

# National College Health Assessment Results

## Student Wellness Services

# 2019



IMPROVE LIFE.

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## Introduction

This past spring, 1235 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 contained 72 questions. The sample size of the respondents was 1235 (20.5% 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

As per the format provided by the American College Health Association, survey data that is reported by sex is based on the responses to the questions "What sex were you assigned at birth, such as on an original birth certificate?", "Do you identify as transgender?", and "Which term do you use to describe your gender identity?" For the purpose of this report, respondents were designated 'Male' or 'Female' only when the responses to these three questions were consistent with one another. If a student's gender identity is consistent with their 'sex at birth' and they selected "No" for identifying as transgender, then they were designated as either 'Male' or 'Female'. If respondents select "Yes" for identifying as transgender OR their 'sex at birth' was not consistent with their gender identity, then they were designated as 'Non-binary'. A respondent that skips any of the three questions was designated as 'Unknown'. Totals displayed in this report include 'Non-binary' and 'Unknown' students, while the 'Male' and 'Female' values presented in this report include only respondents designated as 'Male' or 'Female'.

Any missing values were excluded from the analysis. Students reporting "Not applicable" were excluded from several analyses, which are specifically noted through this report. Throughout the report many comparisons are made to 2016 NCHA data on University of Guelph students, indicated with red and green arrows to show changes. Previous years' data can be found at [uoguelph.ca/wellness](http://uoguelph.ca/wellness).



**STUDENT  
WELLNESS**

Live well. Achieve well.

Accessibility Services  
Counselling Services  
Education & Promotion Centre  
Health & Performance Centre  
Health Services

## Demographics of the Response Sample

<b>Number of Responses</b>	<b>1235</b>	<b>Gender Identity</b>	<b>%</b>	<b>Sexual Orientation</b>	<b>%</b>
		Female	72.6	Asexual	0.7
<b>Age</b>	<b>%</b>	Male	25.6	Bisexual	8.8
18-20 years	31.8	Transgender male	0.16	Gay	1.5
21-24 years	40.0	Genderqueer	0.57	Lesbian	1.1
25-29 years	18.8	Another Identity	1.05	Pansexual	1.1
30+ years	9.4			Queer	1.1
		<b>Program</b>	<b>%</b>	Questioning	1.8
<b>Enrollment Status</b>	<b>%</b>	Applied Science	5.3	Straight/Heterosexual	83.1
Part-time	5.5	Arts	12.7	Another identity	0.7
Full-time	94.2	Arts & Sciences	2.9		
Other	0.3	Bio-Resource Management	1.3	<b>Ethnicity</b>	<b>%</b>
		Commerce	5.9	Aboriginal	2.2
<b>Year of School</b>	<b>%</b>	Computing	3.0	Arab	2.2
1st Year Undergraduate	12.2	Diploma Program	0.1	Black	2.0
2nd Year Undergraduate	14.2	Engineering	6.6	Chinese	6.7
3rd Year Undergraduate	13.5	Environmental Sciences	4.2	Filipino	0.9
4th year Undergraduate	11.7	Graduate Student	27.8	Japanese	0.4
5th Year or more Undergrad	4.6	Landscape Architecture	0.8	Korean	0.2
Graduate or professional	42.8	Science	23.1	Latin American	2.3
Not seeking a degree	0.2	Science in Agriculture	4.1	South Asian	6.0
Other	0.7	Veterinary Medicine	2.1	Southeast Asian	1.5
				West Asian	1.4
<b>International Students</b>	<b>%</b>	<b>Co-op Program</b>	<b>%</b>	White	77.0
Yes	8.4	Yes	10.3	Multiracial	3.9
				Other	2.2
<b>Housing</b>	<b>%</b>				
Campus residence hall	11.8	<b>Participation in organized school athletics (%)</b>			
Fraternity or sorority house	0.5	Varsity	4.1		
Parent/guardian home	10.5	Club Sports	10.6		
Other university housing	3.9	Intramurals	22.0		
Other off-campus housing	66.5				
Other	6.8				

## We're here for you!

- ✓ **Off Campus Living** (Email: [ocl@uoguelph.ca](mailto:ocl@uoguelph.ca)) and **Student Housing Services** (Website: [housing.uoguelph.ca](http://housing.uoguelph.ca)) are your best resources for support with residence and off campus housing!
- ✓ Jarred Sanchez-Cacnio is **Guelph's Sexual and Gender Diversity Advisor**. You can get in touch with him for anything you need at [cacnioj@uoguelph.ca](mailto:cacnioj@uoguelph.ca)
- ✓ **The Office of Intercultural Affairs** (OIA) offers programming and transition support for international students. Get in touch with them at [oia@uoguelph.ca](mailto:oia@uoguelph.ca)
- ✓ **Program counsellors** are excellent resources for many academic concerns! Don't hesitate to reach out to your program specific counselor by finding their email at [www.uoguelph.ca/uaic/programcounsellors](http://www.uoguelph.ca/uaic/programcounsellors)

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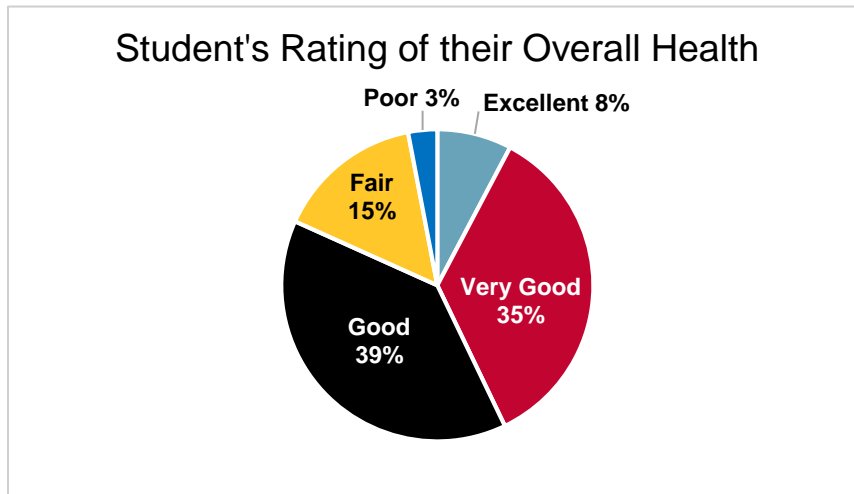
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# General Health of Students

## Personal Rating of Overall Health

Students were asked to rate their overall health as poor, fair, good, very good, or excellent. Almost half of all students ranked their health as *excellent* or *very good*.



**81.3%** of students rated their health as *good*, *very good*, or *excellent* (↓ from 83.7% in 2016)



## Top Physical Health Illnesses

Students reported if they had been diagnosed or treated by a professional with any of the following health issues, within the last year. The following are the proportions of students that reported being diagnosed or treated for each health illness, ordered alphabetically.

Allergies	14.7%	High blood pressure	2.5%
Asthma	7.8%	High cholesterol	1.8%
Back pain	18.8%	HIV infection	0.2%
Broken bone/fracture/sprain	7.1%	Irritable Bowel Syndrome	5.0%
Bronchitis	5.3%	Migraine headache	10.5%
Chlamydia	1.6%	Mononucleosis	1.4%
Diabetes	0.6%	Pelvic Inflammatory Disease	0.5%
Ear infection	5.7%	Repetitive stress injury	4.3%
Endometriosis	2.1%	Sinus infection	12.3%
Genital herpes	0.7%	Strep throat	12.4%
Genital warts/HPV	0.9%	Tuberculosis	0.3%
Gonorrhea	0.4%	Urinary Tract Infection	13.4%
Hepatitis B or C	0.1%		



**Top 10 illnesses** diagnosed or treated by a professional in the last year (compared to 2016 ranking)

- |                                  |  |
|----------------------------------|--|
| 1. Back Pain                     | 6. Migraine headache   |
| 2. Allergies                     | 7. Asthma  |
| 3. Urinary tract infection (UTI) | 8. Broken bone/fracture/sprain(↑ from 9 <sup>th</sup> in 2016) |
| 4. Strep throat                  | 9. Ear infection (↓ from 8 <sup>th</sup> in 2016)              |
| 5. Sinus infection               | 10. Bronchitis   |

**57.7%** of students (41.7% of males, 63% of females) reported being diagnosed or treated by a professional with *at least one of the above conditions* within the last 12 months. (↑ from 55.7% in 2016)

### We're here for you!

- ✓ 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 to see what they're up to!
- ✓ **Student Health Services** provides primary medical care to all students. Visit [uoguelph.ca/wellness/health](http://uoguelph.ca/wellness/health) to find out more about their services or check them out on Instagram and Twitter @wellness\_uog.

### Ask the Expert!

*“Use dynamic sitting strategies to avoid back pain while sitting. Frequent breaks from your seated position every 20-30 minutes with some daily exercise is my recommendation.” – Dr. Marco Lozej, Head of Chiropractic Department, Health & Performance Centre, University of Guelph*



The following is the proportion of students who reported that they had each of the following listed disabilities. Psychiatric condition was the highest reported disability, followed by chronic illness and then ADHD.

Chronic illness	6.4%
Deafness/Hearing loss	1.4%
Learning disability	4.6%
Mobility/Dexterity disability	1.1%
Partial sightedness/blindness	2.4%
Psychiatric condition	10.1%
Speech or language disorder	0.3%
Other disability	3.0%
Attention Deficit and Hyperactivity Disorder (ADHD)	6.6%

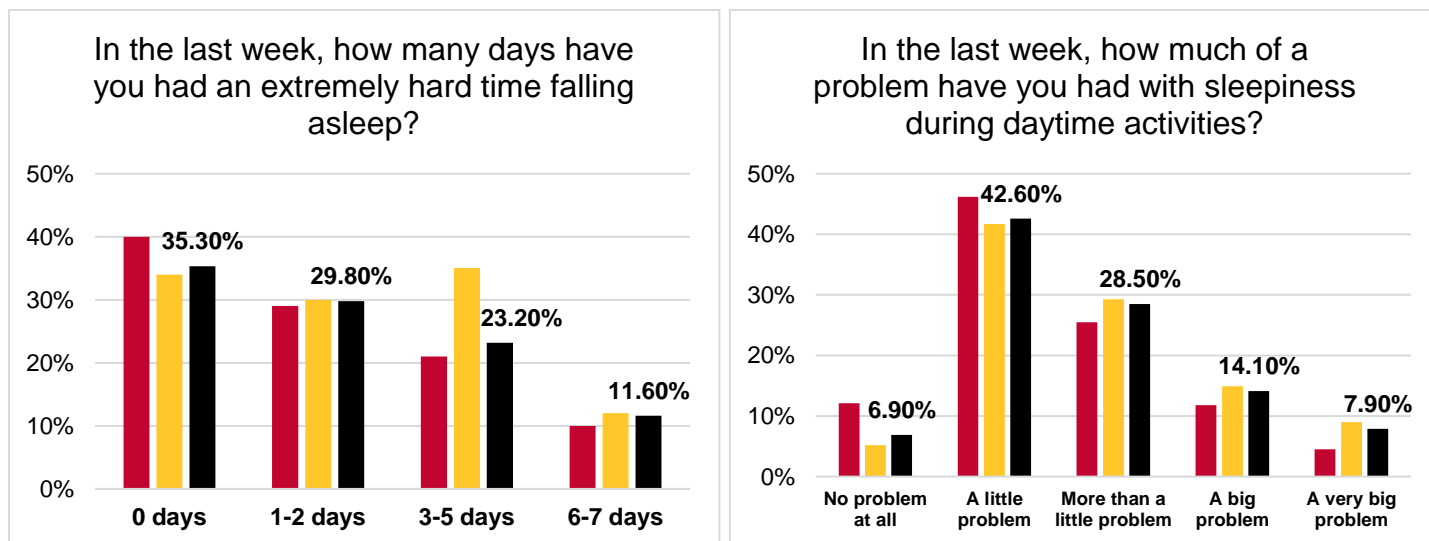
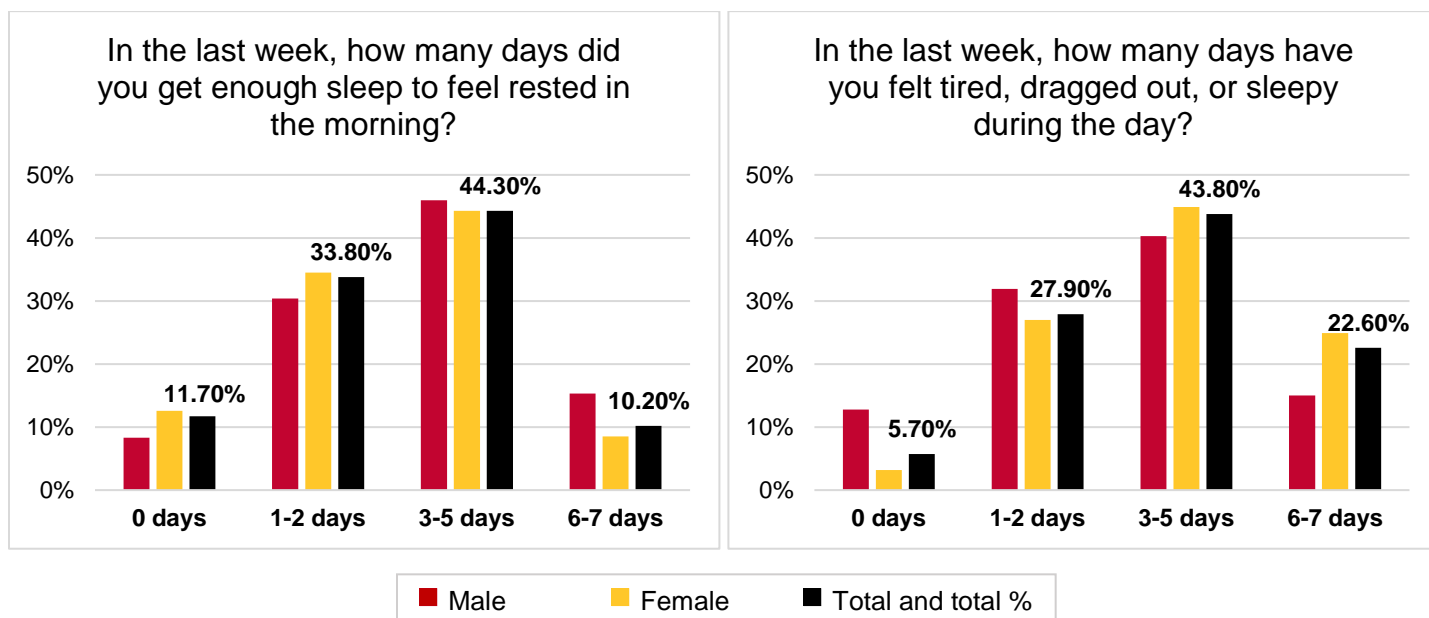
### We're here for you!

