

2016 Student Health Survey Report National College Health Assessment (NCHA)

Health: *"a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity."* (World Health Organization)

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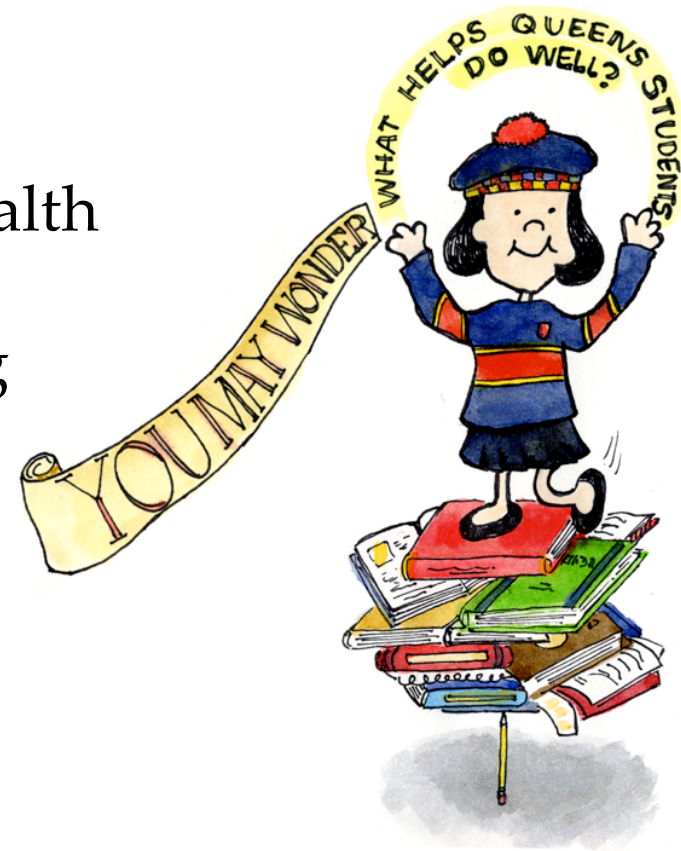
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- **Survey Goal:**
 - To provide a ‘snapshot’ of current student health behaviours, attitudes, and perceptions
- **Survey tool:**
 - The National College Health Assessment (NCHA), from the American College Health Association (ACHA)
 - Online self-report (~80 questions with 404 response items)
 - 2016 Canadian sample size = 43,780 (19% response rate) – 41 schools
 - 2016 Ontario sample size = 25,168 (19% response rate) – 20 schools
- **NCHA 2016 Survey at Queen’s University**
 - Conducted in February 2016
 - Queen’s sample size = 1,152 (17% response rate)

Using the Data

- An evidence base to guide development of initiatives / programs
- Identification of the most common health related issues affecting students' academic performance and well-being
- Identification of areas of strength
- Everyone is a health promoter!
 - Conversations and interactions with students impact campus culture and student well-being.



