

2013 NATIONAL COLLEGE HEALTH ASSESSMENT

University of Guelph Results

Last spring, more than 800 students at UofG completed the National College Health Assessment, which evaluated the overall health and well-being of post-secondary students. The survey was broad-based, and looked at health and social factors that could affect a student's academic career. We thank those students who participated and look forward to sharing the results with many campus partners as well as distributing resources to assist students in achieving their academic, personal and citizenship goals.

The response group consisted of the following:

	U of G	Canada
Number of responses	807	34,039
Gender	%	%
Female	75.3	67.6
Male	23.3	30.9
Trans	0.4	0.2
International	6.3	10.5
Year of study		
1st	18.8	20.5
2nd	21.2	20.4
3rd	19.3	19.7
4th	18	16.7
5th	6.4	6.6
Graduate	15.3	14.5
Housing		
On campus	19.5	12.3
Off campus	65.3	45.9
Living with parents	7.6	30.4
Age	yrs.	yrs.
Average	21.7	22.9
	%	%
18-20	47.6	39.9
21-24	39.0	38.5
25-29	8.5	12.3
30+	4.9	9.3

If you have any feedback, insights or ideas, we would appreciate hearing from you – email: ldavenpo@uoguelph.ca
Wishing you excellent health!

The University of Guelph Student Affairs –
NCHA Advisory Team



GENERAL HEALTH

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

%	U of G	Canada
Excellent or very good	55.9	53.4
Excellent, very good or good	91.3	88.7

% diagnosed in past 12 months	U of G	Canada
Back pain	15.8	16.9
Allergies	14.3	13.7
Sinus infection	12.5	11.3
Strep throat	13.7	11.0
Urinary tract infection	14.2	10.6

The five most frequent health issues diagnosed or treated by a professional within the previous year; the issues are the same both at U of G as well as across Canada

Preventative health measures

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

% received in last 12 months	U of G	Canada
Hepatitis B vaccine	80.9	70.7
HPV vaccine	29.3	23.1
Influenza vaccine	18.4	26.8
Dental exam & cleaning	84.7	74.7

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



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CHANGING LIVES
IMPROVING LIFE

Safety

Safety questions included items such as overall feeling of safety on campus and in the community, the propensity to wear a helmet while participating in various activities, and the likelihood of being involved in various threatening situations. In general, most students reported feeling quite safe on and off-campus both during the day and at night. More than 90% indicated that they felt safe or very safe on campus (day and night) and off campus (day); and nearly 80% felt safe or very safe at night in the community.



Helmet use is one way to reduce the risk of a serious head injury while participating in various activities.

Wear helmet % mostly or always	U of G	Canada
while cycling	29.6	50.4
while inline skating	25.3	30.1

The percentage of students who reported wearing a helmet when participating in the following activities.

In the area of threatening situations, very small percentages of students indicated any type of physical threats – in some cases about half of what was reported by other Canadian students.

Last 12 months...	U of G	Canada
In a physical fight	3.1	5.6
Physically assaulted	4.2	4.1

Sleep

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

% that indicated affected 3 or more days	U of G	Canada
Enough sleep to feel rested	58.7	59.4
Felt tired, dragged out or sleepy during day	64.5	62.1
Extremely hard time falling asleep	32.8	29.6
Awaken too early and can't get back to sleep	14.5	15.3
Gone to bed early because couldn't stay awake	28.4	30.0
Big or very big problem with sleepiness during day	19.4	19.2

Learn some tactics to help get a better nights' sleep. Register for a Better Sleep program.

(<http://www.uoguelph.ca/~ksomers/>).

Eat right and get regular exercise – try to find ways to insert strategies into your daily routine.



NUTRITION AND PHYSICAL ACTIVITY

When it comes to nutrition and physical activity, students were asked about their intake of fruits and vegetables as well as about their physical activity. Why are nutrition and physical activity so important? Eating well and 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.