- ✓ **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 [uoguelph.ca/wellness/accessibility](http://uoguelph.ca/wellness/accessibility) to see how they can help you!



## Sleep

Students were asked about a number of sleep difficulties that may have affected them in the week prior to the survey. When asked how many days in the week they got enough sleep to feel rested when they woke up, the most frequent answer was only '3-5 days'. The largest proportion of students are feeling tired, dragged out, or sleepy 3-5 days of the week. There were some noticeable difference between male and female students, as indicated in the following graphs which also include the average of all students as 'Total'.



## Ask the Expert!

*“Try turning off screens 60 minutes before bed to help your body get ready to sleep. When you lay down in bed, ‘get out of your head and into your body’. Shift your thinking away from worrying or planning and calmly coax your body to rest by allowing your breathing to slow down, imagining your muscles relaxing, and remember a peaceful time when you were warm and cozy.” – Kathy Somers, Stress Management & High Performance Clinic, University of Guelph*

# Physical Health

## Disease and Injury Prevention

Students were asked about a variety of prevention actions that contribute to physical health. This included vaccinations, flu shots, seeing the dentist, using sunscreen, and more.

### Disease Prevention Practices:

79.0% of students reported having a *dental exam* and cleaning in the last year (↓ from 83% in 2016)



33.4% of males reported performing a *testicular self-exam* in the last month (↑ from 31% in 2016)

31.5% of females reported performing a *breast self exam* in the last 30 days (↑ from 29% in 2016)



30.9% of females reported having a routine *gynecological exam* in the last 12 months (↑ from 29% in 2016)

63.6% of students reported using *sunscreen* regularly with sun exposure (↑ from 62% in 2016)



24.5% of students reported ever being *tested for HIV infection* (↑ from 19% in 2016)



### Did you know?

- ✓ In Canada, women can get a Pap Smear test from their doctor or nurse practitioner, and do not need to see a gynecologist for a routine check-up.



### 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 [www.archguelph.ca](http://www.archguelph.ca)



## Injury Prevention Practices

Almost all students reported wearing a seatbelt when they ride in a car and around half of students report wearing a helmet when they ride a bicycle.

	Of students who have done this activity in the last 12 months:			
	N/A, did not do this activity within the last year	Never*	Rarely or Sometimes*	Mostly or Always*
<b>Wear a seatbelt when you rode in a car</b>	0.2%	0.2%	1.6%	98.2%
<b>Wear a helmet when you rode a bicycle</b>	41.1%	23.1%	21.7%	55.2%

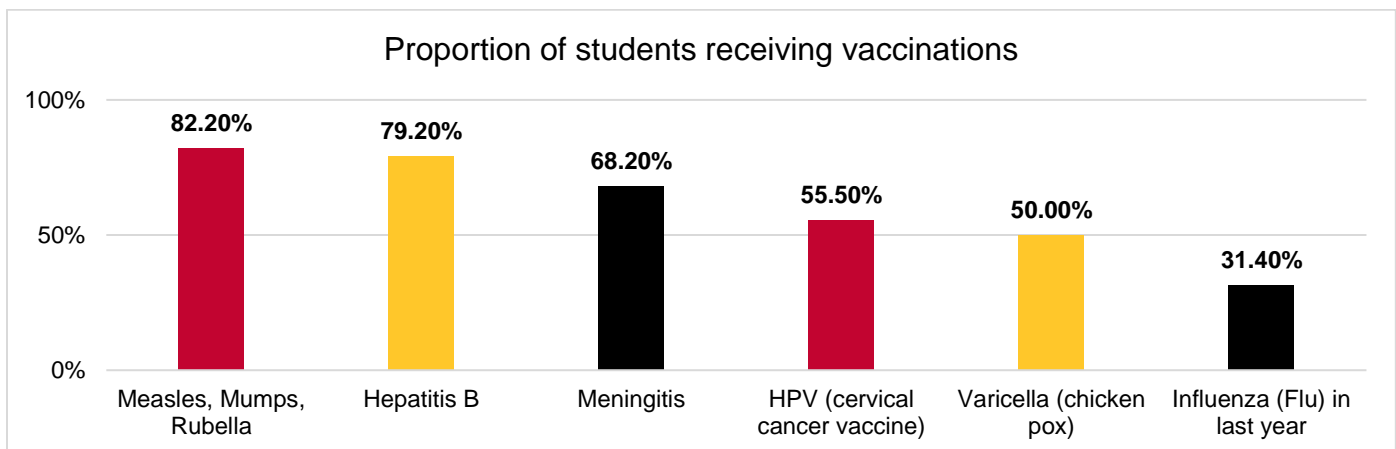


\*students responding N/A, don't do this activity were excluded from the analysis

## Did you know?

- ✓ The **CSA Bike Centre** provides a fully stocked DIY repair shop with volunteers to help you out with the maintenance of your bicycle! They also host a variety of workshops with experts. Check out their hours at [csaonline.ca/bike-centre](http://csaonline.ca/bike-centre)

## Vaccinations



## Did you know?

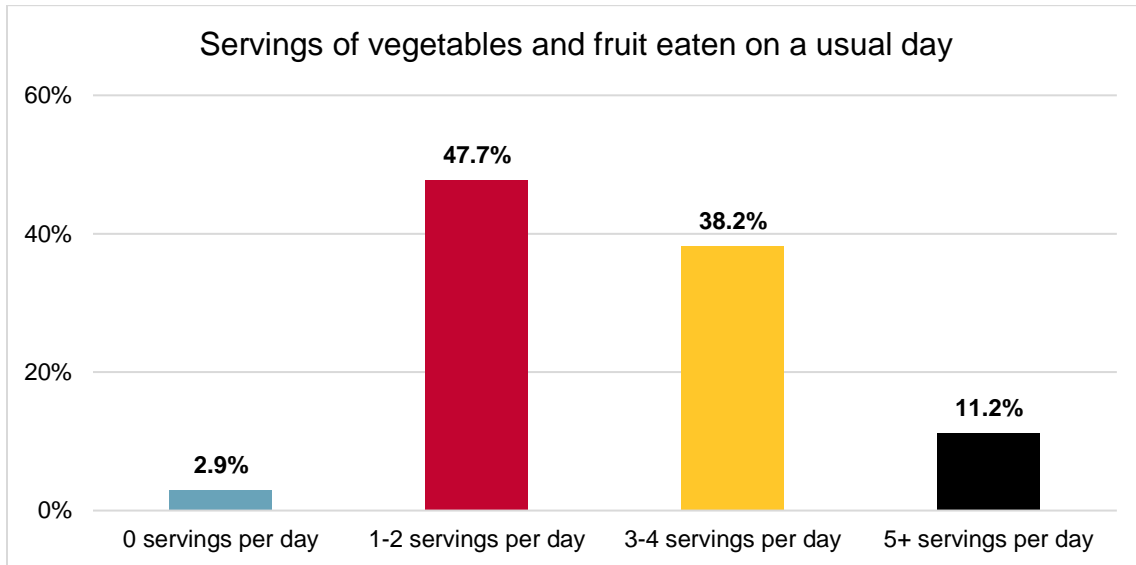
- ✓ **Flu Shot Clinics** are held every fall on campus! Keep an eye out for dates and locations so that you can do your part in protecting yourself and your family.



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## Nutrition

Nutrition is a crucial part of our health and well-being. Students were asked how many servings of fruits and vegetables they eat on a typical day. The largest proportion of students are eating only 1-2 servings of fruits and vegetables a day, well below the Canadian Food Guide recommendation of 5+ servings a day. Only 2.9% of students are eating no servings of fruits or vegetables on a typical day.



**11.2%** of students are meeting the recommendation of 5+ servings of fruits or vegetables a day.  
(↓ from 12% in 2016)

Males: 9.2% (↑ from 6% in 2016)

Females: 11.8% (↓ from 14% in 2016)

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## Ask the Expert!

*“Going longer than 4 hours without eating can make it really hard to concentrate, manage stress and mood, and makes us vulnerable to cravings later in the day. Plan regular meal and snack breaks into your schedule to fuel your body and your mind.” – Lindzie O’Reilly, MAN, Registered Dietitian, University of Guelph Student Wellness Services*

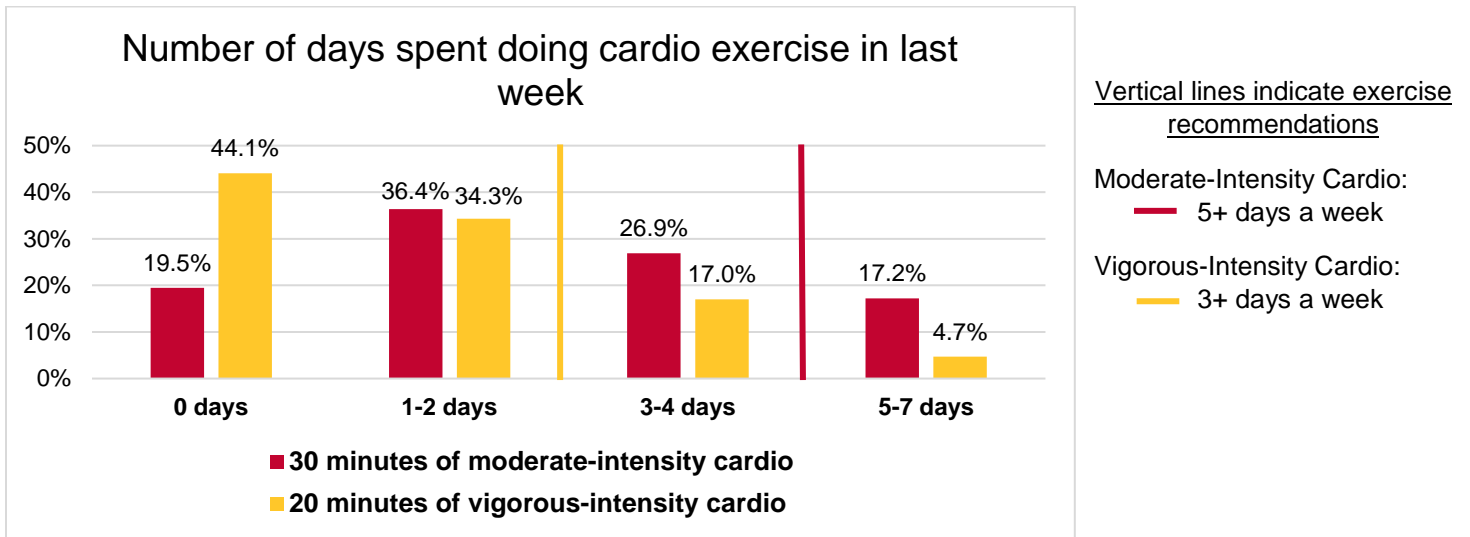
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### We’re here for you!

- ✓ The **Campus Dietitian** can help you to get on track with your nutritional health! Call Student Health Services to make an appointment.
- ✓ **Cooking Classes** are held every semester on campus for just \$3! Log on to [GryphLIFE](#) to register!
- ✓ Check out Canada’s new 2019 food guide at <https://food-guide.canada.ca/en/>

## Exercise

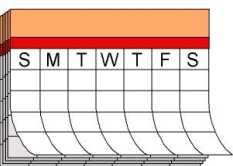
Being active can help you to feel more energized, get a better night's sleep, improve your mental wellness and help to prevent some serious chronic diseases. Students were asked about how many days in the last week they spent doing moderate intensity cardio and vigorous-intensity cardio. There were no note-worthy differences between male and female students in the frequency of partaking in cardio exercise. The majority of students are doing less than 2 days of moderate and vigorous intensity cardio, which is below the recommended guidelines. Regarding strength training, over half of students surveyed are doing no strength training, and there were also no notable differences between male and female students in this area.



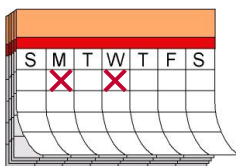
**40.5%** of students are *meeting the recommendations* for moderate intensity exercise, vigorous-intensity exercise, or a combination of the two (2 moderate exercise periods=1 vigorous-intensity exercise period).

