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
- White: 65%
- Chinese: 11%
- South Asian: 5%
- Southeast Asian: 1%
- West Asian: 2%
- Latin American: 2%
- Arabic: 2%
- Black: 2%
- Other: 2%
- Other Asian: 2%
- Multiracial: 3%
- Aboriginal: 3%

Gender Identity
- Man: 27%
- Woman: 72%
- Transgender, Man / Gender Queer / Other: 1%
2019 Queen’s Respondents

<table>
<thead>
<tr>
<th>Survey Sample</th>
<th>Queen’s Population</th>
</tr>
</thead>
<tbody>
<tr>
<td>☐ 84.3% undergraduate</td>
<td>☐ 72.83% undergraduate</td>
</tr>
<tr>
<td>☐ 15.6% graduate</td>
<td>☐ 12.95% graduate</td>
</tr>
<tr>
<td>☐ 8.6% international</td>
<td>☐ 13.81% international</td>
</tr>
<tr>
<td>☐ 72% female identified</td>
<td>☐ 54.8% female identified</td>
</tr>
</tbody>
</table>
## 2019 Queen’s Respondents

<table>
<thead>
<tr>
<th>Program of Study</th>
<th>Response % (n)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arts &amp; Science</td>
<td>45.7</td>
</tr>
<tr>
<td>Engineering &amp; Applied Science</td>
<td>17.4</td>
</tr>
<tr>
<td>Education</td>
<td>9.0</td>
</tr>
<tr>
<td>Commerce</td>
<td>7.0</td>
</tr>
<tr>
<td>Kinesiology</td>
<td>4.8</td>
</tr>
<tr>
<td>Nursing</td>
<td>3.2 (n=74)</td>
</tr>
<tr>
<td>Computer Science</td>
<td>2.7 (n=64)</td>
</tr>
<tr>
<td>Law</td>
<td>2.5 (n=58)</td>
</tr>
<tr>
<td>Medicine</td>
<td>0.8 (n=8)</td>
</tr>
<tr>
<td>Rehabilitation therapy</td>
<td>1.3 (n=30)</td>
</tr>
<tr>
<td>Other Graduate/Professional</td>
<td>3.7 (n=88)</td>
</tr>
</tbody>
</table>
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:”

<table>
<thead>
<tr>
<th>Health Condition</th>
<th>Percentage of Students</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anxiety</td>
<td>23.0%</td>
</tr>
<tr>
<td>Depression</td>
<td>15.1%</td>
</tr>
<tr>
<td>Allergies</td>
<td>14.2%</td>
</tr>
<tr>
<td>Back pain</td>
<td>13.6%</td>
</tr>
<tr>
<td>Strep throat</td>
<td>12.7%</td>
</tr>
<tr>
<td>Panic attacks</td>
<td>12.3%</td>
</tr>
<tr>
<td>Sinus infection</td>
<td>12.0%</td>
</tr>
<tr>
<td>Urinary Tract Infection</td>
<td>11.9%</td>
</tr>
</tbody>
</table>

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

53% had flourishing mental health
38.5% had moderate mental health
8.5% had languishing mental health

Calculated via the Corey-Keyes Scale
 Respondent Stress Levels

Over the Past 12 Months

Queen’s respondent stress levels are very similar to Canadian sample.

High Stress Individuals

0.90% 4.50% 11.20% 29.30% 35.30% 52% 42.50% 12.30% 6.60%

No Stress Less Than Average Stress Average Stress More Than Average Stress Tremendous Stress

Females Males
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

- Exhausted
- Overwhelmed
- Very sad
- Very lonely
- Overwhelming anxiety
- Things were hopeless
- So depressed that it was difficult to function
- Overwhelming anger

All students
High Stress
Mental Health – Canada

“In the last 2 weeks, I’ve felt ...”

Indicators of Distress

- Exhausted
- Overwhelmed
- Very sad
- Very lonely
- Overwhelming anxiety
- Things were hopeless
- So depressed that it was difficult to function
- Overwhelming anger

Queen's  Canada
### Greatest Stressors in past 12 month

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

<table>
<thead>
<tr>
<th>Stressor</th>
<th>Queen’s (%)</th>
<th>Canada (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Academics</td>
<td>58.5</td>
<td>59.5</td>
</tr>
<tr>
<td>Sleep Difficulties</td>
<td></td>
<td>41.9</td>
</tr>
<tr>
<td>Personal Appearance</td>
<td>33.7</td>
<td>30.5</td>
</tr>
<tr>
<td>Social Relationships</td>
<td>33.7</td>
<td>32.5</td>
</tr>
<tr>
<td>Intimate Relationships</td>
<td>32.6</td>
<td>33.8</td>
</tr>
<tr>
<td>Career Related Issues</td>
<td>31.5</td>
<td>37.3</td>
</tr>
<tr>
<td>Family Problems</td>
<td>28.5</td>
<td>36.3</td>
</tr>
<tr>
<td>Finances</td>
<td>28.3</td>
<td>43.8</td>
</tr>
<tr>
<td>Personal Health Issue</td>
<td>24.8</td>
<td>30.5</td>
</tr>
</tbody>
</table>

