

Queen's University 2019 National College Health Assessment (NCHA) Summary of Results

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What is the NCHA?



Purpose of the Survey

- To provide a 'snapshot' of current student health behaviours, attitudes, and perceptions on a variety of health issues

Topics Covered

- Mental Health, Physical Health, Social Health, Sense of Belonging, Personal safety and violence, Substance Use

Additional Questions can be added by each institution – Queen's added questions on Food Insecurity, Hazing, Sense of Belonging at Queen's, and Students with Children.

Data Collection

Sampling

- 2019 represents the third year of NCHA data collection (2013, 2016)
- Survey sent out by email in Winter 2019

Response Rate

- 33% (n=2,349)
 - Thanks to Housing & Ancillary Services for excellent incentives (\$6 flex for completion)

Considerations

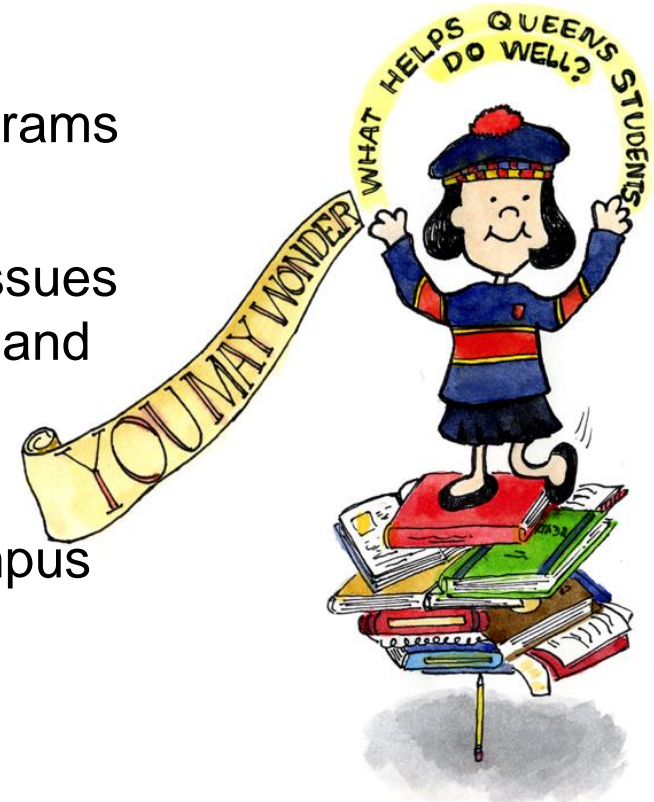
- Data collected is not longitudinal
- Small samples are present for some sub-populations
- 58 post-secondary Canadian schools also completed this survey in 2019 (n=55,284), reference group data available



How has the NCHA helped?

We use the survey data to:

- Guide the development of initiatives / programs
- Identify the most common health related issues affecting students' academic performance and well-being
- Identify of areas of strength within the campus community
- Engage students to help improve campus culture



2019 Queen's Respondents

n=2,349



Median age: 20

59.5% of participants were under the age of 21



84.3% undergraduate students

15.6% graduate students

8.6% international students



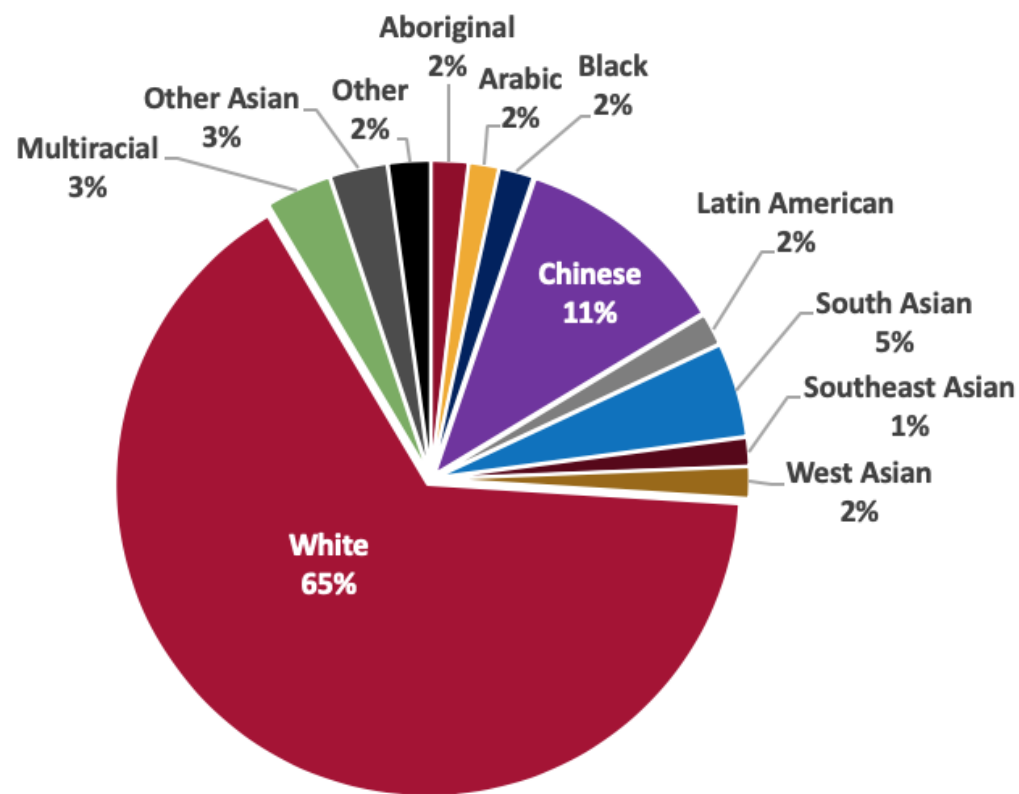
71.3% resided off campus

15.6% resided on campus

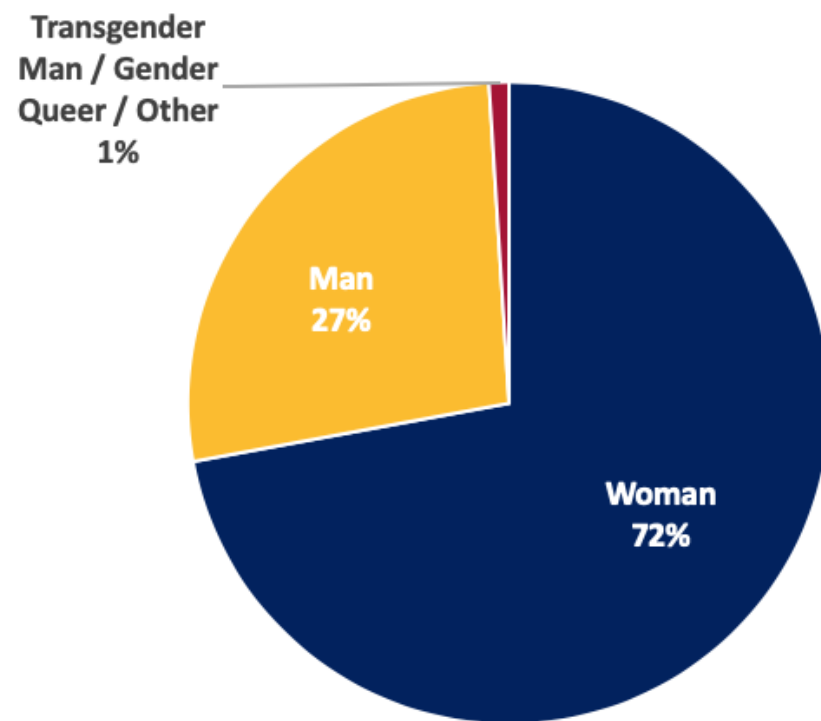


2019 Queen's Respondents

Ethnicity



Gender Identity



2019 Queen's Respondents



Survey Sample



- 84.3%** undergraduate
- 15.6%** graduate
- 8.6%** international
- 72%** female identified

Queen's Population



- 72.83%** undergraduate
- 12.95%** graduate
- 13.81%** international
- 54.8%** female identified

2019 Queen's Respondents

Program of Study	Response % (n)
Arts & Science	45.7
Engineering & Applied Science	17.4
Education	9.0
Commerce	7.0
Kinesiology	4.8
Nursing	3.2 (n=74)
Computer Science	2.7 (n=64)
Law	2.5 (n=58)
Medicine	0.8 (n=8)
Rehabilitation therapy	1.3 (n=30)
Other Graduate/Professional	3.7 (n=88)

General Health

Overall Health and Well-being



4 out of 5 students who completed the survey:

- Describe their general health as good, very good or excellent: 80.2%
- Feel they are part of the Queen's community: 80.1%
- Would seek help from a mental health professional if they had a personal problem that was bothering them: 82.1%