### How many days are students spending doing strength training, per week?

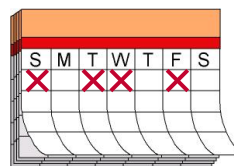
0 days: 52.5%



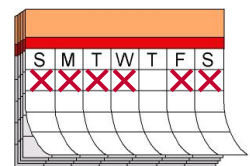
1-2 days: 24.3%



3-4 days: 17.4%



5-7 days: 5.9%



### Ask the Expert!

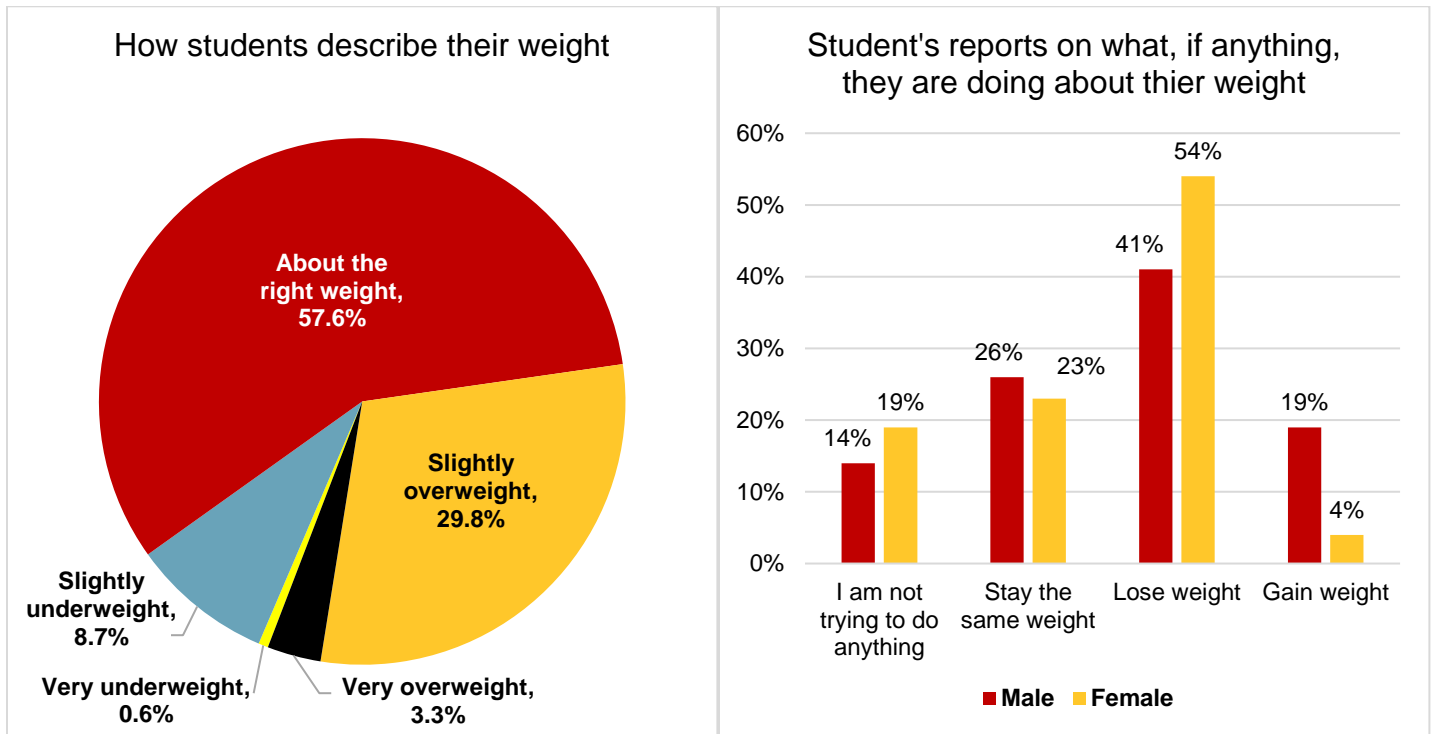
*“One of the most important things to achieve success in health and fitness is building a habit. Start slow and try things that you actually enjoy, such as one of the many fitness classes offered at the University.” – Agostina Franco, University of Guelph Personal Trainer*

### We're here for you!

- ✓ The **Guelph Gryphon's Athletic Centre** includes a new 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 describe their own weight as “About right”. More female than male students are trying to lose weight or not do anything about their weight, compared to more male students than female students trying to stay the same weight or gain weight. In total, the largest proportion of students are trying to lose weight. See below for the proportion of students trying to lose weight in different ways.



**33%** of students described themselves as overweight yet **over 50%** of students report they are trying to lose weight.

**52.6%** of students have exercised to lose weight in the last 30 days. (↑ from 51.0% in 2016)

**39.0%** of students have dieted in the last 30 days to lose weight. (↑ from 33.4% in 2016)

**3.5%** of students have used vomiting or laxatives to lose weight in the last 30 days. (same as 2016)

**1.2%** of students have taken diet pills to lose weight in the last 30 days. (↓ from 1.5% in 2016)

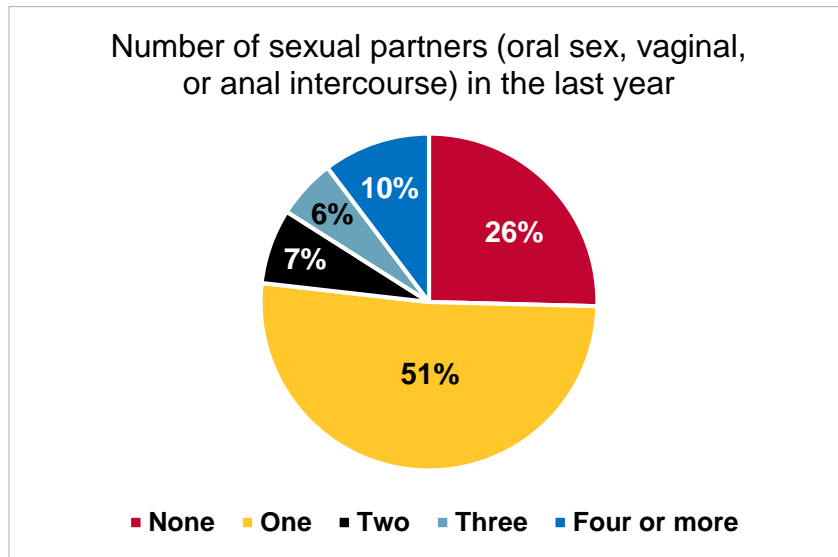
## We're here for you!

- ✓ **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!

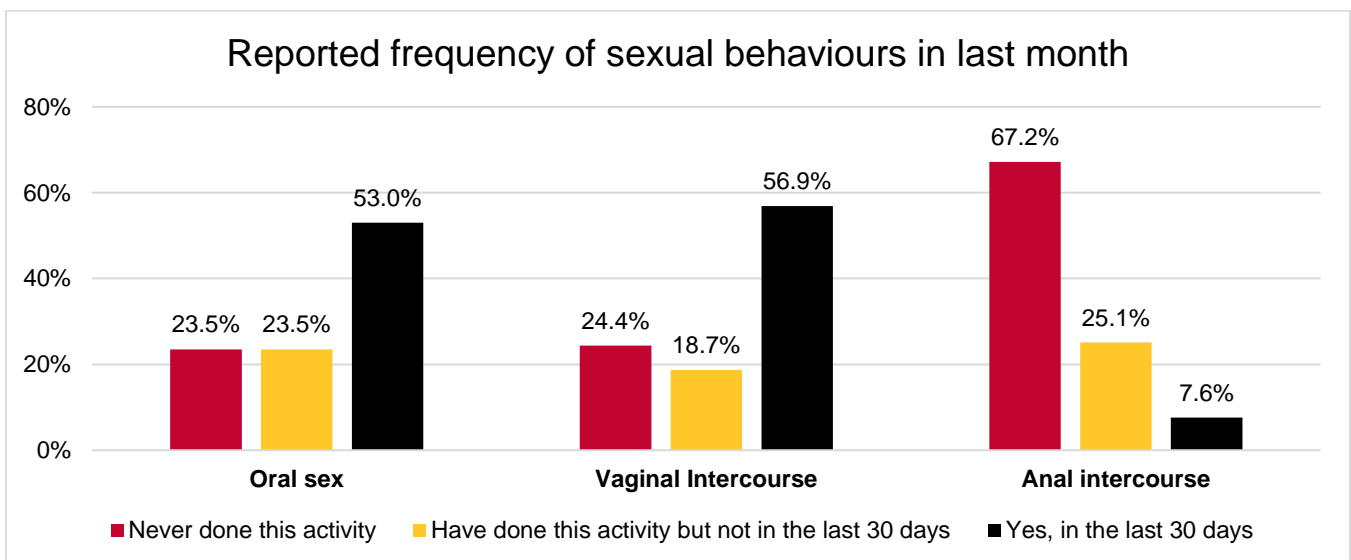
# Sexual Health and Relationships

## Sexual Behaviour

Students reported the number of sexual partners they have had in the last year, with over half of students reporting one partner. The mean number of partners for male students was 1.64 and the mean number of partners for female students was 1.55.



Students were asked how often they engaged in various sexual behaviours (oral sex, vaginal intercourse, and anal intercourse) in the last month. Over half of students reported engaging in oral sex and vaginal intercourse in the last month. Statistics in this category showed no notable difference between male and female students, so only totals are shown in the following chart.

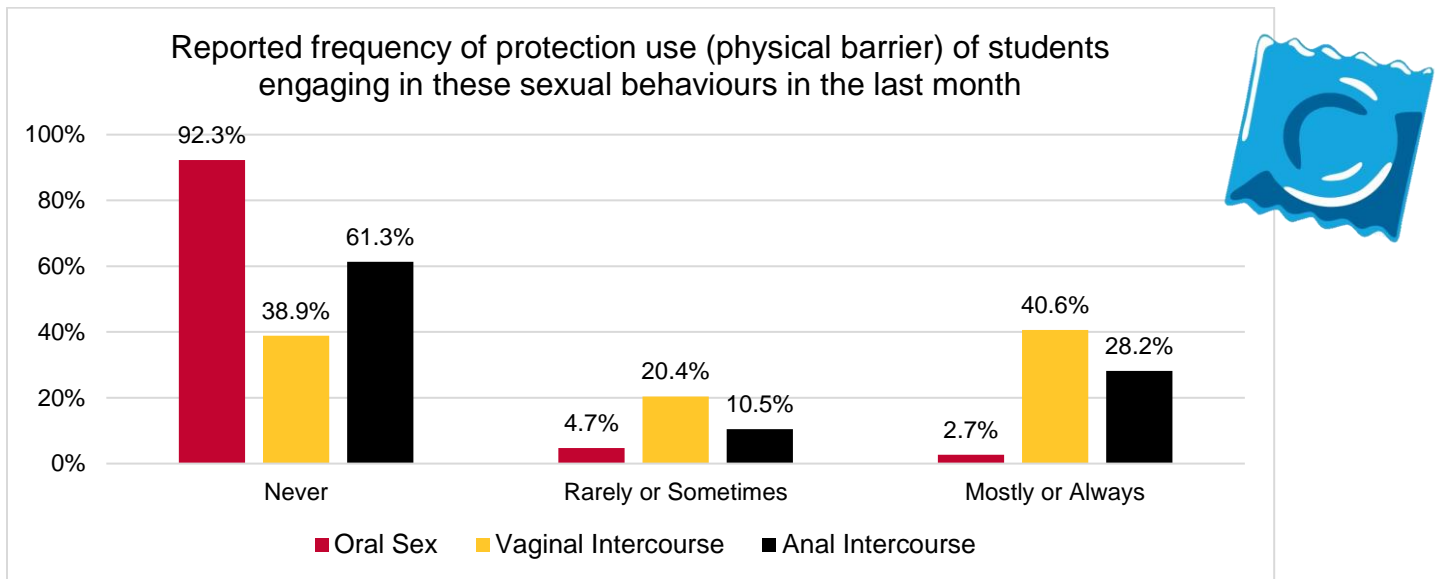




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## Protection Use

Students were asked about their frequency of physical barrier protection use within the last month when engaging in oral sex, vaginal intercourse, and anal intercourse. Students who reported that they have never engaged in the sexual behaviour or have not engaged in the sexual behaviour in the last month were excluded from this analysis. Almost all students reported never using a protective barrier during oral sex. The highest proportion of students for vaginal intercourse reported mostly or always using a protective barrier.



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## Ask the Expert!

*“Condoms remain the easiest and most effective way to reduce the risk for Sexually Transmitted Infections (STIs) and pregnancy. Condoms are low cost, easy to find (no prescription needed), and come in a variety of sizes and shapes. Findings from multiple national studies in Canada and the US have consistently found NO difference in pleasure between condom-protected and unprotected sex. The key is finding a condom that works for you. When you find one that fits and feels good- you can even enjoy sex more because of reduced worry about STIs and pregnancy. Pro tip- add a bit of water-based lubricant to the inside and outside to reduce friction (and breakage) and enhance pleasure.” – Robin Milhausen, PhD, Professor with the University of Guelph Department of Family Relations and Applied Nutrition*

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## Contraception Use and Pregnancy Prevention

Reported contraception use to prevent pregnancy during the last time students had vaginal intercourse:

1. Birth Control Pills	58.0%
2. Male Condom	53.5%
3. Withdrawal (“Pulling out”)	38.2%
4. Intrauterine device (IUD)	17.0%
5. Fertility awareness	9.7%

### We’re here for you!

- ✓ **Student Health Services** can help you determine what form of contraception is best for you and your partner(s). They can provide birth control pills, IUDs, condoms, and more.

**Under 5% of students reported using the following contraception methods to prevent pregnancy the last time they had vaginal intercourse:** Birth control shots (0.9%), birth control implants (1%), birth control patch (0.8%), cervical ring (3%), female condom (0.6%), diaphragm/cervical cap (0%), contraceptive sponge (0%), spermicide (1.2%), sterilization (1.3%), other method (0.6%).

**41.9%** of students reported using a male condom *plus another method* the last time they had vaginal intercourse.

**37.3%** of students reported using any *two or more methods* (excluding male condoms) the last time they had vaginal intercourse.

### Did you know?

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

## Emergency Contraceptive Use

**13.5%** of sexually active students reported using (or reported that their partner used) emergency contraception (“morning after pill”) within the last year (male students reported 9.5%, female students reported 14.7%).

## Pregnancy

**0.9%** of students who had vaginal intercourse within the last 12 months report experiencing an unintentional pregnancy (themselves or their partner) within the last 12 months.

## Consent

Students were asked about a variety of situations of being the possible victim of sexual assault. The reported frequencies were much higher for female students than male students.

**16.2%** of students (3% of males and 21% of females) were sexually touched without their consent in the last year.

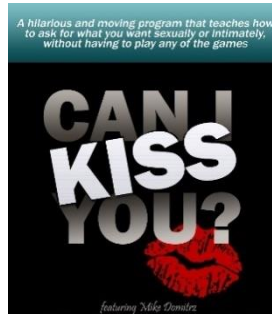
**3.6%** of students (1% of males and 5% of females) experienced attempted sexual penetration (vaginal, anal, oral) without their consent within the last year.

**2.3%** of students (0.3% of males and 3% of females) were sexually penetrated (vaginal, anal, oral) without their consent in the last year.

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## Did you know?

- ✓ UoG is starting to run a **Flip the Script Sexual Assault Resistance Program** to give women the confidence and skills to reduce sexual assault. You can sign up on GryphLife!



The University of Guelph runs a *Can I Kiss You* program during orientation every year to educate first year students about the importance of consent. It encourages students to ask first and then respect the answer when engaging in sexual activities.

## Relationship Abuse

**8.5%** of students reported being in an *emotionally abusive* intimate relationship in the last year.

**1.2%** of students reported being in a *physically abusive* intimate relationship in the last year.

**2.9%** of students reported being in a *sexually abusive* intimate relationship in the last year.

## Resources at your fingertips

- ✓ **The University of Guelph Sexual Violence Support** resources can be found at [uoguelph.ca/wellness](http://uoguelph.ca/wellness) 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.



