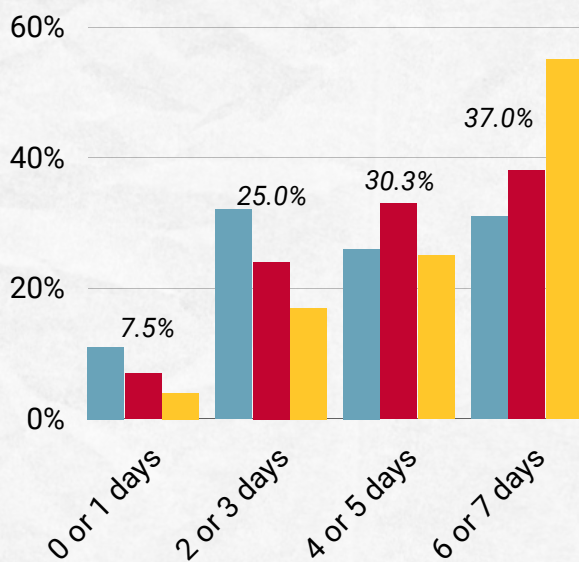
## SLEEP

Students reported on average getting 6 to 8 hours of sleep on weeknights, and 7 to 9 hours of sleep on weekends. However, students reported also experiencing high rates of tiredness and low rates of feeling rested.

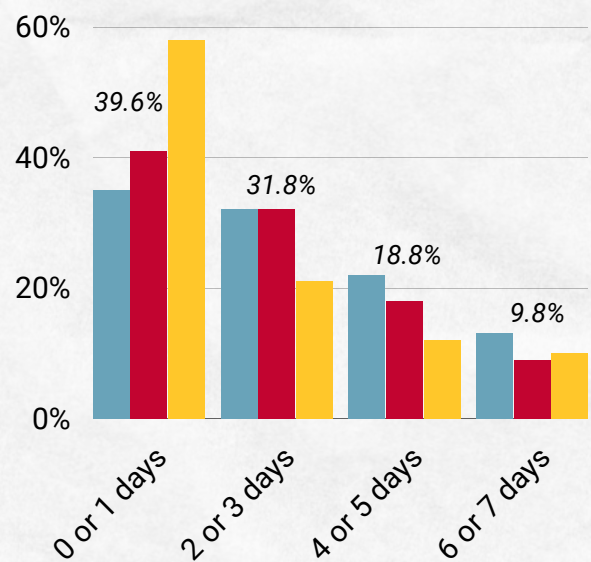
The following graphs show the results of several sleep-related questions. Average percentages of all students are written on the graphs.

■ Cis Men    ■ Cis Women    ■ Transgender and Gender-nonconforming

**On how many of the last 7 days did you:  
Feel tired or sleepy during the day?**



**On how many of the last 7 days did you:  
Get enough sleep so that you felt rested?**



*Transgender and gender-nonconforming students reported higher rates of feeling tired or sleepy during the day and lower rates of getting enough sleep to feel rested, compared to cis men and cis women.*



## DISEASE PREVENTION

Students were asked about a variety of preventative measures that contribute to one's physical health. This included use of sunscreen, visits to healthcare providers, vaccination statuses, and more.



41% of students reported Usually or Always **wearing sunscreen** when outdoors in the sun.

66% of students reported visiting a **medical provider** in the last year.



76.6% of students reported having a **dental exam and cleaning** in the last year.

36% of cis women reported ever having a **gynecological exam** or visit.



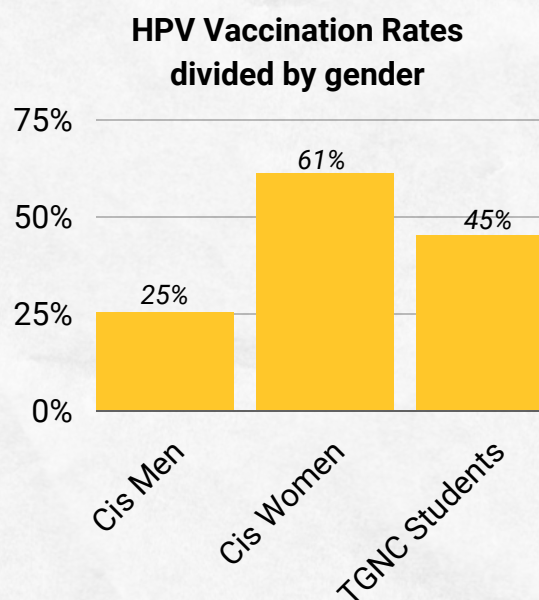
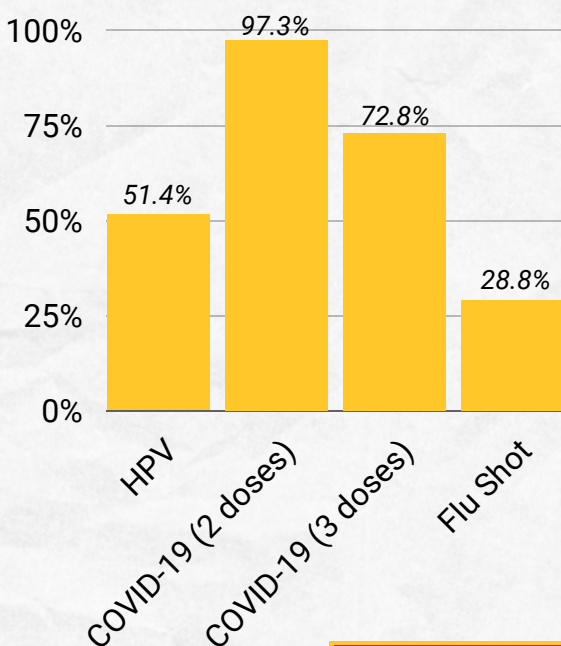
13.3% of students reported having ever been **tested for HIV infection**.

### We're here for you!

- Student Health Services provides STI testing for common STIs, except for HIV/AIDS. Annual STI testing clinics held on campus use a urine test for chlamydia and gonorrhea. You can also book an appointment with Student Health Services to get a blood test to test for other common STIs, like herpes and syphilis.
- ARCH Guelph provides programs, services, education, and support for people living with, affected by, and at risk of, HIV and AIDS in Guelph, Wellington County, Dufferin, Grey and Bruce Counties. Check out their services and testing options at [archguelph.ca](http://archguelph.ca).

## VACCINATIONS

Students were asked about several types of vaccinations, including HPV, COVID-19, and the annual flu shot. The following graphs show the percentages of students vaccinated for each of these categories, with the HPV vaccination percentages also divided by gender.



### Did you know?

The University of Guelph holds a flu clinic on campus every year! Look out for dates and locations to help keep yourself and your community safe.

*Cis men show considerably lower rates of HPV vaccination than cis women and transgender and gender-nonconforming students. 44% of cis men do not know their vaccination status, compared to 22% of cis women and 34% of transgender and gender-nonconforming students.*

### We're here for you!

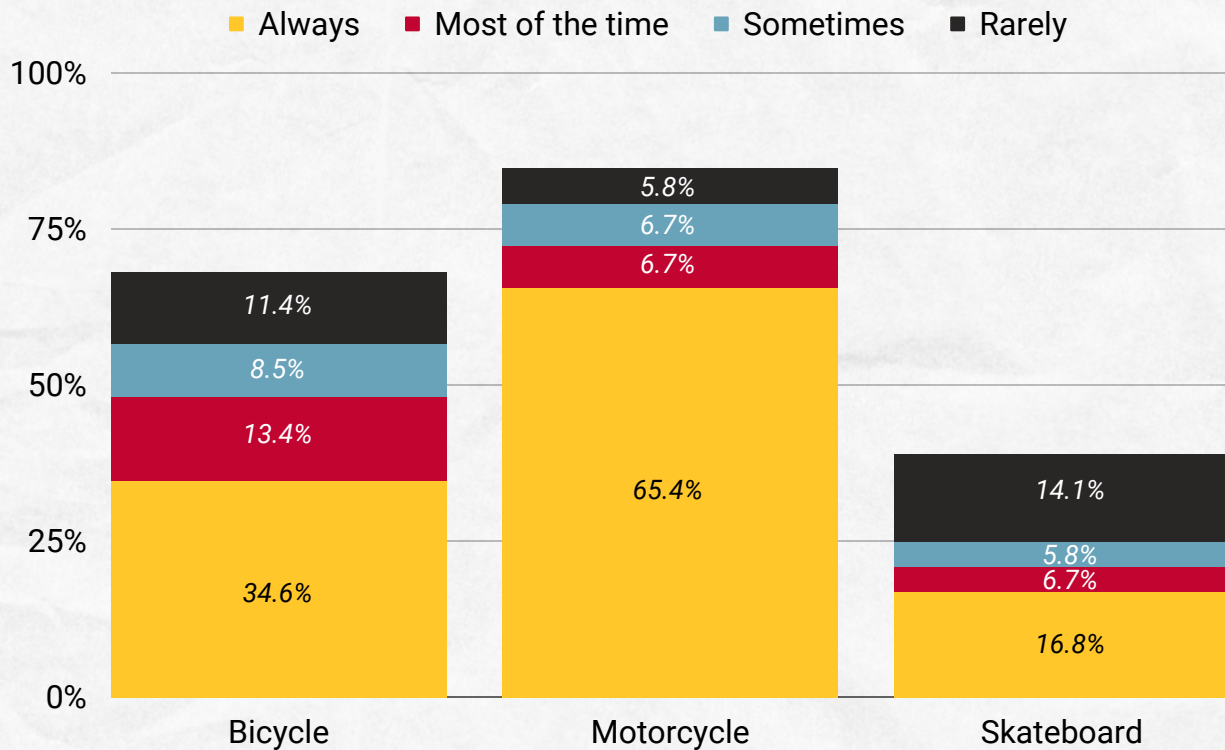
Student Health Services provides HPV vaccinations! Contact them today to book your appointment.



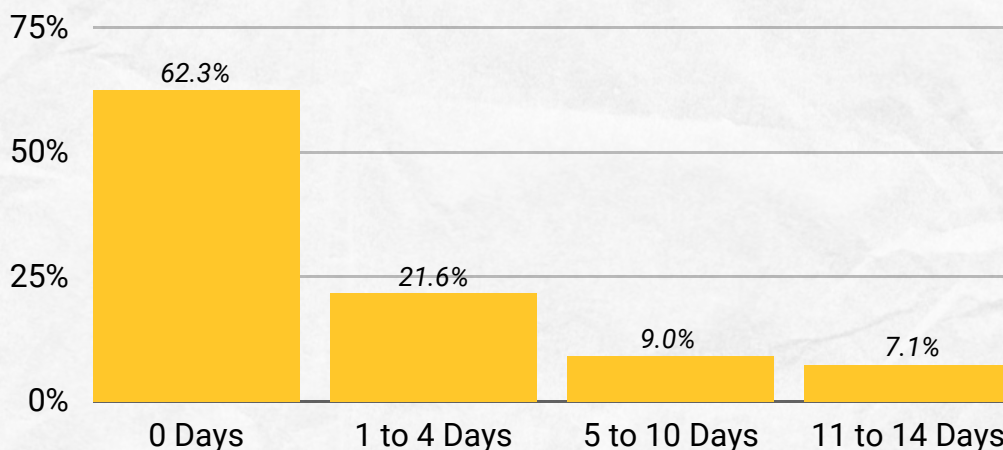
## INJURY PREVENTION

Students were asked about several types of injury prevention methods. The following graphs show the answers to several questions regarding helmet wearing and distracted driving.

**Within the last 12 months, how often did you wear a helmet when you were riding a:**



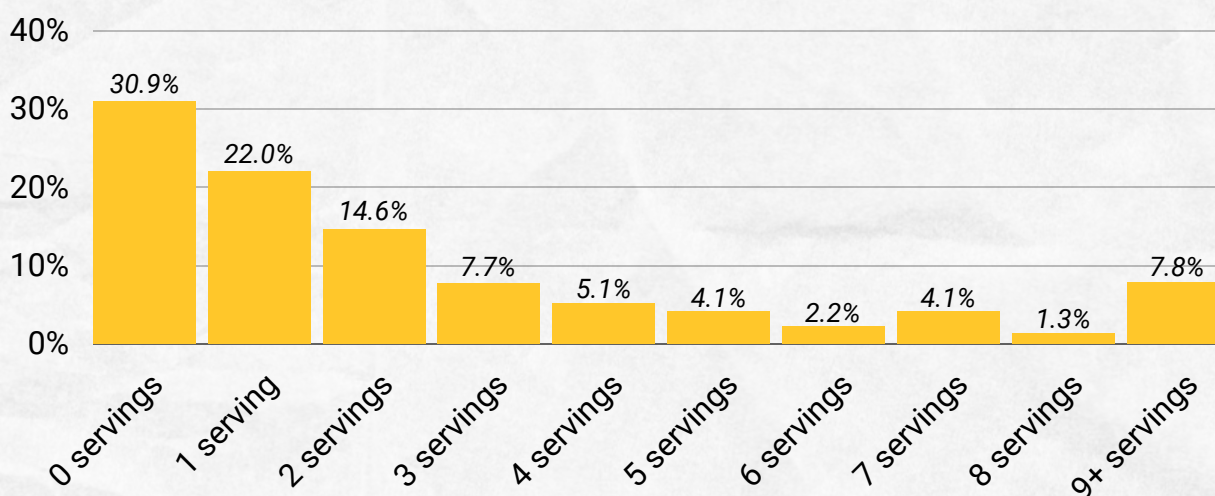
**Within the last 2 weeks, on how many days did you manually operate a device to text, email, video chat, or use the internet or apps while driving a car or other vehicle?**



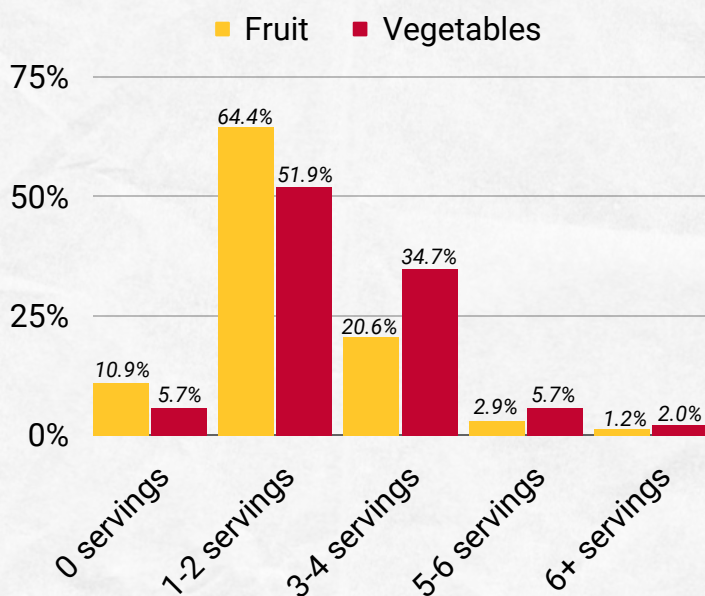
## NUTRITION

Students were asked several questions about their eating habits, including their sugar-sweetened beverage consumption and how many servings of fruits and vegetables they ate in an average day.