Common Health Conditions

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

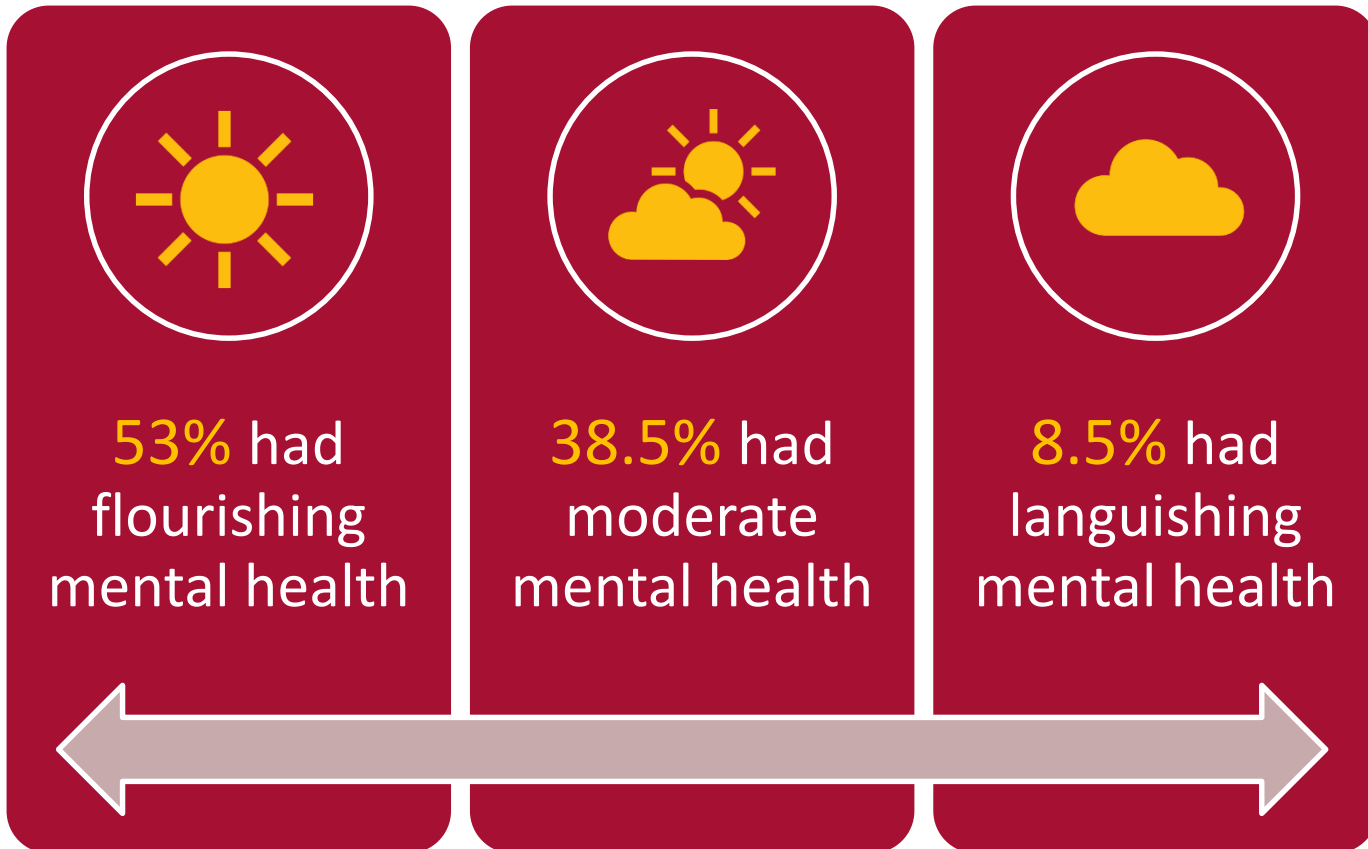
Health Condition	Percentage of Students
Anxiety	23.0%
Depression	15.1%
Allergies	14.2%
Back pain	13.6%
Strep throat	12.7%
Panic attacks	12.3%
Sinus infection	12.0%
Urinary Tract Infection	11.9%

In the last 12 months

- 53.1% were diagnosed or treated for a physical health condition
- 30.4% were diagnosed or treated for a mental health condition

Mental Health

Positive Mental Health

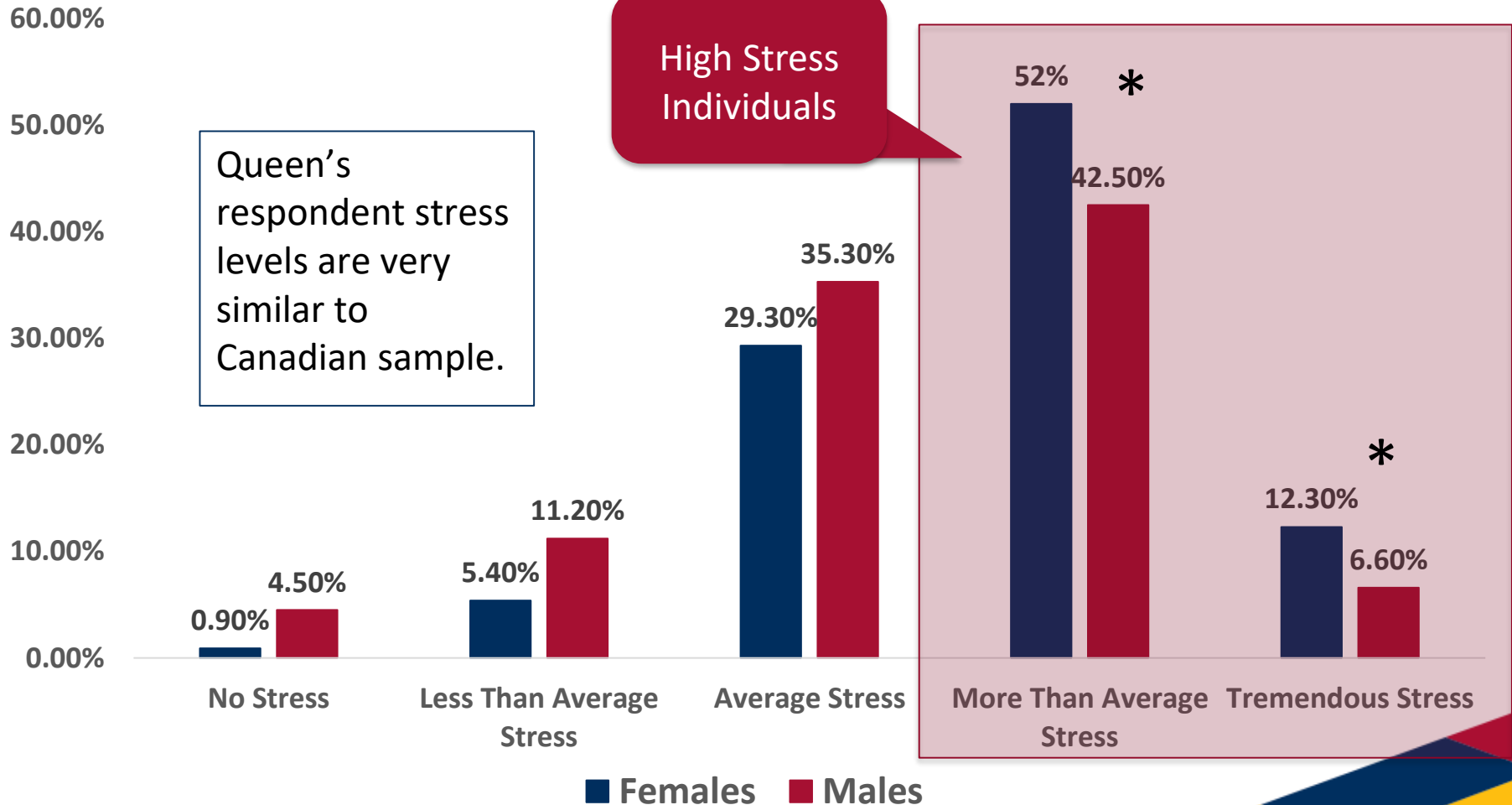


Calculated via the Corey-Keys Scale

Respondent Stress Levels



Over the Past 12 Months





High Stress Respondents




74% of female and 78% of male high stress respondents report good, very good or excellent health



35.5% of females and 38% of males reported strong abilities to cope with daily responsibilities



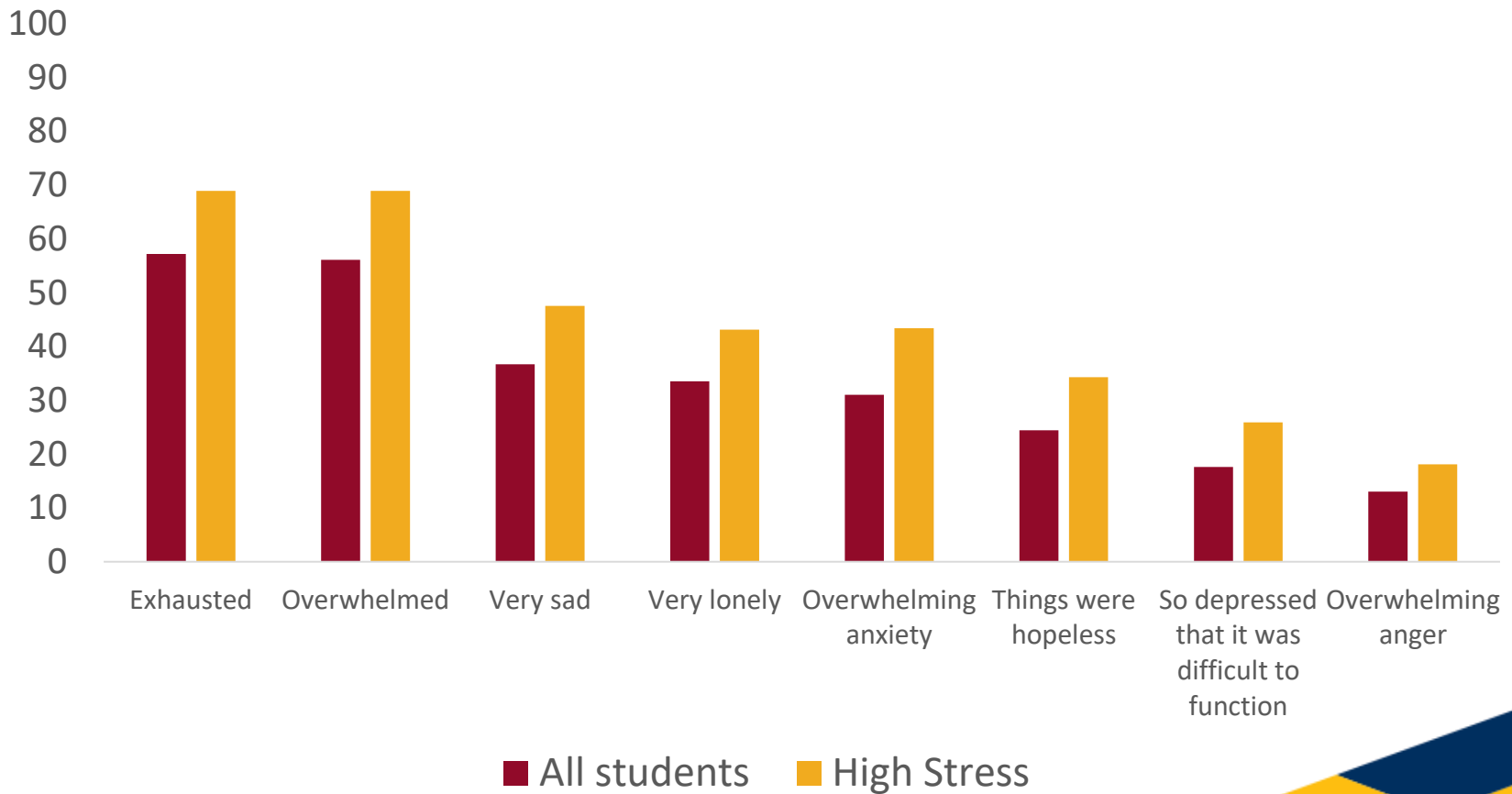
However, high stress respondents do report  negative feelings (depressed, lonely, anxious, exhausted, overwhelmed, angry and hopeless)

Mental Health



“In the last 2 weeks, I’ve felt ...”