Queen's Respondent Information

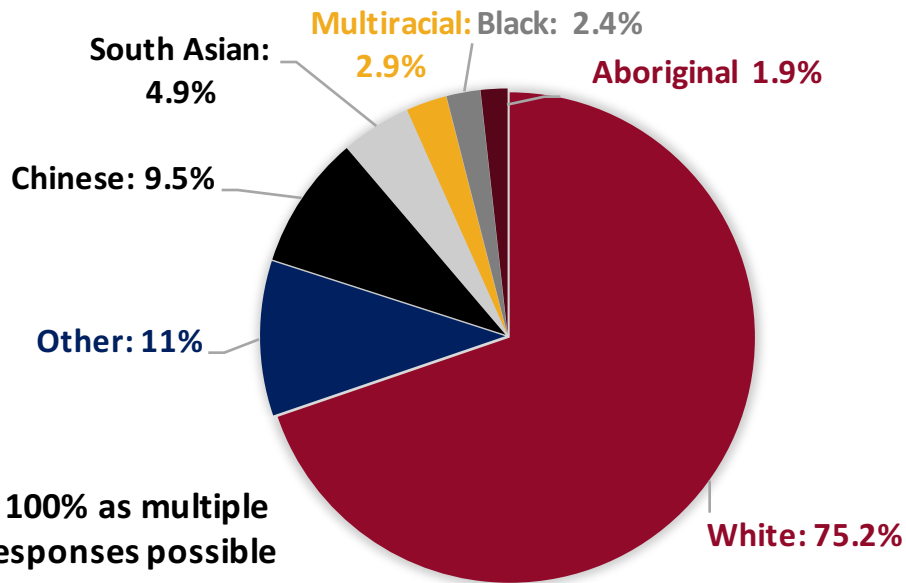


- Median Age:
 - 20 years - 50% of respondents were 18-20 years
- Gender:
 - 73% Female, 24% Male, 2% Non-Binary (campus: 58% female)
- Year of Study:
 - 23% first year students, 21% graduate students,
- Aboriginal Students:
 - 1.9% (campus: 1.5%)
- International Students:
 - 7% (campus: 9.2%)
- Faculty / School
 - Arts and Science 46%, Engineering 11%
 - All faculties/schools represented. Slight overrepresentation from education, nursing, and health studies

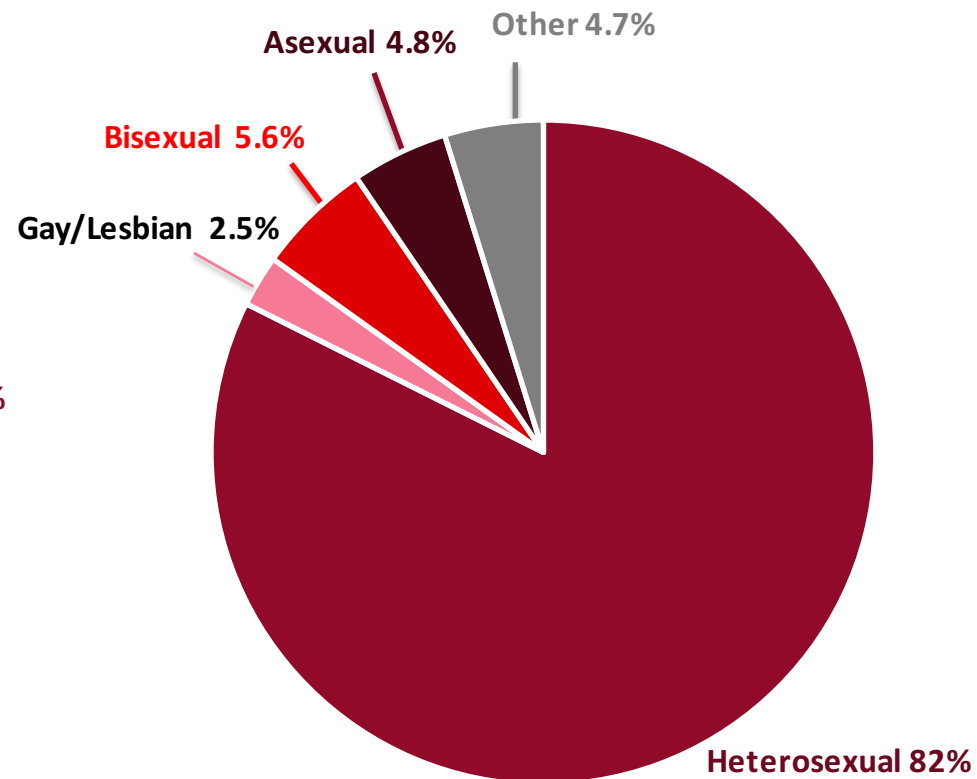
Queen's Respondent Information



"How would you describe yourself?"



"Which term do you use to describe your sexual orientation?"



