

# 2013 Student Health Survey Report

## National College Health Assessment (NCHA)

*Prepared by Kate Humphrys, Health Promotion Coordinator,  
Health, Counselling and Disability Services (HCDS)  
Mike Best and Jennifer Williams, HCDS Student Evaluation Assistants*

December 2013

# Student Health Survey 2013: Introduction



- Survey Goal: Provide accurate and up-to-date student health information, building on results from 2008, 2009, 2012 Queen's surveys
- Survey tool: The NCHA from the American College Health Association
- Survey was conducted at Queen's in February 2013, as part of the first-ever Canadian cohort (32 schools) to complete the NCHA
- Queen's response rate = 20%                      Canadian response rate = 20%
- Queen's sample size = 1,241                      Canadian sample size = 34,000

# Student Health Survey 2013: Respondent Information



## Gender

-76.4% Female

-23.6% Male

-0.1% Trans

Median Age: 21 (48% were 18-20)

Aboriginal Students: 1.0%

## Year of Study

-18.1% first year

-74.6% undergrad

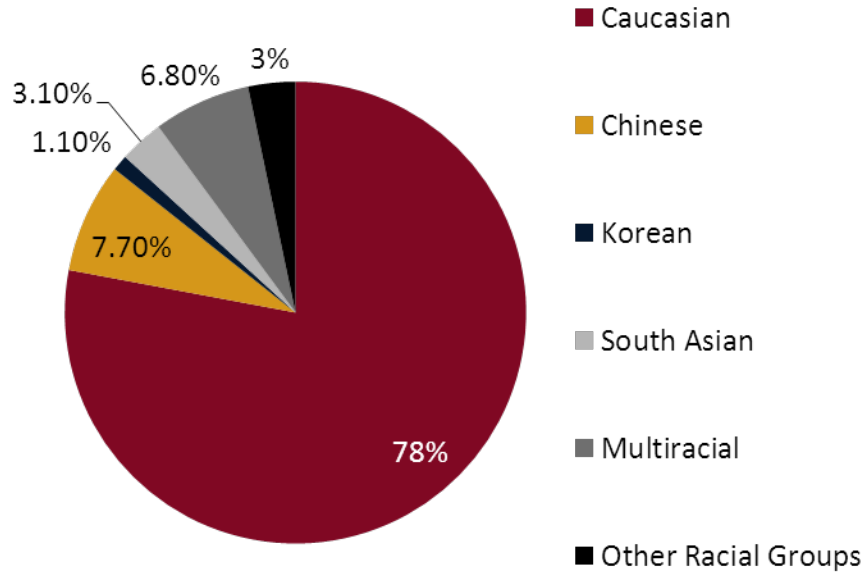
- 25.4% graduate

International Students: 8.7%

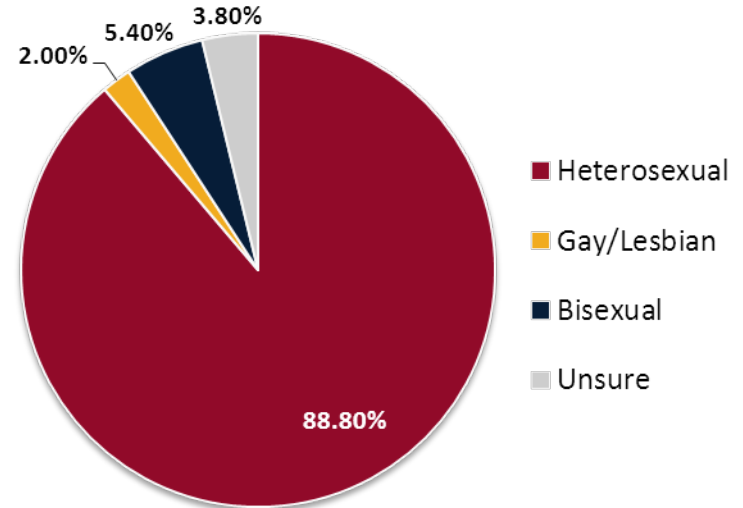
# Student Health Survey 2013: Respondent Information