The graph below shows the percentages of students consuming zero to more than nine servings of sugar-sweetened beverages on an average day. The majority of students reported drinking less than 1 sugar-sweetened beverage per day.



The graph below shows the percentages of students eating zero to more than six servings of fruit / vegetables on an average day. The majority of students reported eating 1-2 servings of fruit and 1-2 servings of vegetables per day.



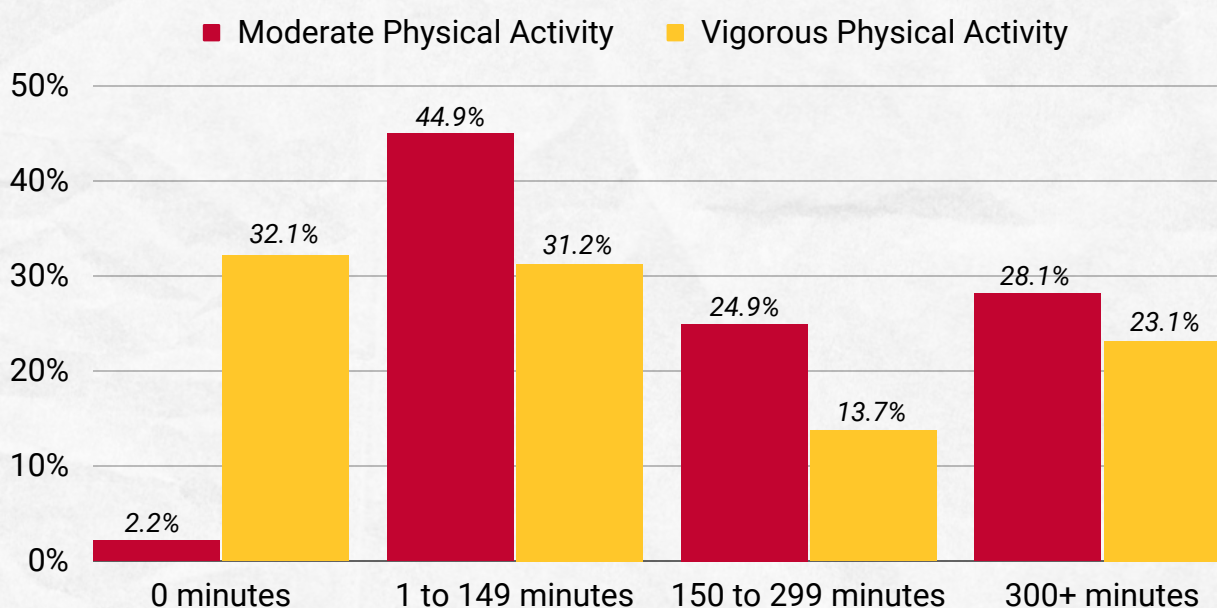
### We're here for you!

The Campus Dietitian offers individual appointments to discuss your nutrition and dietary concerns. Call Student Health Services to make an appointment!

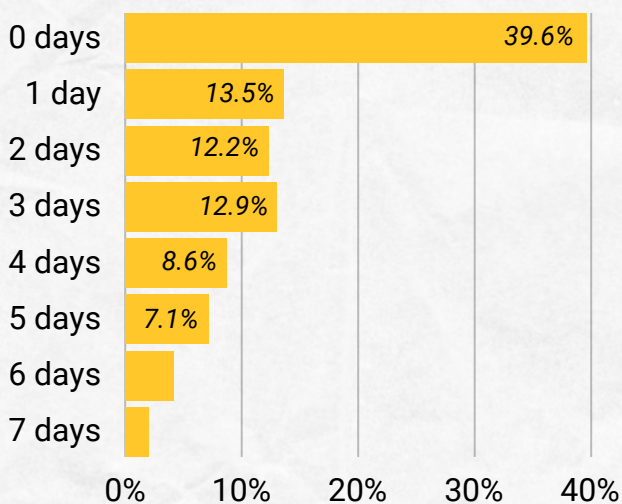


## EXERCISE

Students were asked several questions about their physical activity. Moderate physical activity included walking, dancing, and household chores. Vigorous physical activity included running, swimming, and hiking. On average, students are spending 255.10 minutes per week doing moderate physical activity, and 108.91 minutes per week doing vigorous physical activity. The graph below shows the percentages of students spending zero to more than three hundred minutes per week doing each form of physical activity.



The graph below shows the percentages of students spending zero to seven days per week doing strength training and muscle toning.



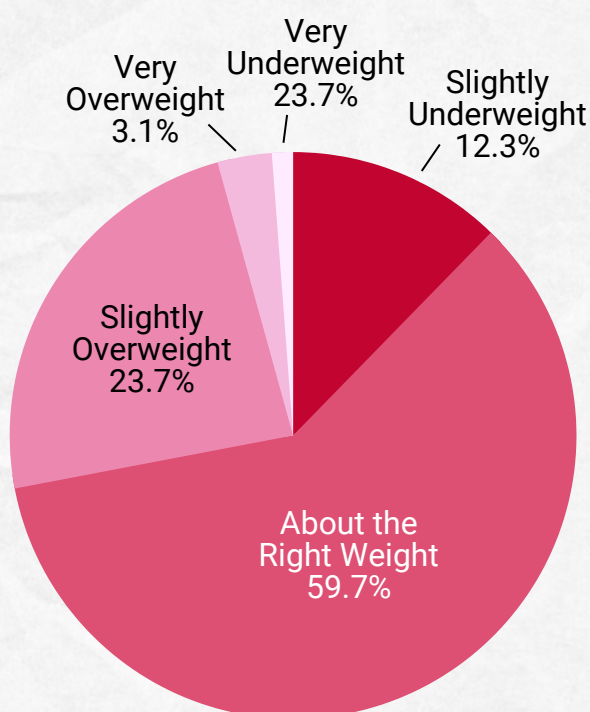
### We're here for you!

The Guelph Gryphon's Athletic Centre includes a state of the art fitness centre, and the base membership is already included in your tuition. Check out [fitandrec.gryphons.ca](http://fitandrec.gryphons.ca) for information on rates, fitness class schedules, intramurals, and more!

## WEIGHT

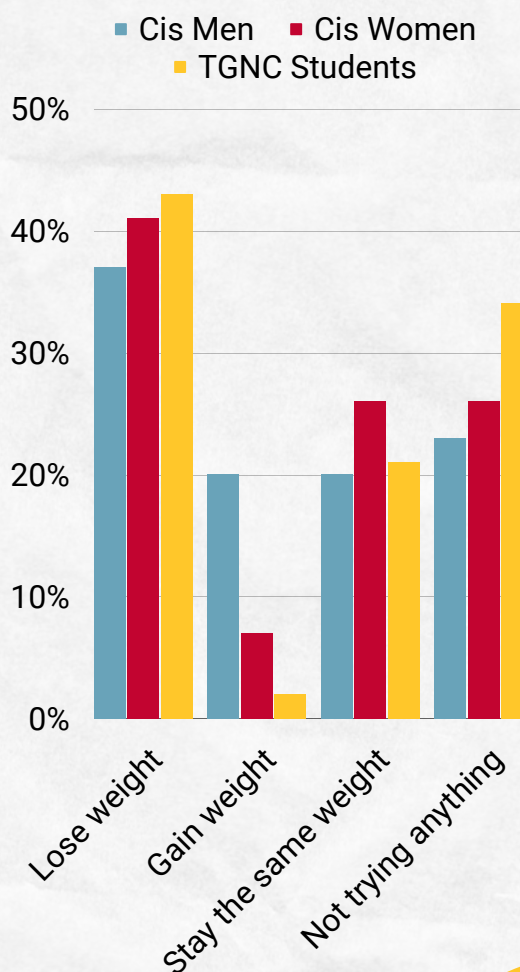
Students were asked about their perceptions of their weight and if they are doing anything to change their weight. Over half of students described their weight as About the Right Weight. The majority of students reported either not trying to change their weight or trying to stay the same weight, however over 40% of students reported trying to lose weight. The following graphs show the results of several weight-related questions.

**How do you describe your weight?**



*38% of transgender and gender-nonconforming students rated their weight as Slightly Overweight, compared to 22% of cis women and 27% of cis men.*

**Are you trying to do any of the following about your weight?**



### We're here for you!

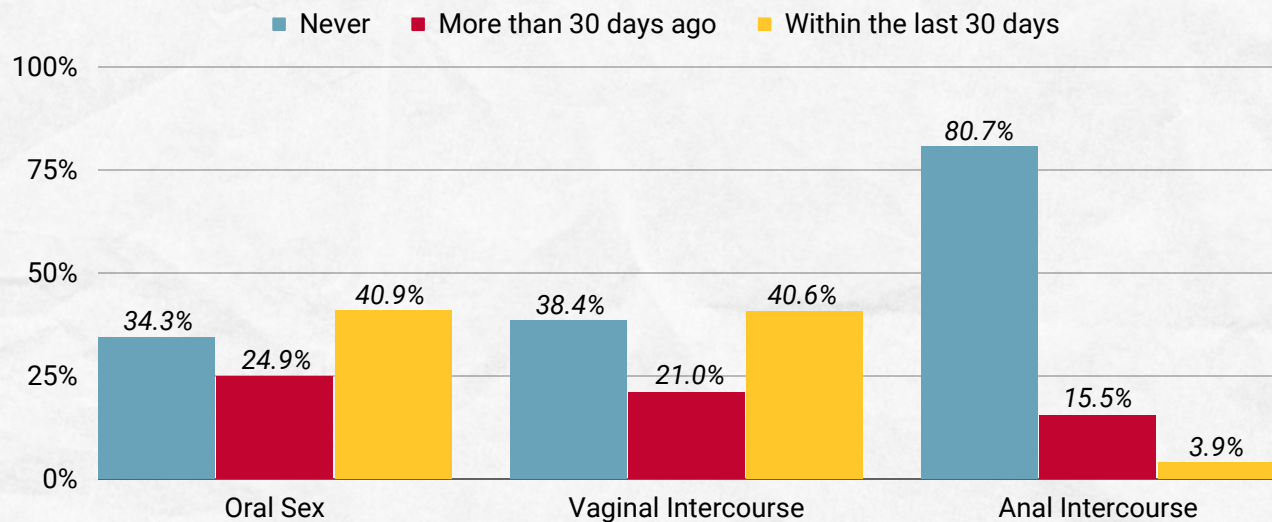
The Body Project is a workshop on campus that aims to promote positive body image, reduce body shaming, and encourage folks to accept themselves as they are. Sessions are held multiple times a semester! Check out upcoming sessions and more information on [GryphLife](#).



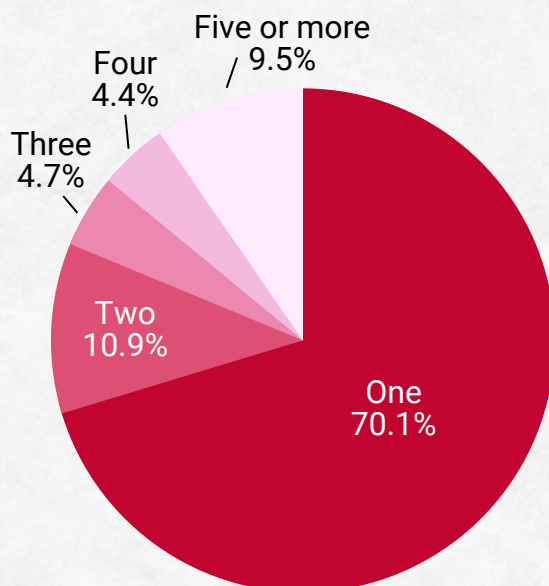
## SEXUAL BEHAVIOUR

Students were asked several questions about their sexual behaviours within the last year, including number of sexual partners and types of sexual acts. Below are several graphs of the student responses.

**When, if ever, was the last time you had the following types of sex?**



**How many sexual partners have you had oral sex, vaginal intercourse, or anal intercourse with in the last year?\***



\*only includes students who reported having oral sex, vaginal intercourse, or anal intercourse in the last year

### We're here for you!

Condoms and lubricant are available for free in many places across campus, including Student Health Services (JT Powell), the Wellness Education & Promotion Centre (JT Powell), the CSA front office (University Centre), and from Residence Assistants.

## USE OF PROTECTION

Students were also asked about their use of protective barriers while engaging in sexual activity in the last 30 days. Protective barriers mentioned include external condoms ("male condoms"), internal condoms ("female condoms"), dental dams, and gloves. For each type of sexual activity, only students who reported engaging in that activity in the last year were included in the sample for use of protective barriers.

95.6% of students reported  
Never using a protective  
barrier for **oral sex**.