Queen’s students reporting none: **18.6%**

Queen’s students reporting 3 or more: **56.3%**
Health Impacts on Academics

- Alcohol Use
- Allergies
- Anxiety
- Physical Assault
- Sexual Assault
- ADHD
- Cold/Flu/Sore Throat
- Concern for Loved One
- Chronic Health Problem
- Chronic Pain
- Death of Loved One
- Depression
- Discrimination
- Drug Use
- Eating Problem/Disorder
- Finances
- Gambling
- Homesickness
- Injury
- Internet Use/Gaming
- Learning Disability
- Relationship Difficulties
- Learning Disability
- ADHD
- Chronic Health Problem
- Death of Loved One
- Internet Use/Gaming
- Concern for Loved One
- Cold/Flu/Sore Throat
- Lower Incidence, High Impact on Academics
- High Incidence, High Impact on Academics
# Self Harm Behaviours

## 2019 Canadian Sample in the Last 12 Months

- 10.5% engaged in self-injury
- 16.4% considered suicide
- 2.8% attempted suicide

## Table: Self Harm Behaviours

<table>
<thead>
<tr>
<th>Behaviour</th>
<th>Last 12 Months</th>
<th>Lifetime</th>
</tr>
</thead>
<tbody>
<tr>
<td>Self-Injury</td>
<td>9.9%</td>
<td>23.4%</td>
</tr>
<tr>
<td>Considered Suicide</td>
<td>13.3%</td>
<td>27.2%</td>
</tr>
<tr>
<td>Attempted Suicide</td>
<td>3.1%</td>
<td>10.8%</td>
</tr>
</tbody>
</table>
Sleep and Rest

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

51.6% had little to no problem
A little problem

48.4% had more than little problem
More than a little problem

No problem at all

A very big problem

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.
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

<table>
<thead>
<tr>
<th>In the Last 12 Months</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>39.4% accessed a counselor/therapist/psychologist</td>
<td></td>
</tr>
<tr>
<td>24.1% accessed university health/counseling services</td>
<td></td>
</tr>
<tr>
<td>21% accessed another medical provider</td>
<td></td>
</tr>
<tr>
<td>12.8% accessed a psychiatrist</td>
<td></td>
</tr>
<tr>
<td>3% accessed a religious counselor</td>
<td></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Substance</th>
<th>Used 6 or more times in last 30 days</th>
<th>Any use in last 30 days</th>
<th>Perception of any use in last 30 days</th>
<th>Lifetime use</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol</td>
<td>40.4%</td>
<td>81.4%</td>
<td></td>
<td>90.3%</td>
</tr>
<tr>
<td>Marijuana</td>
<td>11.4%</td>
<td>32.7%</td>
<td></td>
<td>53.8%</td>
</tr>
<tr>
<td>E-cigarettes</td>
<td>8.6%</td>
<td>18.4%</td>
<td></td>
<td>29.7%</td>
</tr>
<tr>
<td>Cigarettes</td>
<td>2.6%</td>
<td>8.4%</td>
<td></td>
<td>25.9%</td>
</tr>
<tr>
<td>Cocaine</td>
<td>0.9%</td>
<td>3.6%</td>
<td></td>
<td>9.7%</td>
</tr>
</tbody>
</table>
# Substance Use - 2019

<table>
<thead>
<tr>
<th>Substance</th>
<th>Used 6 or more times in last 30 days</th>
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<th>Perception of any use in last 30 days</th>
<th>Lifetime use</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol</td>
<td>40.4%</td>
<td>81.4%</td>
<td>95.8%</td>
<td>90.3%</td>
</tr>
<tr>
<td>Marijuana</td>
<td>11.4%</td>
<td>32.7%</td>
<td>92.3%</td>
<td>53.8%</td>
</tr>
<tr>
<td>E-cigarettes Vape</td>
<td>8.6%</td>
<td>18.4%</td>
<td>85.3%</td>
<td>29.7%</td>
</tr>
<tr>
<td>Cigarettes</td>
<td>2.6%</td>
<td>8.4%</td>
<td>75.9%</td>
<td>25.9%</td>
</tr>
<tr>
<td>Cocaine</td>
<td>0.9%</td>
<td>3.6%</td>
<td>58.1%</td>
<td>9.7%</td>
</tr>
</tbody>
</table>
Substance Use 2013-2016-2019

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**


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**Consumption of One or More Drinks**