Indicators of Distress

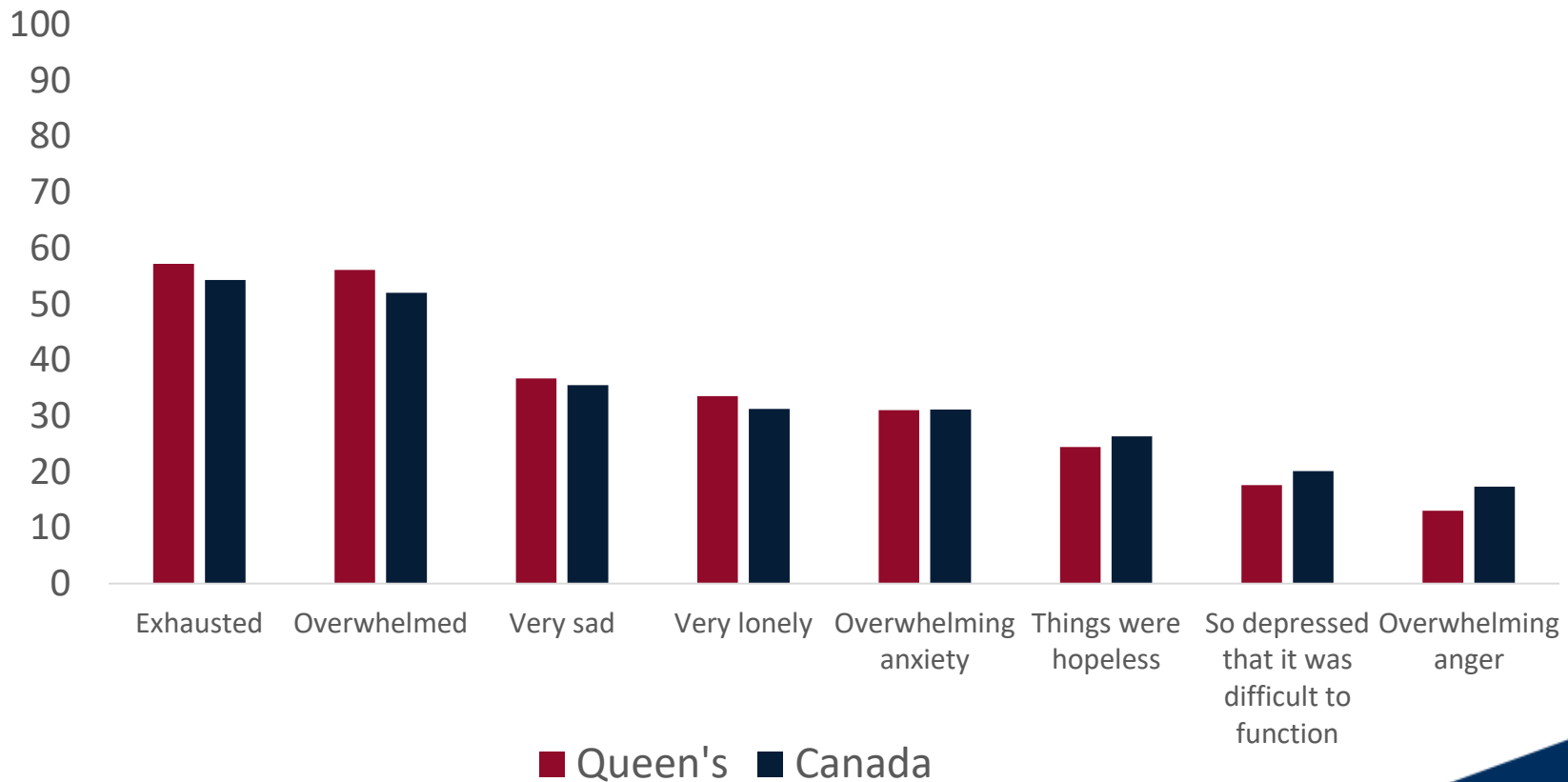


Mental Health – Canada



“In the last 2 weeks, I’ve felt ...”

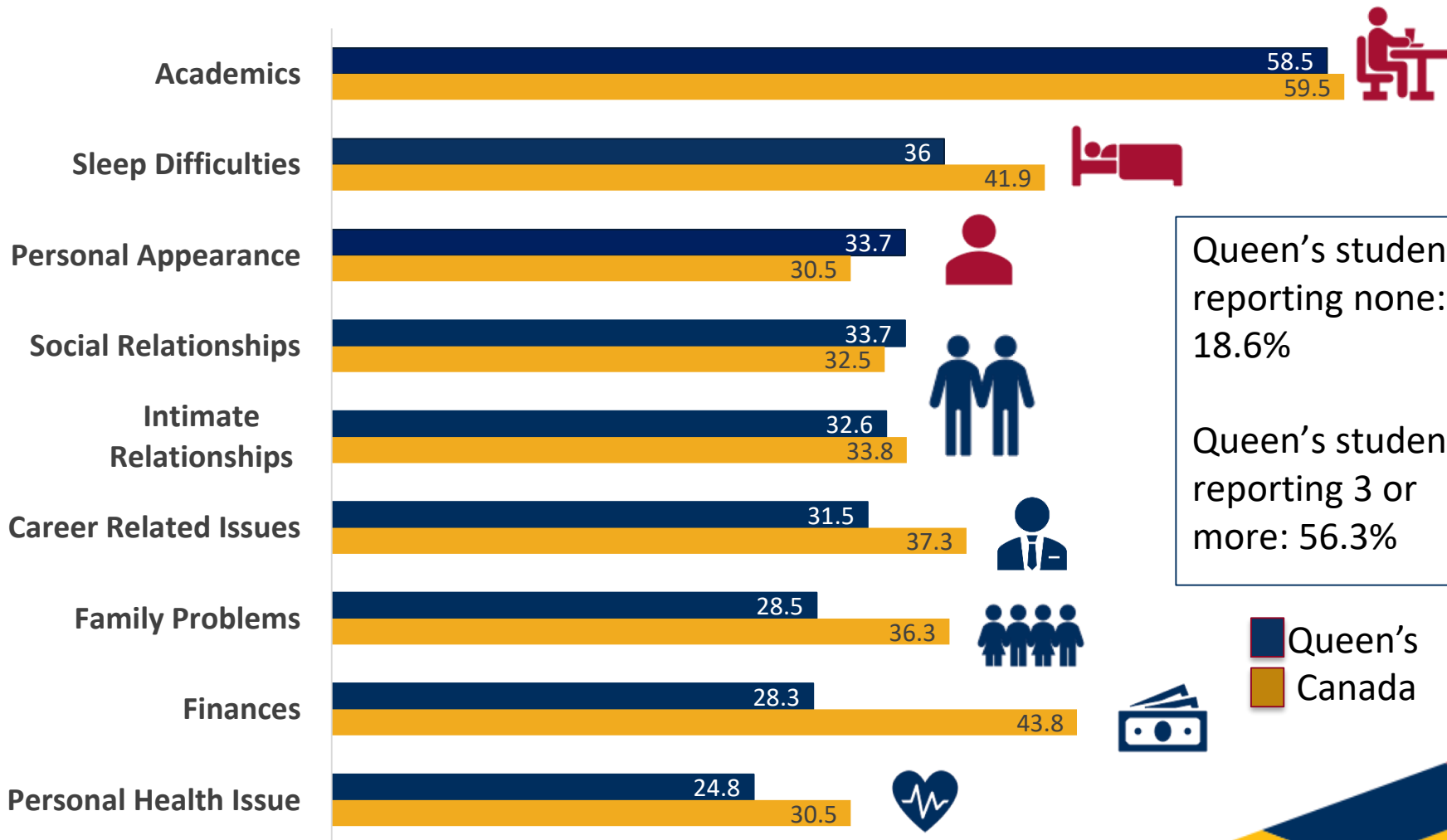
Indicators of Distress





Greatest Stressors in past 12 month

“Within the last 12 months, have any of the following been traumatic or very difficult to handle?”

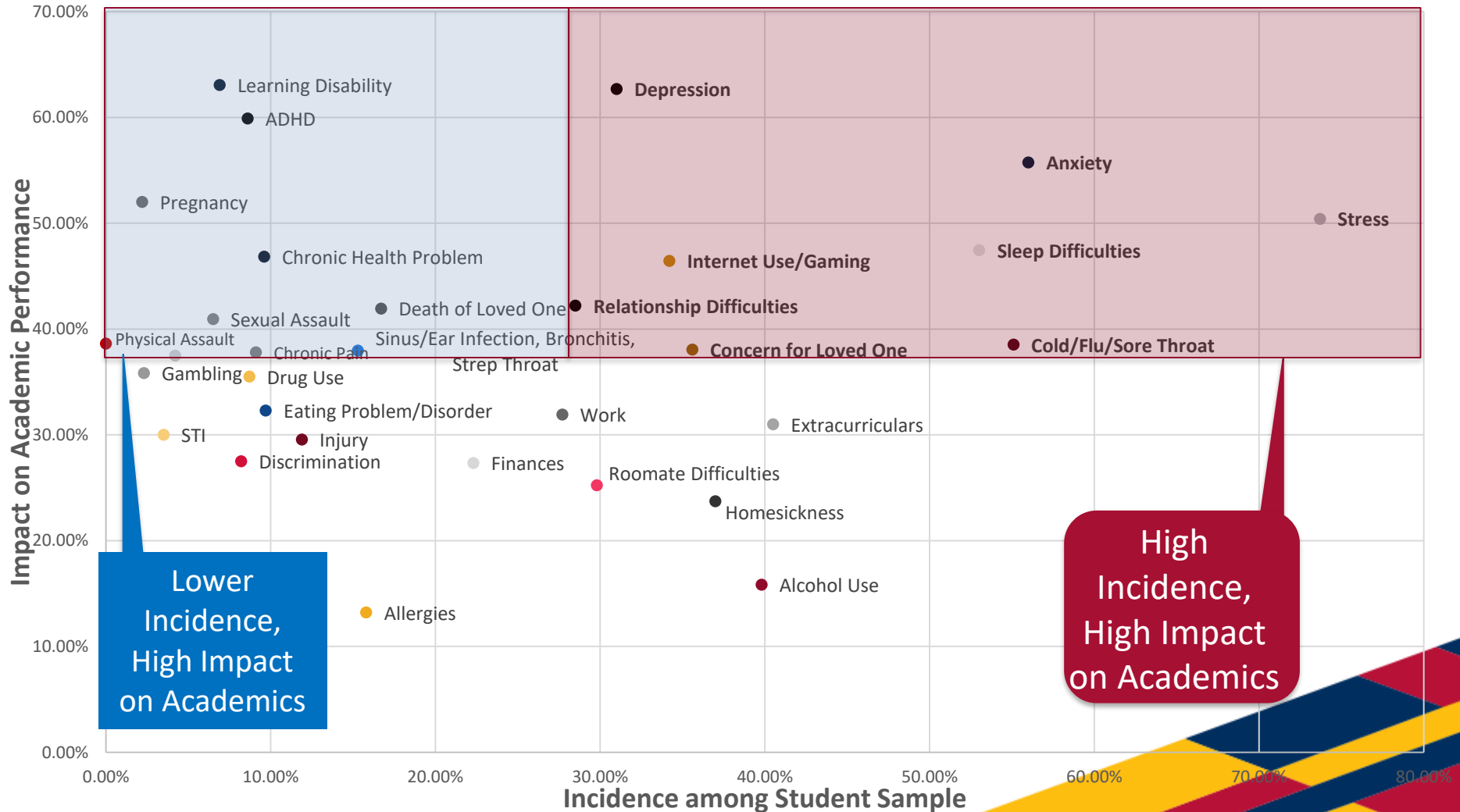


Queen's students reporting none: 18.6%

Queen's students reporting 3 or more: 56.3%

Queen's
Canada

Health Impacts on Academics



High Incidence, High Impact on Academics

Lower Incidence, High Impact on Academics

Self Harm Behaviours

Behaviour	Last 12 Months	Lifetime
	2019	2019
Self-Injury	9.9%	23.4%
Considered Suicide	13.3%	27.2%
Attempted Suicide	3.1%	10.8%