# Mental Health

The following table indicates the proportion of students who reported being diagnosed or treated by a professional for the following mental health concerns within the last 12 months, in percentage, divided by male and female. There are often differences in rates of various mental health concerns between men and women, which is important to note here. Most of these frequencies went up from 2016 NCHA data, which could be due to an increase in mental illness, a decrease in stigma, or both.

	(%)	Male	Female	Total		Male	Female	Total
<b>Anorexia</b>		0.0	2.2	1.7	<b>Panic attacks</b>	2.9	13.7	11.2
<b>Anxiety</b>	10.9		27.3	23.7	<b>Phobia</b>	0.0	1.6	1.2
<b>ADHD</b>	4.5		4.4	4.6	<b>Schizophrenia</b>	0.0	0.1	0.1
<b>Bipolar Disorder</b>	0.6		1.9	1.7	<b>Substance abuse or addiction</b>	1.3	1.7	1.5
<b>Bulimia</b>	0.0		1.8	1.3				
<b>Depression</b>	7.3		21.5	18.3	<b>Other addiction</b>	1.3	0.5	0.7
<b>Insomnia</b>	3.5		7.5	6.6				
<b>Other sleep disorder</b>	1.9		3.5	3.3	<b>Other mental health condition</b>	3.2	5.2	4.9
<b>OCD</b>	2.5		3.5	3.2				

## We're here for you!

- ✓ **Counselling Services** offers individual counselling on campus. Check out <https://wellness.uoguelph.ca/counselling/> for contact information and more.

### Top Mental Health Illnesses for Males

1. Anxiety (10.9%)
2. Depression (7.3%)
3. ADHD (4.5%)
4. Insomnia (3.5%)
5. Other mental health condition (3.2%)
6. Panic attacks (2.9%)

19.1% of male students reported at least one of the full list of mental health concerns

### Top Mental Health Illnesses for Females

1. Anxiety (27.3%)
2. Depression (21.5%)
3. Panic attacks (13.7%)
4. Insomnia (7.5%)
5. Other mental health condition (5.2%)
6. ADHD (4.4%)

36.5% of female students reported at least one of the full list of mental health concerns

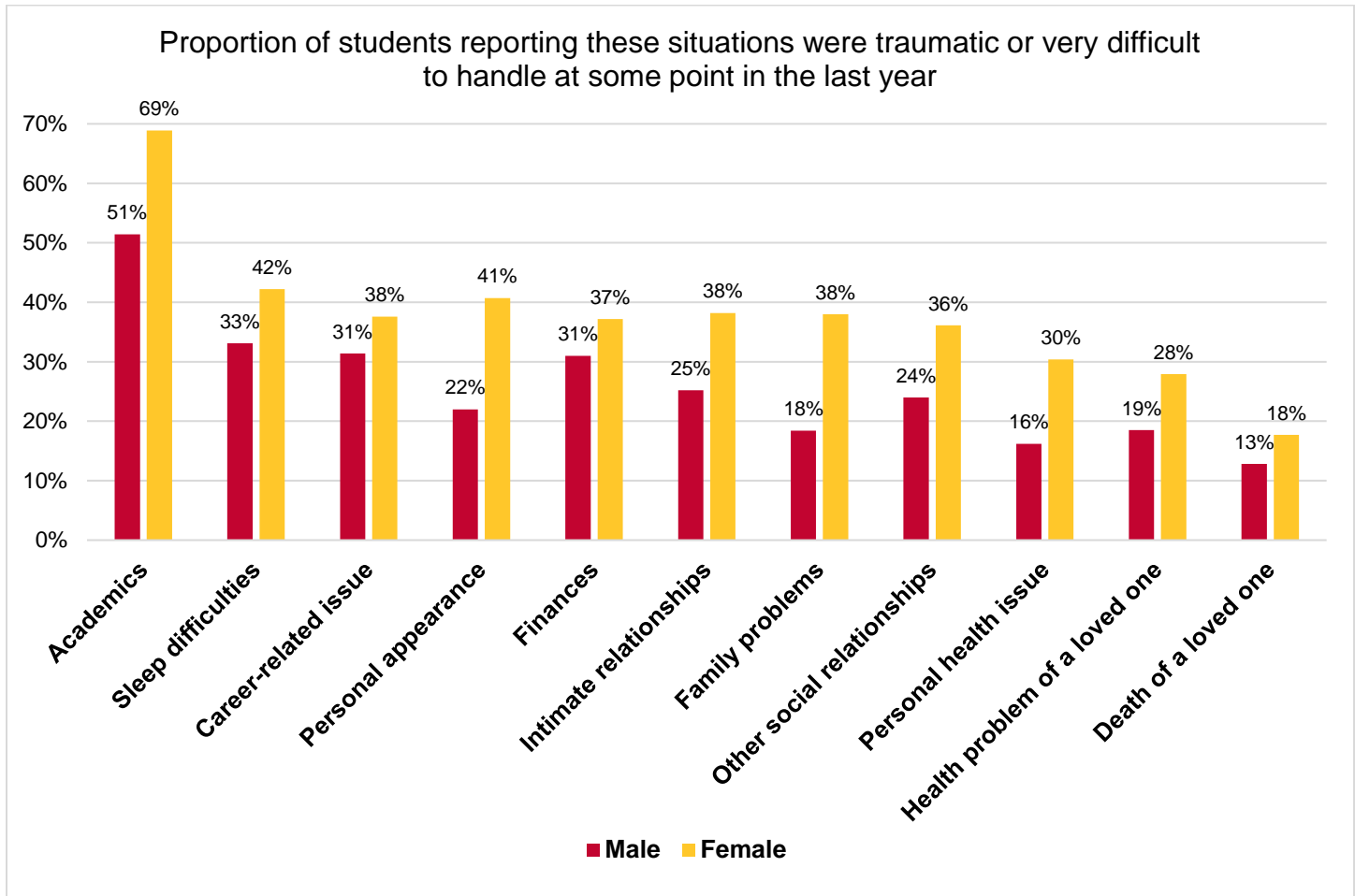
Of note, **ADHD** ranks 3<sup>rd</sup> for men but 6<sup>th</sup> for women, and **Panic Attacks** ranks 3<sup>rd</sup> for women and 6<sup>th</sup> for men

5.7% of male students and 17.9% of female students reported *both depression and anxiety*.

3.8% of male students and 11.2% of female students reported *any two or more* of the above excluding depression and anxiety.

## Handling Difficult Experiences

Students encounter a variety of difficult experiences throughout their time at university. This graph shows the percentage of male and female students who reported that a situation had been ‘traumatic’ or ‘very difficult to handle’ at some point within the last year, ranked from highest reported to lowest reported. Academics was the most frequently reported ‘traumatic’ or very difficult to handle situation,’ and women reported higher rates than men in all categories.



**63.8%** of students reported 3 or more of the above situations as ‘traumatic’ or ‘very difficult to handle’ within the last year.

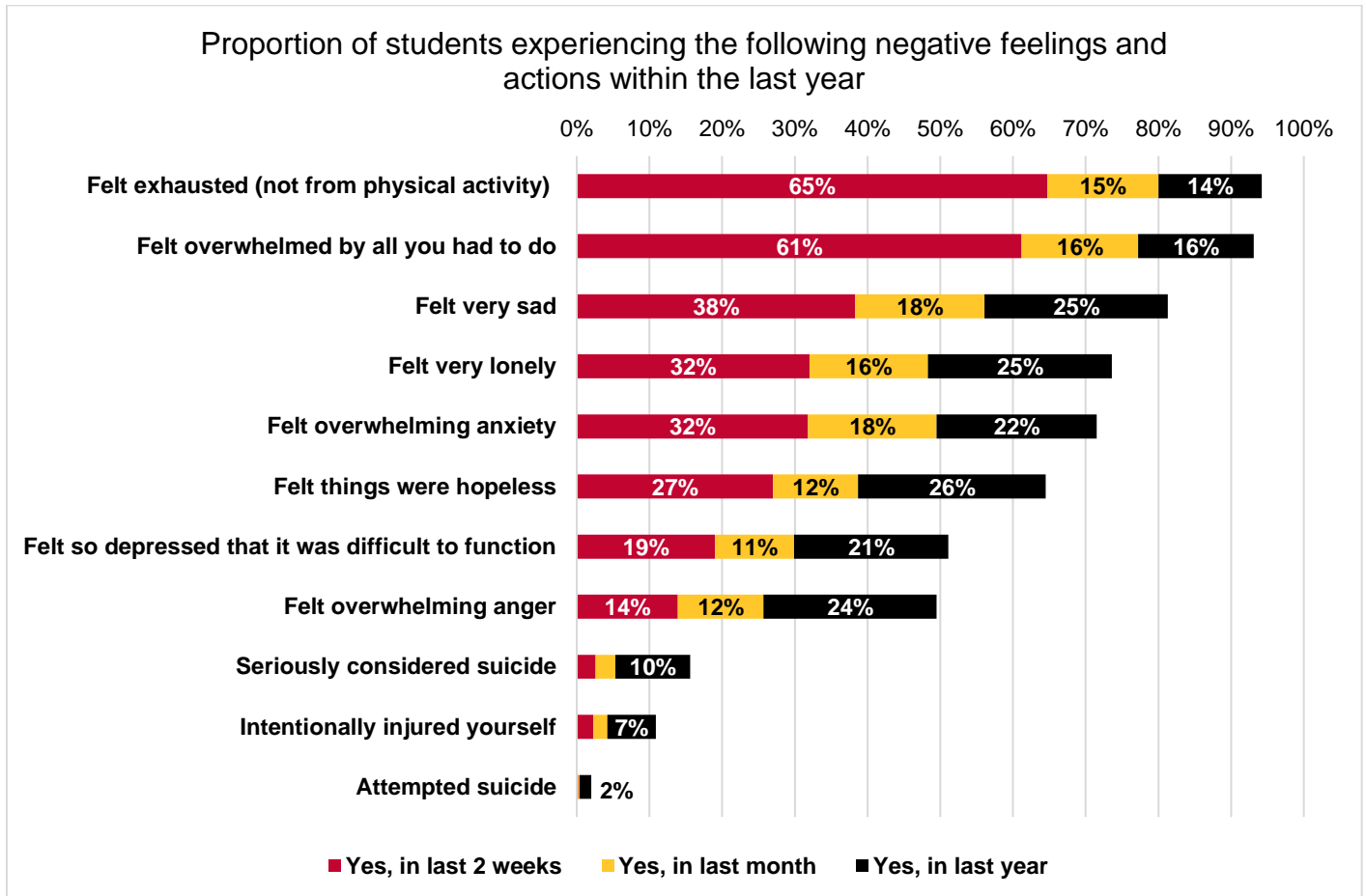
### We’re here for you!

- ✓ **Program counsellors** are excellent resources for many academic concerns! Don’t hesitate to reach out to your program specific counselor, you can find their email at <https://www.uoguelph.ca/uaic/programcounsellors>
- ✓ **Upcoming stress and sleep workshops** can be found at [wellness.uoguelph.ca/sws/upcoming-stress-and-sleep-workshops](https://wellness.uoguelph.ca/sws/upcoming-stress-and-sleep-workshops)
- ✓ **Cooperative Education and Career Services** supports, trains, and leads students and alumni as they make career and further education planning decisions. Check out their drop-in session times at [recruitguelph.ca](https://recruitguelph.ca)
- ✓ **Student Financial Services** provides services and resources to support students in a wide range of financial matters. Check out everything they have to offer at [uoguelph.ca/registrar/studentfinance/](https://uoguelph.ca/registrar/studentfinance/)



## Experiencing Negative Emotions

The following graph shows the frequency of students reporting feeling various negative feelings or doing various negative actions. These categories can act as indicators of a student's mental health status. The total of the row is the proportion of students who have experienced this feeling at least once in the last year. "Felt exhausted (not from physical activity)" had the most students report feeling this at least once in the last year, closely followed by "Felt overwhelmed by all you had to do." The top 5 are similar to Guelph's 2016 top 5, except 'Feeling exhausted' and 'Feeling overwhelmed' are switched in ranking.



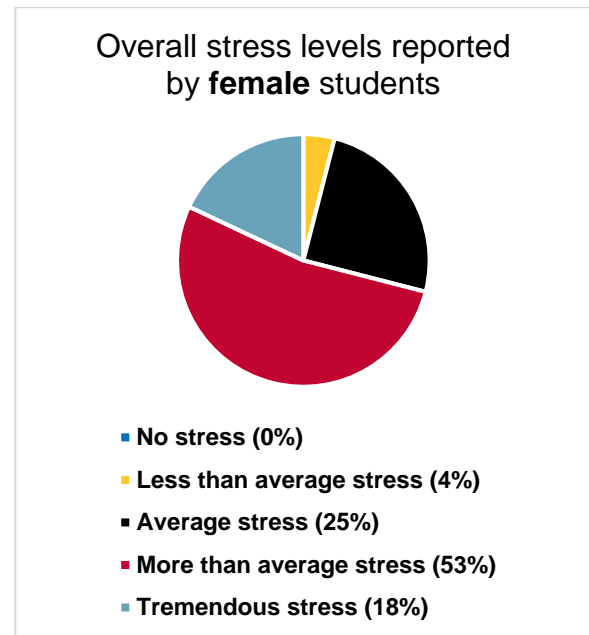
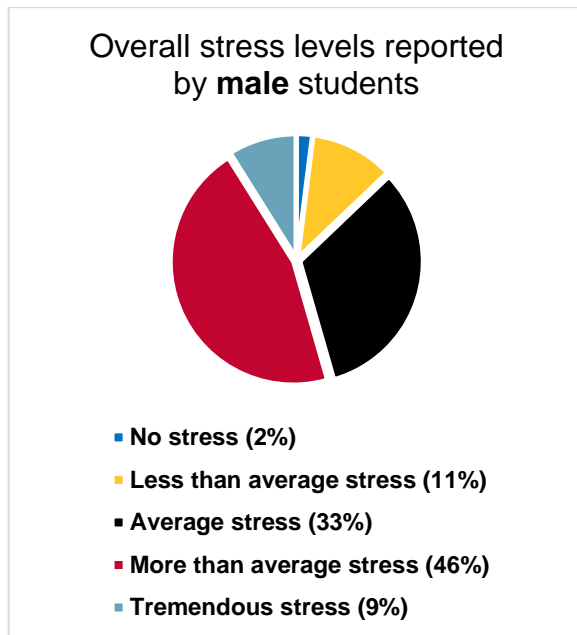
### Resources at your fingertips!