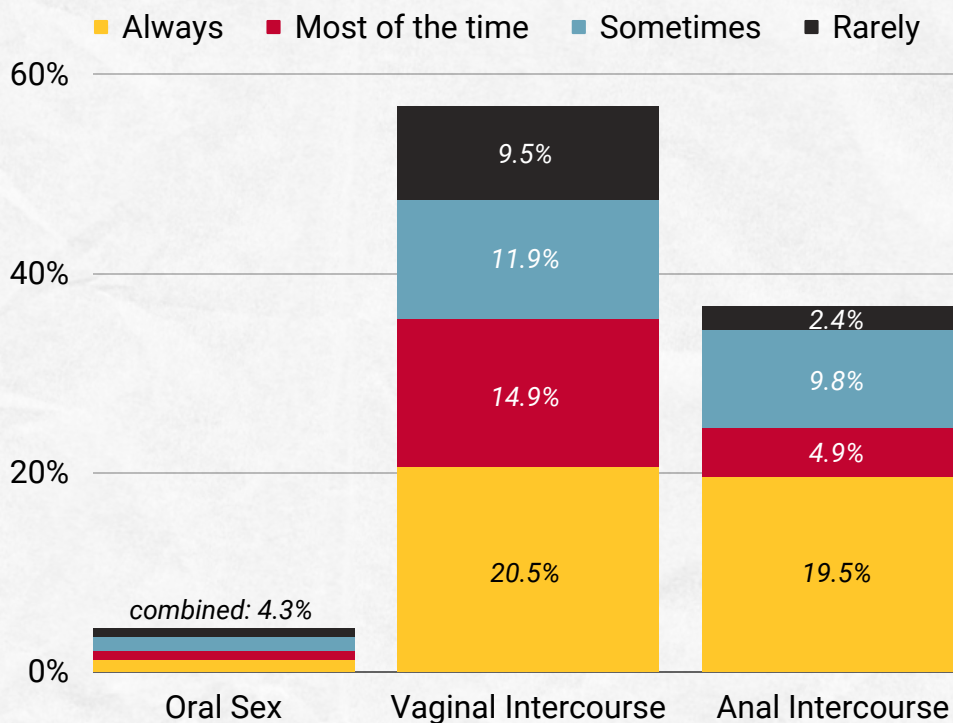
43.3% of students reported  
Never using a protective  
barrier for **vaginal  
intercourse**.



63.4% of students reported  
Never using a protective  
barrier for **anal intercourse**.



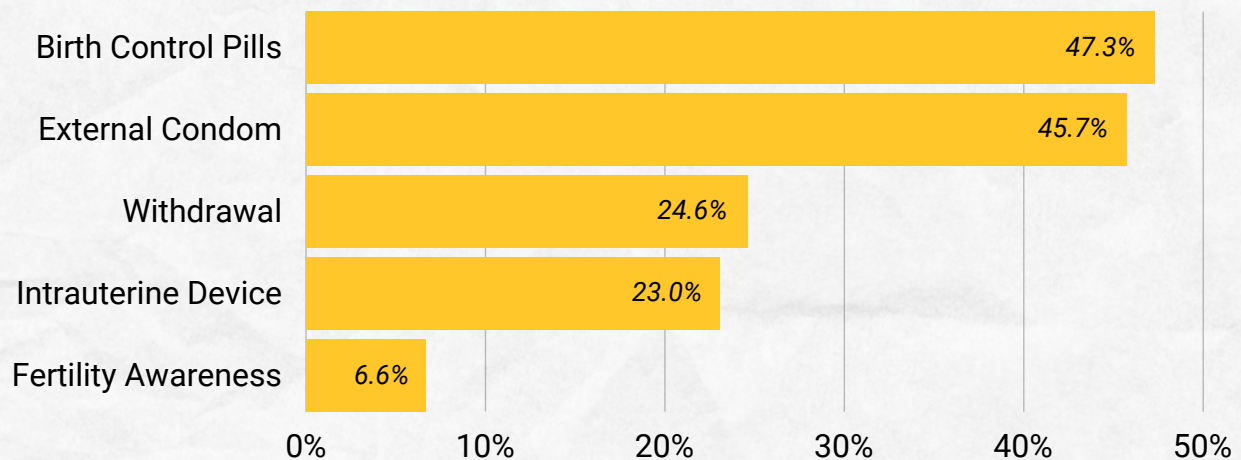
## How often did you or your partner(s) use a protective barrier during the following types of sex?





## USE OF CONTRACEPTION AND PREGNANCY PREVENTION

Students who reported having vaginal intercourse in the last year were asked about any methods they had used to prevent pregnancy. 86.7% of students reporting using or having a partner use a method of pregnancy prevention the last time they had vaginal intercourse. Below is a breakdown of the most common types of pregnancy prevention methods among respondents.



Less common methods of pregnancy prevention included: Emergency contraception (2.6%), Birth control implant (1.8%), The ring (1.6%), Birth control shots (1.4%), Birth control patch (0.8%), Sterilization (0.4%), Internal condom (0.2%), and Contraceptive sponge (0.2%). The option of Diaphragm or cervical cap was also presented but not selected by any respondents.

## USE OF EMERGENCY CONTRACEPTION

Students who reported having vaginal intercourse in the last year were also asked about their or their partner(s)'s use of emergency contraception. 1.4% of respondents indicated using or having a partner use emergency contraception the last time they had vaginal intercourse, while 14.6% of respondents indicated having ever used or having a partner ever use emergency contraception.

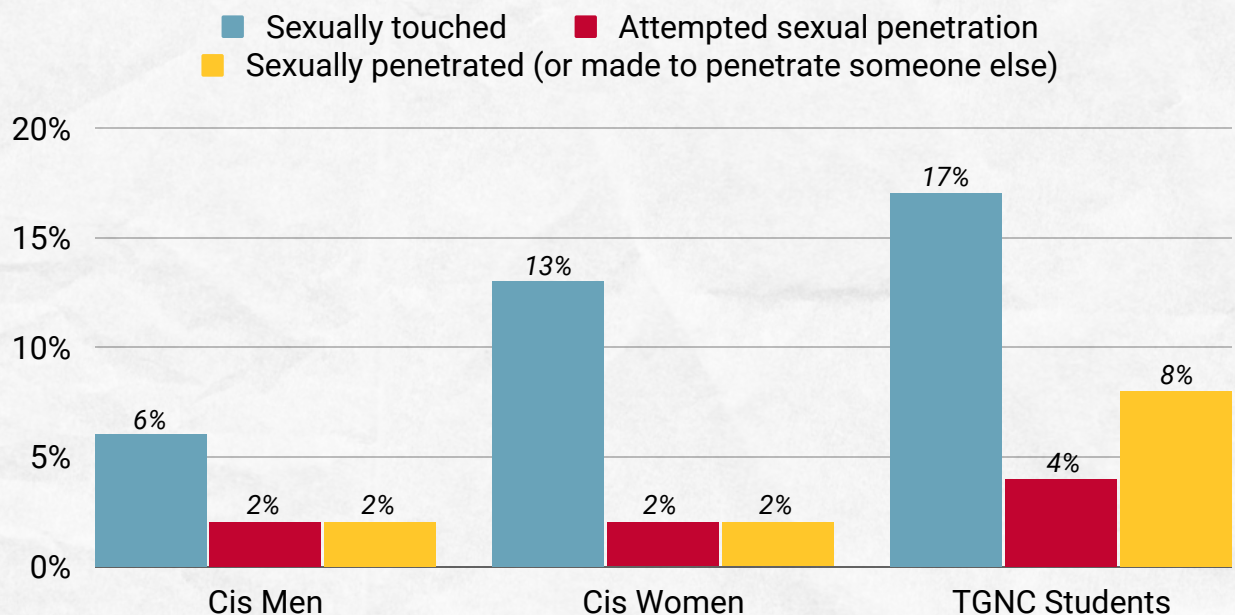
## PREGNANCY

Students who reported having vaginal intercourse in the last year were also asked if they or their partner(s) had become pregnant. 1.1% of students reported a pregnancy, with 0.9% being unintentional and 0.2% being intentional.

## CONSENT

Students were asked questions about consent and unwanted sexual contact, both within and outside of intimate relationships. Below are the results of several consent questions outside of intimate relationships.

**In the last 12 months, did you experience any of the following without your consent?  
(outside of intimate relationships)**



*Transgender and gender-nonconforming students reported experiencing higher rates of sexual violence outside of intimate relationships than cis students.*

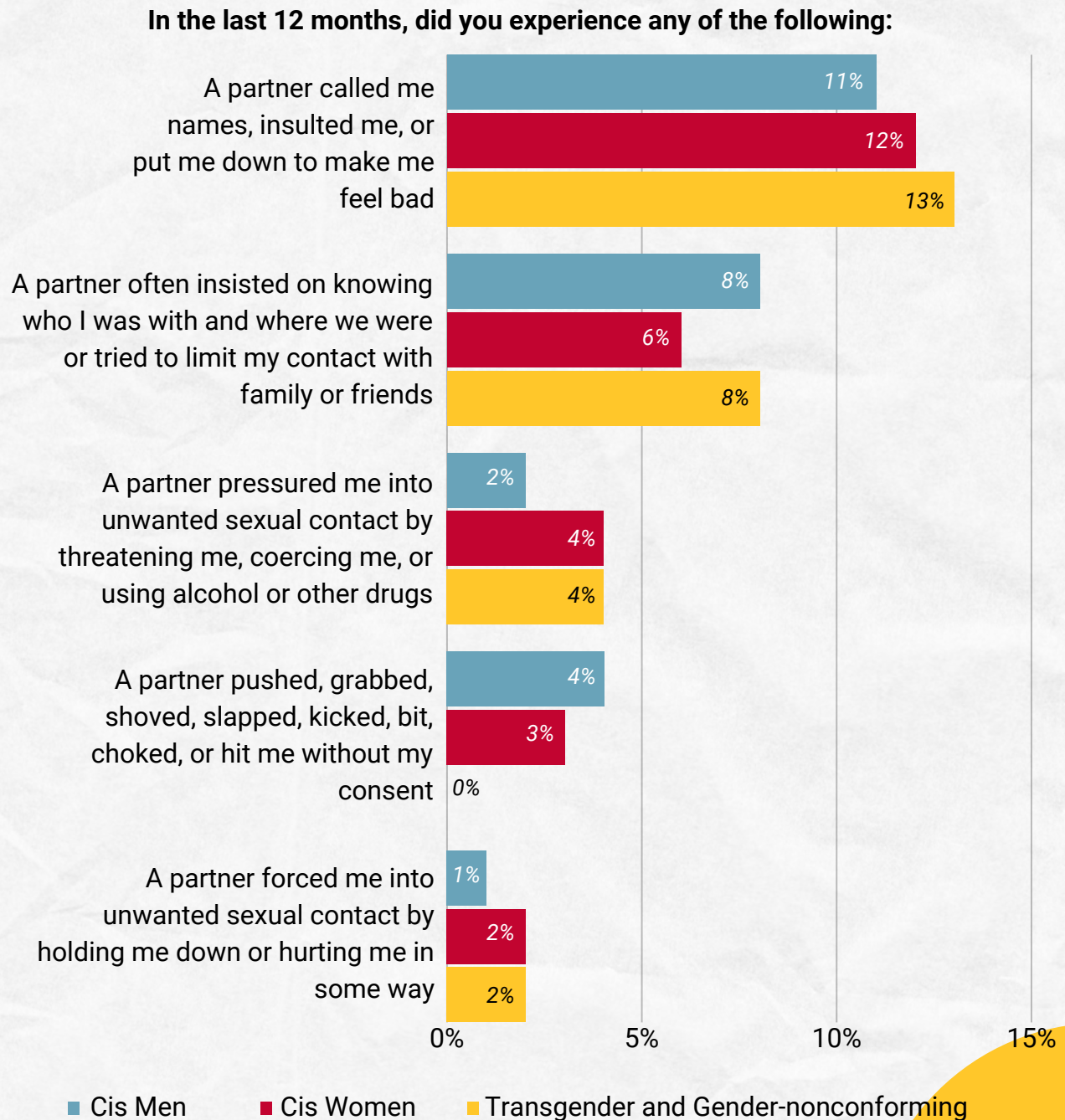
### We're here for you!

- The University of Guelph Sexual Violence Support resources can be found at [wellness.uoguelph.ca/sexual-violence-support](https://wellness.uoguelph.ca/sexual-violence-support) or reach out to the Sexual Violence Support and Education Coordinator at [svinfo@uoguelph.ca](mailto:svinfo@uoguelph.ca).
- Guelph-Wellington County Care and Treatment Centre for Sexual Assault and Domestic Violence at Guelph General Hospital is reachable at 519-837-6440 ext. 2210 or through the Emergency Department at the hospital.



**INTIMATE RELATIONSHIP ABUSE**

Students were asked questions about various types of abuse within intimate relationships. The following graph shows the results of these questions.



## TOP MENTAL HEALTH ILLNESSES

Students were asked if they had been diagnosed by a healthcare professional with any of the following health issues within the last year. The following are the percentages of students who reported being diagnosed for each health issue, ordered from highest to lowest according to total averages.

