



CONESTOGA

National College Health Assessment Survey Results

CONESTOGA COLLEGE

FALL 2019




Table of Contents

INTRODUCTION	03
GENERAL HEALTH OF STUDENTS	06
ACADEMIC IMPACTS	09
MENTAL HEALTH	12
SUBSTANCE USE	19
SEXUAL HEALTH AND RELATIONSHIPS	26
PHYSICAL HEALTH	31
CAMPUS ENVIRONMENT	39



Introduction

Conestoga College conducted the National College Health Assessment survey for the first time in Fall 2019 in order to better understand the health-related experiences of our students, and to inform planning, decision-making and delivery of a range of supports and services. The survey provides a snapshot in time of the behaviours, attitudes and beliefs of students.

Typically, the National College Health Assessment survey (commonly referred to as the NCHA survey) is delivered every three years and is organized by the American College Health Association (ACHA) to assist post-secondary health service providers, health educators, counsellors and administrators in collecting data about their students' habits, behaviours and perceptions regarding the most prevalent health topics.

We thank all of the students who took time to participate in this survey and generously share their experiences. Their contributions will assist Conestoga College in tailoring resources and supporting student success.

METHODS

The NCHA survey was distributed via email to a randomly selected sample of 5,000 students. 886 of these students fully completed the NCHA survey, for a response rate of 17.7%. In order to encourage participation, a “premail” and 3 reminder emails were sent, and the survey was promoted via social media and posters encouraging students to check their Conestoga email for an invitation to complete the survey. Incentives for participation included a draw for one of 20 gift cards.

A NOTE ABOUT SEX AND GENDER IN THE SURVEY

Survey responses are reported by sex based on the responses to the questions “What sex were you assigned at birth, such as on your original birth certificate?”, “Do you identify as transgender”, and “Which term do you use to describe your gender identity?”

If a respondent selected “yes” for transgender, or if their reported sex assignment at birth is inconsistent with their stated gender identity, they were designated “non-binary”. If any of the three questions above were unanswered, their gender was considered “unknown”. As the number of “non-binary” and “unknown” participants was very small, these responses are included in the “totals” shared in this report, but not described in detail, in order to maintain confidentiality.

CONTACT INFORMATION

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DEMOGRAPHICS OF THE RESPONSE SAMPLE

Number of Responses 886

Enrollment Status	%
Full-time student	97%
Part-time student	3%
Other student	1%
Year of School	%
1st year undergraduate	25%
2nd year undergraduate	22%
3rd year undergraduate	11%
4th year undergraduate	5%
5th year or more undergraduate	1%
Graduate or professional	20%
Not seeking a degree	6%
Other	10%
Gender Identity	%
Female	59%
Male	38%
Non-Binary	2%
Sexual Orientation	%
Asexual	0%
Bisexual	5%
Gay	1%
Lesbian	1%
Pansexual	2%
Queer	1%
Questioning	1%
Straight / Heterosexual	88%
Another Identity	2%

Relationship Status	%
Not in a relationship	44%
In a relationship but living together	32%
In a relationship and living together	24%
Approximate Cumulative GPA	%
A	43%
B	45%
C	8%
D / F	1%
N/A	4%
Age	%
18 - 20 years	24%
21 - 24 years	36%
25 - 29 years	24%
30+ years	15%
International Students	%
Yes	36%
Housing	%
Campus residence hall	12%
Fraternity or sorority house	1%
Other university housing	11%
Parent/guardian home	4%
Other off-campus housing	67%
Other	7%

Ethnicity	%
Aboriginal	3%
Arab	2%
Black	3%
Chinese	3%
Filipino	3%
Japanese	0%
Korean	2%
Latin American	4%
South Asian	27%
West Asian	1%
White	49%
Multiracial	2%
Other	6%
Paid Work Hours per Week	%
0 hours	30%
1 - 9 hours	14%
10 - 19 hours	38%
20 - 29 hours	13%
More than 30 hours	6%
Volunteer Hours per Week	%
0 hours	70%
1 - 9 hours	24%
10 - 19 hours	4%
More than 20 hours	1%