2019 Canadian Sample in the Last 12 Months

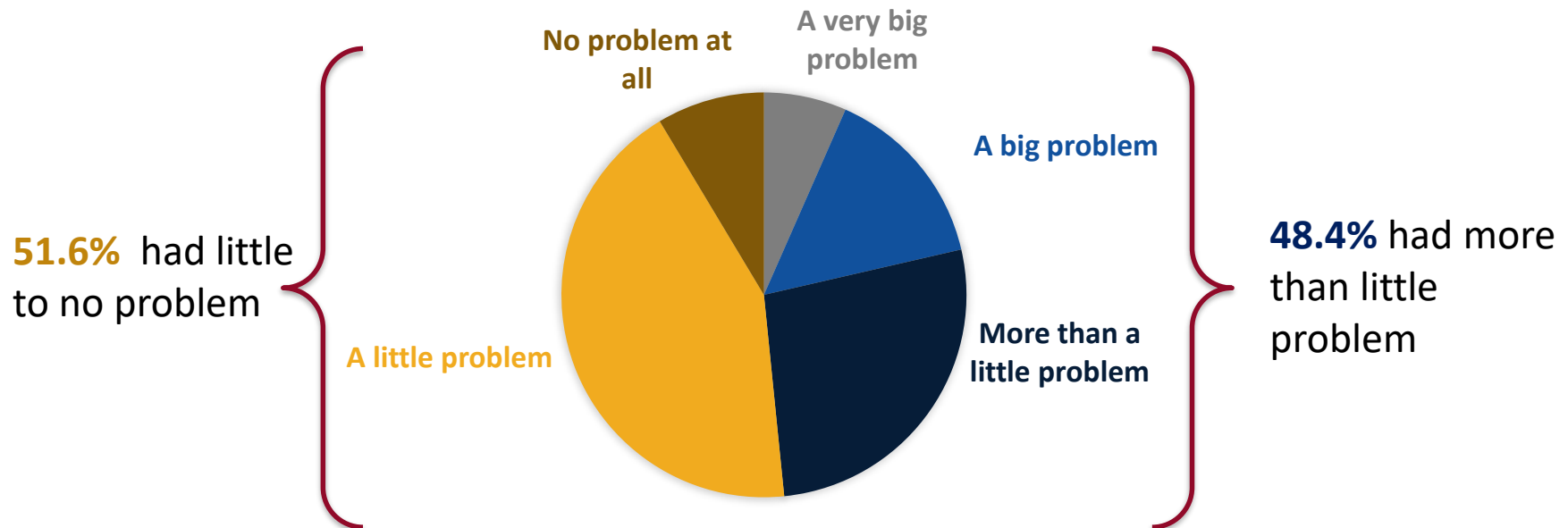
10.5% engaged in self-injury

16.4% considered suicide

2.8% attempted suicide

Sleep and Rest

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

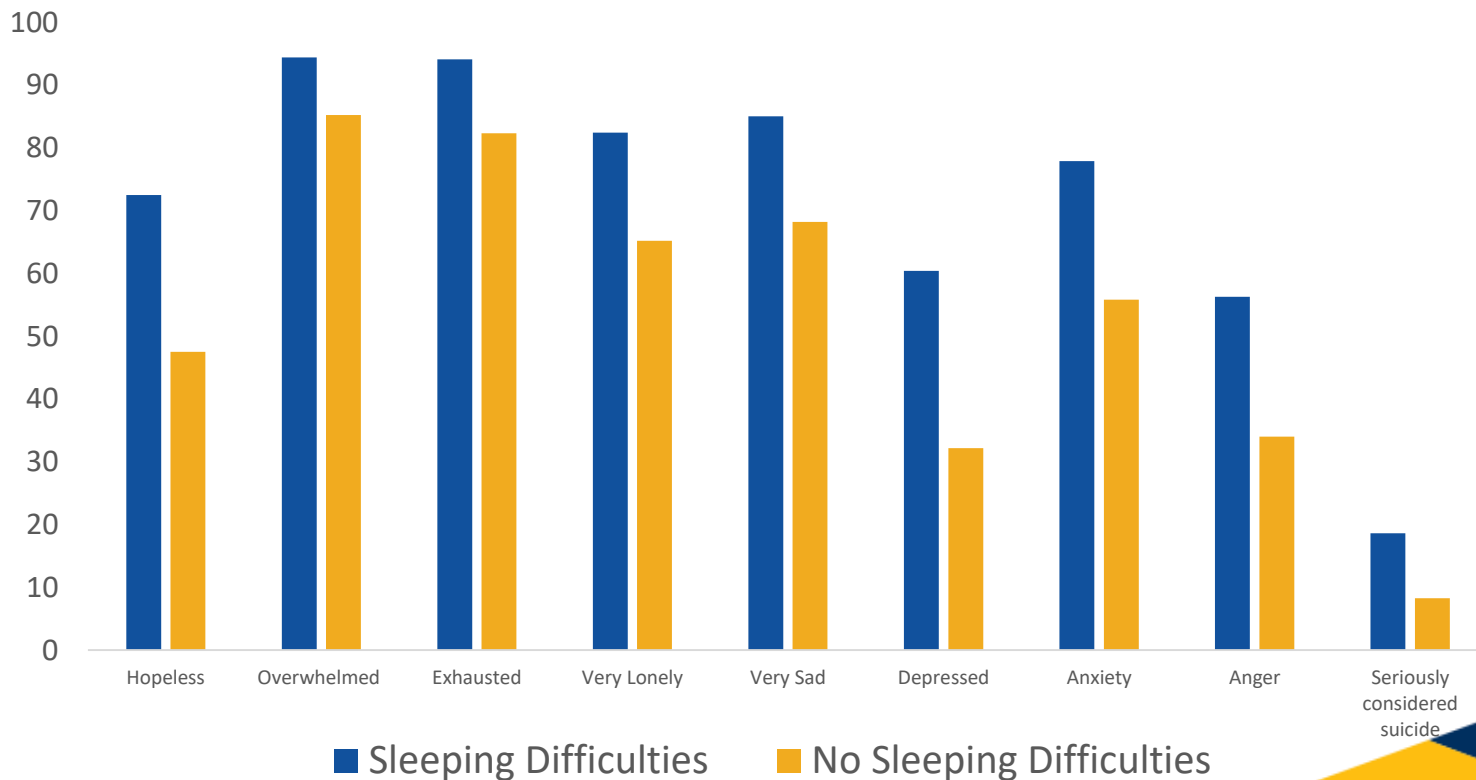


In at least 3 out of the past 7 days,

- 64% felt tired, dragged out, or sleepy during the day.
- 58.9% not feeling rested in the morning.
- 32.7% of students report regularly* having an extremely hard time falling asleep.

Sleep and mental health

Students who had problem with sleeping over past 7 days reported a significantly greater number of distress indicators compared to those who had little or no problems with sleep.



Usage of Mental Health Services



Queen's
UNIVERSITY

**In the
Last 12
Months**

39.4% accessed a
counselor/therapist/psychologist

24.1% accessed university
health/counseling services

21% accessed another medical
provider

12.8% accessed a psychiatrist

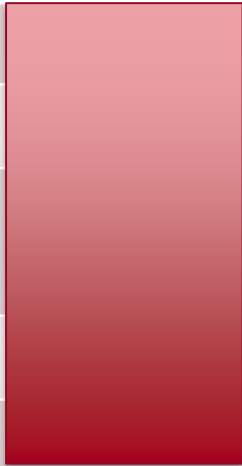
3% accessed a religious counselor

48.2% accessed
at least 1 of these
services in the
past 12 months

82.1% would
consider seeking
help from a
mental health
professional
in the future