Data considerations

- A snapshot of the student population
- Not necessarily the same students as 2013 (i.e. not longitudinal)
- Small samples for some sub-populations



Overall Health and Well-being



4 out of 5 students who completed the survey:

- Describe their general health as good, very good or excellent: 81.1%
- Feel they are part of the Queen's community: 81.5%
- Feel Queen's has a sincere interest in the well-being of its students: 84.6%
- Feel their Faculty/School has a sincere interest in their well-being: 79.6%
- Would seek help from a mental health professional if they had a personal problem that was bothering them: 83.3%

Common Health Conditions



“Within the last 12 months, I was diagnosed or treated by a professional for the following”:

Health Condition	Percentage of Students
Anxiety	20.1%
Depression	15%
Strep throat	14.1%
Allergies	13.9%
Back pain	13.8%
Urinary tract infection	13.7%
Sinus infection	11.6%
Panic attacks	10%

In the last 12 months

- 51.6% were diagnosed or treated for a physical health condition
- 29.8% were diagnosed or treated for a mental health condition

Student Mental Health



Mental Health: “A state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.” WHO

Corey Keyes	Overall
Flourishing	53.2%
Moderate	39%
Languishing	7.8%

**Broad categorization of mental health
(with or without mental illness)**

Flourishing
Optimal mental health



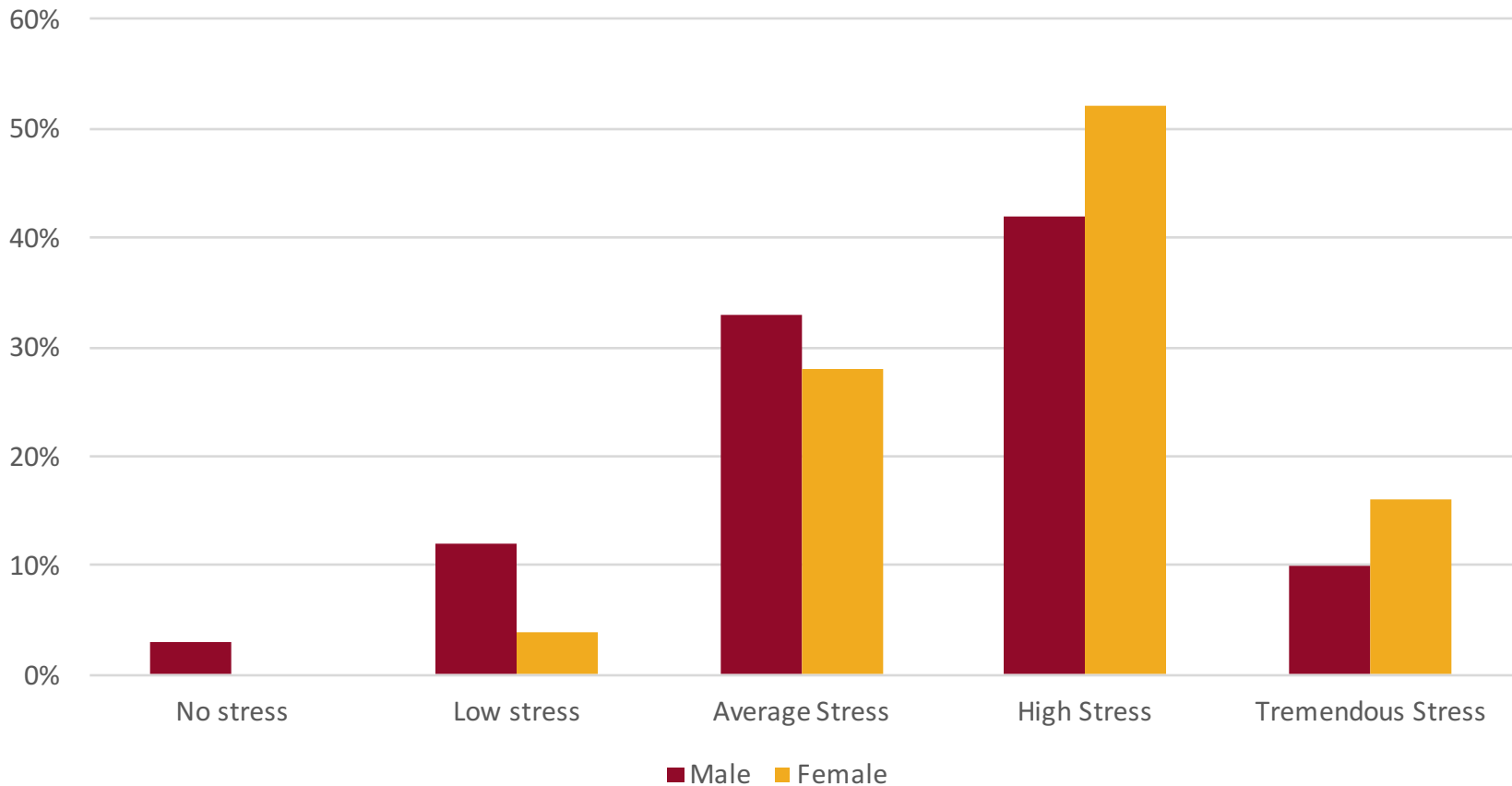
Languishing
Poor mental health

Moderate: Neither flourishing nor languishing

Student Stress Levels



Overall stress level within the last 12 months:



Impacts on Student Mental Health



Have You Found this Very Difficult to Handle? (last 12 months)

	YES
• Academics	61%
• Sleep Difficulties	36%
• Personal Appearance	35%
• Social Relationships	32%
• Intimate Relationships	31%
• Career Related Issues	31%
• Finances	31%
• Family Problems	31%
• Personal Health Issues	27%
• Family Health Issue	24%

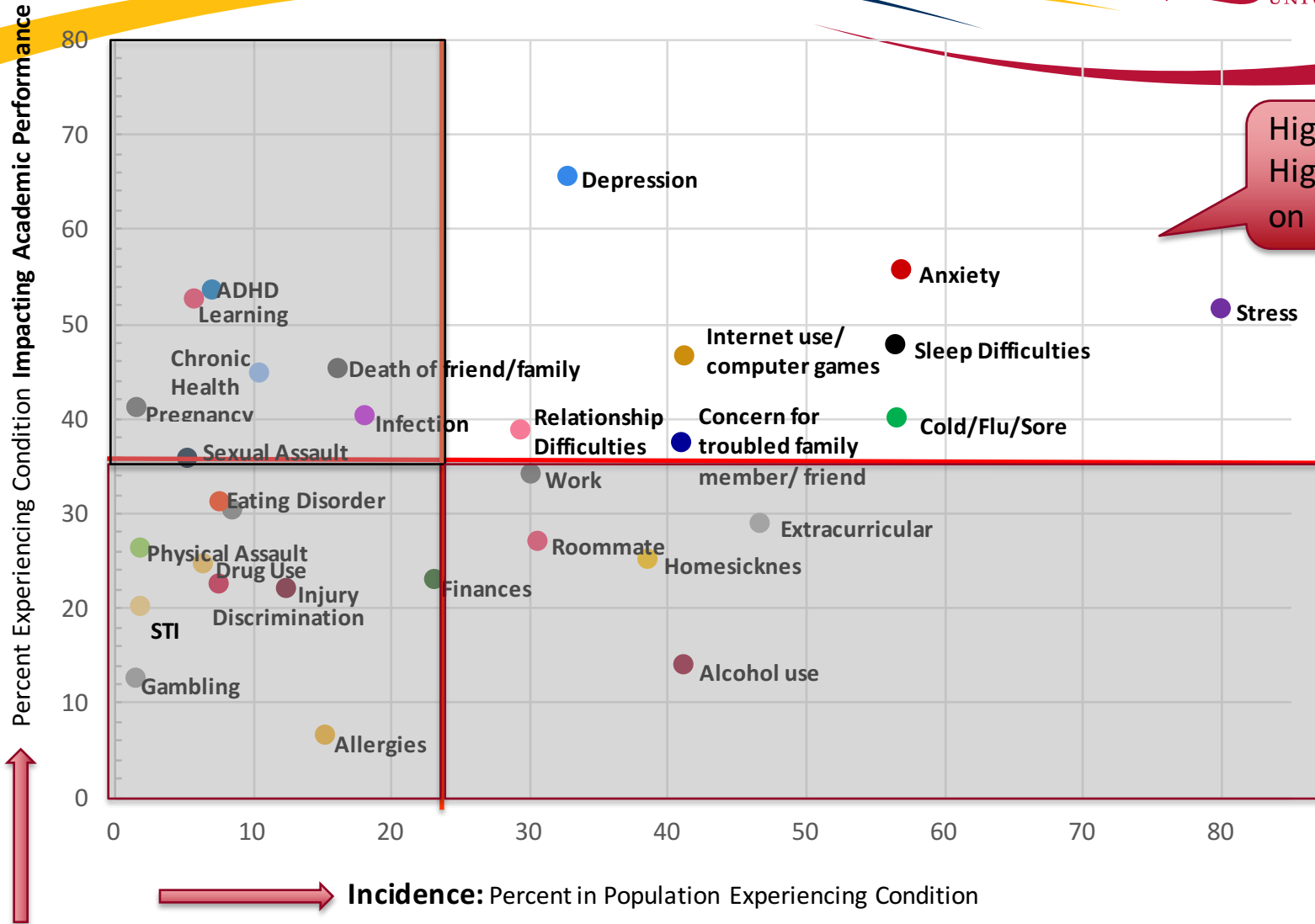
17.6% reported finding no areas very difficult to handle