## Race



## Sexual Orientation



# Student Health Survey 2013: Respondent Information



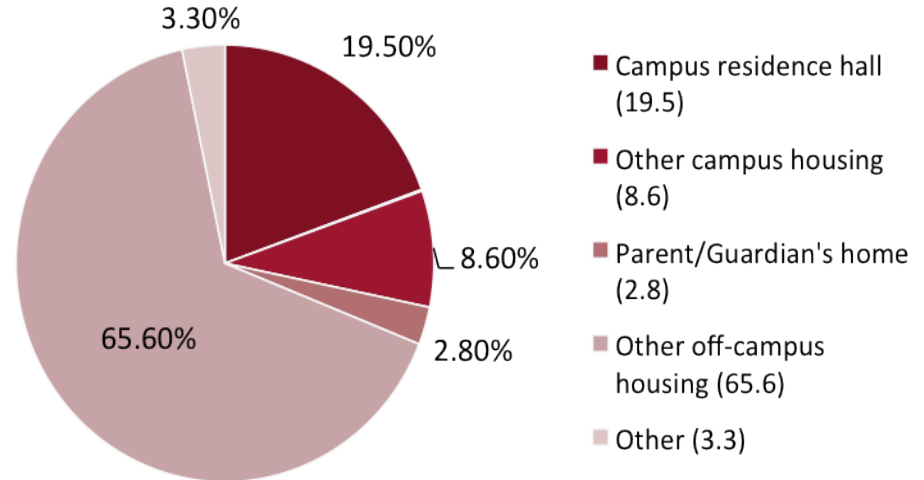
## Approximate Academic Average

A	42.2%
B	43.1%
C	10.7%
D/F	1.7%
N/A	2.3%

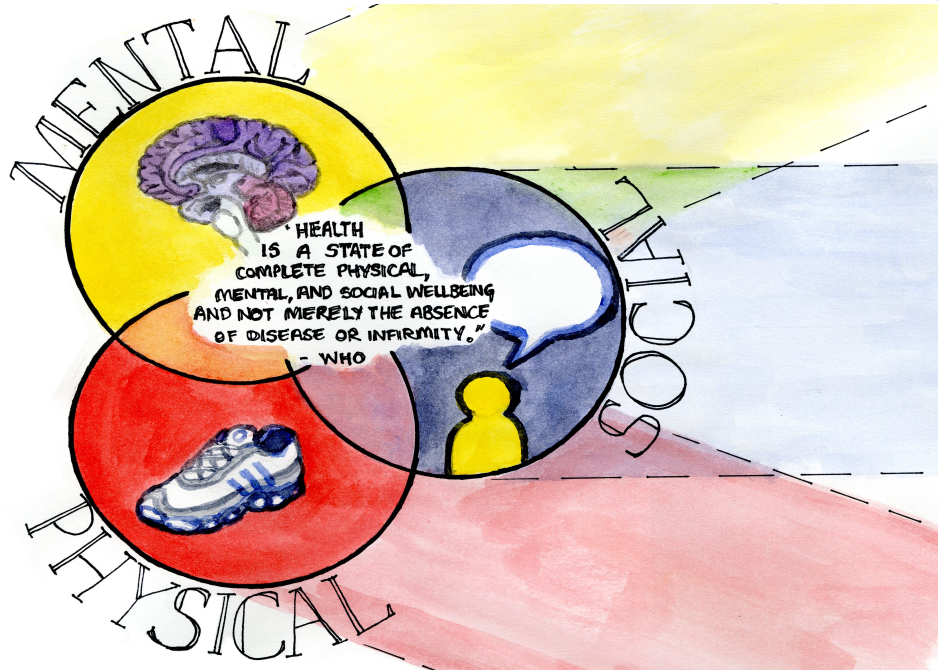
## Program of Study:

- Arts and Science: 68.9%
- Engineering and Applied Science: 17.1%
- Other: 14%

## Current Place of Residence (Housing)



# Student Health Survey 2013: Results Framework

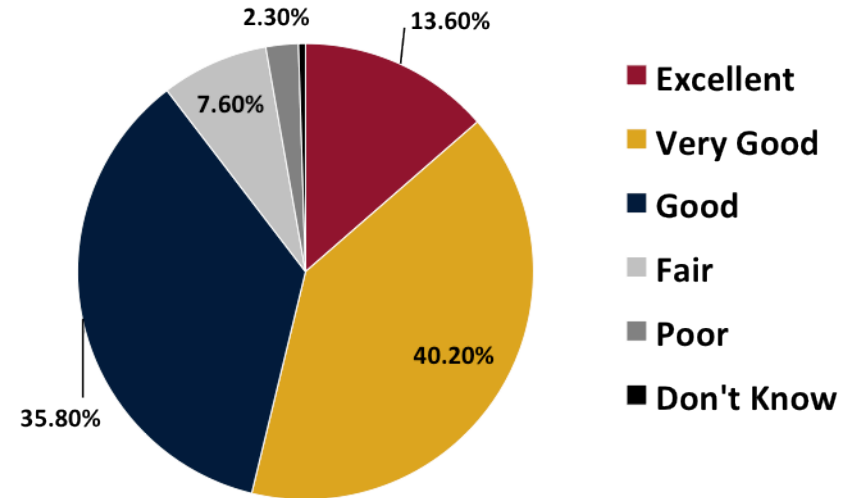


*Health Promotion at Queen's uses three major dimensions of health - Physical, Mental and Social - to guide our work. The presentation of Queen's NCHA survey findings is guided by this framework.*

# Student Health Survey 2013: General Well-being



## General Health



- **89.6% of respondents described their general health as good, very good or excellent**

# Student Health Survey 2013: Physical Health – Illness & Injury



Most common physical illnesses diagnosed or treated in the previous 12 months:

- #1: Back pain - 14.8%
- #2: Allergies - 13.6%
- #3: Strep throat - 12.9%
- #4: Urinary Tract Infection- 11.3%
- #5: Sinus Infection - 10.5%