Substance Use

Substance Use - 2019

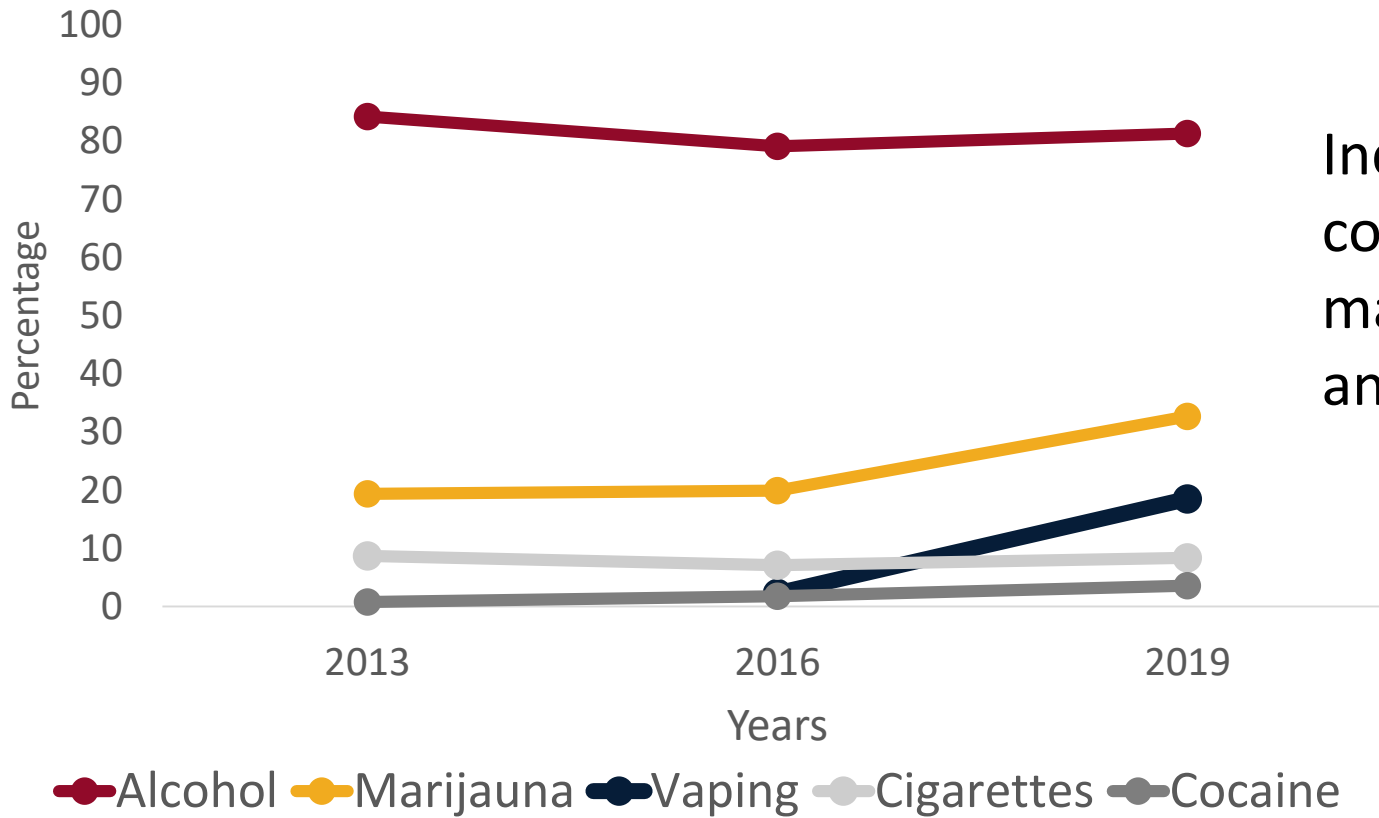
	Used 6 or more times in last 30 days	Any use in last 30 days	Perception of any use in last 30 days	Lifetime use
Alcohol	40.4%	81.4%		90.3%
Marijuana	11.4%	32.7%		53.8%
E-cigarettes	8.6%	18.4%		29.7%
Cigarettes	2.6%	8.4%		25.9%
Cocaine	0.9%	3.6%		9.7%

Substance Use - 2019

	Used 6 or more times in last 30 days	Any use in last 30 days	Perception of any use in last 30 days	Lifetime use
Alcohol	40.4%	81.4%	95.8%	90.3%
Marijuana	11.4%	32.7%	92.3%	53.8%
E-cigarettes	8.6%	18.4%	85.3%	29.7%
Vape	10.2%	24.7%	-	39.7%
Cigarettes	2.6%	8.4%	75.9%	25.9%
Cocaine	0.9%	3.6%	58.1%	9.7%

Substance Use 2013-2016-2019

Last 30 days Drug Use - Across Years



Increases in cocaine use, marijuana use, and vaping.

Prescription Drug Use 2019

- 12.6% have taken a prescription drug not prescribed to them in the last 12 months
- First-year males have higher rates of drug use, including using prescription drugs not prescribed to them (14.8% have taken one)

Cannabis Method of Use 2019

“If you currently use cannabis, with method of consumption do you use most often?”

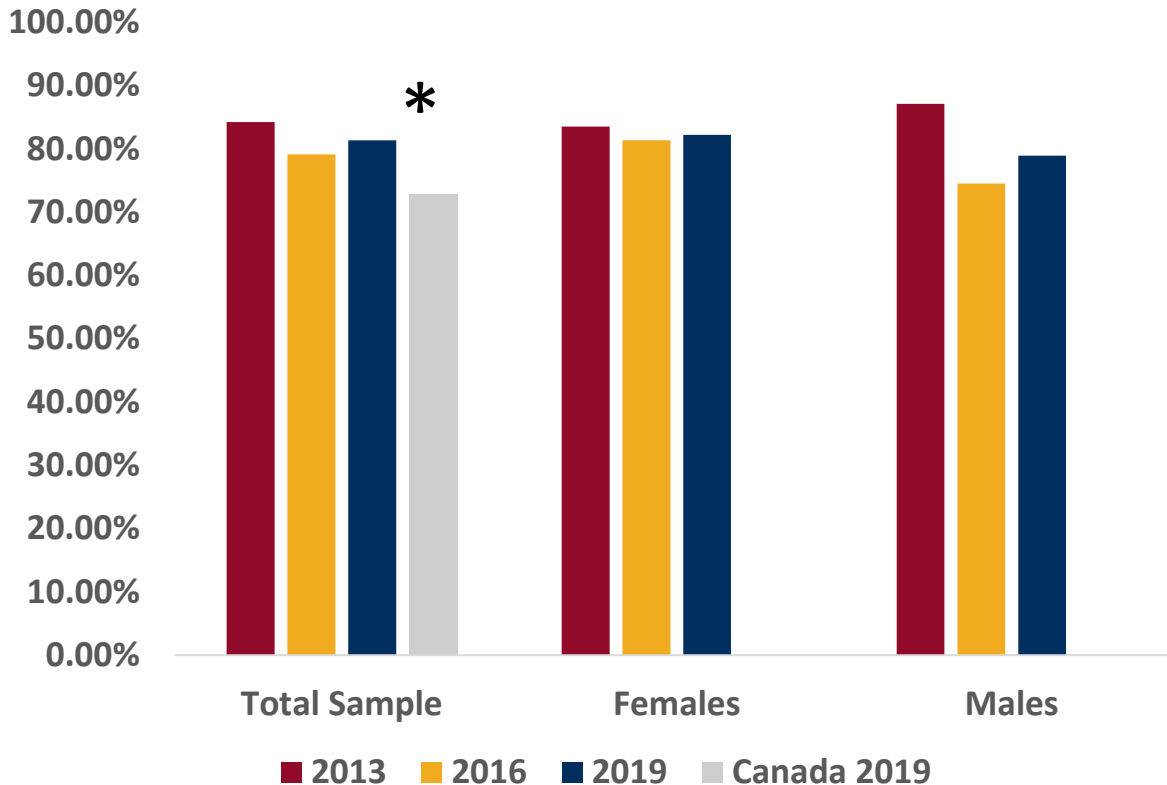
Smoke – 26.7% Vape – 3.6% Edibles – 5.0%

Alcohol Usage in Past 30 Days

2013- 2016 – 2019 – 2019 - Canada



Consumption of One or More Drinks

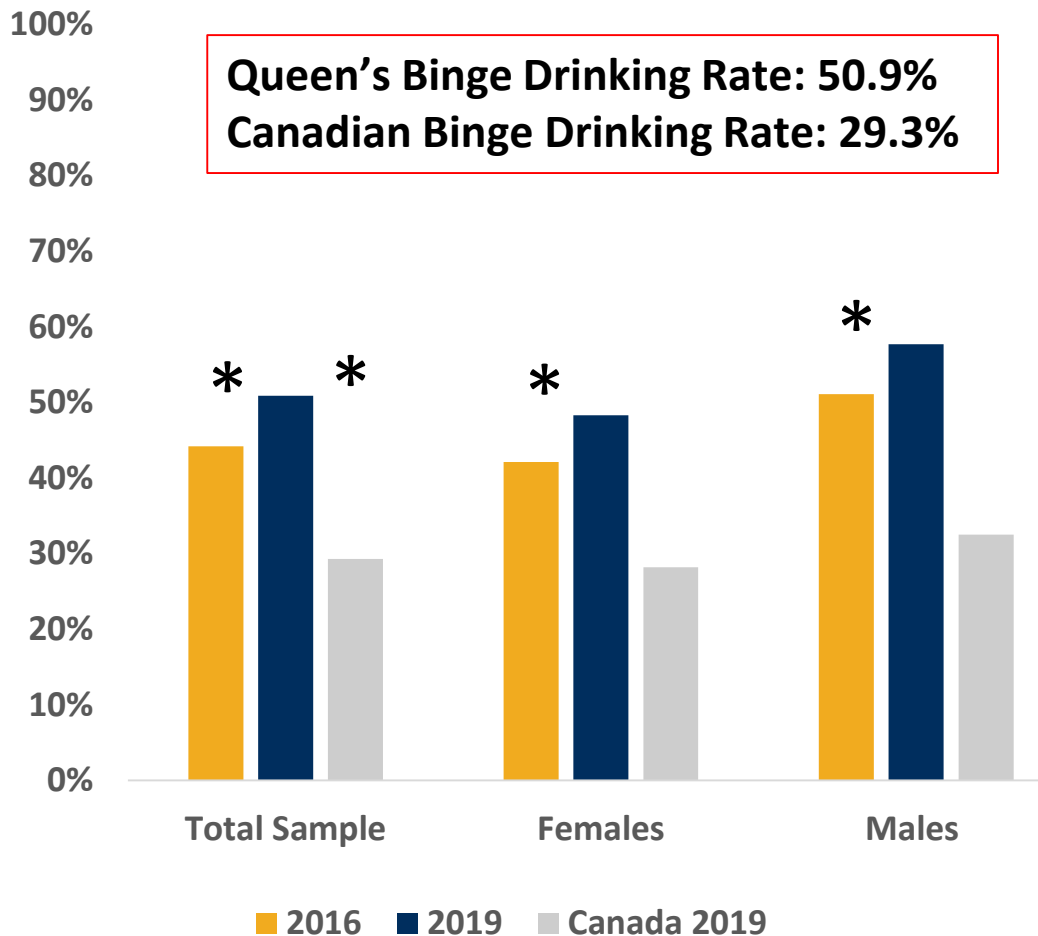


Total alcohol consumption and female to male consumption – no significant difference

In 2019, the total sample had a significantly greater proportion of students who consumed alcohol in comparison to the Canadian sample

Binge Drinking Behaviours

Consumption of 5 or More Drinks in One Sitting in the Last 2 Weeks



There was a significant difference in the binge drinking behaviours of the total sample and females in 2016 and 2019

There was a significant difference in the binge drinking behaviours between males and females in 2019

Levels of Binge Drinking



Female Students Who Reported Drinking Behaviours

**At Last
Socialization**

35.8% reported drinking 1 – 3 drinks

52.7% reported binge drinking 4 – 7 drinks
(Level I Binge Drinking)

9.8% reported binge drinking 8 – 11 drinks
(Level II Binge Drinking)

1.7% reported binge drinking 12+ drinks
(Level III Binge Drinking)

Levels of Binge Drinking



Male Students Who Reported Drinking Behaviours

**At Last
Socialization**

32.7% reported drinking 1 – 4 drinks

48.8% reported binge drinking 5 – 9 drinks
(Level I Binge Drinking)