- **Total Sample**
- **Females**
- **Males**

*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

Queen’s Binge Drinking Rate: 50.9%
Canadian Binge Drinking Rate: 29.3%

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

<table>
<thead>
<tr>
<th>Socialization</th>
<th>Level</th>
<th>Drinking Behaviour</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>At Last Socialization</td>
<td>Level I</td>
<td>Binge drinking 4 – 7 drinks</td>
<td>52.7%</td>
</tr>
<tr>
<td></td>
<td>Level II</td>
<td>Binge drinking 8 – 11 drinks</td>
<td>9.8%</td>
</tr>
<tr>
<td></td>
<td>Level III</td>
<td>Binge drinking 12+ drinks</td>
<td>1.7%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Total</td>
<td>100%</td>
</tr>
</tbody>
</table>
# Levels of Binge Drinking

## Male Students Who Reported Drinking Behaviours

<table>
<thead>
<tr>
<th>At Last Socialization</th>
<th>Percentage</th>
<th>Drinking Behavior</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><strong>32.7%</strong></td>
<td>reported drinking 1 – 4 drinks</td>
</tr>
<tr>
<td></td>
<td><strong>48.8%</strong></td>
<td>reported binge drinking 5 – 9 drinks (Level I Binge Drinking)</td>
</tr>
<tr>
<td></td>
<td><strong>15%</strong></td>
<td>reported binge drinking 10 – 14 drinks (Level II Binge Drinking)</td>
</tr>
<tr>
<td></td>
<td><strong>2.9%</strong></td>
<td>reported binge drinking 15+ drinks (Level III Binge Drinking)</td>
</tr>
</tbody>
</table>
Undergraduate & Graduate Harms

Harms in the Last 12 Months

- Performed a Regretful Action
- Experienced a Loss of Memory
- Had Unprotected Sex
- Became Physically Injured
- Seriously Considered Suicide
- Negatively Impacted Academic Performance
- Physically Injured Another Person
- Got in Trouble with Police
- Became a Victim of Unconsensual Sex
- Initiated Unconsensual Sex

* Indicates statistical significance.
Binge Drinking and Risky Behaviours

Getting in Trouble with Police as a Result of Alcohol

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)
“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?”

- Never: 74.2% of students
- Occasionally: 19.5% of students
- Often: 4.6% of students
- Almost all the time: 1.7% of students

6.3% of students experiencing 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?”

- Never: 81.9% (n=1923)
- Occasionally: 2.7% (n=64)
- Often: 12.8% (n=300)
- Almost all the time: 0.7% (n=17)

3.4% of students experiencing food insecurity
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

<table>
<thead>
<tr>
<th>Sexual Partners in Past Year</th>
<th>Women</th>
<th>Men</th>
</tr>
</thead>
<tbody>
<tr>
<td>Same-gender partner</td>
<td>6.2%</td>
<td>6.5%</td>
</tr>
<tr>
<td>Opposite-gender partner</td>
<td>96.1%</td>
<td>93.7%</td>
</tr>
</tbody>
</table>
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.

<table>
<thead>
<tr>
<th>Contraceptive Use</th>
<th>2013</th>
<th>2016</th>
<th>2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>Birth control pills</td>
<td>70.3</td>
<td>67.3</td>
<td>63.9</td>
</tr>
<tr>
<td>Male condoms</td>
<td>65.9</td>
<td>63</td>
<td>63.7</td>
</tr>
<tr>
<td>Withdrawal</td>
<td>25.2</td>
<td>32.7</td>
<td>31.8</td>
</tr>
<tr>
<td>Intrauterine device (IUD)</td>
<td>4.6</td>
<td>9.1</td>
<td>18.6</td>
</tr>
<tr>
<td>Fertility awareness</td>
<td>5.8</td>
<td>6.1</td>
<td>6.5</td>
</tr>
</tbody>
</table>

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
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%)

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

“Hazing is a common occurrence at Queen’s”

<table>
<thead>
<tr>
<th></th>
<th>2013</th>
<th>2016</th>
<th>2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strongly agree/Agree</td>
<td>29.8%</td>
<td>21.2%</td>
<td>34.4%</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th></th>
<th>2013</th>
<th>2016</th>
<th>2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strongly agree/Agree</td>
<td>18.9%</td>
<td>13%</td>
<td>16.2%</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Undergraduate Students</th>
<th>Graduate Students</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Stress reduction – 86.3%</td>
<td>1. Stress reduction – 83%</td>
</tr>
<tr>
<td>2. How to help others in distress – 84.8%</td>
<td>2. How to help others in distress – 81.2%</td>
</tr>
<tr>
<td>3. Depression/anxiety -81.5%</td>
<td>3. Depression/Anxiety -78.1%</td>
</tr>
<tr>
<td>5. Sleep difficulties - 78.3%</td>
<td>5. Physical activity – 70.6%</td>
</tr>
<tr>
<td>6. Suicide prevention – 77.8%</td>
<td>6. Sleep difficulties - 70.3%</td>
</tr>
<tr>
<td>7. Grief and loss - 70.7%</td>
<td>7. Suicide prevention – 69.4%</td>
</tr>
</tbody>
</table>
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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