Respondents had a mean of 1.1 reported illnesses in the previous 12 months

- 14.1% of students reported 3 or more illnesses



# Student Health Survey 2013: Physical Health - Nutrition and Physical Activity

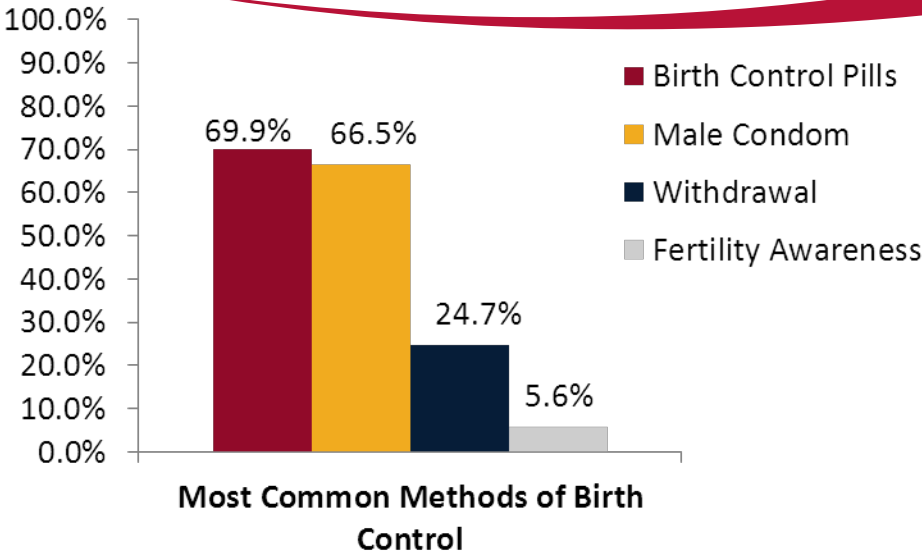


- **76.1%** of Queen's students did not meet Canadian physical activity standards (>150 minutes/week)
  - 82.6% of the total Canadian sample did not meet the standards
  - International students are less likely than domestic students to meet the standards
- **83.4%** of Queen's students did not meet Canadian standards for healthy eating
  - 86.7% of the total Canadian sample did not meet the standards

# Student Health Survey 2013: Physical Health - Sexual Health



- Average number of sexual partners over a 12 month period: 1.47
- No (0) sexual partners in the previous 12 months:
  - 29.5% of all students
  - 42.9% of 1st year students



- Used emergency contraception in previous 12 months : 14.0% (of sexually active students)
- Diagnosed with/treated for an STI in previous 12 months: 1.7% (21 students )
- 1st year students who had used male condoms: 80.6% (of sexually active students)

# Student Health Survey 2013: Physical/Mental Health - Substance Use Social Norms



## Social Norms:

Assessing disconnect between actual and perceived behaviours; allows us to focus on communicating accurate information to promote 'normative' behaviour

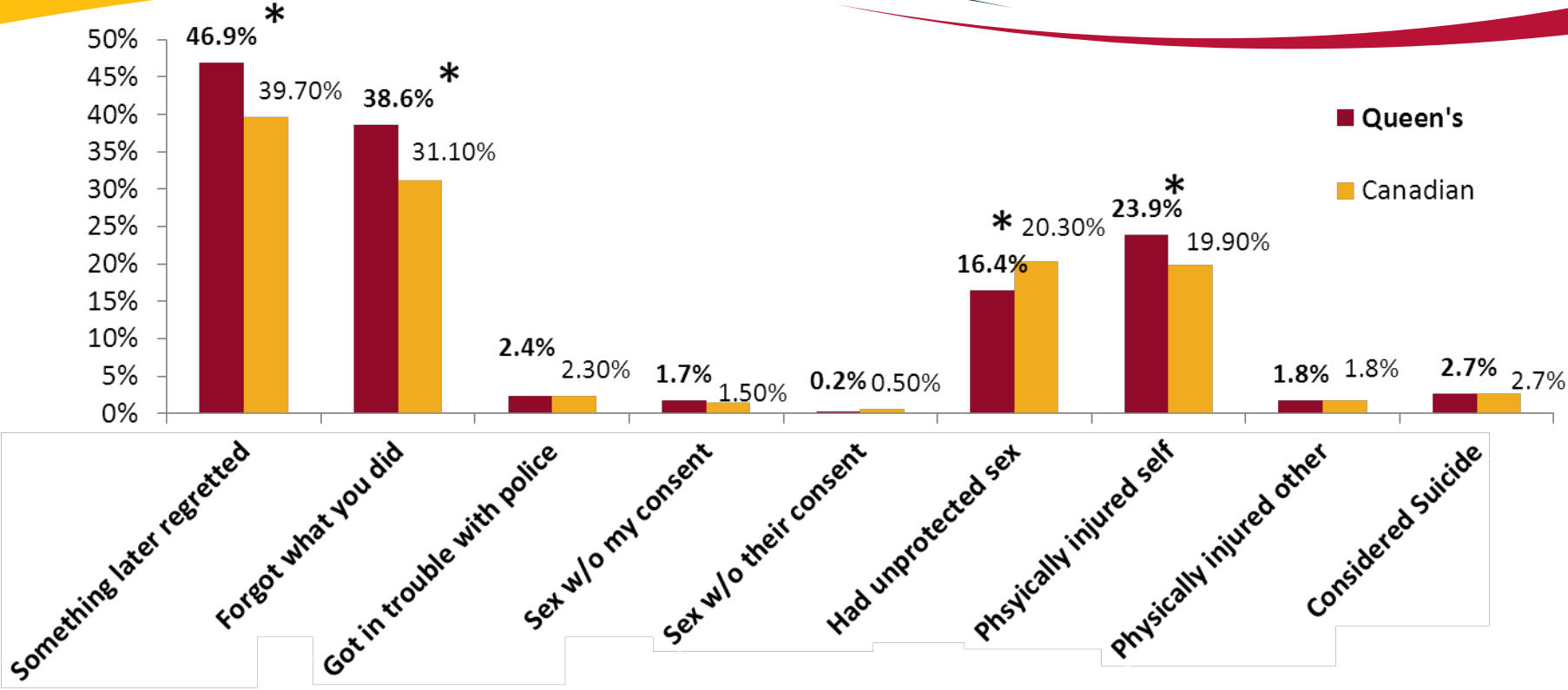
Substance Use	Actual	Perceived
Average number of drinks per night out	5.40 (Median= 5)	5.93 (Median = 6)
Average days of drinking in a 30 day period	6-9 days	10-19 days
% of respondents who drink	84.1% First year = 72.3% Grad = 91.8%	79.2%
Cigarette use	8.7% Canada = 11.6%	23.0%
Marijuana Use	19.4% Canada = 16.0%	40.6%