58.7% reported 3 or more areas that were very difficult to handle

Impact on Student Academic Performance



Queen's
UNIVERSITY



High Incidence
High Impact
on Academics

Student Mental Health



Risk of Harm to Self

	Last 2 weeks	Last 12 months	Life Time
Seriously considered suicide	2.9%	12.7%	26.6%
Attempted suicide	0.1%	1.3%	9.7%

Mental Health Service Use



Have you ever received psychological or mental health services from any of the following:

Professional help	Queen's Sample 2016	Canada Sample 2016
Counselor / Therapist / Psychologist	44.5%	36.9%
Psychiatrist	12.6%	11.9%
Physician, Nurse practitioner	22%	20.4%
Minister/Priest/Rabbi/ Other clergy	3.1%	4.6%

Alcohol Use



Queen's

- **21%** of participating students had **not** used alcohol in the last 30 days
- **11%** had **never** used alcohol (16% male, 9% female)

First-year sample

- **28.7%** of participating students had **not** used alcohol in the last 30 days
- **16%** had **never** used alcohol (23% male, 14% female)

Graduate sample

- **21.9%** of participating students had **not** used alcohol in the last 30 days
- **13%** had **never** used alcohol (22% male, 9% female)

Ontario:

- **32.9%** of participating students had **not** used alcohol in the last 30 days
- **17.4%** had **never** used alcohol (19% male, 16% female)

Canada:

- **30.7%** of participating students had **not** used alcohol in the last 30 days
- **15.6%** had **never** used alcohol (17% male, 14% female)

Alcohol Use and Responsible Drinking



- Students who drink consume an **average** of **5 drinks** per night out
 - 33% had 2 or fewer drinks the last time they partied (perception 6.7%)
 - 48% had 3-6 drinks the last time they partied (perception 62.4%)
 - 19% had 7 or more drinks the last time they partied (perception 31.3%)
- In the last two weeks, students had **5 or more** drinks at one sitting (binge-drinking)
 - Zero times: 56%
 - Once: 19%
 - Twice: 13%
 - Three or more times: 12%