	TOTAL	Cis Men	Cis Women	TGNC Students
Anxiety:	<b>31.9%</b>	17%	36%	51%
Depression:	<b>23.4%</b>	17%	25%	42%
ADD / ADHD:	<b>10.7%</b>	14%	9%	28%
Eating disorders:	<b>7.7%</b>	2%	9%	17%
OCD and related conditions:	<b>7.1%</b>	4%	8%	15%
Trauma- and stress-related conditions:	<b>6.3%</b>	2%	7%	19%
Insomnia:	<b>6.2%</b>	4%	6%	17%
Personality disorders:	<b>3.0%</b>	1%	3%	13%
Alcohol- or drug-related abuse or addiction:	<b>1.3%</b>	1%	1%	4%
Bipolar and related conditions:	<b>1.3%</b>	<1%	1%	3%
Schizophrenia and other psychotic conditions:	<b>0.4%</b>	<1%	<1%	4%

*The total rates of Anxiety and Depression have increased from 2019. Anxiety increased from 23.7% to 31.9%. Depression increased from 18.3% to 23.4%*

*Transgender and gender-nonconforming students reported experiencing higher rates of mental illness than cis students.*

### We're here for you!

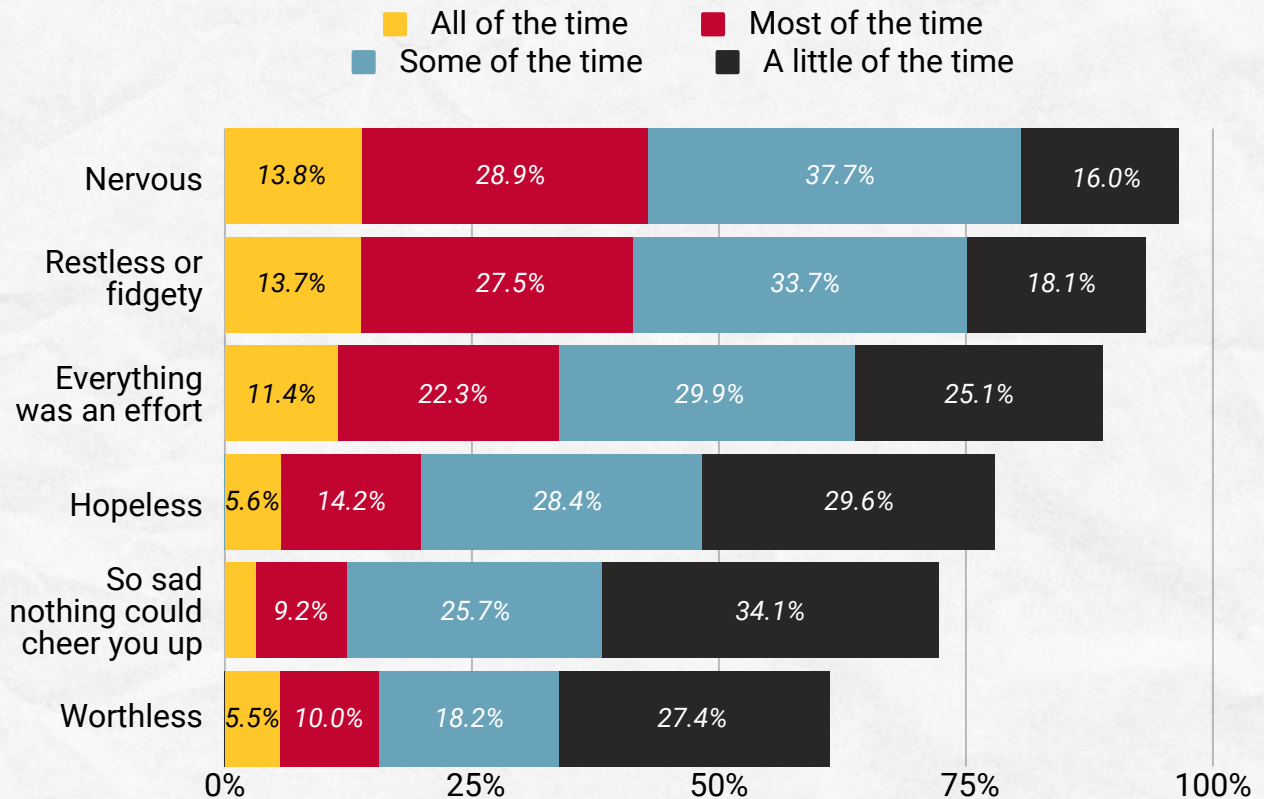
- Counselling Services offers individual and group counselling on campus. Check out [wellness.uoguelph.ca/counselling](https://wellness.uoguelph.ca/counselling) for contact information and more.
- Good2Talk is a free, confidential, helpline providing professional counselling, information, and referrals for mental health, addictions, and well-being to post-secondary students in Ontario. Reach them 24/7 at 1-866-925-5454.



## NEGATIVE EMOTIONS

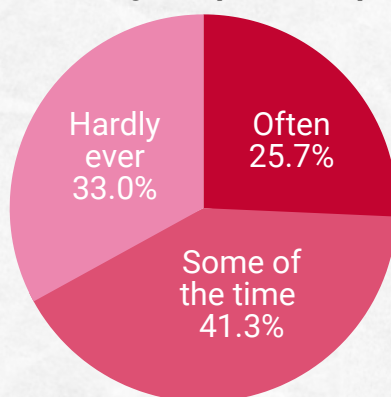
Students were asked a series of questions about negative emotions they may have felt in the last month. The following graphs show the responses to some of these questions.

**During the past 30 days, about how often did you feel the following?**

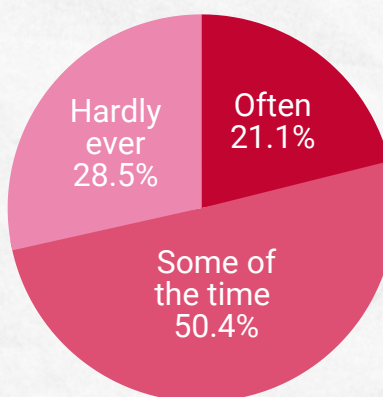


**How often do you feel you are:**

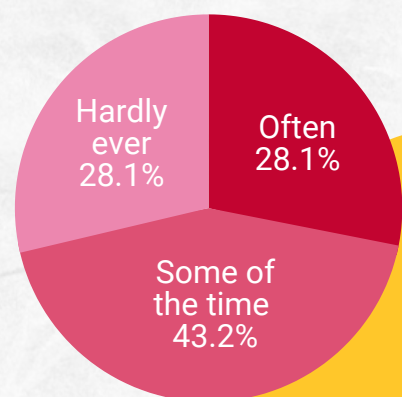
**Lacking companionship**



**Left out**



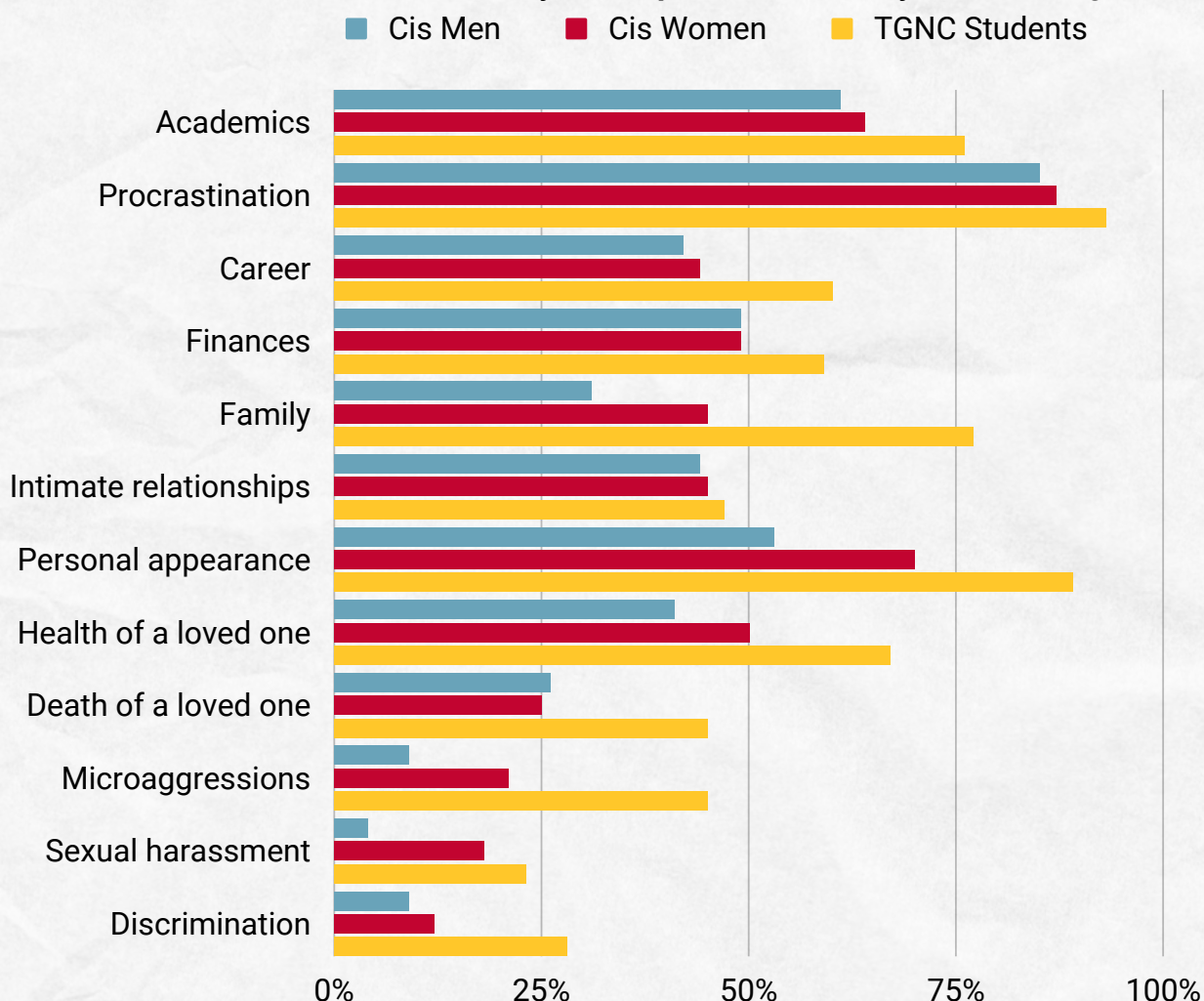
**Isolated from others**



## LIFE CHALLENGES

Students were asked a number of questions about potential challenges they may have faced in the last year. The following graph shows the responses to some of these questions, broken down by gender.

**Within the last 12 months, have you had problems with any the following?**



*The rates of Microaggressions and Discrimination reported by transgender and gender-nonconforming students are double the rates reported by cis students.*

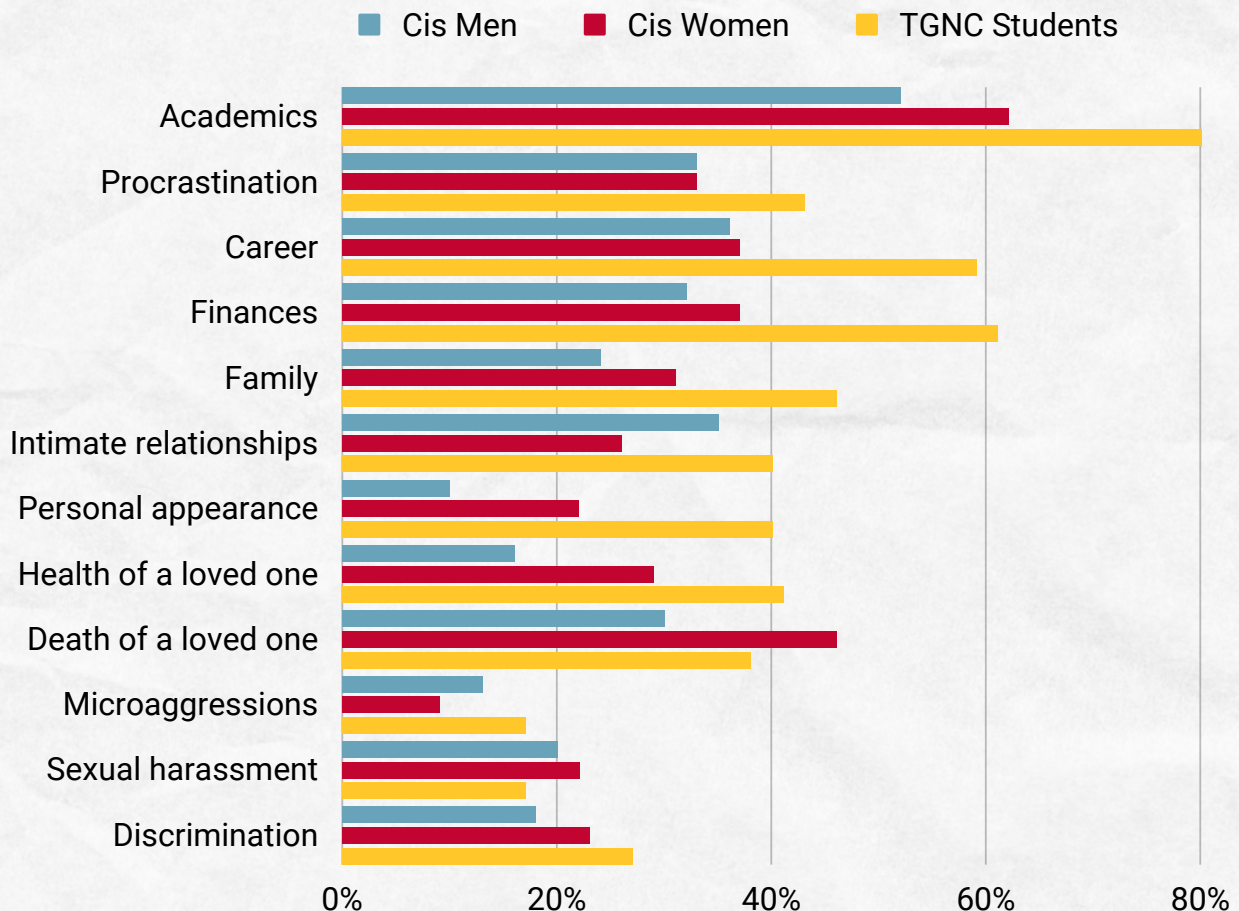
### We're here for you!

- Program counsellors are excellent resources for many academic concerns. You can find their email at [uoguelph.ca/uaic/programcounsellors](mailto:uoguelph.ca/uaic/programcounsellors).
- Student Financial Services provides services and resources to support students in a wide range of financial matters. See what they have to offer at [uoguelph.ca/registrar/studentfinance](http://uoguelph.ca/registrar/studentfinance).

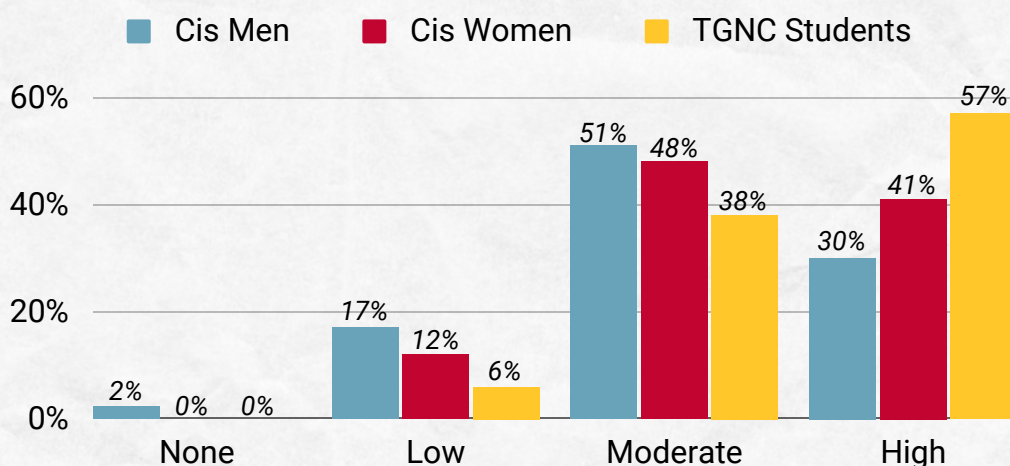


## STRESS

Students were also asked how much distress their life challenges caused them. The following graph shows the percentage of respondents who indicated each challenge caused them High Distress, broken down by gender.