# Student Health Survey 2013: Physical/Mental Health - Alcohol Use



- 57.2% of respondents (no differences between grad & undergrad) who drink reported binge drinking (5 or more drinks) in the previous two weeks
  - Total Canadian Sample = 36.0%
- 72.3% of 1<sup>st</sup> year respondents reported drinking in the previous 30 days
  - Of those first-years who drink, 65.6% reported binge drinking in the previous two weeks
- 89.2% of respondents involved with Athletics (varsity, club or intramurals) reported drinking
- 34% of all male respondents reported drinking > 10 days/month; 10% reported drinking >20 days/month
- Fewer international students reported drinking (27.6% are non-drinkers)

# Student Health Survey 2013: Physical Health – Alcohol Use – Consequences when drinking

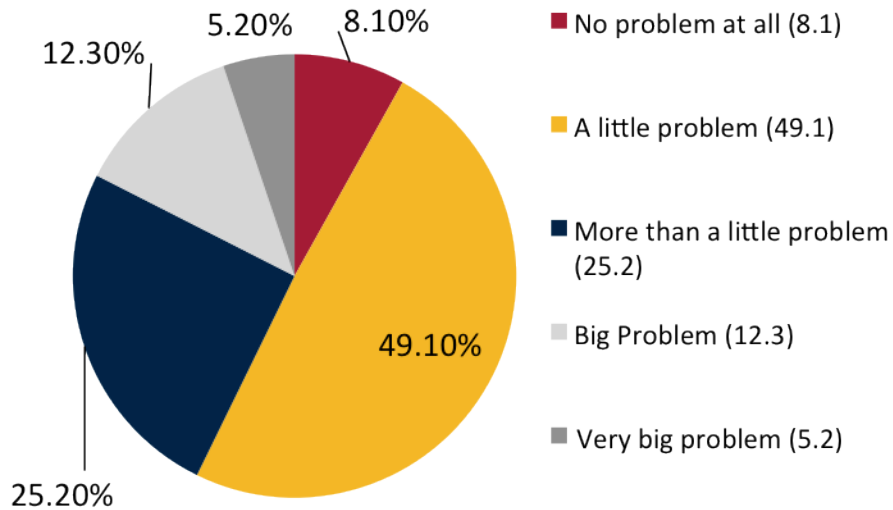


\* Statistically Significant Difference ( $P < .05$ )

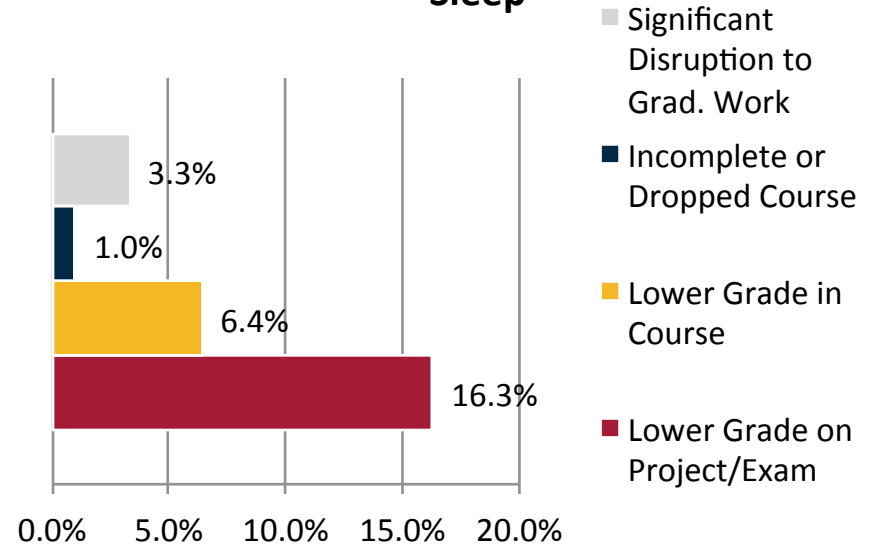
# Student Health Survey 2013: Physical/Mental Health - Sleep



## Problem with Sleepiness?



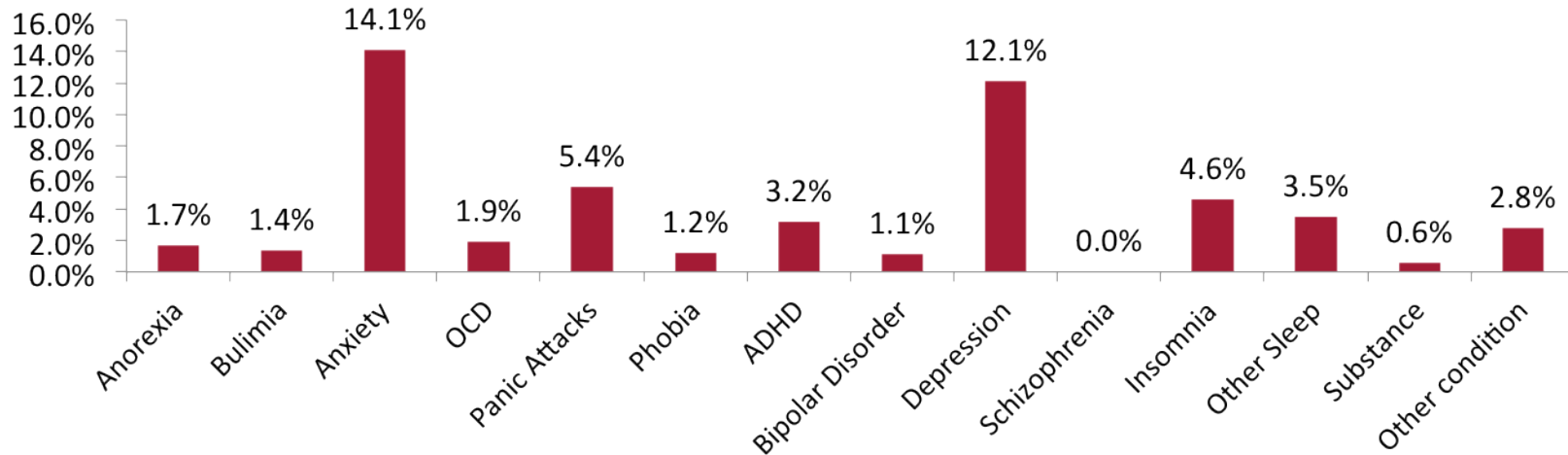
## Academic Performance Suffered due to: Sleep