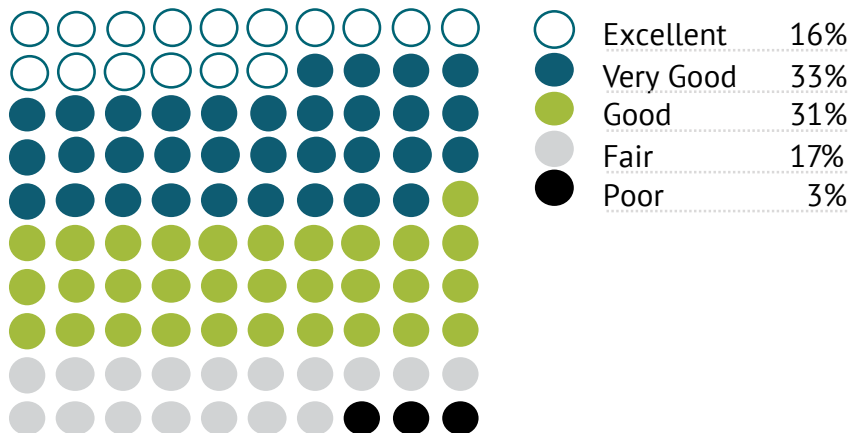
2.

GENERAL HEALTH OF STUDENTS

General Health of Students

PERSONAL RATING OF OVERALL HEALTH

Students were asked to rate their overall health as poor, fair, good, very good, or excellent. Almost half of all students (49%) ranked their health as excellent or very good.



80%
of students rated their health as **good, very good, or excellent**

HEALTH PROBLEMS

Students reported whether a professional had diagnosed or treated them within the past year for any of the health issues listed below. The table below shows these percentages in descending order, with the top 10 reported illnesses bolded

Back pain	21%	High cholesterol	2.2%
Allergies	14%	Endometriosis	1.8%
Migraine headache	13%	Diabetes	1.6%
Sinus infection	11%	Chlamydia	1.4%
Strep throat	8.4%	Genital herpes	1.0%
Urinary tract infection	8.4%	Genital warts/HPV	0.9%
Asthma	7.0%	Mononucleosis	0.9%
Broken bone/Fracture/Sprain	5.6%	Gonorrhea	0.7%
Ear infection	5.6%	Hepatitis B or C	0.7%
Bronchitis	4.4%	HIV infection	0.5%
High blood pressure	4.1%	Pelvic Inflammatory Disease	0.5%
Repetitive stress injury	3.5%	Tuberculosis	0.5%
Irritable Bowel Syndrome	2.8%		

49%

of Conestoga students (35% of males, 59% of females) reported professional diagnosis or treatment for at least one of the above conditions within the last 12 months

DISABILITY

The NCHA asked Conestoga students whether they had any of the following disabilities, with percentages for those who responded 'yes' given below.

Attention Deficit and Hyperactivity Disorder (ADHD)	7.0%
Learning disability	6.9%
Psychiatric condition	6.3%
"Chronic illness (e.g., cancer, diabetes, auto-immune disorders)"	4.9%
Other disability	3.5%
Partial sightedness/Blindness	2.6%
Deafness/Hearing loss	1.8%
Mobility/Dexterity disability	1.4%
Speech or language disorder	0.8%

HEALTH RESOURCES

Wellness Office

The CSI Wellness Office offers registered massage therapy, physiotherapy and chiropractic treatments. conestogastudents.com/support-wellness

Medical Care Clinic

Services are open to all students who have OHIP or other health insurance plans.

studentsuccess.conestogac.on.ca/myWellness/medicalcare

LEARNING RESOURCES

Accessible Learning

Conestoga College provides support for students with permanent and temporary disabilities to develop a success plan and access academic and testing accommodations.

studentsuccess.conestogac.on.ca/myLearning

3.

ACADEMIC IMPACTS

Academic Impacts

Students were asked to share whether any of the following had affected their academic performance within the last 12 months, and how significantly they were impacted (for example, whether they received a lower grade on an exam or in a course, dropped a course, etc.).

The circumstances having the greatest overall impact on academic performance for students at Conestoga College include anxiety, stress, sleep difficulties, depression, learning disabilities, ADHD and chronic health problems/serious illnesses.