Students were also asked to rate the overall level of stress they experienced in the last month (April to March 2022). The graph below shows the results of this question, broken down by gender.

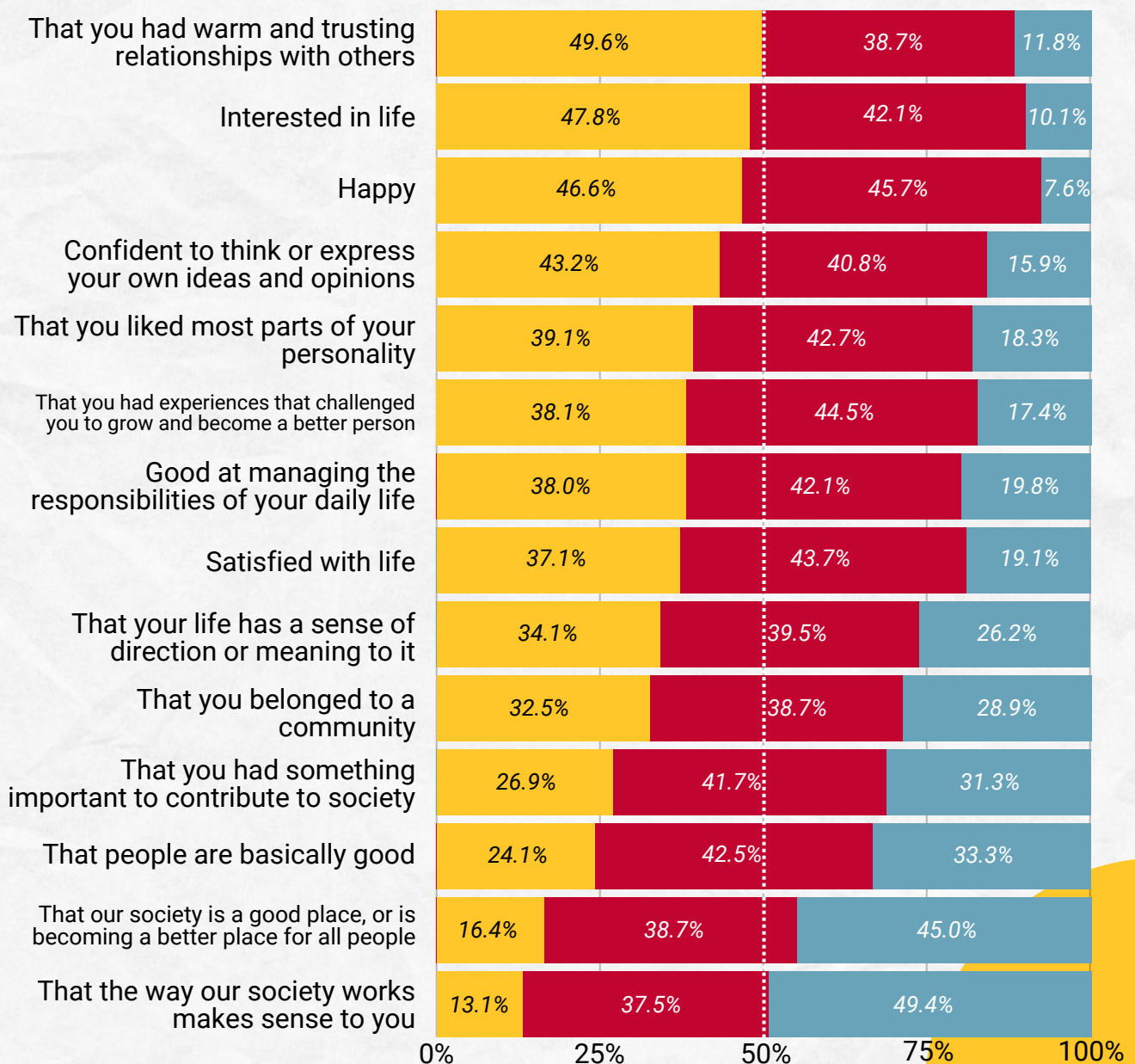


## POSITIVE EMOTIONS

Students were asked a series of questions about positive emotions and experiences they may have had in the last month. The following graph shows the responses to these questions. A dotted white line has been added to show the 50% mark.

**During the past 30 days, about how often did you feel the following?**

- Every day or Almost every day
- One to Three times a week
- Once, Twice, or Never





## TRANSGENDER AND GENDER-NONCONFORMING STUDENTS

Transgender and gender-nonconforming students reported experiencing higher rates of mental illness, higher rates of negative emotions, and lower rates of positive emotions. Trends for mental illness are noted on page 20; below are some trends for negative and positive emotions as reported for the last month (April to March 2022).

### NEGATIVE EMOTIONS

	Cis Men	Cis Women	TGNC Students
<b>Everything was an effort</b> most or all of the time:	29%	33%	60%
<b>Nervous</b> most or all of the time:	27%	47%	56%
Often feel <b>isolated</b> :	29%	27%	45%
<b>Hopeless</b> most or all of the time:	17%	19%	43%
<b>Worthless</b> most or all of the time:	13%	14%	41%
Often <b>lack companionship</b> :	28%	24%	36%
<b>So sad nothing could cheer them up</b> most or all of the time:	10%	12%	34%
Often feel <b>left out</b> :	18%	21%	30%

### POSITIVE EMOTIONS

	Cis Men	Cis Women	TGNC Students
Once, twice, or never felt that <b>the way our society works makes sense to them</b> :	44%	48%	89%
Once, twice, or never felt that <b>our society is a good place, or becoming a better place for all people</b> :	43%	43%	78%
Once, twice, or never felt that <b>their life has a sense of direction or meaning to it</b> :	27%	24%	54%
Once, twice, or never felt that <b>people are basically good</b> :	36%	31%	55%
Once, twice, or never felt they <b>had something important to contribute to society</b> :	29%	31%	49%
Once, twice, or never felt <b>they belonged to a community</b> :	27%	28%	44%

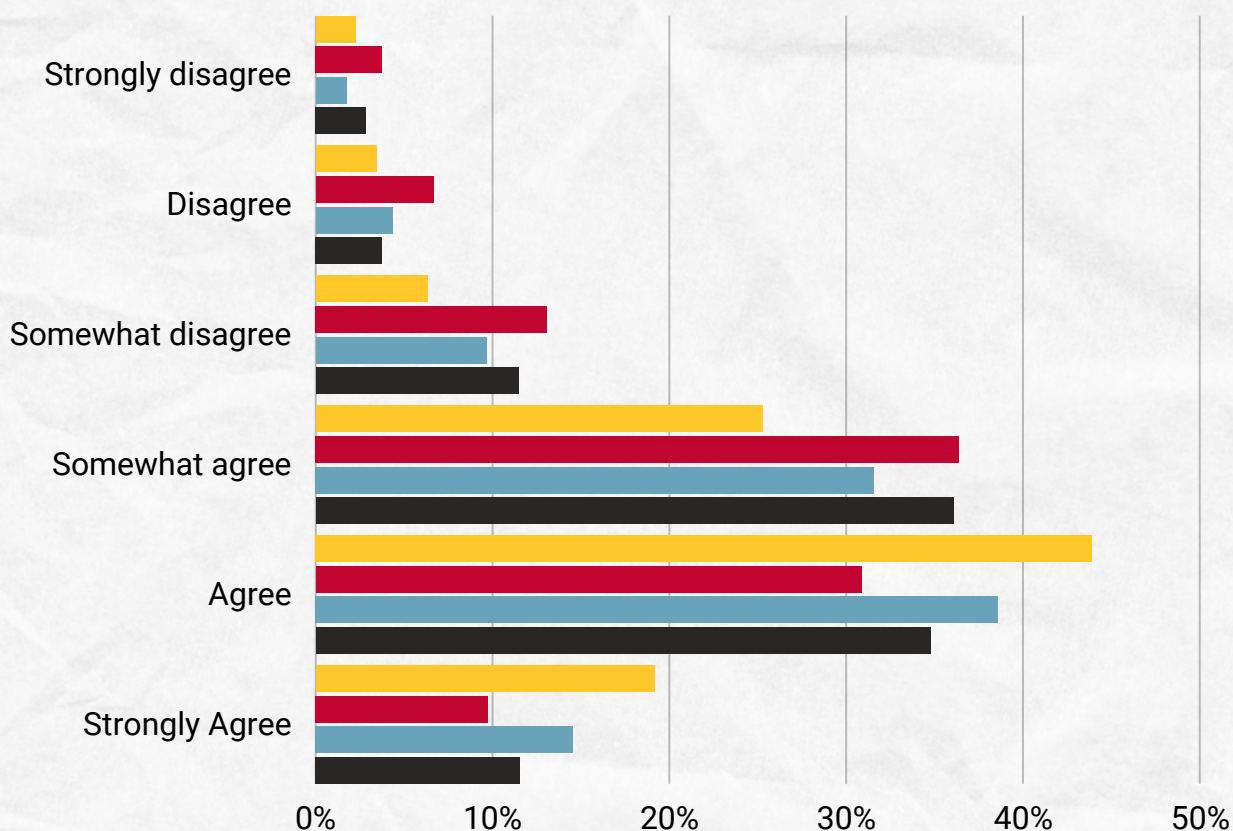
### We're here for you!

OUTline is the University of Guelph's resource and support service specializing in questions and information relating to sexual orientation and gender identity, including an online chat. Learn more at [uoguelph.ca/studentexperience/outline](https://uoguelph.ca/studentexperience/outline).

## CAMPUS ENVIRONMENT AND ACCESSING RESOURCES

Students were asked about the attitudes of their campus community and university regarding their health and wellbeing. The majority of students agreed that they belong at their university, their health and wellbeing is a priority, the campus climate encourages discussion of health and wellbeing, and the campus is a place where people look out for each other. The graph below shows the results of these questions.

- I feel that I belong at my university
- I feel that students' health and well-being is a priority at my university
- At my university, I feel that the campus climate encourages free and open discussion about students' health and well-being.
- At my university, we are a campus where we look out for each other.

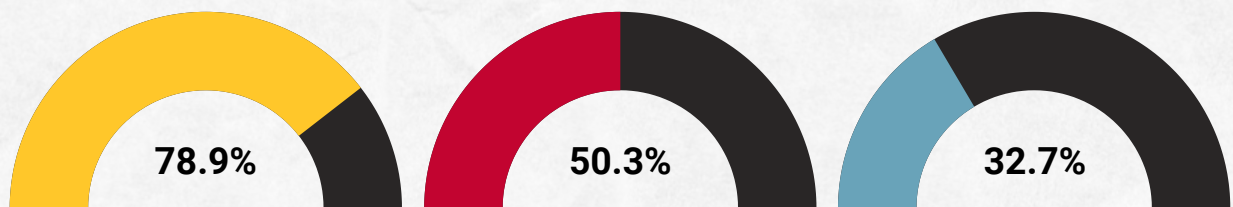


*While 76.8% of all students Somewhat Agree, Agree, or Strongly agree that their health and wellbeing is a priority at their university, 38% of transgender and gender-nonconforming students answered Somewhat disagree, Disagree, or Strongly disagree (compared to 20% of cis women and 28% of cis men).*

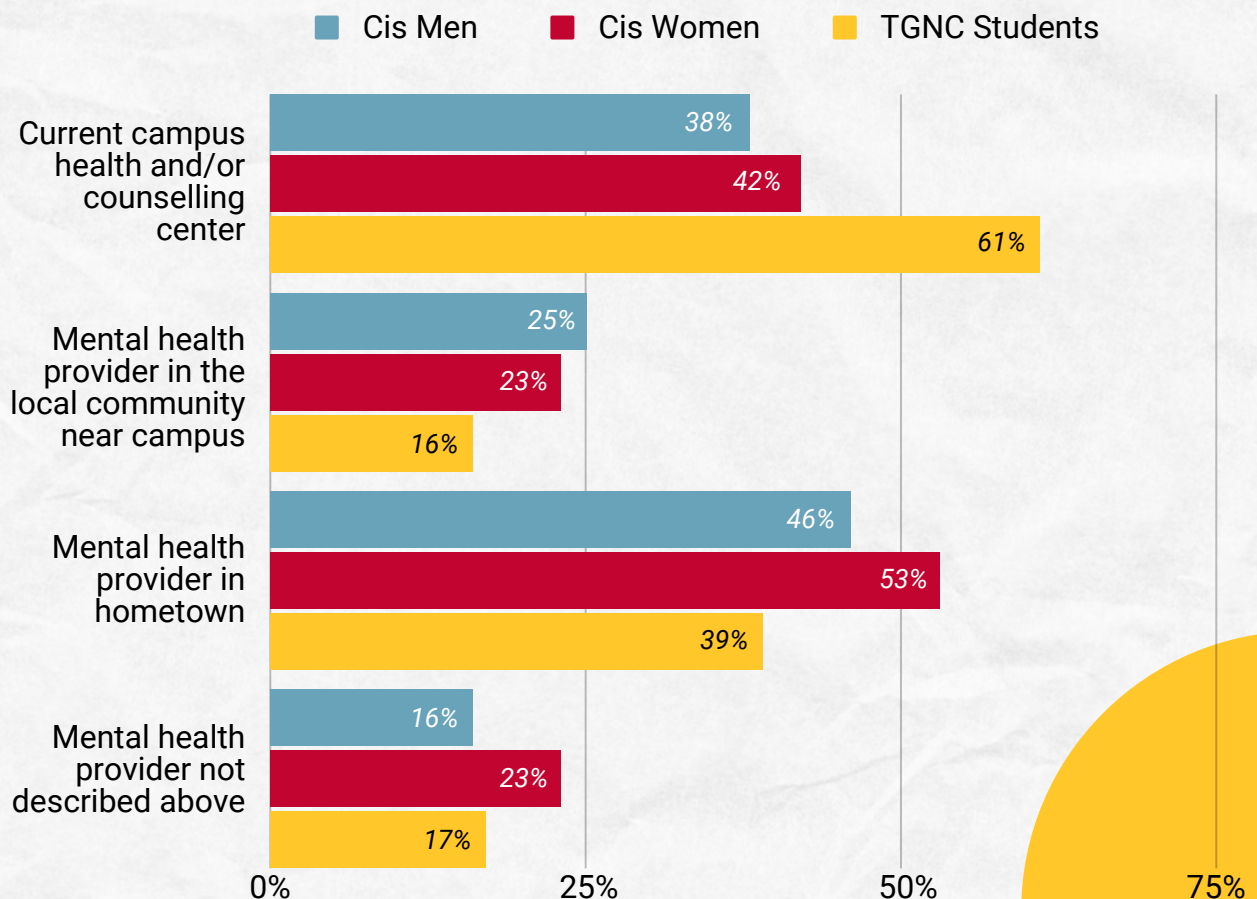


## GETTING HELP

78.9% of students answered Yes when asked if they would consider seeking help from a mental health professional if they were having a personal problem that was really bothering them. 50.3% of students indicated that they had, at some point in their life, received psychological or mental health services. 32.7% of students reported that they had received psychological or mental health services in the last year.