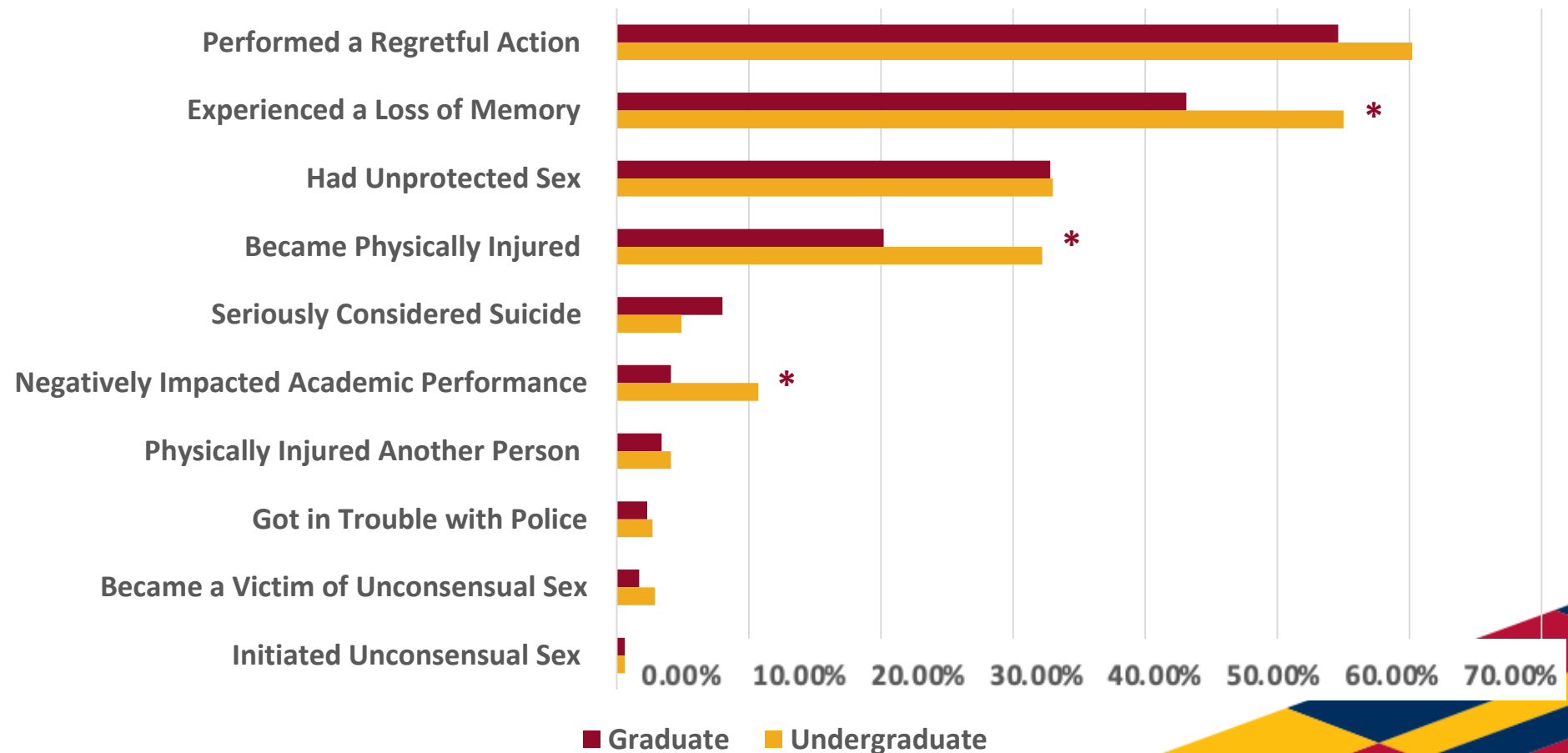
15% reported binge drinking 10 – 14 drinks
(Level II Binge Drinking)

2.9% reported binge drinking 15+ drinks
(Level III Binge Drinking)

Undergraduate & Graduate Harms



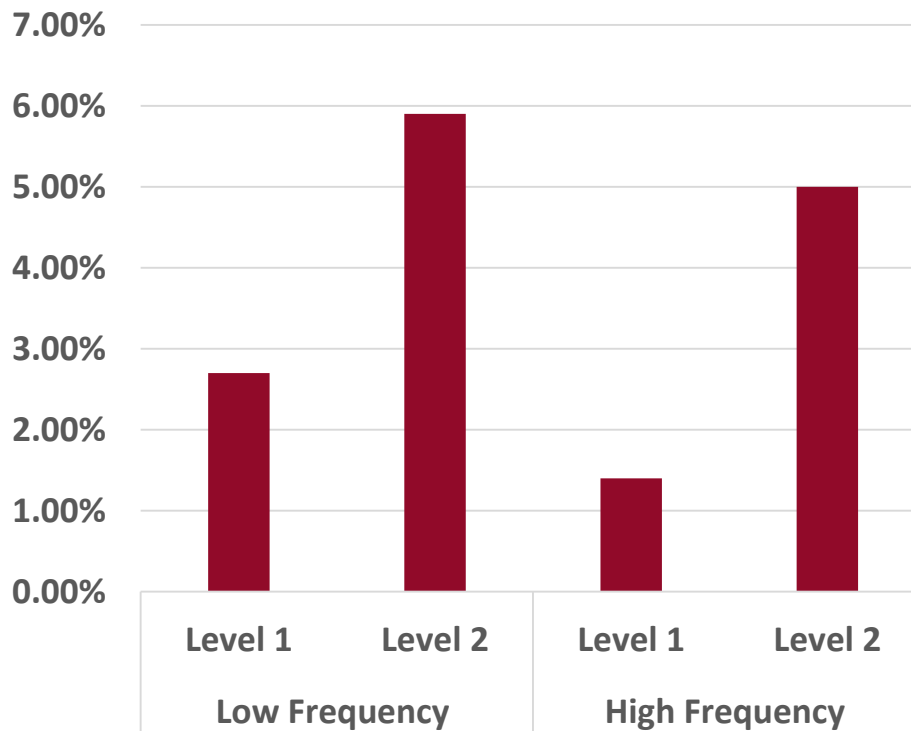
Harms in the Last 12 Months



Binge Drinking and Risky Behaviours

Getting in Trouble with Police as a Result of Alcohol

Males



Low frequency, level II binge drinkers had the highest prevalence of police troubles

Responsible Drinking

- Students who reported drinking and using 5 or more responsible drinking behaviors ($N = 1091$) compared to students with less than 5 ($N = 858$) had significantly fewer reports of negative outcomes.
- 55% of students reported using five or more responsible drinking behaviours “most of the time” or “always”
 - Most common responsible drinking behaviours:
 - 96.7% stayed with the same group of friends the entire time they were drinking
 - 94.8% ate before and/or during drinking
 - Most effective in reducing negative outcomes: Pace drinks to 1 or fewer per hour
 - Least effective: Having a friend tell you when you have had enough

Physical Health

Physical Activity

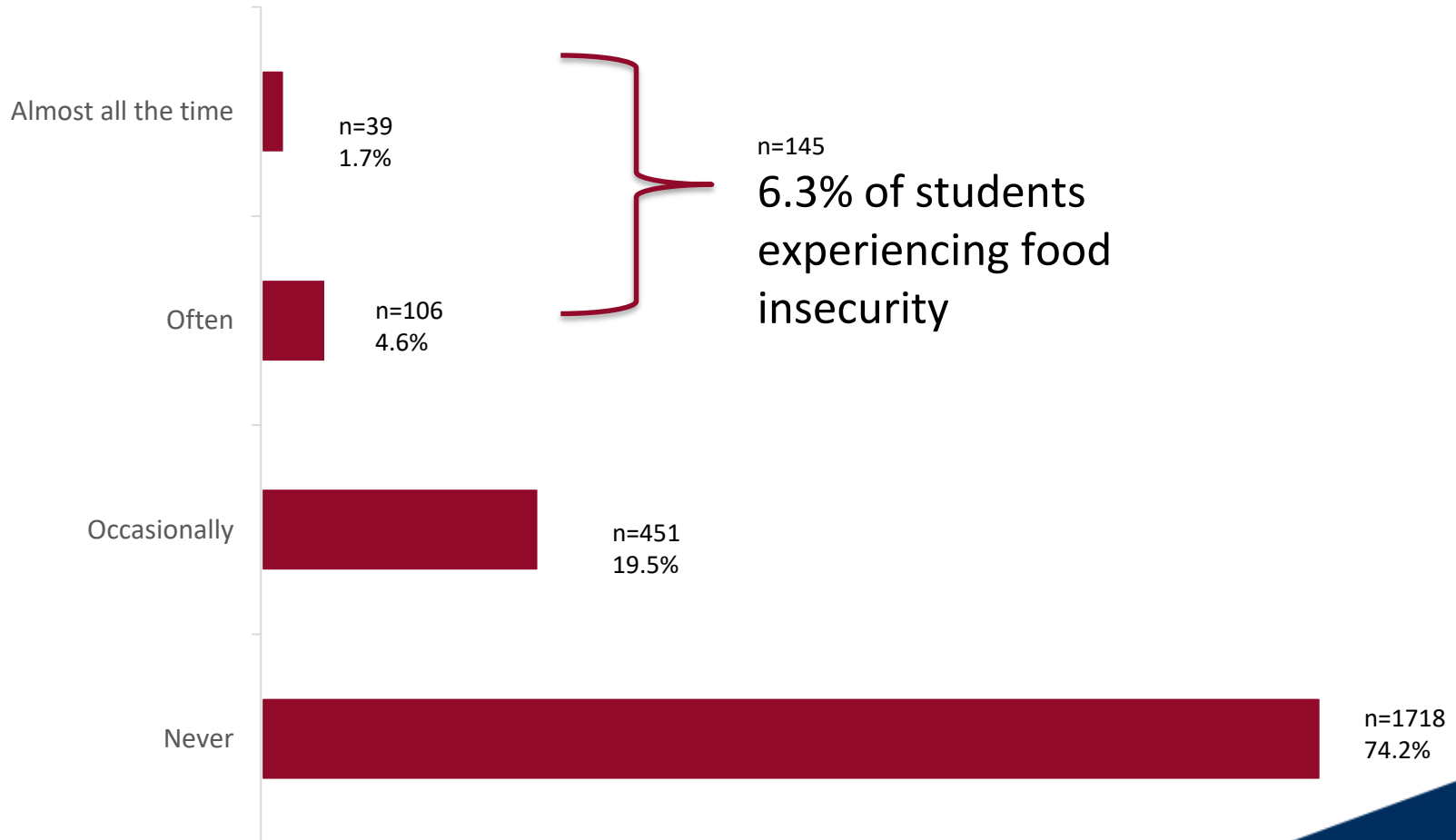
Queen's students reported the following exercise behaviours within the past 7 days:

- 20.4% of students indicated 150 minutes or more of moderate to vigorous physical activity in at least 10 minute blocks. (Canada = 13.3%)
- Overall 49.7% of students met the physical activity guidelines (USA)
 - 34.6% of students completed moderate-intensity (4-7 days a week)
 - 16.3% of students completed vigorous-intensity exercise (4-7 days a week)
 - 28.9% of students completed muscle strengthening exercise (3-7 days a week)
- 6.4 % of respondents participated in varsity athletics
- 13.8% of respondents participated in club sports
- 35.2% of respondents participated in intramurals (11.7% Canada)

Food Insecurity



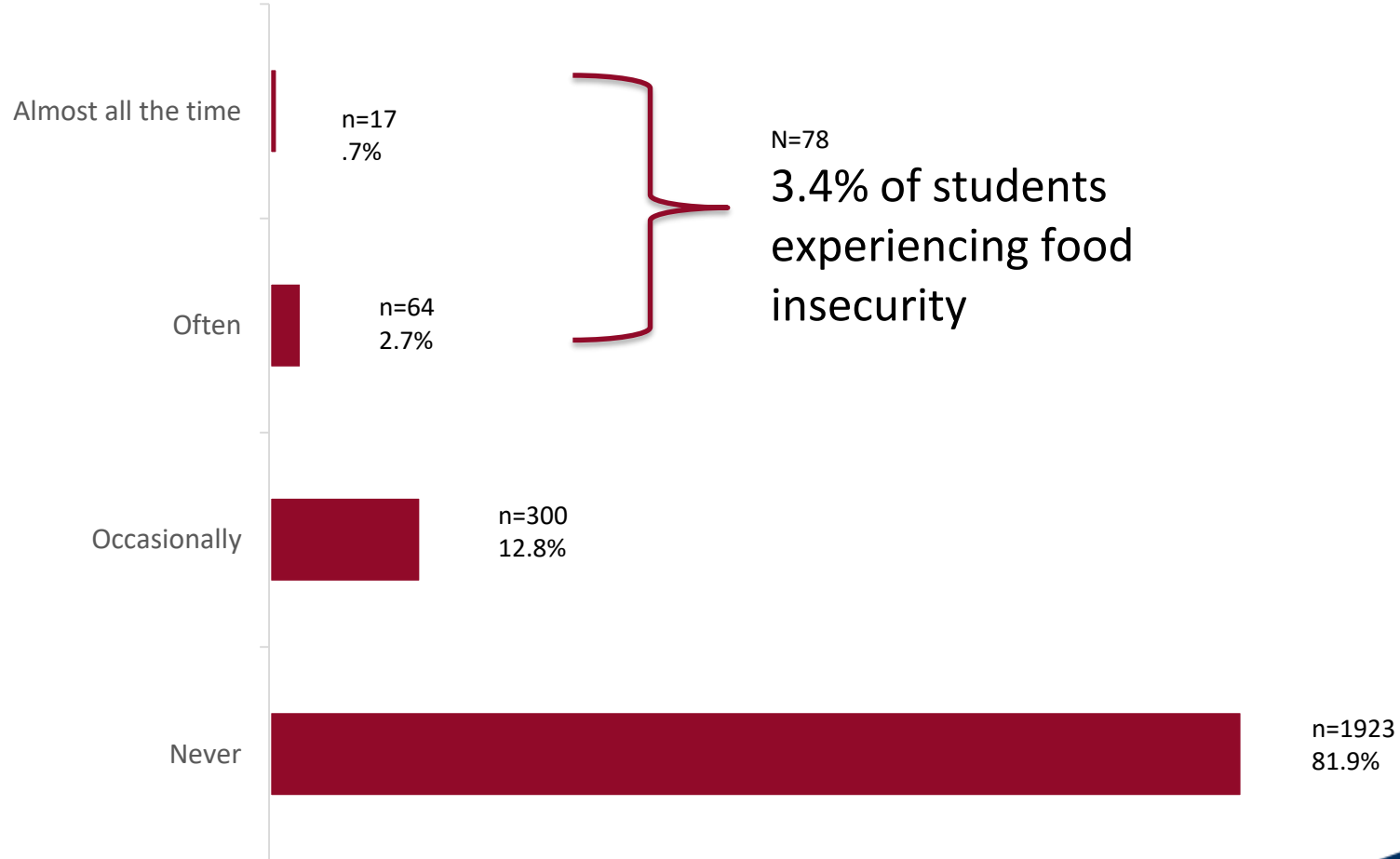
“Over the past academic year, since September 2018, how often did you worry that your food would run out before you got enough money to buy more?”



Food Insecurity



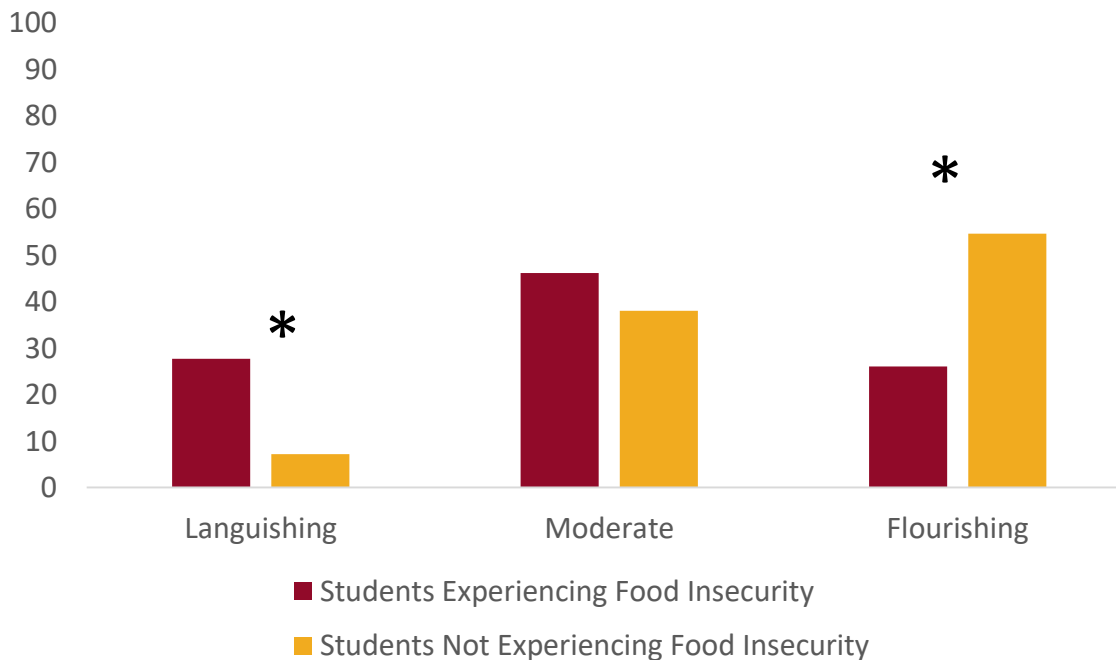
“Over the past academic year, since September 2018, how often did you skip meals or go hungry because you couldn’t afford to eat?”



Food Insecurity and Positive Mental Health



“Over the past academic year, since September 2018, how often did you worry that your food would run out?”

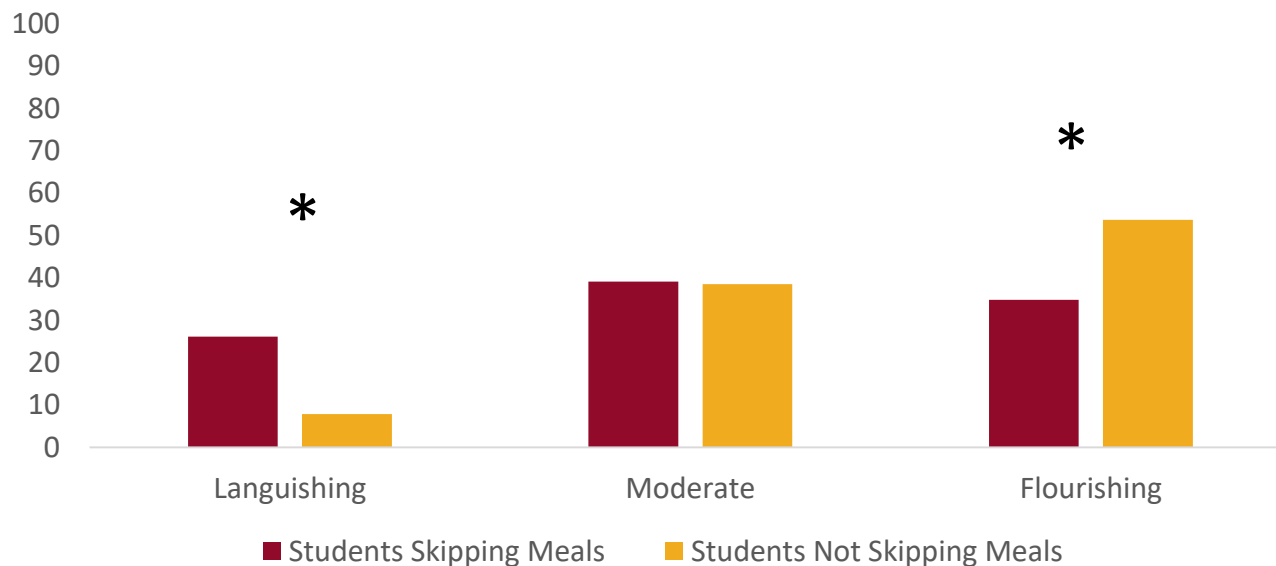


Significant differences among students experiencing food insecurity versus not in reporting languishing and flourishing mental health, but not in moderate health

Food Insecurity and Positive Mental Health



“Over the past academic year, since September 2018, how often did skip meals or go hungry?”