Top 5 impediments to academic success

1. Anxiety | 2. Stress | 3. Sleep difficulties | 4. Depression | 5. Learning disabilities

The scatterplot on the next page shows that stress, anxiety and sleep difficulties most significantly and frequently impacted students. Learning disabilities or instances of Attention Deficit Hyperactivity Disorder (ADHD) affected fewer students. However, when they did, the impact was highly significant.

ACADEMIC SUPPORTS & RESOURCES

Student Success Advisors

Not sure where to start? A Student Success Advisor can refer you to wellness and academic supports, help you understand college policies and processes, or assist you in solving problems and communicating with staff and peers.

studentsuccess@conestogac.on.ca

MyLearning

Conestoga offers a variety of services to support your learning, including tutoring and math help, learning skills, exam preparation and accessibility supports.

studentsuccess.conestogac.on.ca/myLearning

Writing Services

Supports students with research, writing, academic integrity, tech help and learning technologies

lib.conestogac.on.ca/writing-services

ACADEMIC SUPPORTS & RESOURCES

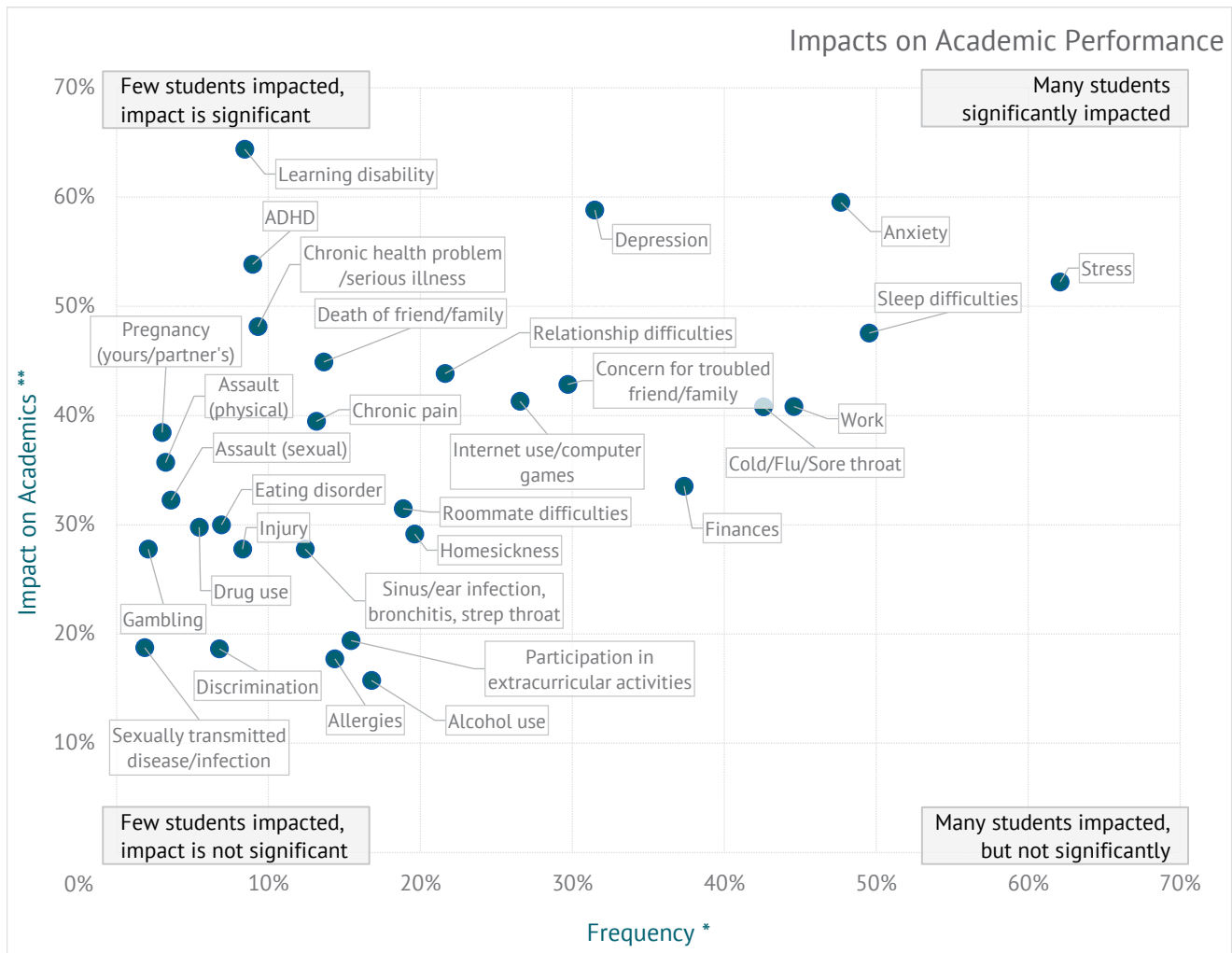
MyWellness

Counsellors, a Peer Navigator and our medical care team are available to support your academic success.

studentsuccess.conestogac.on.ca/myWellness

Community-Building

Students can be part of the Conestoga community by getting involved in activities or clubs organized by many departments on campus. Examples include Conestoga Students Inc., Student Engagement, Be-Da-Bin Gamik (Aboriginal Services), International Student Services, and Peer Support Services.



* Frequency: Percentage of students experiencing this concern

** Impact: Of students who faced this issue, percentage who reported impacts on academic performance

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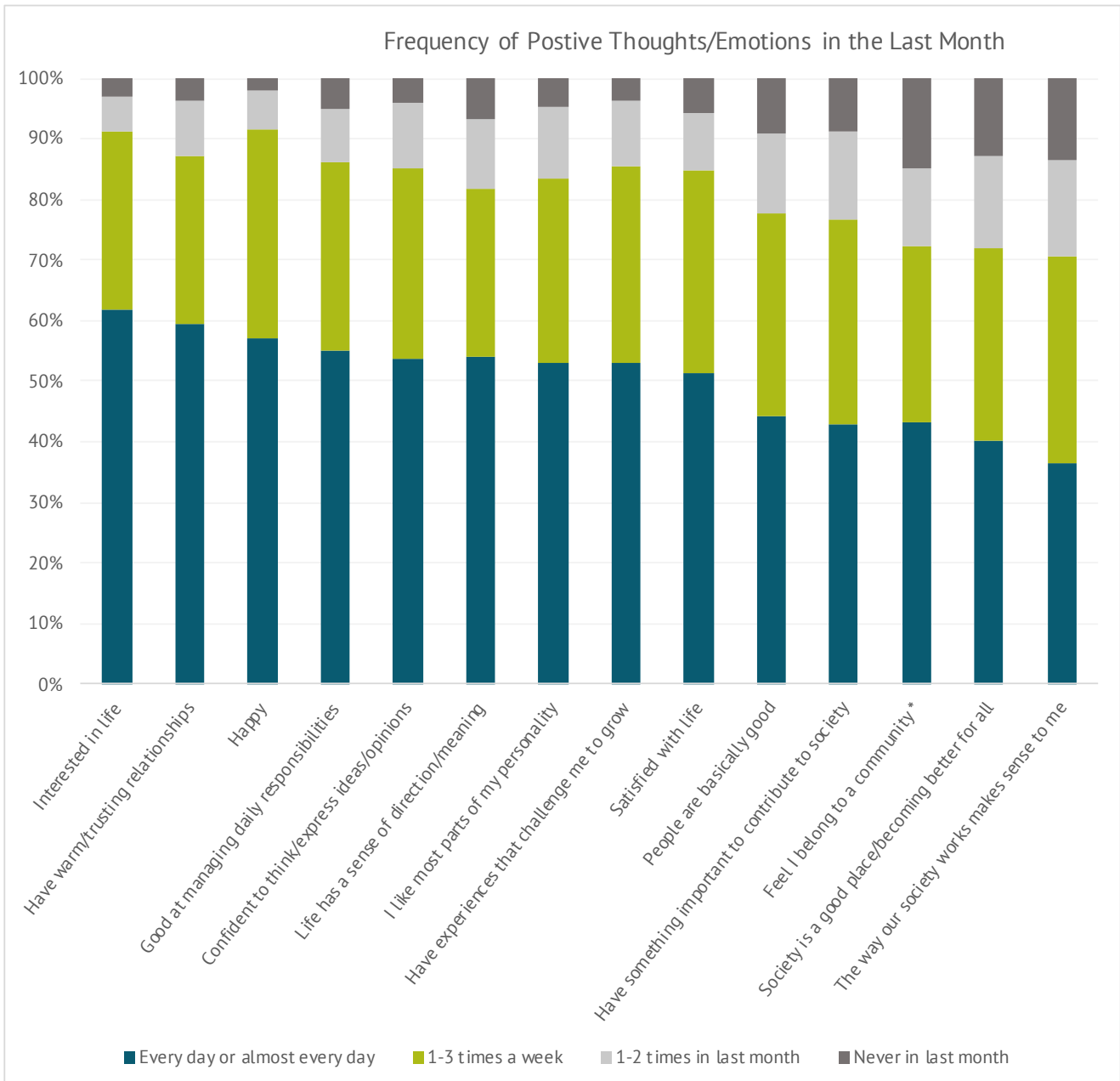
MENTAL HEALTH