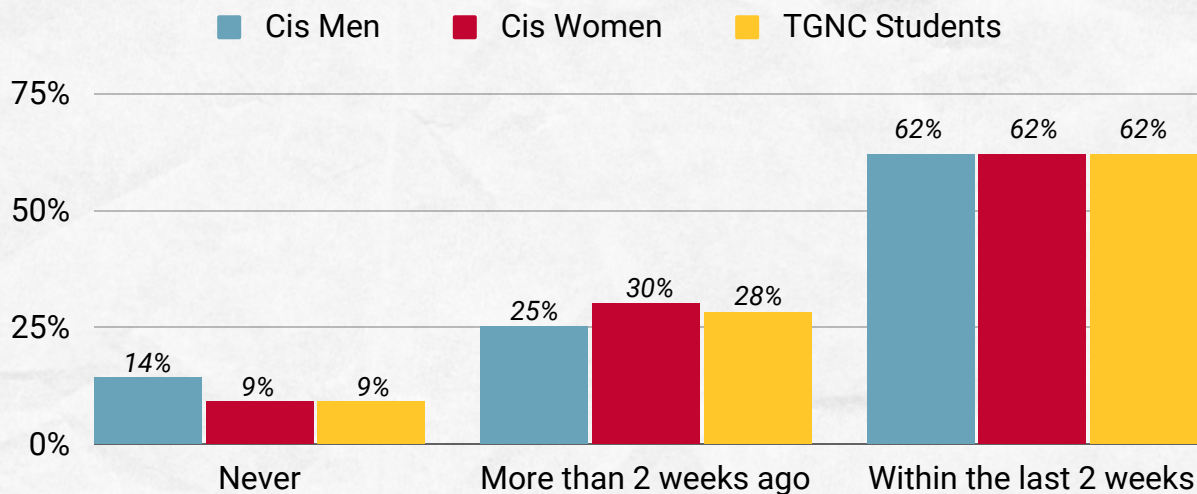
The students who received psychological or mental health services in the last year were also asked where these services came from. The graph below shows the results of these questions, broken down by gender.



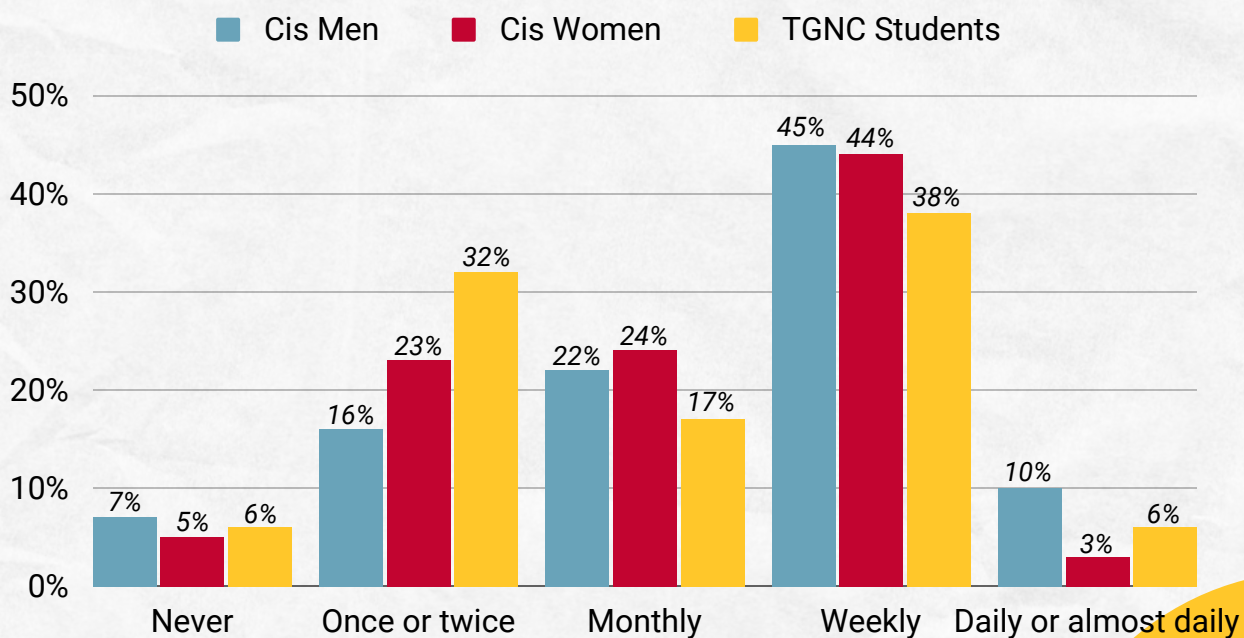
## ALCOHOL

Students were asked a series of questions about their alcohol consumption. The following graphs show the results of several of these questions.

**When, if ever, was the last time you drank alcohol?**



**In the past 3 months, how often have you consumed alcohol?\***

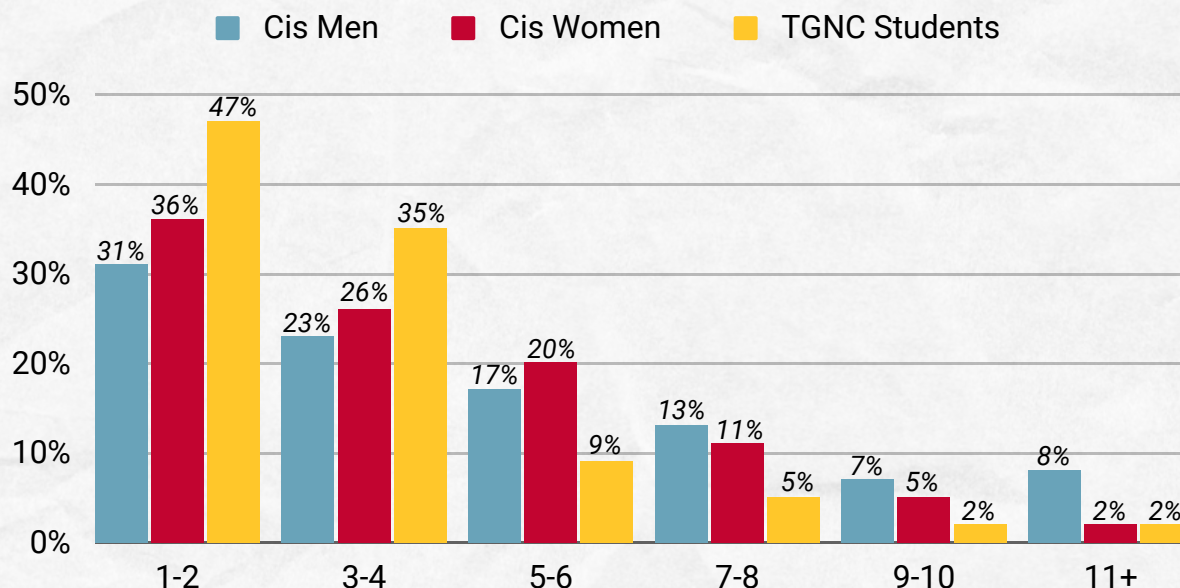


\*Only includes students who reported ever consuming alcohol.

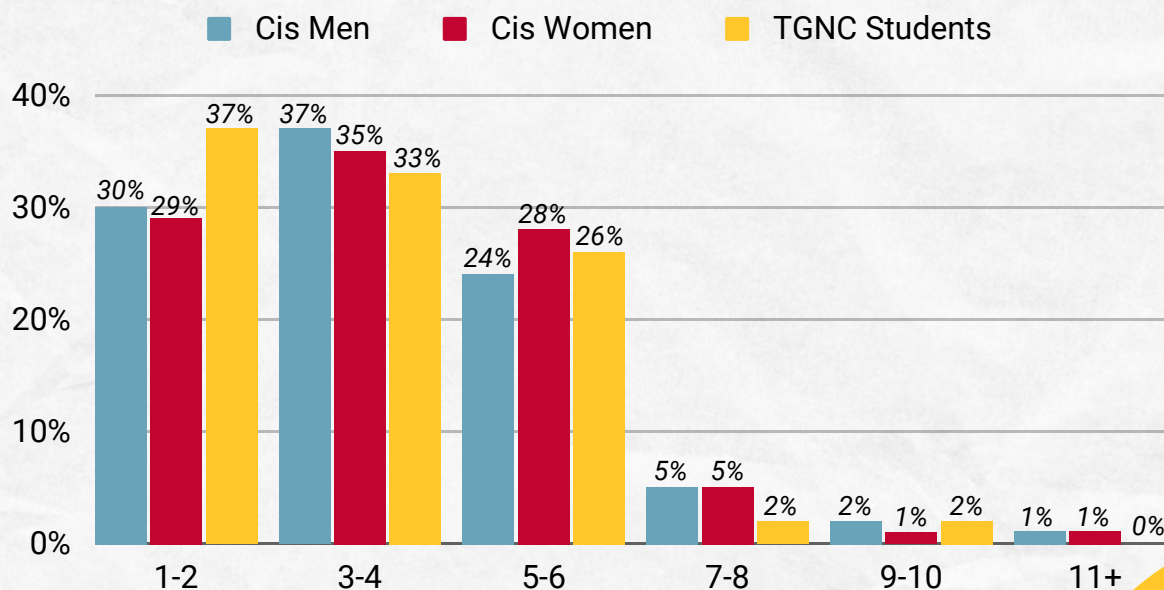


## ALCOHOL

The last time you drank alcohol in a social setting,  
how many drinks of alcohol did you have?\*



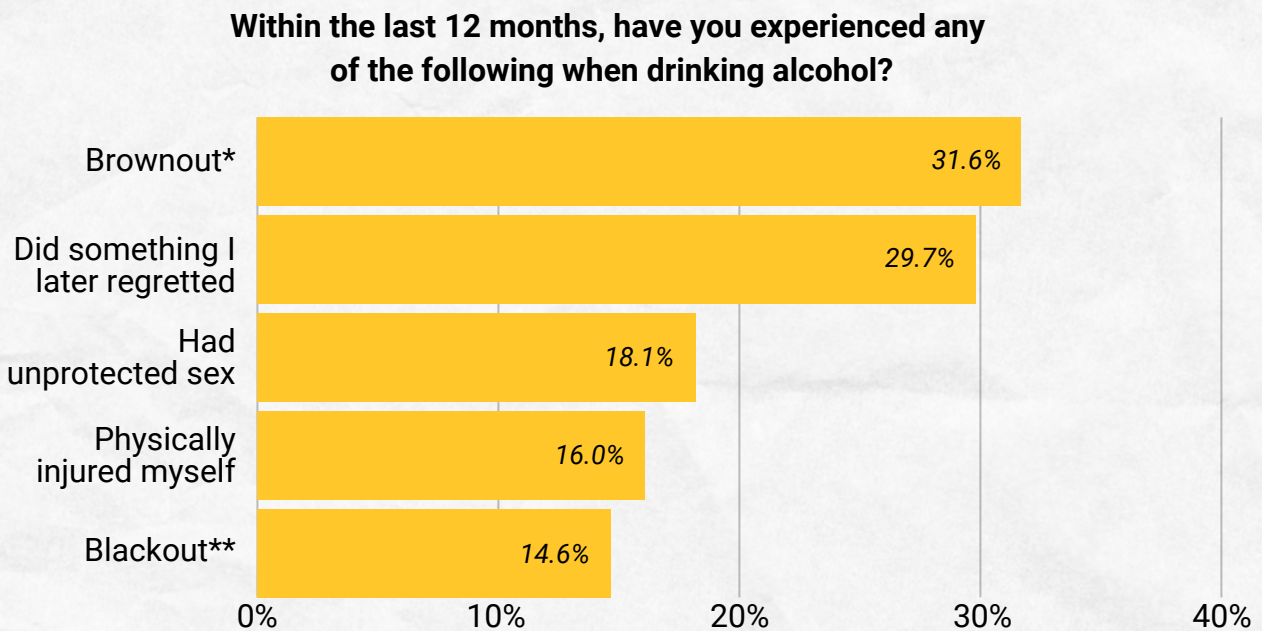
The last time you drank alcohol in a social setting,  
over how many hours did you drink alcohol?\*



\*Only includes students who reported consuming alcohol in the last 3 months.

## ALCOHOL

Students were also asked several questions about experiences they had while drinking alcohol. The following graph shows the results of these answers. Only students who reported drinking alcohol within the last year were included.



\*A Brownout was defined as "forgot where I was or what I did for short periods of time, but can remember once someone reminds me"

\*\*A Blackout was defined as "forgot where I was or what I did for a large period of time and cannot remember, even when someone reminds me"

### We're here for you!

Interested in making changes to your substance use behaviours? The Student Recovery Community is an online peer-led space providing opportunities for students to share their experiences and challenges with substance use and success in recovery. Students who are interested in participating in the recovery community are encouraged to email [student.recovery@uoguelph.ca](mailto:student.recovery@uoguelph.ca) to get connected.