Nutrition

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

Servings per day	U of G	Canada
0	2.4	3.4
1-4	81.1	83.4
5 or more	16.5	13.3

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

Physical Activity

Moderate to vigorous physical activity causes an increase in heart rate and can include brisk walking or jogging. Over the past 7 days: How many total minutes of moderate to vigorous physical activity did you do in at least 10 minute bouts?

Minutes per week	U of G	Canada
< 30	22.8	28.8
30-60	24.1	22.7
61-90	20.3	17.6
91-150	16.2	13.6
> 150	16.6	17.4

The percentage of students who reported exercising on a weekly basis; listed in increments of 30 minutes.

The Public Health Agency of Canada recommends 2.5 hrs per week of moderate to vigorous aerobic activity for those between 18 – 64 years of age.



Less than 20% of students are getting the Canadian recommended guidelines for nutrition and physical activity. Here are some ways you can add physical activity and healthy eating into your day-to-day routines: join an intramural team, walk one way to school each day, choose lower fat dairy products, whole grains, have whole vegetables and fruit more often than juice, etc. More information can be found on the last page.

SUBSTANCE USE

Alcohol

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



%	U of G	Canada
4 or fewer drinks	47.6	51.3
5 drinks	13.3	12.1
6 drinks	12.4	9.9
7 or more drinks	26.6	26.8

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

While the pattern of consumption is fairly similar, the numbers of students who abstain from drinking is lower at U of G than across Canada (8% vs 16%).

However, questions around the perception of alcohol use indicated that students believe many more of their peers consume alcohol than the actual reported use.

Used in last 30 days		
U of G		Canada
82.3	Own use	70.8
98.5	Perceived use	95.6

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

About 92% of students at U of G use at least one common sense strategy to ensure their safety when consuming alcohol (staying with friends, eating before/during drinking, using a designated driver, etc).

Other Drugs

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

Cigarettes

Used in last 30 days		
U of G		Canada
7.8	Own use	11.6
79.3	Perceived use	79.7

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



Marijuana

Used in last 30 days		
U of G		Canada
18.4	Own use	16.0
91.0	Perceived use	93.8

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



Other illegal drugs

Eleven percent (11%) of U of G students and students in Canada reported having used other drugs (cigars, smokeless tobacco, cocaine, meth, other amphetamines, sedatives, hallucinogens, steroids, opiates, inhalants, MDMA, other club drugs or other illegal drugs) however, 71% of students at U of G and 73% of students in Canada believe that typical students had used one or more of these other drugs at least once in the past month.

Prescription drugs not prescribed to them

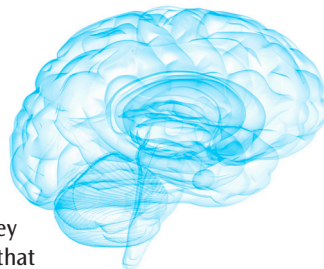
Almost 11% of students at U of G indicated that they had used one or more medications not prescribed to them.

Used in last 30 days	U of G	Canada
Pain killers (e.g. OxyContin, Vicodin, Codeine)	6.1	6.4
Stimulants (e.g. Ritalin, Adderall)	4.6	3.7

The percentage of students who reported using prescription drugs not prescribed to them in the past 30 days.

MENTAL HEALTH

The mental health section confirmed that 1 in 5 university students reported a mental health concern. The good news is that 78% of students at U of G indicated that they would seek help from a mental health professional if they were experiencing a personal problem that was really bothering them as compared to 74% of people in Canada.



% affected in past 12 months	U of G	Canada
Overwhelmed	93.1	89.3
Exhausted (not from physical activity)	89.3	86.9
Sad	70.6	68.5
Lonely	65.5	63.9
Anxious	56.3	56.5

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

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

% affected in past 12 months	U of G	Canada
Anxiety	12.7	12.3
Depression	8.5	10.0
Panic attacks	6.5	5.8
Insomnia	3.4	4.1
ADHD	2.2	2.8

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

Other mental health concerns evaluated (but being reported by less than 2% of students) included anorexia, bipolar, OCD, phobia, and substance abuse/addiction among others.

