2013 Student Health Survey Report
National College Health Assessment (NCHA)

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Health, Counselling and Disability Services (HCDS)
Mike Best and Jennifer Williams, HCDS Student Evaluation Assistants

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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
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%
Approximate Academic Average

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
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</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>42.2%</td>
</tr>
<tr>
<td>B</td>
<td>43.1%</td>
</tr>
<tr>
<td>C</td>
<td>10.7%</td>
</tr>
<tr>
<td>D/F</td>
<td>1.7%</td>
</tr>
<tr>
<td>N/A</td>
<td>2.3%</td>
</tr>
</tbody>
</table>

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

Current Place of Residence (Housing)

- Campus residence hall (19.5)
- Other campus housing (8.6)
- Parent/Guardian's home (2.8)
- Other off-campus housing (65.6)
- Other (3.3)
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

- 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
• **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.

<table>
<thead>
<tr>
<th>Substance Use</th>
<th>Actual</th>
<th>Perceived</th>
</tr>
</thead>
<tbody>
<tr>
<td>Average number of drinks per night out</td>
<td>5.40 (Median= 5)</td>
<td>5.93 (Median = 6)</td>
</tr>
<tr>
<td>Average days of drinking in a 30 day period</td>
<td>6-9 days</td>
<td>10-19 days</td>
</tr>
<tr>
<td>% of respondents who drink</td>
<td>84.1%</td>
<td>79.2%</td>
</tr>
<tr>
<td></td>
<td>First year = 72.3%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Grad = 91.8%</td>
<td></td>
</tr>
<tr>
<td>Cigarette use</td>
<td>8.7%</td>
<td>23.0%</td>
</tr>
<tr>
<td>Canada = 11.6%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Marijuana Use</td>
<td>19.4%</td>
<td>40.6%</td>
</tr>
<tr>
<td>Canada = 16.0%</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
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 1st 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?

- No problem at all (8.1%)
- A little problem (49.1%)
- More than a little problem (25.2%)
- Big Problem (12.3%)
- Very big problem (5.2%)

Academic Performance Suffered due to: Sleep

- Significant Disruption to Grad. Work (3.3%)
- Incomplete or Dropped Course (16.3%)
- Lower Grade in Course (6.4%)
- Lower Grade on Project/Exam (12.3%)
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)*

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

- Significant Disruption to Grad. Work: 5.7%
- Incomplete or dropped course: 2.3%
- Lower grade on course: 10.3%
- Lower grade on exam/project: 20.7%
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**

- 44.6%: Good
- 26.5%: Fair
- 18.8%: Poor
- 10.0%: Very Good
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

<table>
<thead>
<tr>
<th>Corey-Keyes categories</th>
<th>% of Queen’s respondents</th>
</tr>
</thead>
<tbody>
<tr>
<td>Flourishing</td>
<td>60.8%</td>
</tr>
<tr>
<td>Moderate</td>
<td>34.8%</td>
</tr>
<tr>
<td>Languishing</td>
<td>4.4%</td>
</tr>
</tbody>
</table>
• More 1\textsuperscript{st} 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
# Student Health Survey 2013: Social Health- Safety

<table>
<thead>
<tr>
<th></th>
<th>Male</th>
<th>Female</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Campus (Day)</td>
<td>100</td>
<td>100</td>
<td>100</td>
</tr>
<tr>
<td>Campus (Night)</td>
<td>98</td>
<td>87</td>
<td>92.5</td>
</tr>
<tr>
<td>Community (Day)</td>
<td>99</td>
<td>98</td>
<td>98.5</td>
</tr>
<tr>
<td>Community (Night)</td>
<td>84</td>
<td>54</td>
<td>69</td>
</tr>
</tbody>
</table>

## Services and supports that contribute to feelings of safety

- Blue Lights
- Walkhome
- Campus Security
- Kingston Police
- SeQure safety app
- Personal safety info.
- Campus lighting
- Off-campus lighting
In the previous 12 months, respondents reported experiencing the following:

<table>
<thead>
<tr>
<th></th>
<th>Male %</th>
<th>Female %</th>
<th>Total %</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical fight</td>
<td>12.8</td>
<td>2.8</td>
<td>5.1</td>
</tr>
<tr>
<td>Verbal threat</td>
<td>28.1</td>
<td>17.2</td>
<td>19.7</td>
</tr>
<tr>
<td>Sexual touching without their consent</td>
<td>5.2</td>
<td>13.4</td>
<td>11.4</td>
</tr>
<tr>
<td>Sexual penetration without their consent</td>
<td>0.3</td>
<td>2.7</td>
<td>2.1</td>
</tr>
<tr>
<td>Abusive intimate relationship</td>
<td>9.1</td>
<td>9.6</td>
<td>9.4</td>
</tr>
</tbody>
</table>
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:**

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

**Students are getting enough info about:**

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

- Alcohol
- Allergies
- Physical Assault
- Sexual Assault
- ADHD
- Chronic Health Problem
- Depression
- Eating Disorder
- ADD
- Learning Disability
- Internet Use/Computer Games
- Homesickness
- Work
- Roommate Difficulties
- Finances
- Sinus Infection, Ear Infection
- Injury
- Drug Use
- Discrimination
- Chronic Pain
- Pregnancy
- ApgFr
- Paranormal
- Academic Impact
- Participation in Extracurriculars
- Stress
- Cold/Flu/Sore Throat
- Sleep Difficulties
- Concern for a Family Member/Friend
- Relationship Difficulties
- Relationship Difficulties
- Other
- Percentage of Students Who Experience Academic Impact (Of those who experience the item)
- Percent of Population that Experiences

Comparison of Percentages of Students who Experience Academic Impacts and Percentage of Students who indicated an Impact
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.

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http://read101.ca/queensu.html
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  613-533-6712
Student Health Survey 2013: Health and Wellness Resources

Learn more about HCDS: www.queensu.ca/hcads

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

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Get active! www.gogaelsgo.com

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