# Student Health Survey 2013: Mental Health



Reported mental illness diagnoses in the previous 12 months:



These numbers are similar to what would be expected from broader Canadian population data for this age group, with the exception of schizophrenia, where a 1% prevalence rate would be expected.

## Respondents who reported experiencing the following in the previous 12 months (Statistics appear similar across Canada)

Felt overwhelmed by all you had to do	91.7%
Felt exhausted (not from physical activity)	89.5%
Felt very sad	73.2%
Felt very lonely	70.0%
Felt overwhelming anxiety	60.4%
Felt things were hopeless	53.5%
Felt overwhelming anger	39.8%
Felt so depressed it was difficult to function	38.6%
Seriously considered suicide	10.0%
Intentionally cut, burned, bruised or otherwise injured self	6.8%
Attempted suicide	1.3%



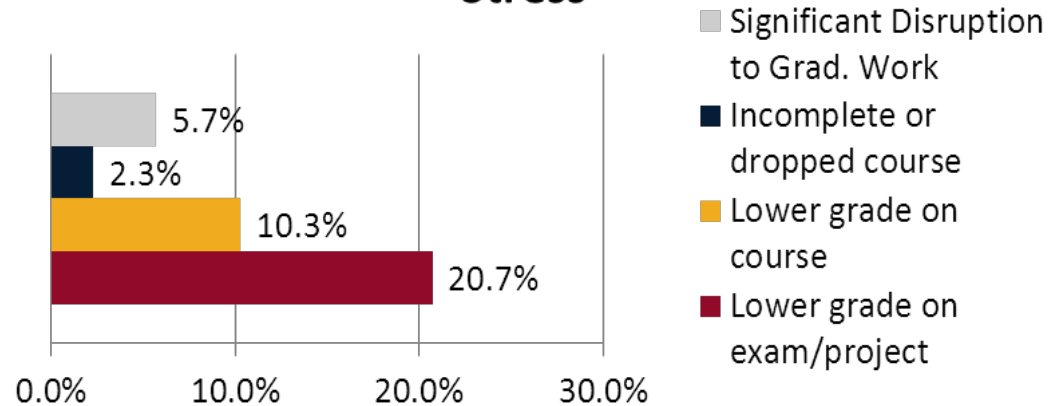
# Student Health Survey 2013: Mental Health - Stress



In the last 12 months, respondents found the following areas of life traumatic or very difficult to handle:

- Academics (58.4%)
- Intimate relationships (32.8%)
- Sleep difficulties (31.9%)
- Career (30.9%)
- Finances (26.6%)
- Personal appearance (24.6%)

## Academic Performance Suffered due to: Stress



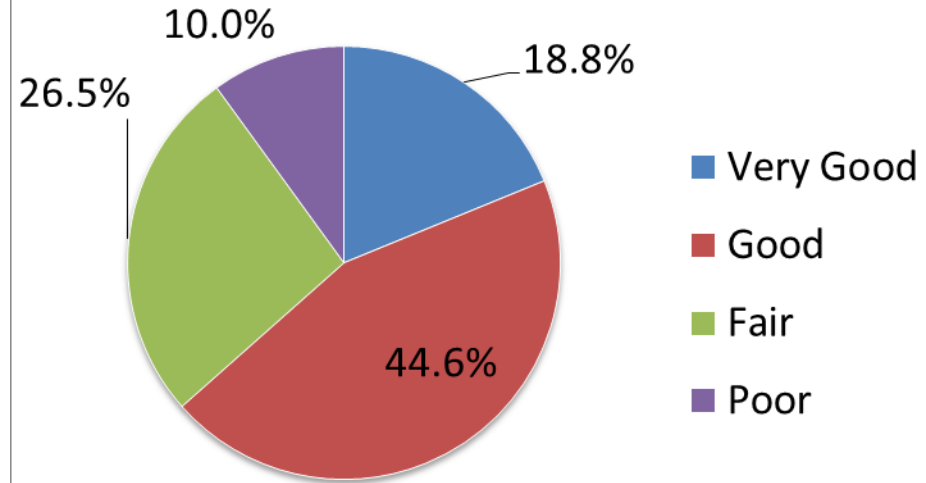
# Student Health Survey 2013: Mental Health



**80.9%** of Queen's respondents would consider seeking help from a mental health professional in the future

- 74% of the total Canadian sample would consider seeking help

## Ability to Manage Stress



# Student Health Survey 2013: Mental Health – Corey Keyes Scale



The Corey-Keyes scale provides a broad-based assessment of mental health using a range of physical and emotional symptoms: e.g. it is not only the absence of mental illness.