- ✓ **Campus Police, Fire, and Ambulance** Emergency: 519-824-4120 ext.2000, Non-Emergency: ext.52245
- ✓ **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.
- ✓ **Crisis Text Line** is powered by Kids Help Phone, text UofG to 686868.
- ✓ **Counselling Services** is located on campus and open to all students, offering individual counselling and group sessions. Visit the Student Wellness website for contact information.
- ✓ **The Student Support Network** is a drop-in peer support space located in JT Powell, on campus. During the fall and winter semesters, you can drop in at any time Monday to Friday from noon to 10pm, and noon to 8pm during exam season.
- ✓ **Here 24/7** services the Waterloo-Wellington area and can be reached any time at 1-844-437-3247 to access addiction, mental health, and crisis services.

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## Stress

The following charts indicate stress levels, at the time of the survey, reported by students and divided by men and women. Female students generally indicated higher levels of stress than male students. Rates of “More than average stress” are up for men from 2016 and down for women, and levels of “Tremendous stress” are similar for men and higher for women, compared to 2016 NCHA data.



### Did you know?

- ✓ **The Student Support Network** is a drop-in peer support space located in J. T. Powell on campus, next to the Guelph Gryphon's Athletic Centre. Volunteers are ready to provide a supportive ear to any member of the campus community. During the fall and winter semesters, you can drop in at any time Monday to Friday, noon to 10pm, and noon to 8pm during exam season.

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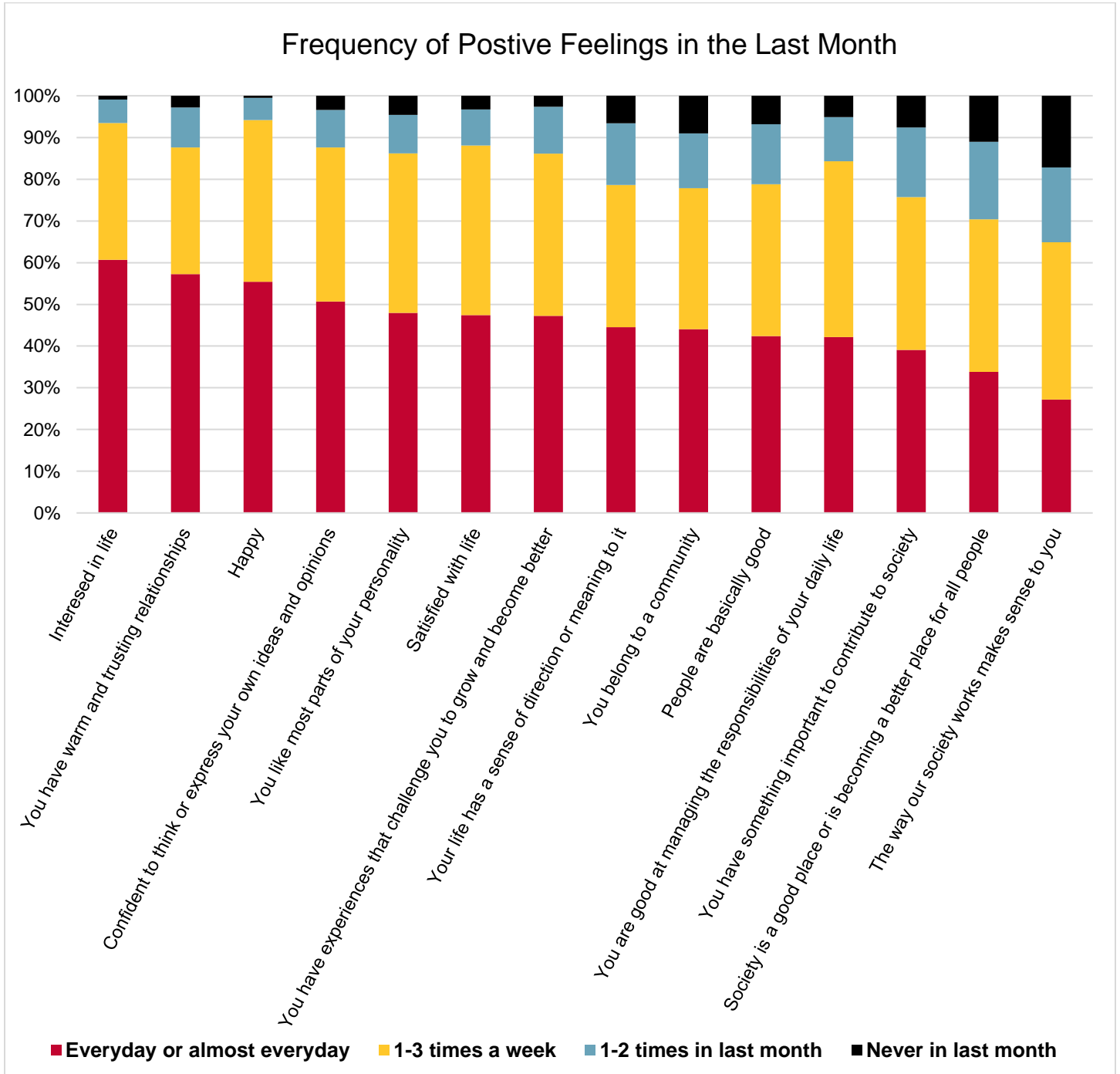
### Ask the Expert!

*“When you’re feeling stressed, remind yourself ‘I am intelligent, creative person, with strengths, talents, and resources, and I will handle this. What can I do now to cope most effectively through it?’ Also try going for a walk outdoors which decreases stress, improves mood, and enhances creative thinking.” – Kathy Somers, Stress Management & High Performance Clinic, University of Guelph*

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## Experiencing Positive Emotions

The following graph shows the frequency that students reported feeling various positive feelings in the last month, ranked by highest number of students reporting feeling that way “Every day or almost every day”. These categories can act as indicators of a student’s mental health status. “Interested in life” had the highest number of students report that they felt this way every day, closely followed by “You have warm and trusting relationships.” The ranking of these categories is very similar compared to 2016 NCHA data, but overall rates of students reporting having these positive thoughts “Every day or almost every day” has decreased in all categories.



## MHC-SF Three Category Diagnosis of Positive Mental Health

The *Mental Health Continuum Short Form* is a scale measuring emotional well-being. The items are seen above in the “Frequency of Positive Feelings in the Last Month” graph. The items fall into three categories: emotional well-being, social well-being, and psychological well-being. Students are classified as “Languishing”, “Moderate”, or “Flourishing” based on their answers. Compared to 2016 data, the proportion of students in the “Languishing” and “Moderate” categories have slightly increased, making the percentage of students in the “Flourishing” category decrease by 4% from 2016.



Languishing: 8.9%



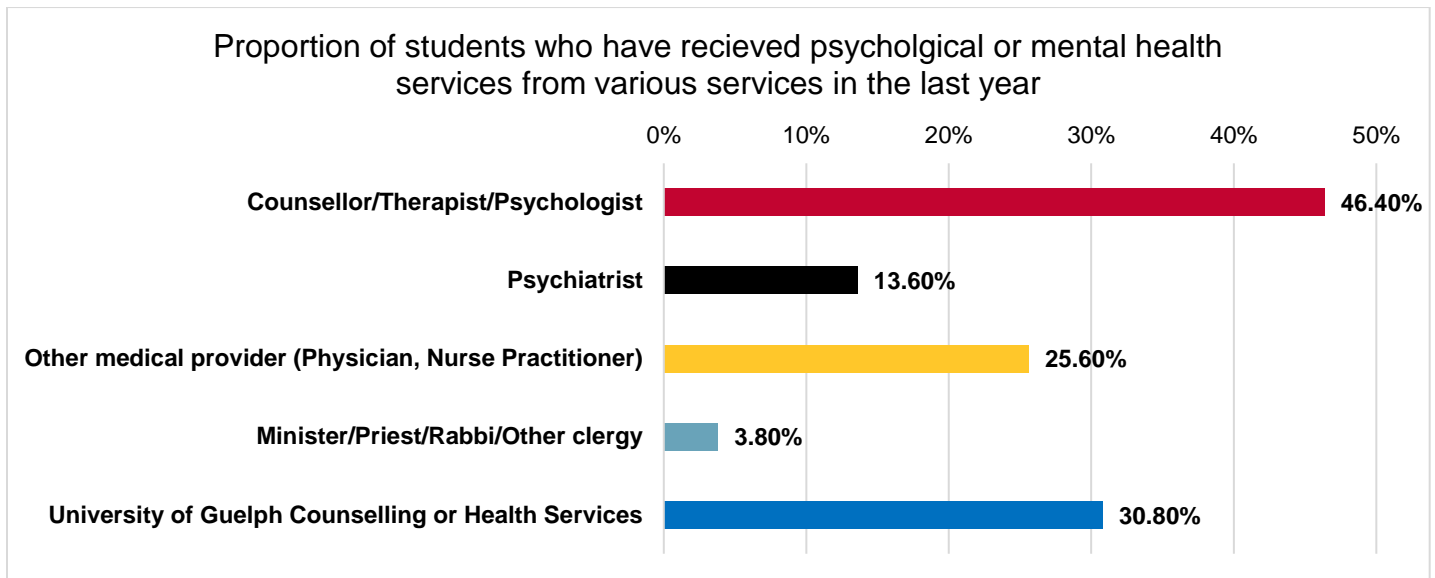
Moderate: 44.8%



Flourishing: 46.3%

## Getting Help

There are many ways to access various resources on and off campus for all mental health concerns, from stress to mental illness. Rates of students accessing mental health services have increased in every category from 2016, with Counselor/Therapist/Psychologist increasing by more than 10%, and University of Guelph Counselling or Health Services increasing by over 7% from 2016.



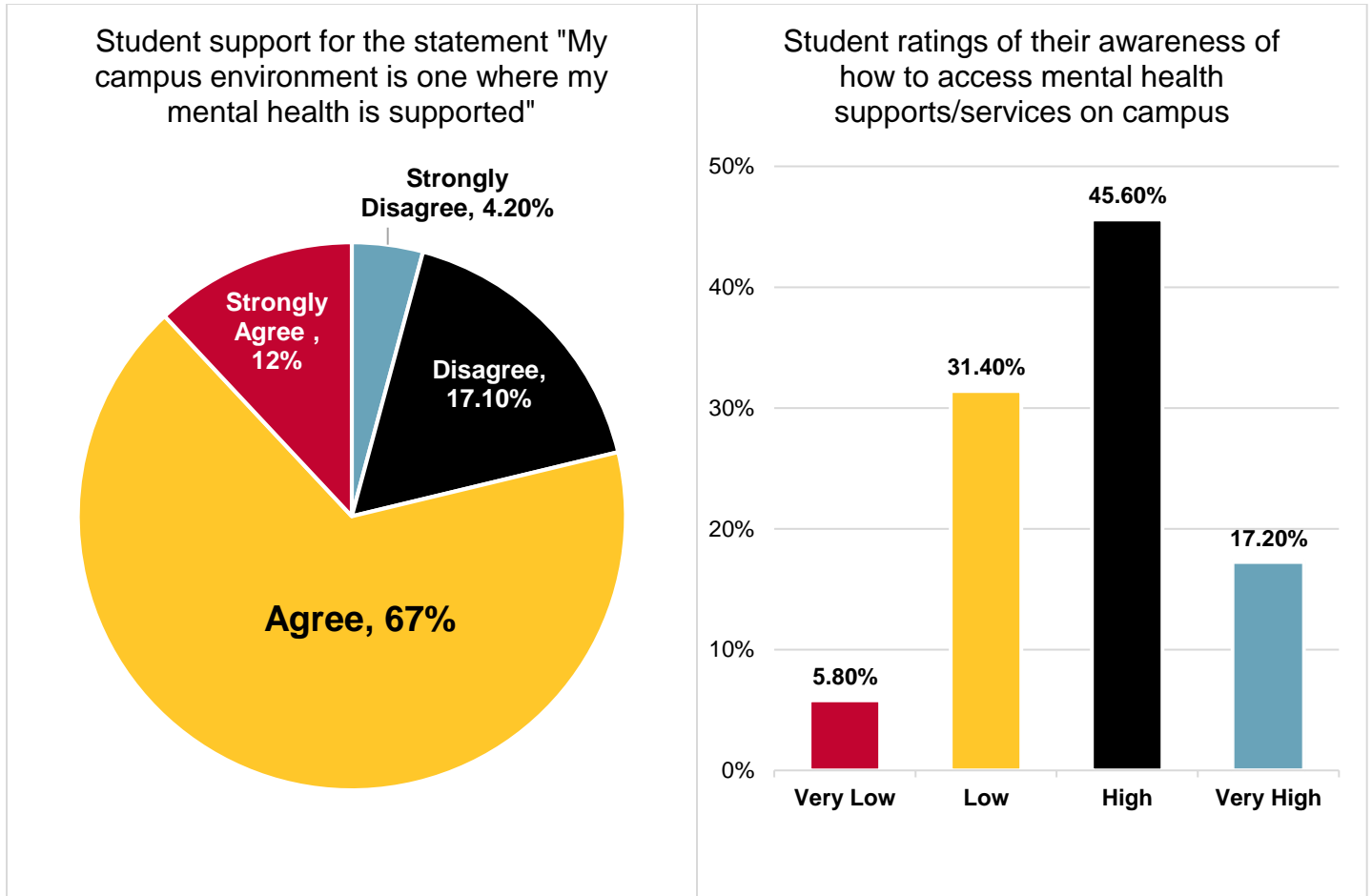
**85.5%** of students (79% male, 88% female) said that they would consider seeking help from a mental health professional in the future if they were having a personal problem that was really bothering them (↑ from 81% in 2016).

## We're here for you!

- ✓ **The Multifaith Resource Team (MFRT)** is a group of leaders and representatives from a number of diverse faith communities, all working together to meet the religious and spiritual needs of the University of Guelph. They are committed to celebrating diversity, promoting understanding, encouraging harmony in diversity, and fostering spiritual growth on campus. You can get in touch with them with any related questions at [uia@uoguelph.ca](mailto:uia@uoguelph.ca).

