National College Health Assessment (NCHA)
Queen’s Report – Graduate Students

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Introduction

• **Goal**  Provide accurate current student health information,

• **Survey Instrument:**  National College Health Assessment
  – Produced by the American College Health Association

• **Timeline:**  Administered Feb 2013

• **Context:**  1st time Queen’s participated (one of 32 PSE sites in Canada)

• **Response rate:**  20% (Canadian average: 20%)
Respondent Information

• **Grad students**: n=310 (25.4% of sample)
• Female: 68.7%
• Male: 30.3%
• Aboriginal: 0.6%
• International: 11%
Respondent Information

Approximate GPA

- A
- B
- C
- D/F
- N/A

Higher average GPA than undergraduates, (p<.01)
Respondent Information

Race
- Asian: 16.5%
- White: 80.0%
- Arab: 1.3%
- Latin American: 1.3%
- Other: 1.0%

Sexual Orientation
- Heterosexual: 86%
- Gay/Lesbian: 6.80%
- Bisexual: 3.60%
- Unsure: 3.60%
Area 1: General Health
General Health

• **55%** “excellent” or “very good”
• **93%** “excellent”, “very good”, or “good”
Area 2: Social Health
Close to 1+ people Fit in at Queen's Involved in Activities Do not feel socially isolated

Social Health

* p < .05

Graduate

Undergraduate
Social Health

• Grad students report
  – lower social connection / sense of belonging,
  And
  – increased social isolation
  than undergraduate peers
Area 3: Alcohol Use
Alcohol Use

• Consumption: 91.8%
• Binge Drinking: 49.7%

• Non-significant differences between undergrad. and grad. students
CONSEQUENCES OF DRINKING

** **

0.00%
10.00%
20.00%
30.00%
40.00%
50.00%
60.00%

Something Later Regretted
Forget what did
Trouble with Police
Sex w/out my consent
Sex w/out their consent
Unprotected Sex
Physically injured self
Physically injured other
Considered Suicide

** p < .001

Graduate
Undergraduate
Area 4: Mental Health
Mental Health

Graduate

Undergraduate
Mental Health: Willingness to seek help

• 82.4% report they would seek help from a health professional. (Canadian sample: 74%)
<table>
<thead>
<tr>
<th>Experienced in the previous 12 months</th>
<th>Percent reporting</th>
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<tbody>
<tr>
<td>Felt overwhelmed by all you had to do</td>
<td>89%</td>
</tr>
<tr>
<td>Felt very sad</td>
<td>67%</td>
</tr>
<tr>
<td>Felt very lonely</td>
<td>60%</td>
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<tr>
<td>Felt overwhelming anxiety</td>
<td>41%</td>
</tr>
<tr>
<td>Felt things were hopeless</td>
<td>54%</td>
</tr>
<tr>
<td>Felt overwhelming anger</td>
<td>61%</td>
</tr>
<tr>
<td>Felt so depressed it was difficult to function</td>
<td>34%</td>
</tr>
<tr>
<td>Seriously considered suicide</td>
<td>7.1%</td>
</tr>
<tr>
<td>Intentionally cut, burned, bruised or otherwise injured self</td>
<td>3.5%</td>
</tr>
</tbody>
</table>
Area 5: Stress
Stress

• In the previous 12 months, the following areas of life were difficult to handle:
  • Family Problems (26.3%)
  • Intimate relationships (31.6%)
  • Academics (52.1%)  Sleep difficulties (26.0%)
  • Career (39.0%)  Finances (34.5%)
Academic Performance Suffered Due To Stress

* P < .05
Area 6: Sleep
Problem with Sleepiness?

- No Problem: 12.60%
- Little Problem: 52.40%
- More than Little Problem: 22%
- Big Problem: 9.10%
- Very Big Problem: 3.90%
Sleep

Academic Performance Suffered Due to Sleep

* p < .01
Area 7: Nutrition and Physical Activity
Nutrition and Physical Activity

- **73.5%** don’t meet Canadian physical activity standards (<150 min/week) vs. **82.6%** of the Canadian cohort
- **81.9%** don’t meet the Canadian standards for healthy eating (fruit & vegetable intake) vs. **86.7%** of the Canadian cohort
- International students **less** likely to meet the Physical Activity standards than domestic students.
Area 8: Illness and Injury
Illness & Injury

- **Most common illnesses diagnosed or treated in last 12 months**
  - #1: Back pain (16.4%)
  - #2: Allergies (13.8%)
  - #3: Urinary Tract Infection (12.1%)
  - #4: Sinus Infection (9.1%)
  - #5: Asthma (7.8%)
  - #6 Migraines (7.8%)

- **Average of 1.1 reported illnesses in last 12 months**
  (same as undergraduates)
Area 9: Sexual Health
Sexual Health

• **15.6%** used no birth control method during their last sexual encounter
• Average number of sexual partners over previous 12 months: **1.51** (no different from undergraduates)
### Sexual Health

#### Never/Rare Usage of Safer Sex Practices

<table>
<thead>
<tr>
<th></th>
<th>Undergraduate</th>
<th>Graduate</th>
<th>p</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oral Sex</td>
<td>47.9%</td>
<td>59.9%</td>
<td>&lt;.001</td>
</tr>
<tr>
<td>Vaginal Intercourse</td>
<td>32.4%</td>
<td>29.9%</td>
<td>&lt;.001</td>
</tr>
<tr>
<td>Anal Sex</td>
<td>4.7%</td>
<td>8.3%</td>
<td>&lt;.001</td>
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</tbody>
</table>
Sexual Health

Birth Control Methods

- Birth Control Pills: 70.00%
- Male Condom: 60.00%
- Withdrawal: 20.00%
- Fertility Awareness: 10.00%
Next Steps

• Useful data for Health Promotion / HCDS
• Sharing with other stakeholders
• Analysis continuing
• More detailed analysis, Fall 2013, Canada and Ontario reference groups.
• Interested in further analysis? Contact Health Promotion.
• Feedback and questions: humphrys@queensu.ca