- Females rated significantly better than males
- Those involved in intramurals and/or club sports are doing significantly better
- Those involved in activities/clubs on campus are performing better

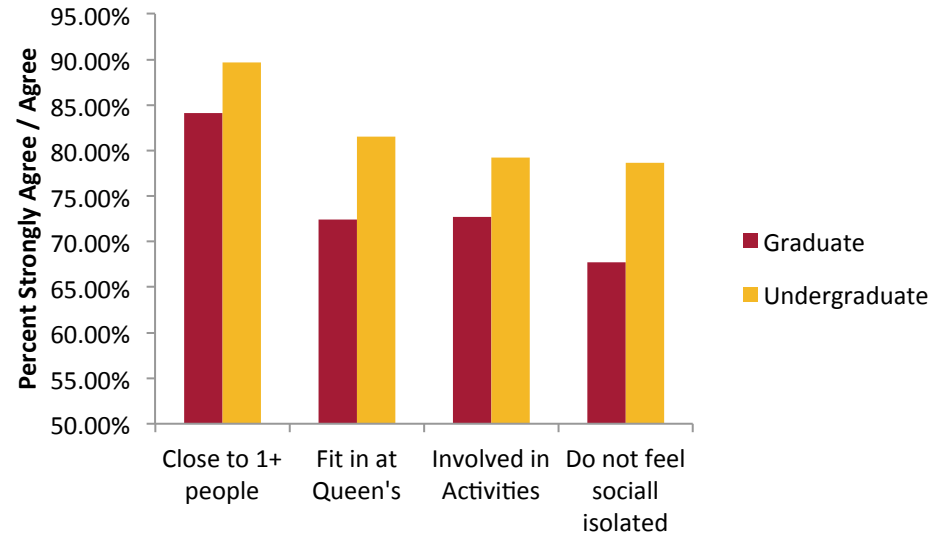
Corey-Keyes categories	% of Queen's respondents
Flourishing	60.8%
Moderate	34.8%
Languishing	4.4%

# Student Health Survey 2013: Social Health - Belonging



- More 1<sup>st</sup> year students reported feeling that they fit in with the community at Queen's than upper-years or graduate students
- Females reported feeling a greater sense of belonging
- Fewer international students reported feeling close to one person or were involved in groups and activities on campus

## Graduate vs. Undergraduate Belonging

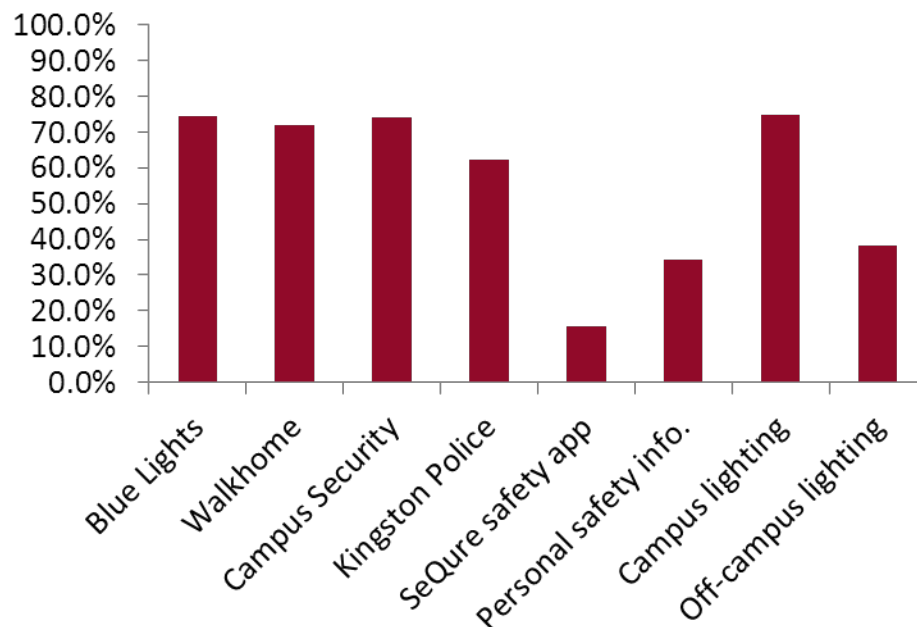


# Student Health Survey 2013: Social Health- Safety



% reported feeling somewhat or very safe	Male	Female	Total
Campus (Day)	100	100	100
Campus (Night)	98	87	92.5
Community (Day)	99	98	98.5
Community (Night)	84	54	69

## Services and supports that contribute to feelings of safety



# Student Health Survey 2013: Social Health - Violence, Relationships & Personal Safety



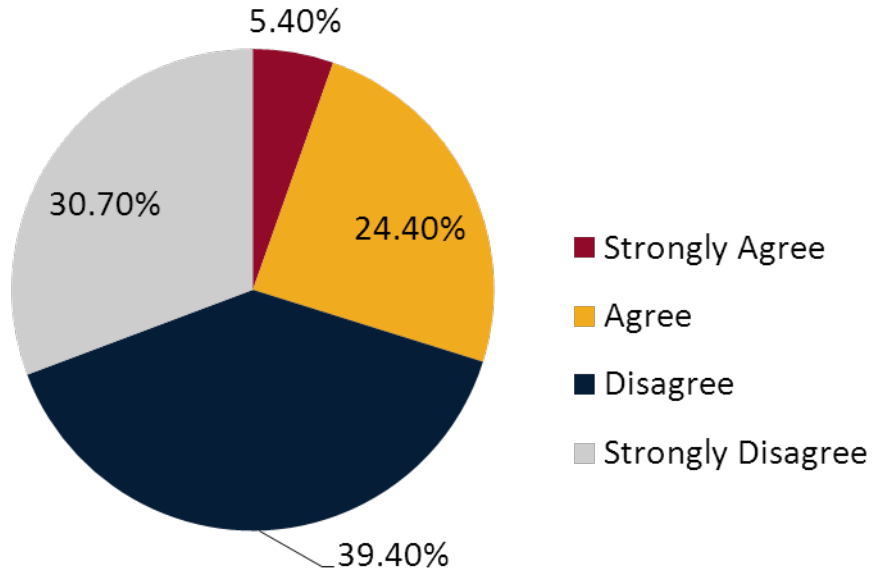
In the previous 12 months, respondents reported experiencing the following:

	Male %	Female %	Total %
Physical fight	12.8	2.8	5.1
Verbal threat	28.1	17.2	19.7
Sexual touching without their consent	5.2	13.4	11.4
Sexual penetration without their consent	0.3	2.7	2.1
Abusive intimate relationship	9.1	9.6	9.4

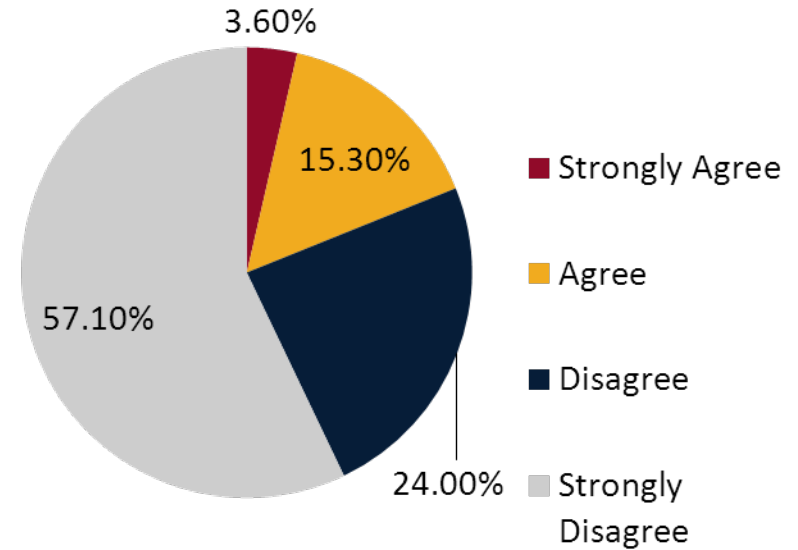
# Student Health Survey 2013: Social Health - Hazing



"Hazing is a common occurrence at Queen's"



"I have experienced/been involved with hazing as part of a Queen's University group"



# Student Health Survey 2013: Social Health - Hazing



- Graduate students see hazing as more common than undergraduate students
- Undergraduate students reported more involvement/experience with hazing as part of a Queen's University group
- Self-identified racialized students reported feeling that hazing happens more on campus vs. white students, but there was no difference in the amount of hazing they reported being involved with/experiencing



# Student Health Survey 2013: Health information - What do our students want to know?



Students want more info about:

Students are getting enough info about:

Topic	Received information	Interested in receiving more information	Difference
Sleep Difficulty	23.2%	72.3%	+ 49.1%
How to help others in distress	47.0%	76.5%	+ 29.5%
Nutrition	44.0%	70.7%	+ 26.7%
Violence prevention	24.0%	49.3%	+ 25.3%
Grief and Loss	32.2%	56.6%	+ 24.4%
Problem use of Internet/computer games	7.5%	30.4%	+ 22.9%
Eating disorders	24.8%	47.2%	+ 22.4%

Topic	Received information	Interested in receiving more information	Difference
Alcohol and other drug use	69.7%	40.0%	- 29.7%
STD/I Prevention	63.8%	57.2%	- 6.6%
Pregnancy prevention	48.7%	43.5%	- 5.2%
Depression/ Anxiety	77.8%	72.8%	- 5.0%