## Campus Environment and Accessing Resources

The majority of students agree that their mental health is supported on campus and believe they have a high awareness of how to access mental health supports and services on campus.



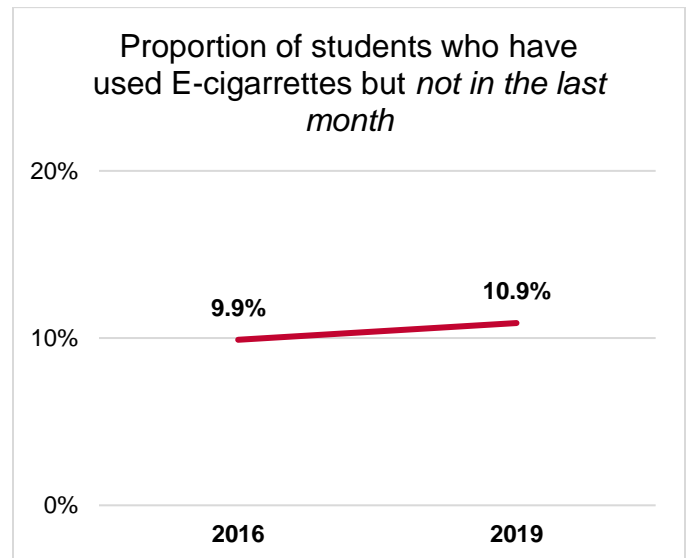
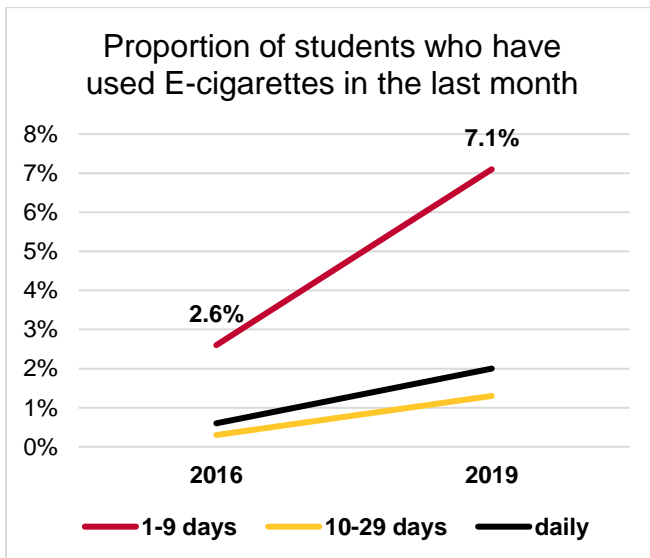
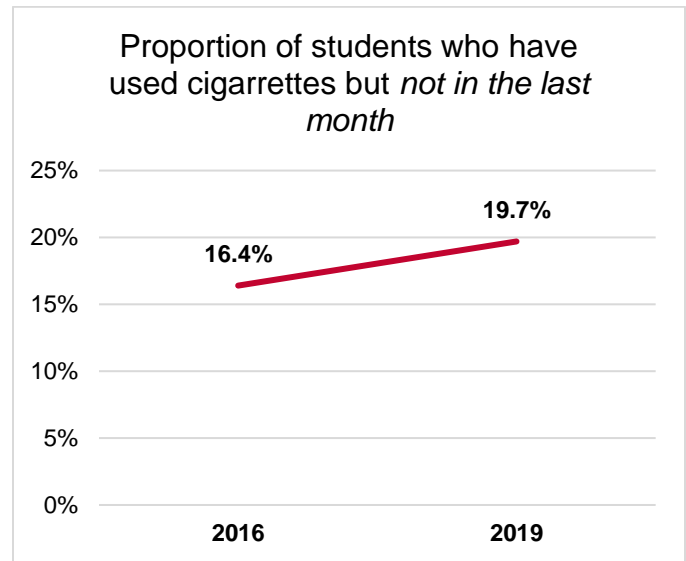
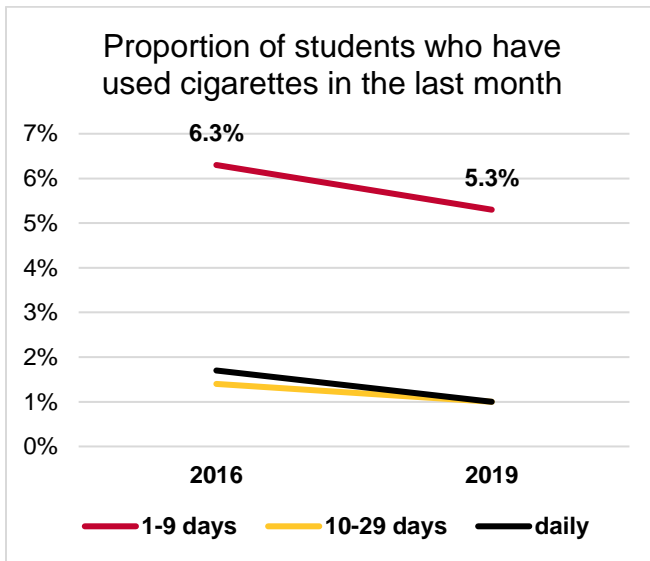
Student Wellness Services is now under one roof! JT Powell has been newly renovated, and now houses Health Services, Counselling, Student Accessibility Services, the Health & Performance Centre, Student Support Network, and the Wellness Education & Promotion Centre. Stop by to check out our services!



# Substance Use

## Tobacco

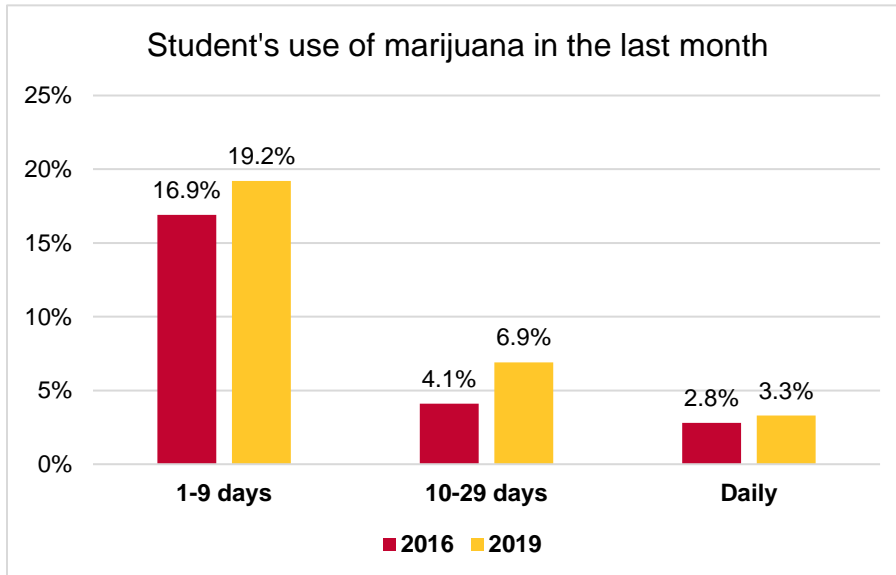
Students were asked about their use of a variety of forms of tobacco. Rates of frequent cigarette use among students have slightly decreased since 2016, with no notable differences between female and male students. Rates of frequent E-cigarette use (“Vaping”) has increased since 2016 and shows no notable differences in frequency between men and women. It is interesting to note that the rate of students who have used cigarettes in their lifetime, but not recently (in the last month), has slightly increased.



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## Marijuana

Students were asked about their frequency of marijuana use, which became legal in Canada in 2018. There was a decrease from 2016 in the proportion of students reporting that they have never used marijuana, meaning an increase in the proportion of students who have used marijuana at some point in their lifetime. Fewer females reported never using marijuana in their lifetime than males, but similar proportions of men and women reported using marijuana at some point in the last month. Frequencies of use in the last month, from “Daily” to “Once in the last 30 days,” have all slightly increased from 2016 data.



**26.2%** of students (20% of males, 29% of females) have used marijuana, *but not in the last 30 days*. (similar to 26.1% in 2016)

**44.4%** of students (51% of males, 42% of females) have *never used* marijuana in their lifetime. (↓ from 50.1% in 2016)

The University of Guelph is a Smoke Free Campus as of May 31<sup>st</sup>, 2019

**U OF G'S GUELPH CAMPUS IS  
TOBACCO-  
AND SMOKE-FREE**  
Learn more and find resources to cope, quit or help a friend.

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### Ask the Expert!

*“One message we hope students receive is that they don’t have to hold their breath while smoking cannabis to get high. The drug will still impact them, and they will reduce the impact on their lungs if they don’t hold the smoke in!”*

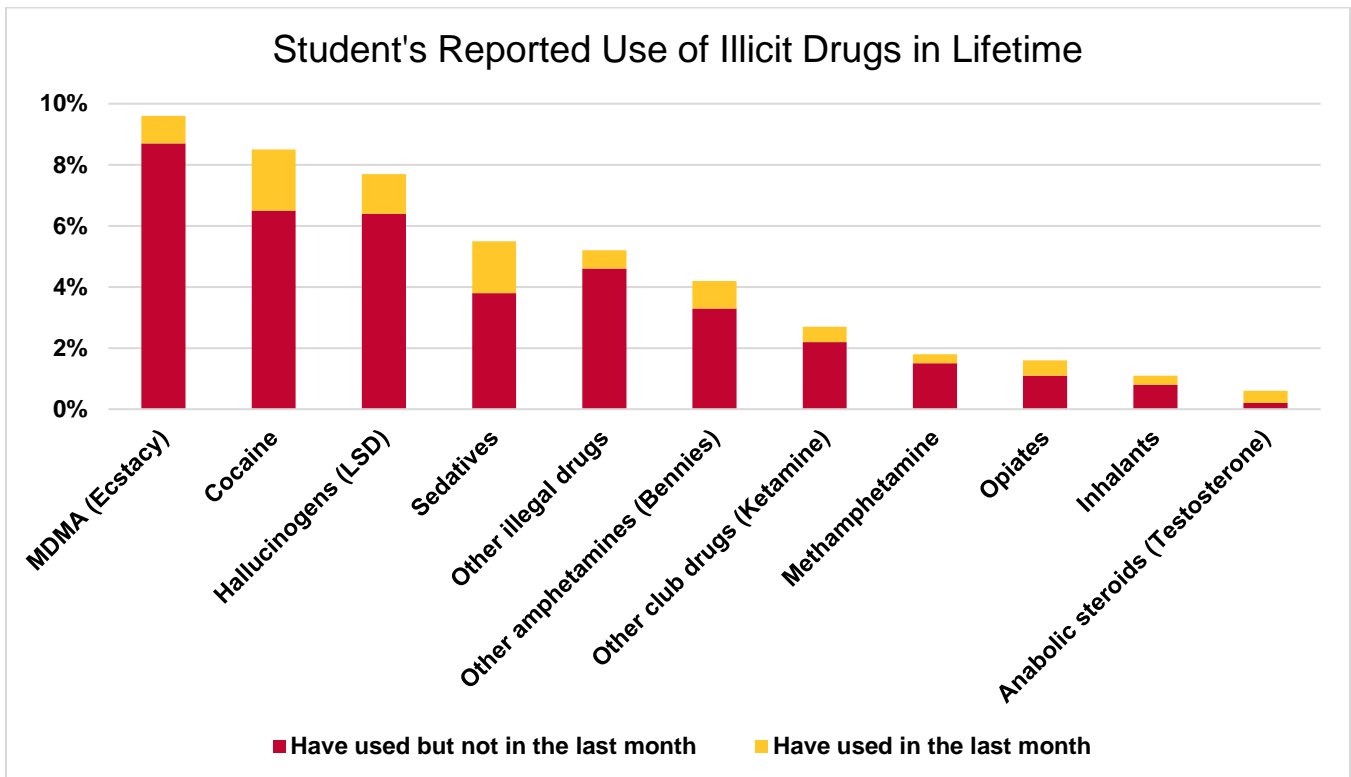
– Jean Thompson, University of Guelph Wellness Educator

### Resources at your fingertips!

- ✓ For more information on our smoke-free campus visit [www.uoguelph.ca/smokefree](http://www.uoguelph.ca/smokefree)

## Illicit Drug Use

Students were asked about their lifetime use of a variety of illicit drugs and prescription drugs not prescribed to them. The total percentage in a given column, combining all frequencies of use, indicates the total proportion of students who have used this illicit drug at least once in their lifetime. The categories are ranked by highest proportion of student's use. Proportions of use were fairly similar between men and women for all categories except for hallucinogens which men indicated more than double the rate of lifetime use compared to women, although both male and female rates were very small. The following graph shows student totals.



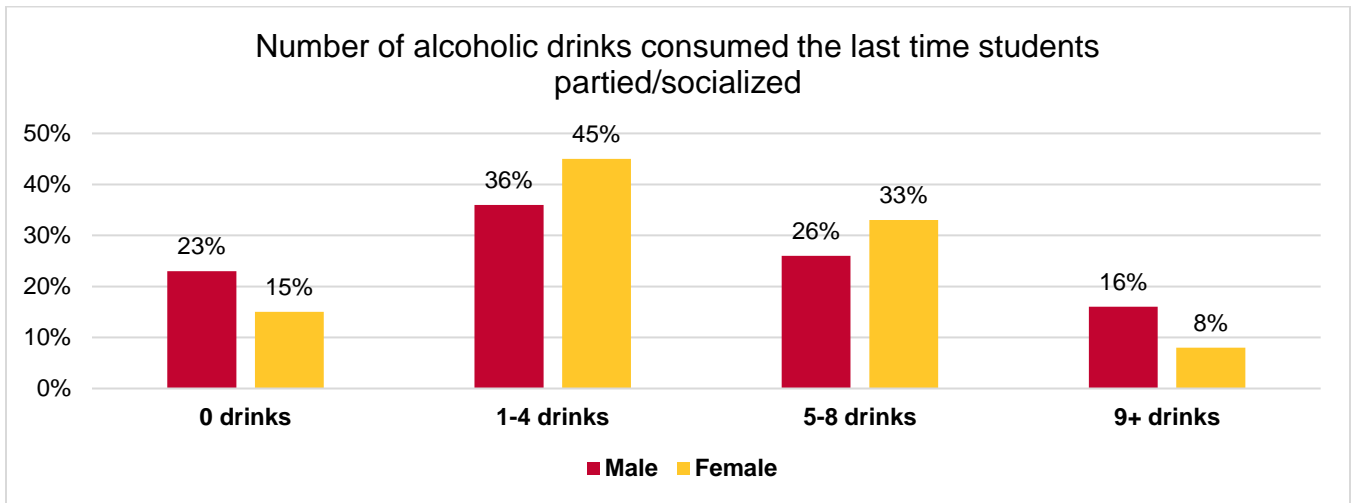
**11.3%** of students reported using one or more prescription drugs not prescribed to them within the last year including: antidepressants (2.7%), erectile dysfunction drugs (0.6%), pain killers (5.2%), sedatives (2.1%), and stimulants (5.2%).