## TOBACCO AND NICOTINE

Students were asked a series of questions about their tobacco and nicotine consumption. The following graphs show the results of several of these questions.

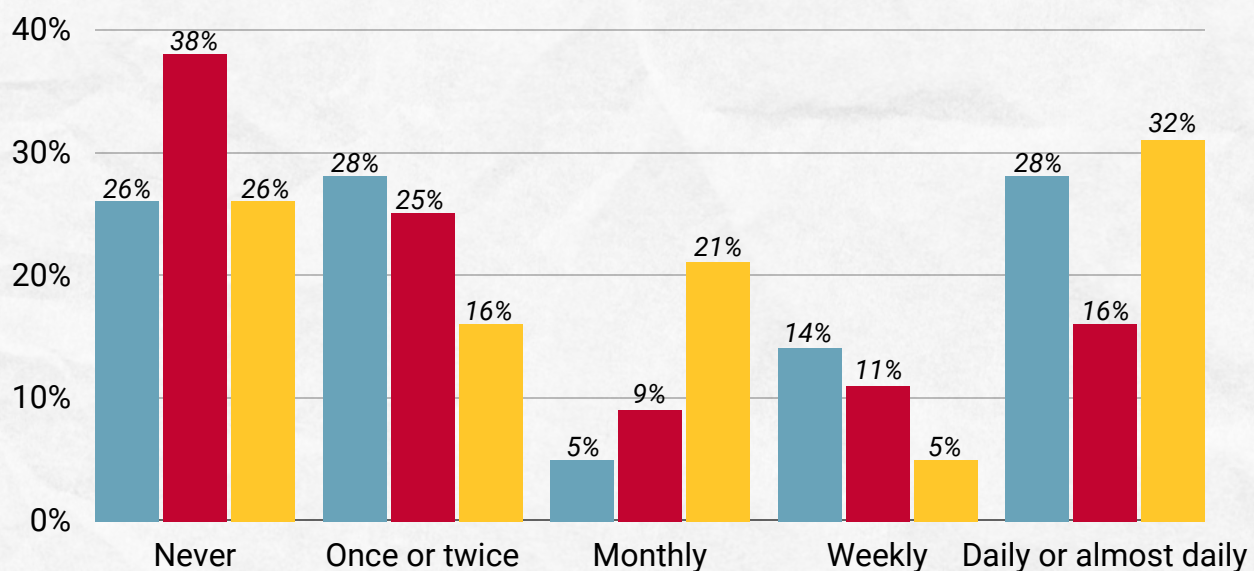
**In your life, have you ever used tobacco or nicotine delivery products?**

Yes - 43.8%

No - 56.2%

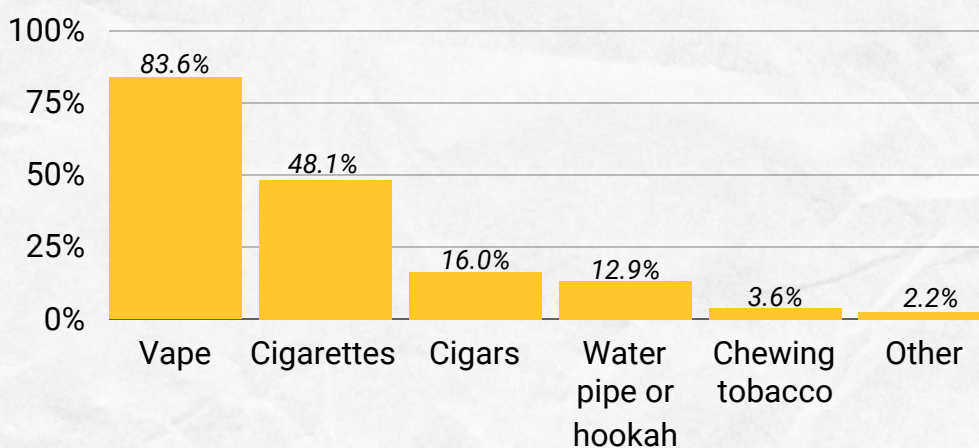
**In the past 3 months, how often have you used tobacco or nicotine delivery products?\***

■ Cis Men ■ Cis Women ■ TGNC Students



\*Only includes students who reported ever using tobacco or nicotine delivery products.

**Within the last 3 months, which tobacco products have you used?\*\***



\*\*Only includes students who reported using tobacco or nicotine in the last 3 months.

## CANNABIS

Students were asked various questions about their use of cannabis, which became legal in Canada in 2018. The following graphs show the results of several of these questions.

**In your life, have you ever used cannabis products?**

Yes - 63.2%

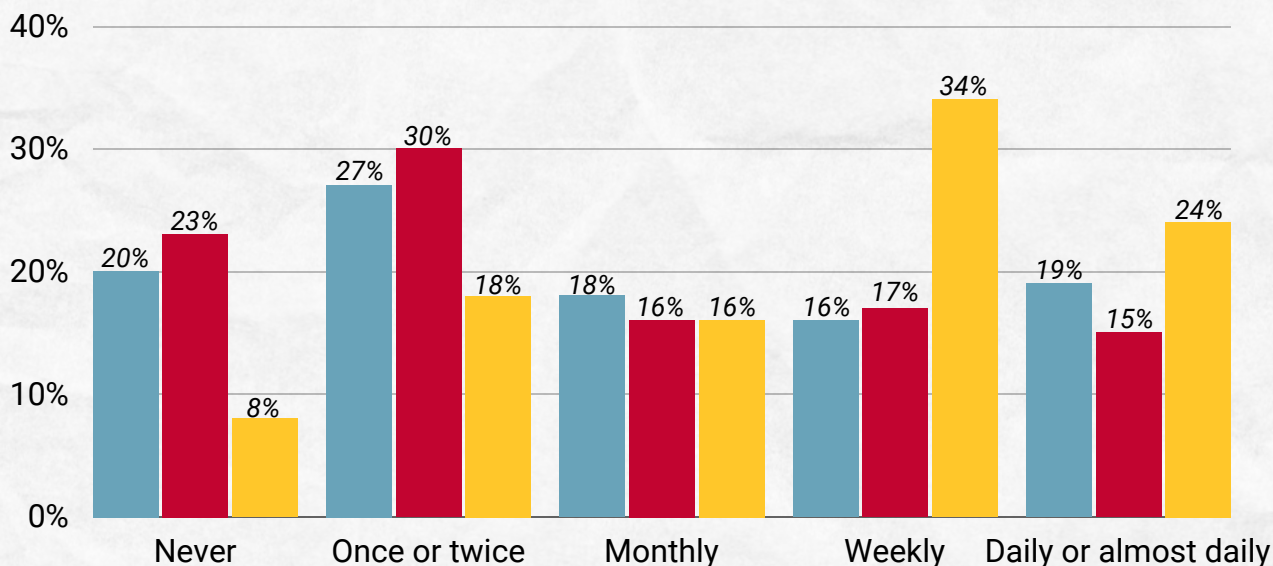
No - 36.8%

**In the past 3 months, how often have you used cannabis products?\***

■ Cis Men

■ Cis Women

■ TGNC Students



\*Only includes students who reported ever using cannabis.

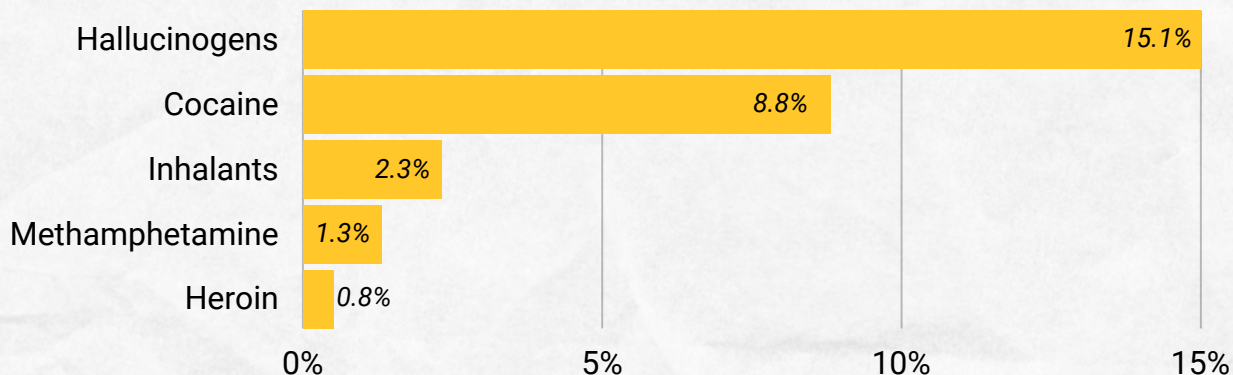
*Transgender and gender-nonconforming students show higher rates of Weekly and Daily or almost daily cannabis use compared to cis students.*



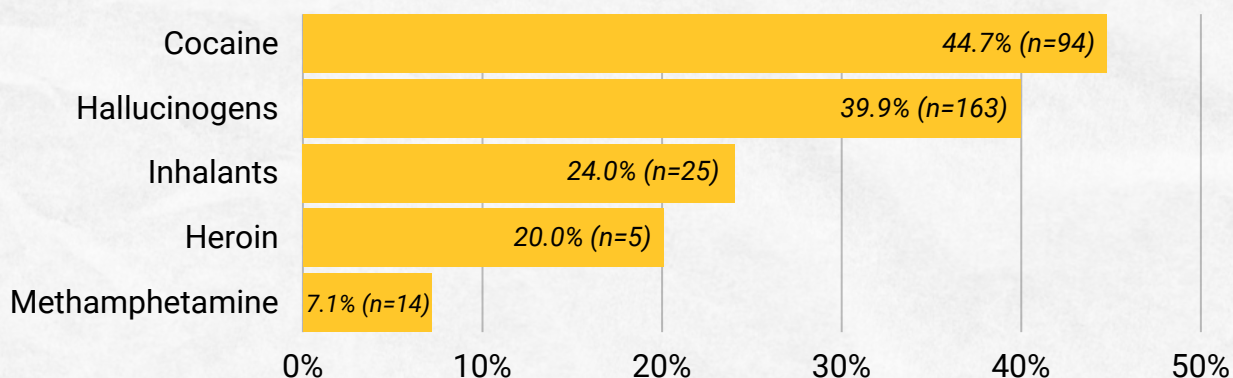
## ILLICIT DRUGS

Students were asked several questions about illicit drug use. The following graphs show the results of several of these questions. Sample sizes are provided in the second graph for perspective.

**In your life, which of the following substances have you ever used?**



**Have you used any of the following substances within the past 3 months?\***



\*Only includes students who reported ever using each of the substances.

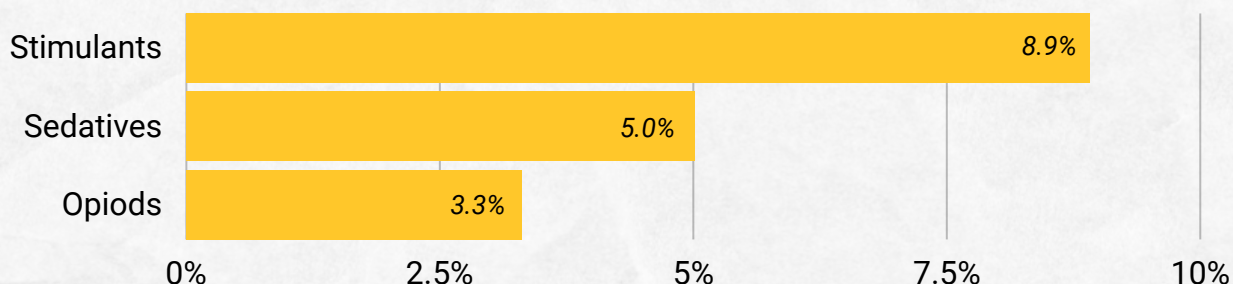
### We're here for you!

Naloxone Kits are available at your local and campus pharmacies. Naloxone is a drug that can temporarily reverse an opioid overdose and can save lives when administered. It is recommended that anyone using opioids have a naloxone kit with them and to not use drugs alone.

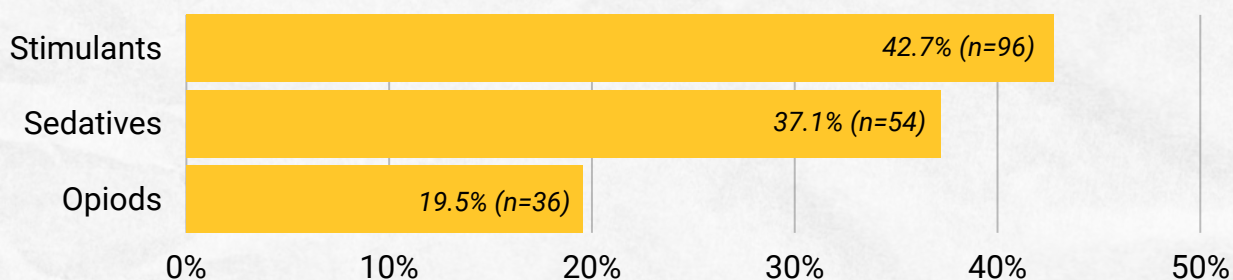
## PRESCRIPTION DRUGS

Students were asked several questions about nonmedical prescription drug use (taking prescription drugs just for the feeling or experience they cause, or taking them more often or at higher doses than prescribed). The following graphs show the results of several of these questions. Sample sizes are provided for perspective.