# Student Health Survey 2013: Analysis

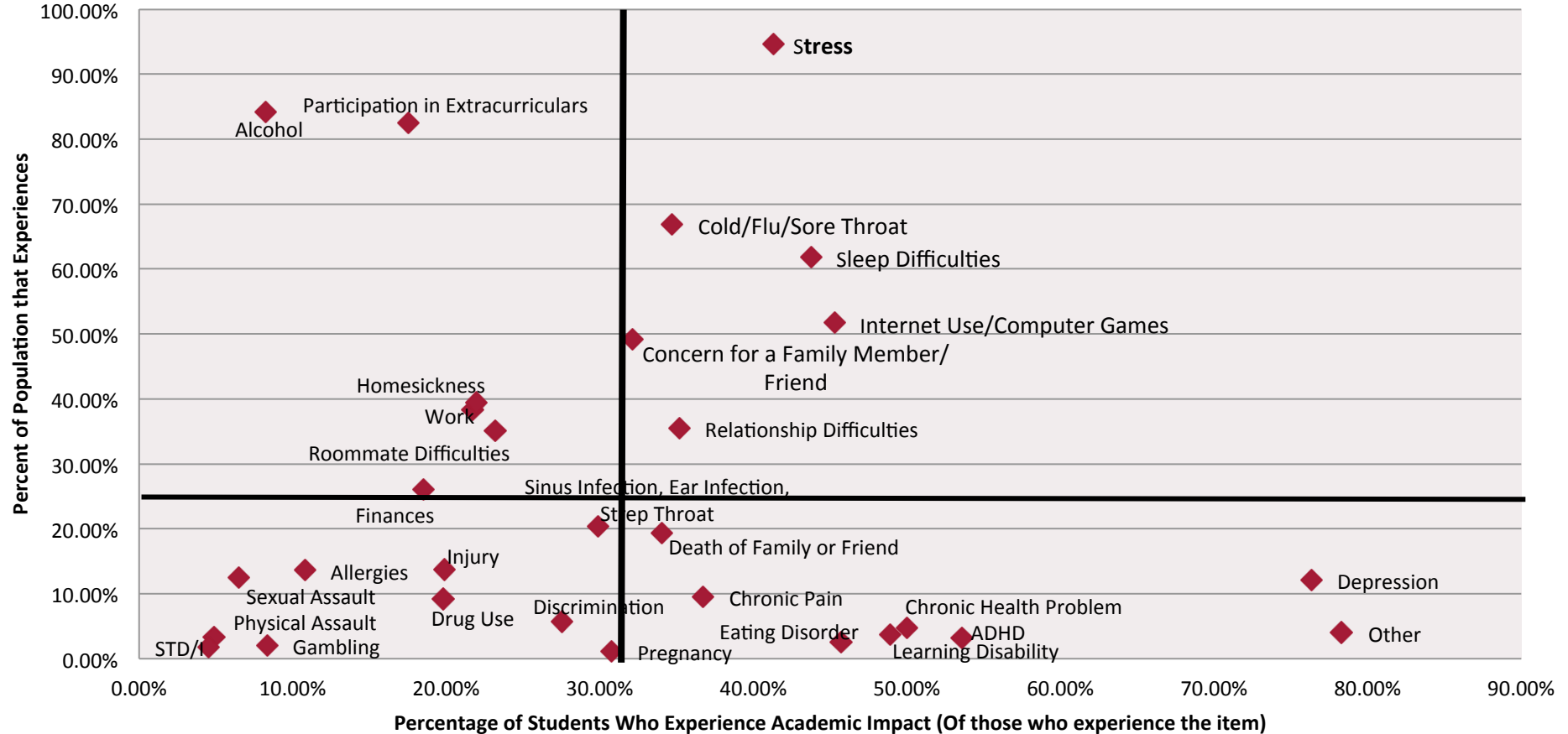


Queen's can use the NCHA survey data to conduct specific analyses to help the university target its programs and services to areas of greatest need and impact.

The impact of various physical illnesses, injuries, mental illness diagnoses, mental health challenges, and social health components on academics is illustrated in the graphic on the following slide.

For example: 12% of respondents reported a diagnosis of depression that had a large impact on this group's academics. This can be compared to allergies, which impacted a similar number of students, but had a much lower impact on academics.

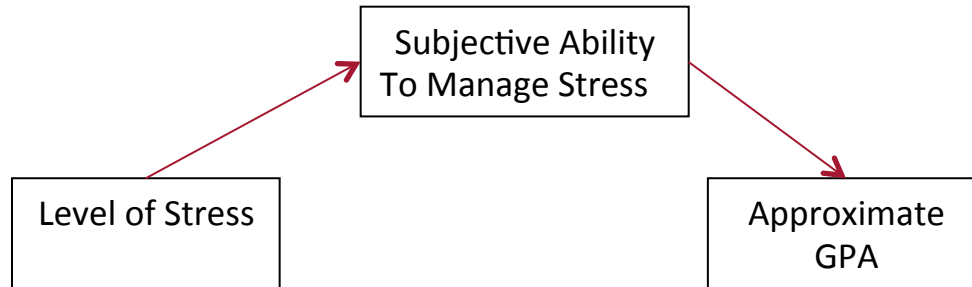
## Comparison of Percentages of Students who Experience Academic Impacts and Percentage of Students who Indicated an Impact



# Student Health Survey 2013: An Example: Mediation Analysis



Mediation analysis allows for an understanding of the mechanisms underlying why relationships exist and can provide important insights for developing effective interventions



From this example, it appears that targeting an individual's subjective ability to manage stress may help improve academic functioning. This is useful information, because targeting stress management could be more feasible than trying to reduce an individual's stress level in some situations.

# Student Health Survey 2013: Use of data to date



- Data incorporated into 2013 student leader training (Residence dons, orientation week leaders, Existere social action theatre, clubs, peer program volunteer groups etc.)
- Data incorporated into priority-setting for Health Promotion, Athletics and Recreation, Campus Safety Working Group etc.



# Student Health Survey 2013: Next Steps



- Work will continue to examine differences among specific student populations where data allows (e.g. graduate vs. undergraduate students)
- Additional analyses will focus on a more in-depth understanding of connections between student health and academics/general functioning
- Analysis will help guide new opportunities for programs and initiatives to support student success
- Student perspectives and feedback will be integrated
- Canadian/Ontario reference data will be compared

For more information about the survey and the data analysis:

Kate Humphrys, Health Promotion Coordinator, HCDS

[humphrys@queensu.ca](mailto:humphrys@queensu.ca)

613-533-6712

# Student Health Survey 2013: Health and Wellness Resources



Learn more about HCDS: [www.queensu.ca/hcdis](http://www.queensu.ca/hcdis)

**Book an appointment:** Health Services – 613-533-2506  
Counselling Services – 613-533-6000 x 78264

Queen's BeWell Health Promotion initiatives: [www.bewell-dowell.org](http://www.bewell-dowell.org)

**STUDENT**  
**health101™**  
<http://read101.ca/queensu.html>

**Follow us at:**

 "Queen's University Be Well"

 @QueensUBeWell

 [queensubewell.blogspot.ca/](http://queensubewell.blogspot.ca/)

Get active! [www.gogaelsgo.com](http://www.gogaelsgo.com)

Division of Student Affairs: <http://queensu.ca/studentaffairs/healthandwellness.html>