### Did you know?

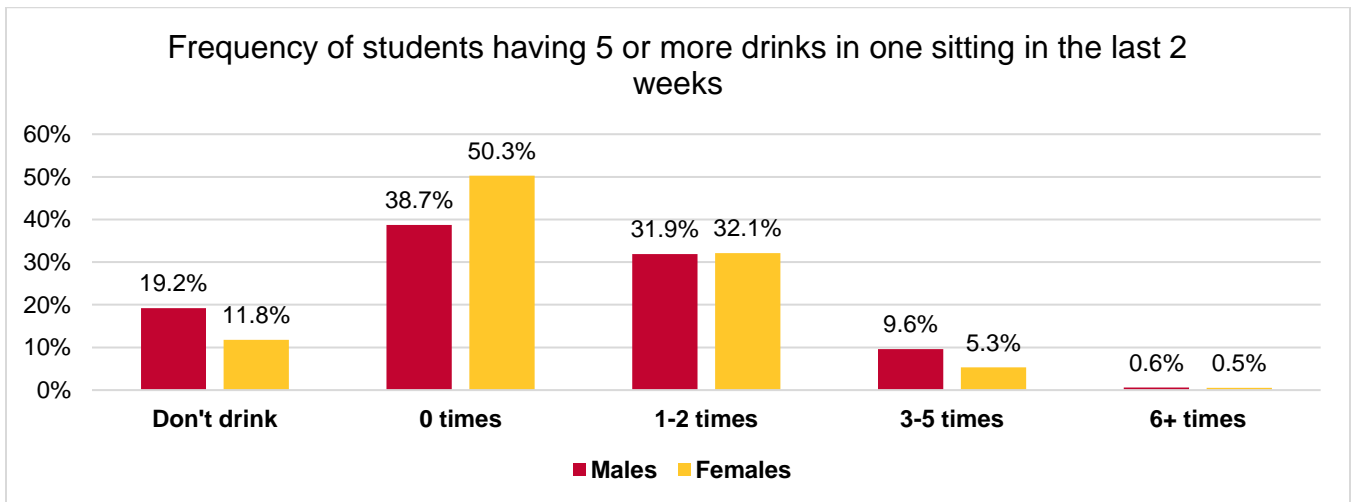
- ✓ **Naloxone Kits** are available at your local and campus pharmacies. Naloxone is a drug that can temporarily reverse an opioid overdose and can save lives when administered.

## Alcohol

Students were asked a variety of questions about their alcohol consumption, habits, and associated behaviours. In regards to the last time students partied/socialized, more male students than female students reported consuming no alcoholic drinks. More female students than male students consumed 1-4 or 5-8 alcoholic drinks at their last party, but more male students consumed 9+ alcoholic drinks compared to female students. The volume of alcohol consumption often differs between men and women due to body composition and size but is different for every individual. The most frequently reported number of drinks for the last time at a party for both males and females was 3-4 drinks. The number of students who refrained from consuming any alcohol at their last party has increased from 2016 rates. See the chart below.



Students were asked about how many times they have had 5 or more drinks in one sitting, which can be known as “binge drinking.” The most frequent response was zero times in the last 2 weeks, followed by 1-2 times in the last 2 weeks, which could be indicative of partying on weekends.



**16.5%** of students reported driving after having any alcohol in the last 30 days (excluding students who don't drive and/or don't drink) and 0.24% of students (excluding students who don't drive and/or don't drink) reported driving after having 5 or more drinks in the last 30 days.

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## Mean Number of Drinks

Of students reporting having one or more drinks the last time they partied/socialized, the mean number of drinks for males was **5.71** and the mean number of drinks for females was **4.71**

## Estimated Blood Alcohol Concentration

Based on time of consumption, sex, weight, and average rate of ethanol metabolism, 19.9% of males (who had at least one drink the last time they partied) and 32.8% of females (who had at least one drink the last time they partied), had an estimated blood alcohol concentration (eBAC) of over 0.10.



The mean eBAC for females was .08 and the mean eBAC for males was .06.

## Top helpful behaviours done *mostly or always* when partying or socializing in the last 12 months:

1. Stay with the same group of friends the entire time drinking (90.9% of students\*)
2. Eat before and/or during drinking (85.1% of students\*)
3. Use a designated driver (84.8% of students\*)
4. Keep track of how many drinks you are consuming (63.9% of students\*)
5. Stick with only one kind of alcohol when drinking (45.6% of students\*)

**Less than 35% of students mostly or always:** alternate non-alcoholic with alcoholic beverages (24.9%\*), avoid drinking games (27.9%\*), choose not to drink alcohol (15.5%\*), determine in advance not to exceed a set number of drinks (33.9%\*), have a friend let you know when you have had enough (30.2%\*), and pace drinks to one or fewer an hour (28.2%\*)

**99.3%** of students\* reported doing at least one of the above in the last year

\*students who reported "NA, do not drink" were excluded from the analysis

## Top reported negative experiences at least once in the last year when drinking alcohol:

1. Did something you later regretted (40.2% of students\*)
2. Forgot where you were or what you did (32.1% of students\*)
3. Had unprotected sex (26.8% of students\*)
4. Physically injured yourself (19.3% of students\*)

**Other experiences reported by less than 10% of students** at least once in the last year when drinking alcohol: got in trouble with the police (1.1%\*), someone had sex with me without my consent (2.8%\*), had sex with someone without their consent (0.2%\*), physically injured another person (1.7%\*), seriously considered suicide (6.5%\*)

**59.8%** of students\* reported one or more of the above in the last year

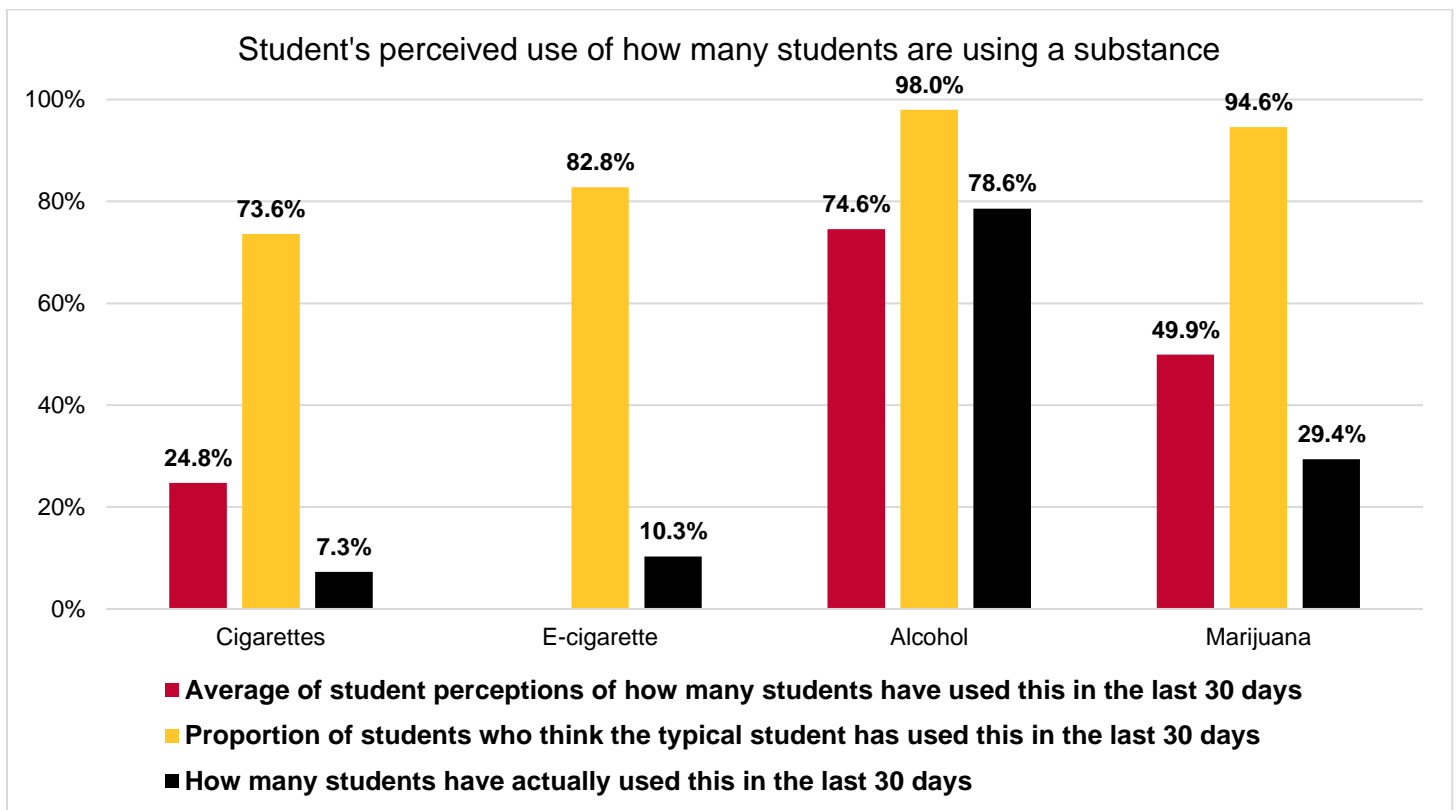
\*students who reported "NA, do not drink" were excluded from the analysis

## Perceived Use

Student's perceived use of their peer's substance use habits often vary dramatically from student's actual substance use. Students were asked "What proportion of students at your school do you believe have used this substance in the last month?" The average of all student's answers are indicated in red, and data for this question was not collected for E-cigarettes.

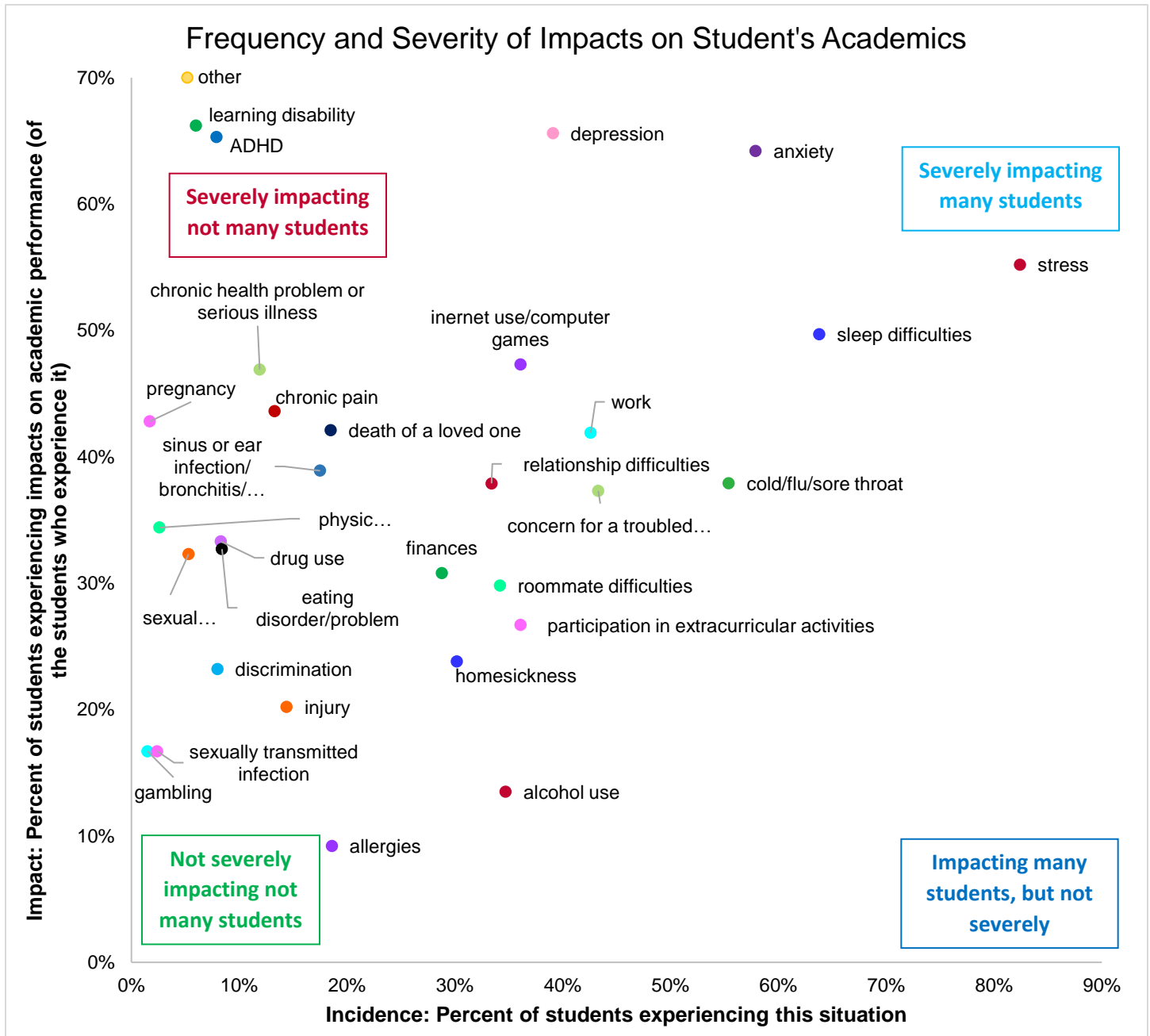
Students were also asked "How many days in the last month do you believe the 'typical student' at your school used this substance in the last month?" The proportion of students who answered that the typical student has used this substance at least "once in the last month" or more, are indicated in yellow.

The actual proportion of students who reported that they had used that substance at any point in the last month is indicated in black. We can see that student's perceptions of substance use by university students is very different from university student's actual use.