Significant differences among students experiencing food insecurity versus not in reporting languishing and flourishing mental health, but not in moderate health

Sexual Health



Number of Sexual Partners in the last 12 months

- Mean= 1.79
- Both women and men reported one sexual partner as most common (37.6%)
- 32.2% had zero sexual partners
- 9.9% of the sample had more than 5 sexual partners

Sexual Partners in Past Year

	Women	Men
Same-gender partner	6.2%	6.5%
Opposite-gender partner	96.1%	93.7%

Safer Sex Practices



Contraceptive Use

- 82.2% of sexually active students (N = 1546) used a method to prevent pregnancy the last time they had sex
- 62.4% use birth control pills with male condoms.
- 71% use birth control pills with withdrawal.
- 16.7% reported using emergency contraception

Contraceptive Use	2013	2016	2019
Birth control pills	70.3	67.3	63.9
Male condoms	65.9	63	63.7
Withdrawal	25.2	32.7	31.8
Intrauterine device (IUD)	4.6	9.1	18.6
Fertility awareness	5.8	6.1	6.5

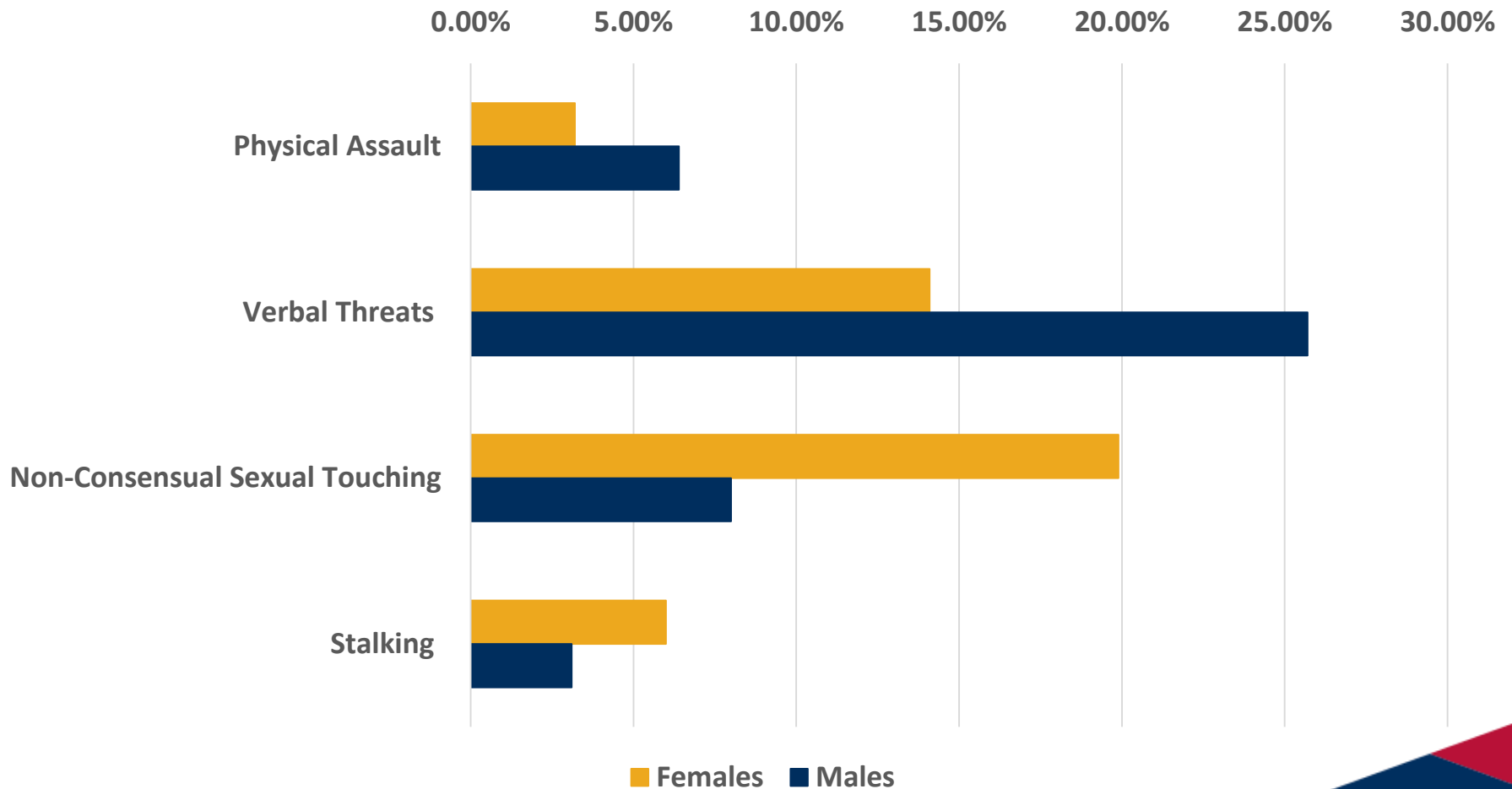
Significant differences across years in use of birth control pills, withdrawal, and IUDs. Largest effect size for use in IUD across years.

Experiences of Sexual Violence

In the last 12 months:

- 16.6% of Queen's respondents experienced being sexually touched without their consent (19.9% female, 7.6% male)
- 4.7% of Queen's respondents experienced attempted sexual penetration without their consent (5.7% female, 2.2% male)
- 3.3% of Queen's respondents experienced sexual penetration without their consent (3.6% female, 2.0% male)
- 1.7% of students indicated a physically abusive relationship,
- 3.0% indicated a sexually abusive relationship.
- 7.5% of students (n=168) indicated being in emotionally abusive relationship

Physical & Sexual Violence

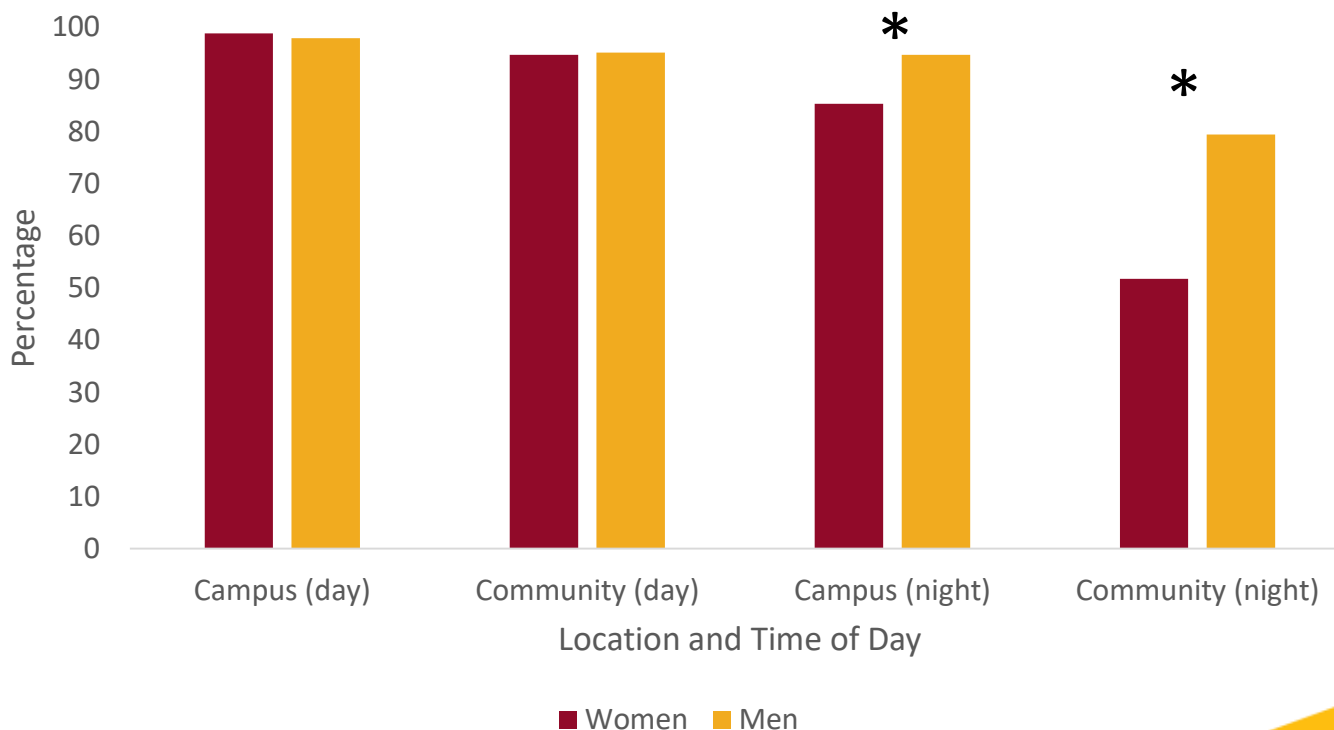




Safety On and Near Campus

- Most Queen's students reported feeling somewhat and very safe during the day on campus (98.4%) and in the community (94.9%)

Students Reported Feeling Somewhat or Very Safe



Significant differences between women and men in their feelings of safety at night

Hazing

“Hazing is a common occurrence at Queen’s”

	2013	2016	2019
Strongly agree/Agree	29.8%	21.2%	34.4%

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

	2013	2016	2019
Strongly agree/Agree	18.9%	13%	16.2%

Significant differences across 2016 and 2019 in whether students agree that hazing is a common occurrence and they have experienced being hazed as a member of Queen’s. Although differences in experiencing in hazing across 2016 and 2019 are smaller.

9.6% of respondents reported that they had participated in hazing others as a member of a Queen’s university group, club or team.

Queen's Campus



Support Services

- **61.3%** agreed or strongly agreed that mental health is supported on campus (Canada 74.5%)
- **75.9%** felt that Queen's University has a sincere interest in student wellbeing (Not asked in reference group)

Belonging to the Campus Community

- **80.1%** agreed or strongly agreed to feeling part of a community at Queen's

Social Experiences

- 80.1% feel they are part of the Queen's community
- 80.8% feel they contribute something important to society at least once a week (85% in Canada)*
 - 43% feel this way every day or almost every day (36% in Canada)
- 84.8% feel they belong to a community (social group) at least once a week (84% in Canada)
 - 51.5% feel this way every day or almost every day (36% in Canada)*
- 89.8% feel they have warm and trusting relationships with others at least once a week (91% in Canada)
 - 59.7% feel this way every day or almost every day (48% in Canada)*

Health Promotion



Top health topics students want more information about:

1. Stress reduction
2. How to help others in distress
3. Depression/anxiety
4. Suicide prevention
5. Sleep difficulties
6. Nutrition

Undergraduate Students	Graduate Students
1. Stress reduction – 86.3%	1. Stress reduction – 83%
2. How to help others in distress – 84.8%	2. How to help others in distress – 81.2%
3. Depression/anxiety -81.5%	3. Depression/Anxiety -78.1%
4. Nutrition – 79%	4. Nutrition – 74.4%
5. Sleep difficulties - 78.3%	5. Physical activity – 70.6%
6. Suicide prevention – 77.8%	6. Sleep difficulties - 70.3%
7. Grief and loss - 70.7%	7. Suicide prevention – 69.4%

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:**

- Student reports of binge-drinking are significant and reduction harms resulting from alcohol should remain an area of focus
- Vaping / E-cigs becoming a more significant concern

- **Food Insecurity, nutrition, sleep and relationships 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**

Importance of increasing connections and sense of community for these students

- Early intervention and access to services

- **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.



Questions?

For More Information

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