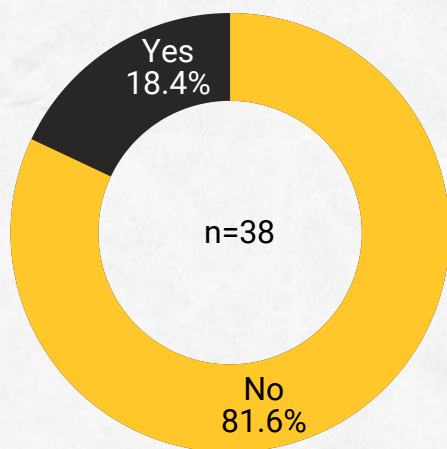
**In your life, which of the following prescription substances have you ever used?**



**Have you used any of the following substances within the past 3 months?\***



**Regarding your use of prescription stimulants in the past 3 months, was it prescribed for you?\***



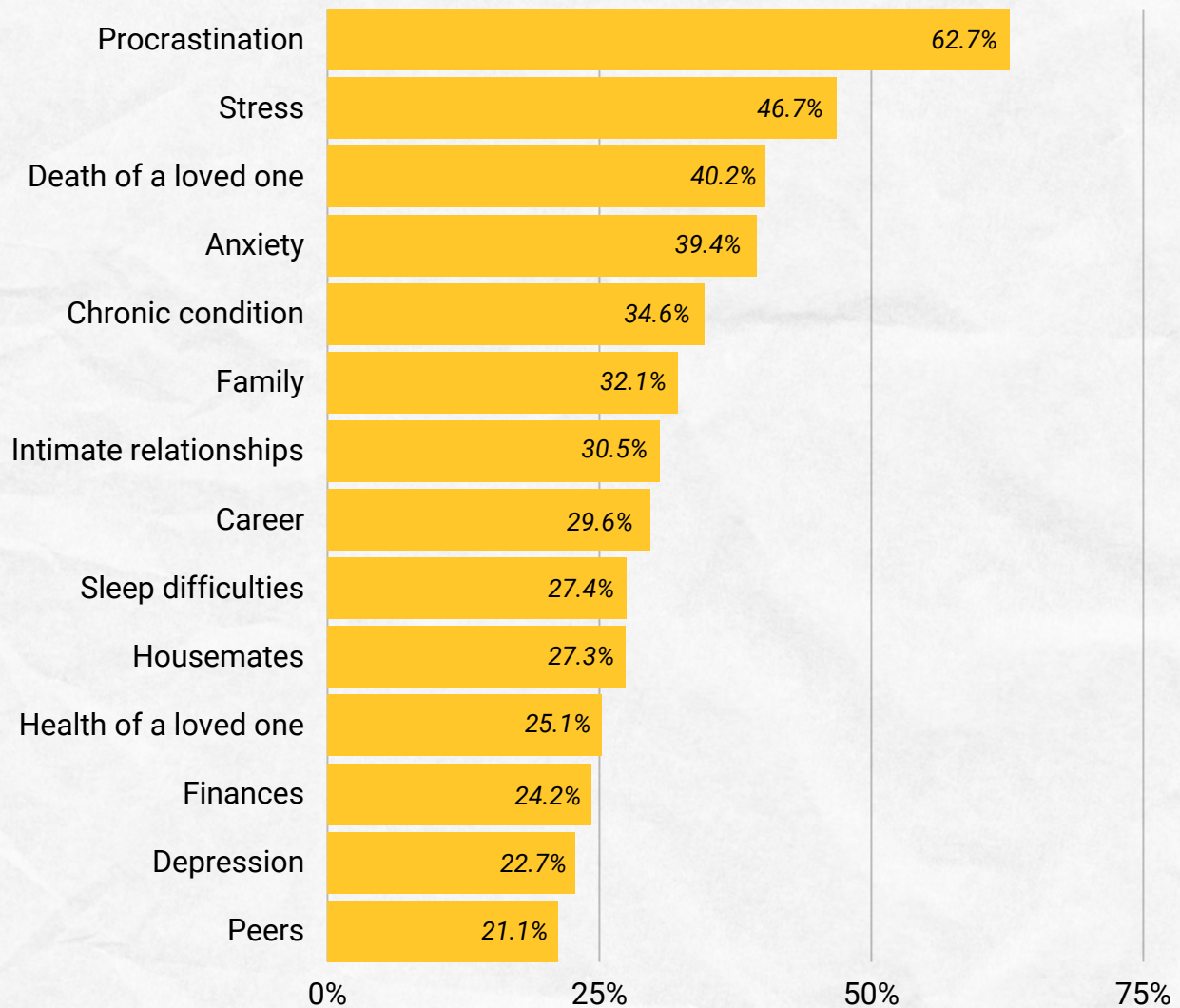
Nearly 82% of students using prescription stimulants reported doing so without having a prescription.

\*Only includes students who reported ever using the substance.



Students were asked many questions about various stressors which can impact academic performance. The following graph shows the top stressors impacting students' academic performances.

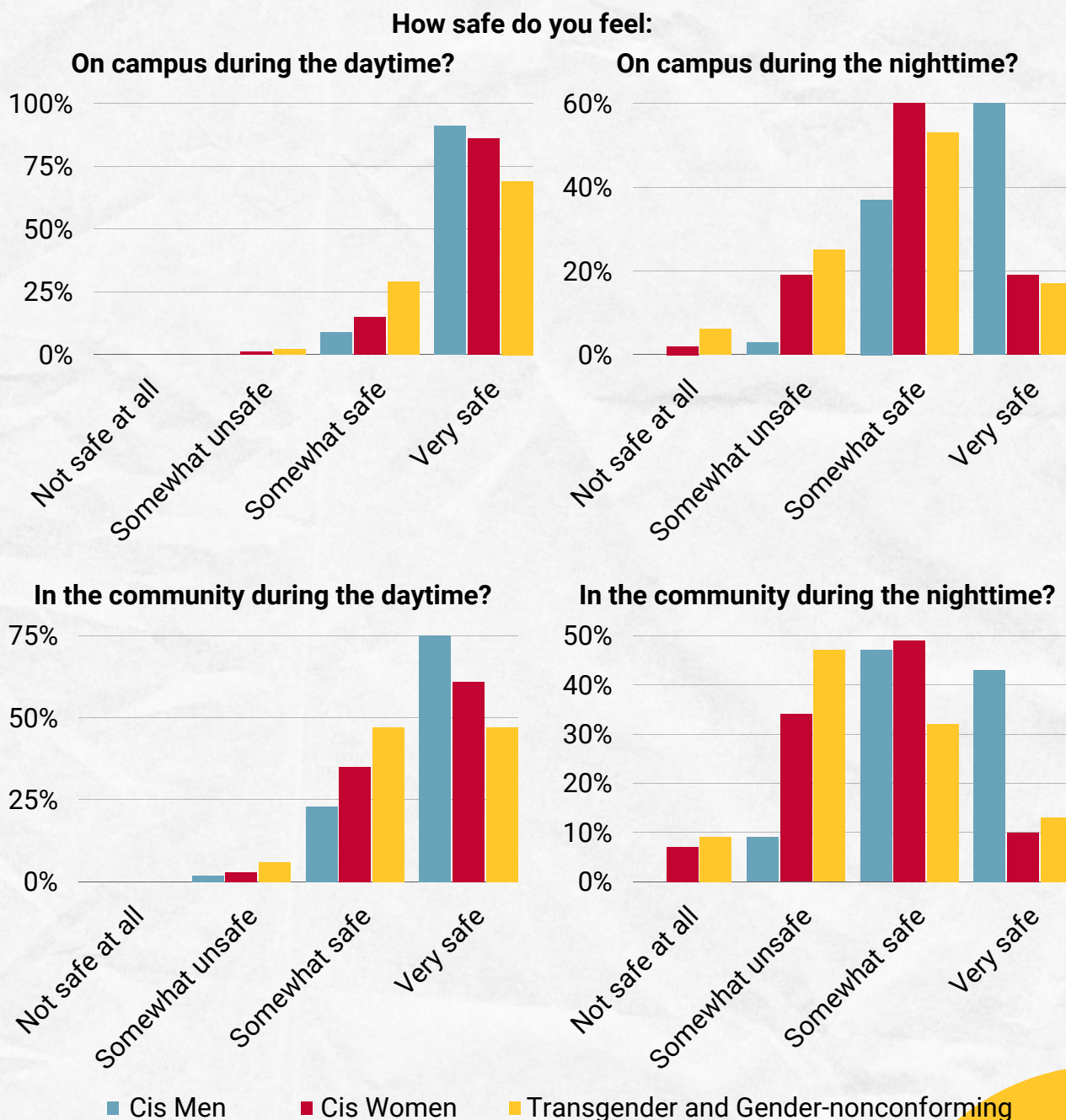
**Within the last 12 months, have any of the following negatively impacted performance in a class?**



*58% of transgender and gender-nonconforming students reported Finances as negatively impacting performance in a class, compared to 22% of cis women and 21% of cis men.*

### SENSE OF SAFETY

Students were asked several questions relating to their personal safety, both on and off campus. The following graphs display the results of these questions.



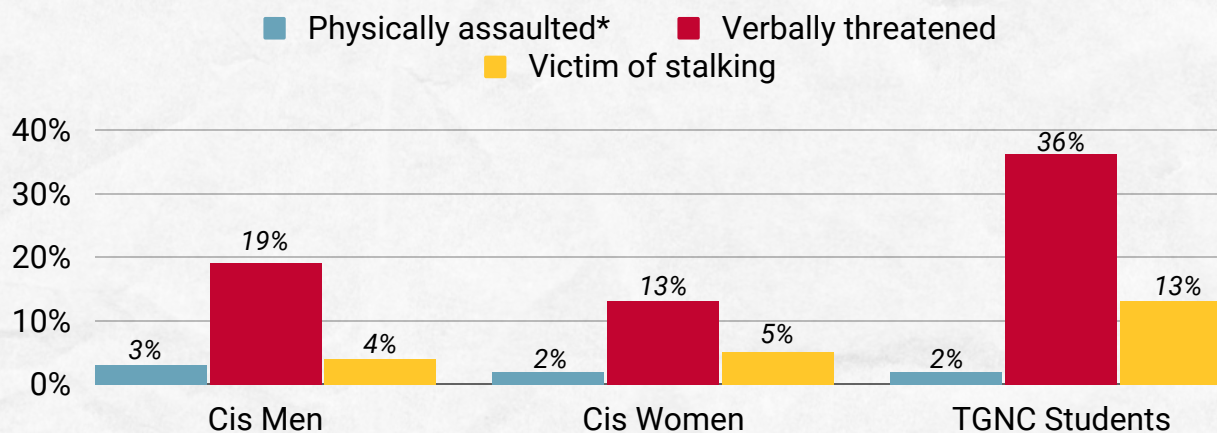
*Cis women and transgender and gender-nonconforming students reported feeling less safe than cis men across all four categories.*



**NON-INTIMATE RELATIONSHIP ABUSE**

The following graphs display the results of several questions pertaining to abuse outside of intimate relationships.

**In the last 12 months, did you experience any of the following?  
(outside of intimate relationships)**



\*Does not include sexual assault

*Transgender and gender-nonconforming students reported experiencing higher rates of abuse and violence outside of intimate relationships than cis students.*

## Emergency and 24 Hour Resources

Campus Safety Office	call 519-840-5000 or ext. 52000
Student Housing Services	North Desk ext. 58122 South Desk ext. 58123 East Desk ext. 58124
Good2Talk	call 1-866-925-5454 text GOOD2TALKON to 686868
Here 24/7	call 1-844-437-3247
Guelph-Wellington Care and Treatment Centre for Sexual Assault and Domestic Violence	call 519-837-6440 office ext. 2728; crisis ext. 2210

## University of Guelph Campus Resources

Counselling Services	<a href="http://wellness.uoguelph.ca/counselling">wellness.uoguelph.ca/counselling</a>
Student Health Services	<a href="http://wellness.uoguelph.ca/health">wellness.uoguelph.ca/health</a>
Health and Performance Centre	<a href="http://wellness.uoguelph.ca/hpc">wellness.uoguelph.ca/hpc</a>
Student Support Network	<a href="http://wellness.uoguelph.ca/ssn">wellness.uoguelph.ca/ssn</a>
Wellness Education & Promotion Centre	<a href="http://wellness.uoguelph.ca/wec">wellness.uoguelph.ca/wec</a>
Student Accessibility Services	<a href="http://wellness.uoguelph.ca/accessibility">wellness.uoguelph.ca/accessibility</a>
Sexual and Gender-Based Violence Support and Education	<a href="http://wellness.uoguelph.ca/sexual-violence-support">wellness.uoguelph.ca/sexual-violence-support</a>
University Centre Pharmacy	<a href="http://ucpharmacy.ca">ucpharmacy.ca</a>
Sexual and Gender Diversity Resources	<a href="http://uoguelph.ca/studentexperience/lgbtq2ia">uoguelph.ca/studentexperience/lgbtq2ia</a>
Cultural Diversity Resources (Support for Black and Racialized Students)	<a href="https://www.uoguelph.ca/studentexperience/cultural-diversity">https://www.uoguelph.ca/studentexperience/cultural-diversity</a>
Indigenous Student Resources	<a href="http://uoguelph.ca/studentexperience/indigenous">uoguelph.ca/studentexperience/indigenous</a>
International Student Resources	<a href="http://uoguelph.ca/studentexperience/international">uoguelph.ca/studentexperience/international</a>
Multi-Faith Resource Team	<a href="http://uoguelph.ca/studentexperience/mftr">uoguelph.ca/studentexperience/mftr</a>



University of Guelph Campus Resources (continued)	
Program Counsellors	<a href="http://uoguelph.ca/uaic/programcounsellors">uoguelph.ca/uaic/programcounsellors</a>
Experiential Learning Hub (Co-Op and Career Support)	<a href="http://recruitguelph.ca/cecs">recruitguelph.ca/cecs</a>
Student Financial Services	<a href="http://uoguelph.ca/registrar/studentfinance/">uoguelph.ca/registrar/studentfinance/</a>
Off-Campus Living Resources	<a href="http://uoguelph.ca/studentexperience/off-campus-living">uoguelph.ca/studentexperience/off-campus-living</a>
Fitness and Recreation	<a href="http://fitandrec.gryphons.ca">fitandrec.gryphons.ca</a>
Off-Campus Resources	
Guelph HIV/AIDS Resources and Community Health (ARCH)	<a href="http://archguelph.ca">archguelph.ca</a>
Guelph-Wellington Women in Crisis	<a href="http://gwwomenincrisis.org">gwwomenincrisis.org</a>

- This sample does not necessarily include the same students as the 2019 sample, making comparative results not perfectly longitudinal.
- This sample includes only a small representation from some populations.
- This sample is only a portion of the entire student population and may not be representative of the entire student body.
  - This sample included a slightly higher proportion of graduate students than the actual total University student population contains.
  - This sample included a slightly smaller proportion of part time students than the actual total University student population contains.
- The determinants of various gender categories in this report were not under the control of the University.