# Academic Impacts

This scatterplot indicates the reported frequency and intensity of various situations that can impact student's academic success. Students indicated if this situation caused them to receive a lower mark on an exam, to receive a lower mark in a course, to receive an incomplete or to drop a course, or caused significant disruption to their thesis. The x-axis indicates the proportion of students who indicated that they had experienced this situation, and the y-axis indicates the proportion of those students who experienced this situation negatively impacting their academics, out of the students who reported experiencing this situation. Stress had the highest number of students report experiencing it, and a high number of those students found that stress impacted their academics. Alternatively, we can see that not many students experience ADHD, but of those who do, many find their academics are very negatively impacted.





# Campus/Community Safety and Provided Resources

## Safety

4.2% of students reported being in a physical fight in the last year (8% of males, 3% of females).

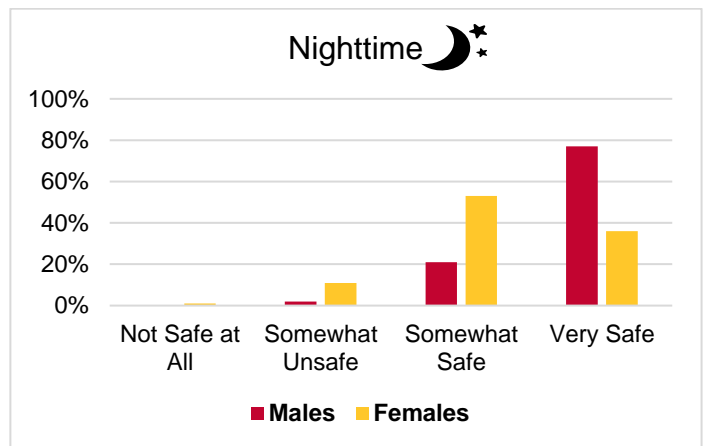
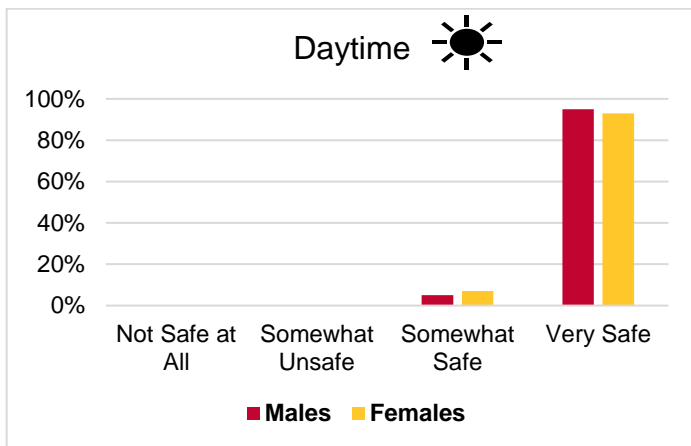
3.3% of students reported being physically assaulted in the last year (not including sexual assault).

22.9% of students were verbally threatened in the last 12 months.

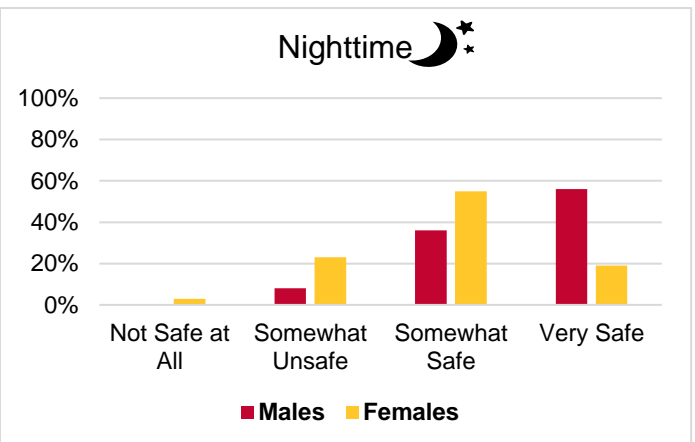
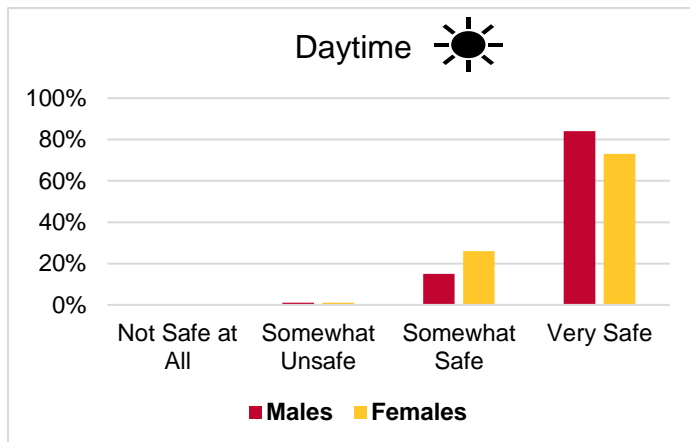
5.3% of students were victims of stalking in the last year (3% of males, 6% of females).

### Feelings of Safety on University of Guelph Campus

Female students generally felt less safe than male students both on campus and in the community at nighttime, and feelings of safety were closer to equal between men and women for during the daytime.



### Feelings of Safety in the Guelph Community

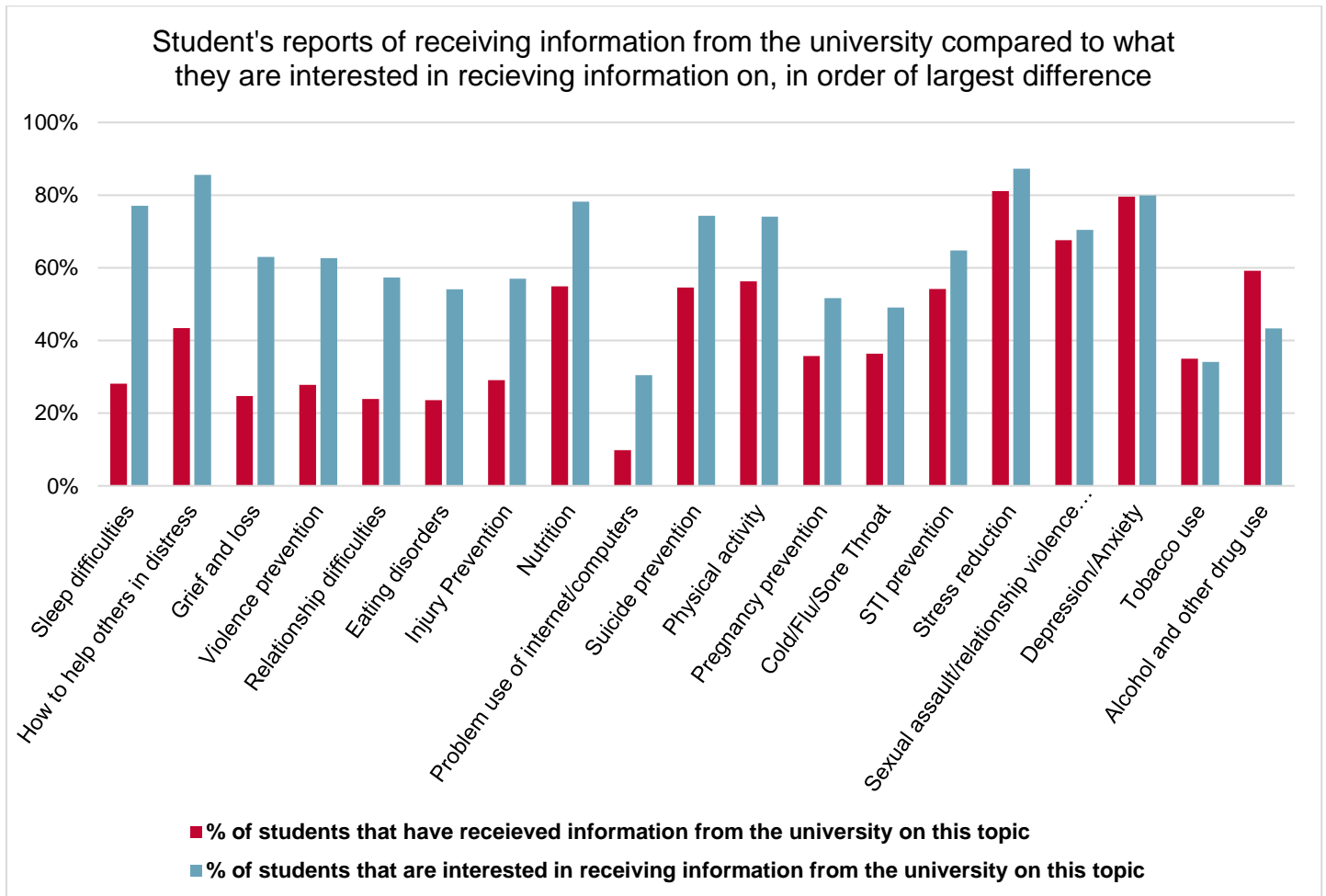


## We're here for you!

- ✓ **Campus Community Police** can be reached at 519-824-4120. In Emergencies use ext. 2000 and in Non-Emergencies use ext. 52245

## Resources on Campus

For each category, students indicated if they felt that they had received resources from the University on a topic and if they were interested in receiving resources from the University on this topic. The list is ranked from the largest difference in “receiving” compared to “interested in.” ‘Tobacco use’ and ‘Alcohol and other drug use’ were the only categories in which less students indicated that they were interested in receiving information on this topic than the number of students who felt they received resources on this topic.



## Resources at your fingertips!

- ✓ Learn **how to help a friend** with tips for helping others, how to find more help, and the A.L.E.R.T. Model at <https://www.uoguelph.ca/mentalwellbeing/help-someone-2>

# Resources

\*if a resource phone number is only listed as an extension (Ext.) then first call the University of Guelph number: **519-824-4120**, then dial the extension number. Otherwise, dial the full number.

<b>Emergency and 24 Hour Resources</b>	
Campus Police, Fire, and Ambulance	Emergency Ext.2000 Non-Emergency Ext. 52245
Good2Talk	1-866-925-5454
Here 24/7	1-844-437-3247
Crisis Text Line	Text UofG to 686868
Guelph-Wellington County Care and Treatment Centre for Sexual Assault and Domestic Violence	Phone: 519-837-6440 Ext. 2728, or 24-hour: Ext. 2210 Or access them through the Guelph General Hospital Emergency Department
Student Housing Services	Prairie Residence: Ext. 58123 Lennox Addington Residence: Ext. 58122 East Residence: Ext. 58124 Website: <a href="http://housing.uoguelph.ca">housing.uoguelph.ca</a>
<b>University of Guelph Campus Resources</b>	
Student Wellness	J. T. Powell Building (next to the Guelph Gryphon's Athletic Centre) Website: <a href="http://uoguelph.ca/wellness">uoguelph.ca/wellness</a>
<ul style="list-style-type: none"> <li>• Counselling Services</li> </ul>	Website: <a href="http://uoguelph.ca/wellness/counselling">uoguelph.ca/wellness/counselling</a>
<ul style="list-style-type: none"> <li>• Student Health Services (SHS)</li> </ul>	Website: <a href="http://uoguelph.ca/wellness/health">uoguelph.ca/wellness/health</a>
<ul style="list-style-type: none"> <li>• Wellness Education &amp; Promotion Centre (WEPC)</li> </ul>	Website: <a href="http://uoguelph.ca/wellness/wepc">uoguelph.ca/wellness/wepc</a>
<ul style="list-style-type: none"> <li>• Student Accessibility Services (SAS)</li> </ul>	Website: <a href="http://uoguelph.ca/wellness/accessibility">uoguelph.ca/wellness/accessibility</a>
<ul style="list-style-type: none"> <li>• Health and Performance Centre (HPC)</li> </ul>	Website: <a href="http://uoguelph.ca/wellness/hpc">uoguelph.ca/wellness/hpc</a> Phone: 519-767-5011
Student Support Network (SSN) (peer to peer support)	J.T. Powell and Library Room 111 Visit <a href="http://uoguelph.ca/wellness/ssn">uoguelph.ca/wellness/ssn</a> for hours
Director, Sexual Violence Support Centre	Phone: Ext. 53020
Stress Management & High Performance Clinic	Kathy Somers, Phone: Ext. 52662
Sexual and Gender Diversity Advisor, Jarred Sanchez-Cacnio	Email: <a href="mailto:cacnioj@uoguelph.ca">cacnioj@uoguelph.ca</a>
University Centre Pharmacy	Website: <a href="http://www.ucpharmacy.ca">www.ucpharmacy.ca</a> Phone: 519-763-7773
Office of Intercultural Affairs (OIA)	Email: <a href="mailto:oia@uoguelph.ca">oia@uoguelph.ca</a>
Program Counsellors	Find full list at <a href="http://www.uoguelph.ca/uaic/programcounsellors">www.uoguelph.ca/uaic/programcounsellors</a>
Off Campus Living	Email: <a href="mailto:ocl@uoguelph.ca">ocl@uoguelph.ca</a>
CSA Bike Centre	Website: <a href="https://csaonline.ca/bike-centre">https://csaonline.ca/bike-centre</a>
Fitness and Recreation	Website: <a href="http://fitandrec.gryphons.ca">fitandrec.gryphons.ca</a>
Campus Dietitian	Book appointment through health services: Ext. 52131
Cooperative Education and Career Services	Website: <a href="http://recruitguelph.ca">recruitguelph.ca</a>
Student Financial Services	Website: <a href="http://uoguelph.ca/registrar/studentfinance">uoguelph.ca/registrar/studentfinance</a>
Multi-Faith Resource Team	For the full list of resources and faith communities: <a href="http://www.uoguelph.ca/studentexperience/community/multi-faith/mfrr">www.uoguelph.ca/studentexperience/community/multi-faith/mfrr</a> For information on LGBTQ2IA+ affirming resources, contact Andrew Hyde at Email: <a href="mailto:hydea@uoguelph.ca">hydea@uoguelph.ca</a> or Phone: Ext. 52390
<b>Off-Campus Resources</b>	
Guelph ARCH (HIV/AIDS Resources and Community Health)	Website: <a href="http://www.archguelph.ca">www.archguelph.ca</a>

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## Limitations of this report

- This sample does not necessarily include the same students as the 2016 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 much higher proportion of graduate 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.