Binge Drinking at least once in the last 2 weeks*

*among all respondents, including those who don't drink

2016 Queen's
44%

2013 Queen's
51%

2016
Queen's first years
48%
Queen's graduate
students
30%

34% Ontario
35% Canada

Alcohol Use and Responsible Drinking



- Students who reported 5 or more responsible drinking behaviours had significantly fewer reports of negative outcomes
- 40% of students reported using five or more responsible drinking behaviours
 - Most common responsible drinking behaviours:
 - 88.3% stayed with the same group of friends the entire time they were drinking
 - 65.9% kept track of how many drinks they consumed
 - **Most effective in reducing negative outcomes:** Pacing drinks to one an hour
 - **Least effective:** Having a friend tell you when you have had enough

Negative Outcomes	% experiencing
Did something you later regretted	49.4%
Forgot where you were or what you did	37.2%
Physically injured yourself	23.5%
Had unprotected sex	22.2%

Substance Use

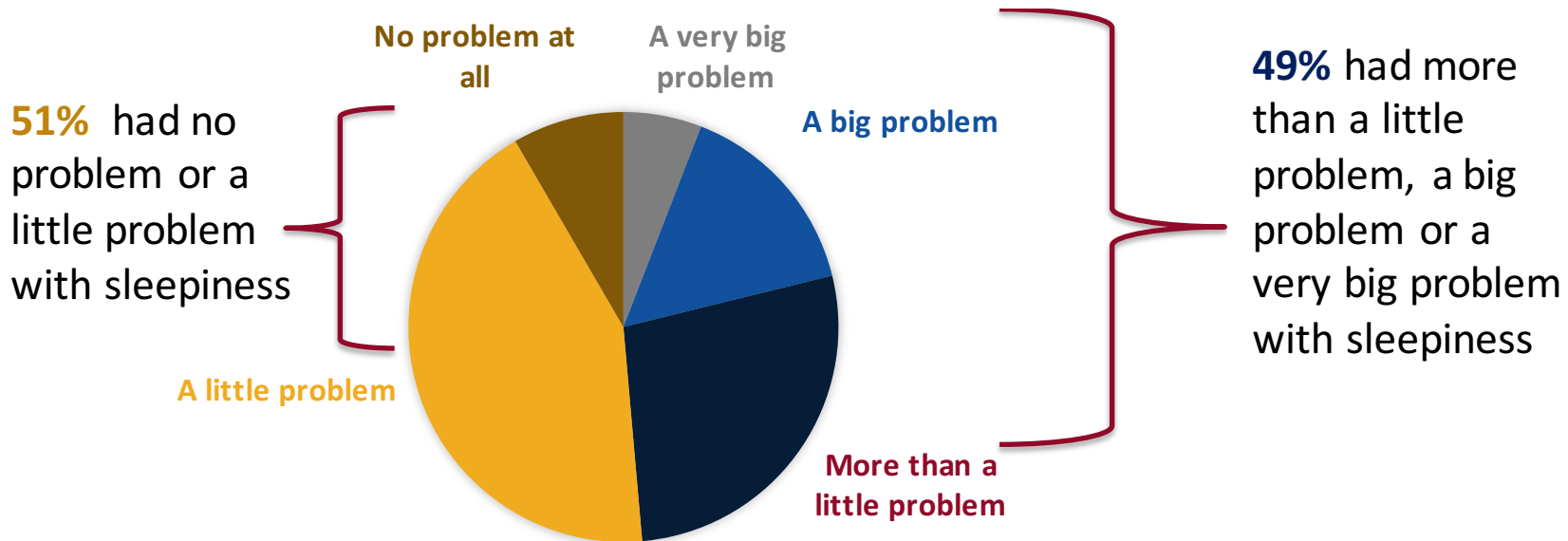


	Used 6 or more times in last 30 days	Any use in last 30 days	Lifetime use	Perception Lifetime use
Alcohol	37.6%	79.1%	88.8%	98.2%
Marijuana	5.2%	19.9%	45.3%	95.1%
Cigarettes	2.6%	7.1%	22.7%	88.6%

- 8.6% have taken a prescription drug not prescribed to them
 - 3.7% took a stimulant (Adderall, Ritalin)
 - 3.5% took a pain medication
- First-year males have higher rates of drug use, including using prescription drugs not prescribed to them (14.8% have taken one)

Sleep and Rest

“In the past 7 days, how much of a problem have you had with sleepiness during daytime activities?”