Eight percent of students (both at U of G and across Canada) reported only one mental health concern. Those who reported both depression and anxiety together included 6% of students at U of G compared to 7% of students in Canada.

Remember, you are not alone; there are a number of resources available both on campus and within the community to support you. Be sure to check out the campus and community resources provided on the last page.

SEXUAL BEHAVIOUR & HEALTH

About 73% of students indicated that they had been sexually active in the previous 12 months. Of them, about 55% indicated they had used some type of protective barrier when engaging in vaginal intercourse, 38% when engaging in anal intercourse and 2% when engaging in oral sex; 55% indicated they had used a method of birth control the last time they engaged in vaginal intercourse.



IMPEDIMENTS TO ACADEMIC PERFORMANCE

The following table shows the top impediments to academic performance – received a lower grade, an incomplete or a significant disruption to their work. These items were similar across the country.



% affected in past 12 months	U of G	Canada
Stress	40.9	38.6
Anxiety	32.2	28.4
Sleep difficulties	32.0	27.1
Cold/flu/sore throat	26.6	21.6
Internet/computer use	21.1	21.0

The percentage of students reporting negative impacts on academic performance.

We hope that as you review the survey results you consider the outcomes as they relate to your personal health and wellness. Below are several **CAMPUS AND COMMUNITY RESOURCES** that you may find helpful in your health quest.

On campus Resource	Phone/Ext	Location	Website
EMERGENCY - ON CAMPUS	2000		
Mental Health & Addictions			
Counselling Services	53244	University Centre - 3rd floor	www.uoguelph.ca/counselling/
Student Support Network	55002	Raithby House	www.uoguelph.ca/counselling/student-support-network
Feeling Better Now		Website	www.feelingbetternow.com/uoguelph Access ID: uoguelph
Stress Management	52662		www.uoguelph.ca/~ksomers/class.html
Student Health Services	52131	J.T. Powell Building 1st floor	www.uoguelph.ca/studenthealthservices/
Physical Health			
Student Health Services	52131	J.T. Powell Building 1st floor	www.uoguelph.ca/studenthealthservices/
Better Sleep Program	52662		www.uoguelph.ca/~ksomers/sleep.html
Student Health 101		Website	read101.ca/uoguelph.html
Physical Activity & Nutrition			
Athletics Department	56253	Reynolds Walk	gryphons.ca
ParticipACTION			www.participaction.com/splash/
Dieticians of Canada		Food intake tracker	www.eatracker.ca/
Health Canada		Physical activities guidelines & handbook	www.phac-aspc.gc.ca/hp-ps/hl-mvs/pa-ap/index-eng.php www.csep.ca/english/view.asp?x=804
General Resources			
Centre for Students with Disabilities	56208	University Centre - 3rd floor	www.uoguelph.ca/csd/
Centre for New Students	52277	University Centre - 3rd floor	studentlife.uoguelph.ca/cns/
Multi-Faith Resource Team	58909	McNally House	www.uoguelph.ca/faith/
Office of Intercultural Affairs	58686	University Centre - 3rd floor	studentlife.uoguelph.ca/oia
Student Housing Services		See your RA or RLM	www.housing.uoguelph.ca
24 hr Residence Desks	58123 58122	Prairie Hall Lennox/Addington Hall	
The Wellness Centre	53327	J.T. Powell Building 2nd floor	www.uoguelph.ca/studenthealthservices/wellness
Off-Campus Resources			
Guelph Distress Centre	519.821.3760	24 hrs/day telephone	
Sexual Assault Centre	519.823.5806	24 hrs/day telephone	www.gwwomenincrisis.org/get-help/sac
Good2Talk	1.866.925.5454	24/7/365	www.good2talk.ca