- 65.1% of students report regularly* feeling tired, dragged out of sleep during the day.
- 60.5% of students report regularly* not feeling rested in the morning.

*at least 3 out of the past 7 days

“How many servings of fruits and vegetables do you usually have per day?”

Servings per day	Percent of students
None	3.3%
1-2 per day	42.3%
3-4 per day	42.1%
5 or more per day	12.2%

Canada's Food Guide recommends **7-8** servings per day

Body Composition



71.3% of students are at a healthy weight (72% f, 66% m)

“Within the last 30 days, did you do any of the following to lose weight?”

	Percent of students
Exercise	54.3%
Diet	36.6%
Take laxatives	4.3%
Diet pills	1.9%

Sexual Health – Sexual Activity



Number of Sexual Partners in the last 12 months

Mean number of sexual partners in the last 12 months: **1.6**

- None – 32% (same for males and females)
- One – 40%
- Two – 9%
- Three to Six - 15%
- Seven or more - 3.3%

7% of males and 4% of females who were sexually active had a same-sex sexual partner

Sexual Health – Safer Sex Practices



Contraceptive Use

- 85% of sexually active students used a method to prevent pregnancy the last time they had sex
- 51.3% of students use male condoms plus another method

Contraceptive Use	% of students
Birth control pills	67%
Male condoms	64%
Withdrawal	32%
IUDs	9%
Fertility awareness	6%

Protection

- 55% used a protective barrier most of the time or always
- 18% used a protective barrier rarely or sometimes
- 14% never used a protective barrier

Physical Activity



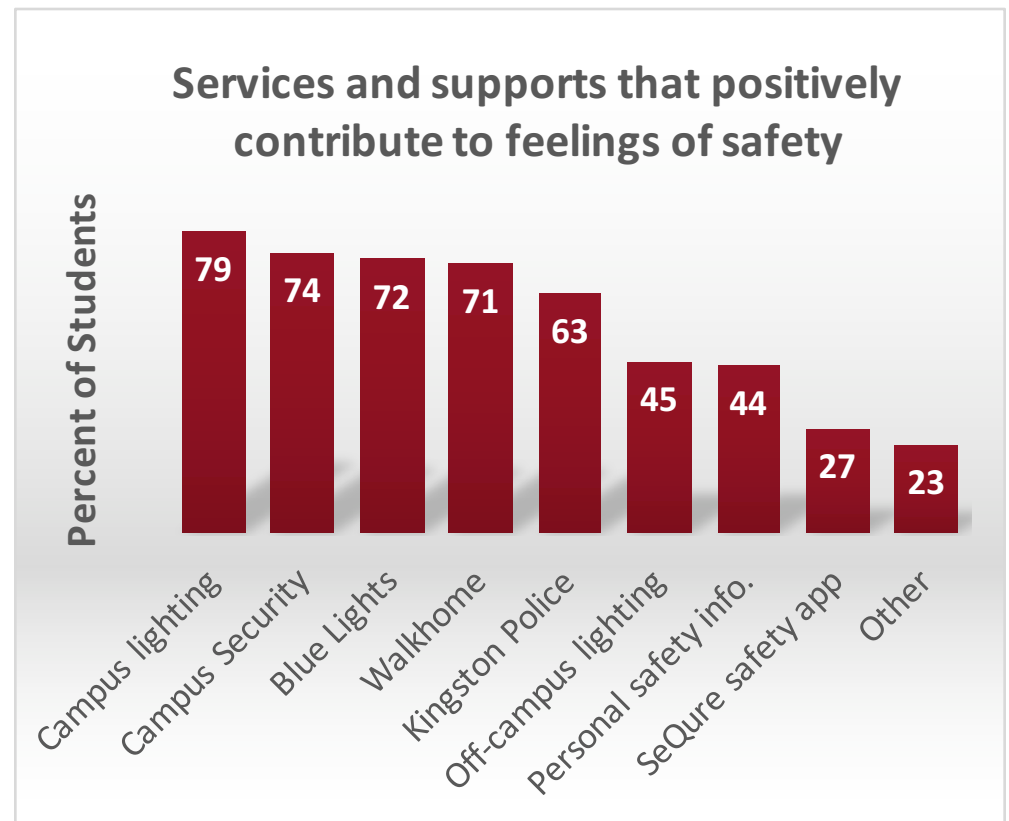
Queen's students reported the following exercise behaviours within the past 7 days:

- 48.4% of students completed moderate-intensity (5-7 days a week), vigorous-intensity exercise (3-7 days a week), or a combination of the two
- 22.3% of Queen's students met the Canadian physical activity standards (>150 minutes/week)
- 6.1 % of respondents participated in varsity athletics
- 14.9% of respondents participated in club sports
- 35.8% of respondents participated in intramurals

Safety On and Near Campus



Location & Time of Day	% reported feeling somewhat or very safe
Campus (Day)	99.6
Community (Day)	97
Campus (Night)	89.9
Community (Night)	61.9



Interpersonal Violence



In the last 12 months:

- 15.5% of Queen's respondents experienced being sexually touched without their consent (19.8% female, 3.6% male)
- 6.6% reported an emotionally abusive relationship (7.4% female, 4.4% male)
- 4.7% reported being a victim of stalking (5.5% female, 2.2% male)

Hazing



“Hazing is a common occurrence at Queen’s”

“I have experienced being hazed as a member of a Queen’s University” group, club or team”:

	2016	2013
Strongly agree	2.6%	5.4%
Agree	18.6%	24.4%
Total	21.2%	29.8%

	2016	2013
Strongly agree	1.5%	3.6%
Agree	11.5%	15.3%
Total	13%	18.9%

6.7% of respondents reported that they had participated in hazing others as a member of a Queen’s university group, club or team.

Social Experiences



- 81% feel they are part of the Queen's community
- 80% feel they contribute something important to society at least once a week
 - 42% feel this way every day or almost every day
- 80% feel they belong to a community (social group) at least once a week
 - 53% feel this way every day or almost every day
- 85% feel they have warm and trusting relationships with others at least once a week
 - 62% feel this way every day or almost every day

Top Five Health Topics students want more information about:

1. Sleep Difficulties
2. Grief and Loss
3. Relationship Difficulties
4. Violence Prevention
5. How to Help Others in Distress

Takeaways



- **Many students are healthy and successfully managing academics and life stress**
 - Build on strengths and capacities
 - Peer-to peer programs where students can share what works for them
- **Stress is the most common issue students face and the one they perceive to negatively impact their academics the most**
 - Normalize stress and build resilience
 - Strengthen stress management strategies and self-care (e.g. sleep, physical activity, nutrition, life balance, self-compassion, connections)
 - Emphasize learning skills development (organizing time, study methods, academic expectations, writing exams etc.)
- **Importance of addressing student perceptions of others**
 - Normalize areas where students may feel alone based on misperceptions (e.g. single relationship status, non drinker, not sexually active)
 - Ensure accurate perceptions about frequency / quantity of alcohol and drug use

Takeaways



- **Alcohol and Substance Use:**
 - Continue efforts to address alcohol misuse as an area of concern, noting positive trend towards decreased binge-drinking.
 - Increase awareness of actual vs perceived frequency / quantity of alcohol and drug use
- **Sleep, relationships, and personal appearance are three areas that present challenges for students and that contribute to poorer health and well-being**
 - Areas of focus for health promotion and prevention
- **A still significant number of students are struggling (1 in 5)**
 - Importance of increasing connections and sense of community for these students
 - Early intervention and access to services for those with health and wellness needs
- **There is a role for everyone in contributing to student health and well-being**
 - Enhance collaborations to maximize services – a multi-faceted approach will be most successful.

For More Information



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