Mental Health

EXPERIENCING POSITIVE THOUGHTS AND EMOTIONS

Students were asked to rate how often within the past month they had experienced the positive thoughts and emotions included in the figure below, ranked by the highest number of students reporting feeling that way “every day” or “almost every day”. For example, 62% of students indicated they were interested in life “every day” or “almost every day”.

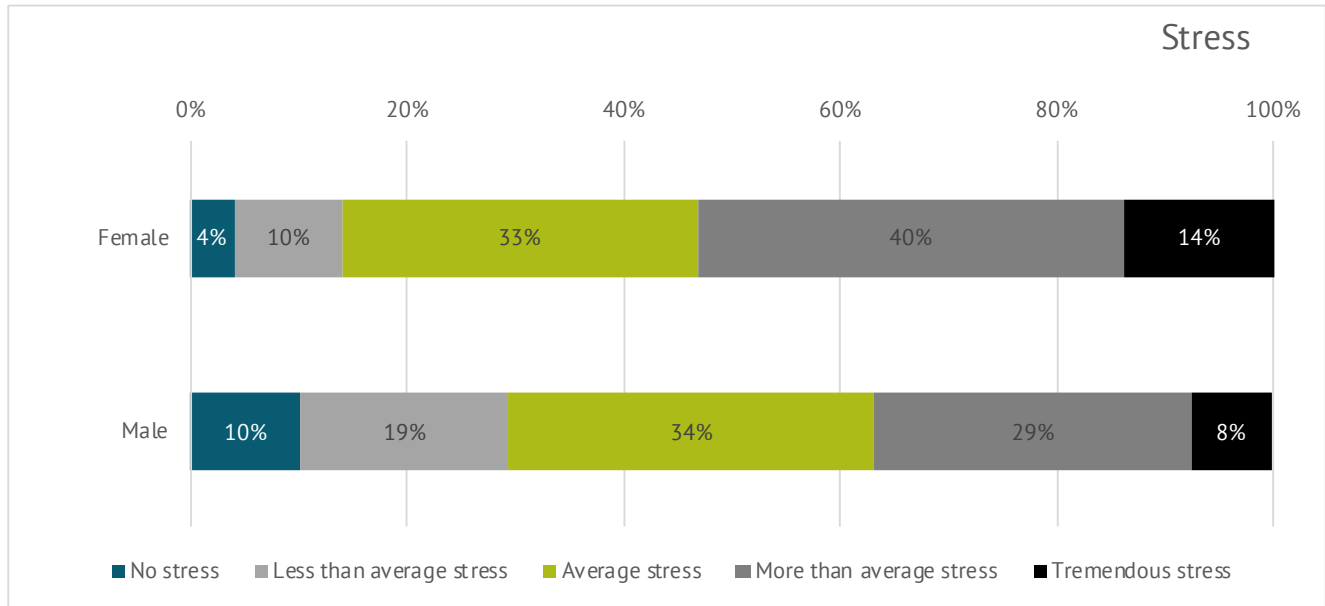
* like a social group or your neighbourhood



STRESS

Students rated the overall level of stress they had experienced over the last 12 months. 53% of respondents described their overall stress level as “average” or “less than average”.

37% of male students and 54% of female students rated their overall level of stress as “more than average” or “tremendous”.



HANDLING DIFFICULT EXPERIENCES

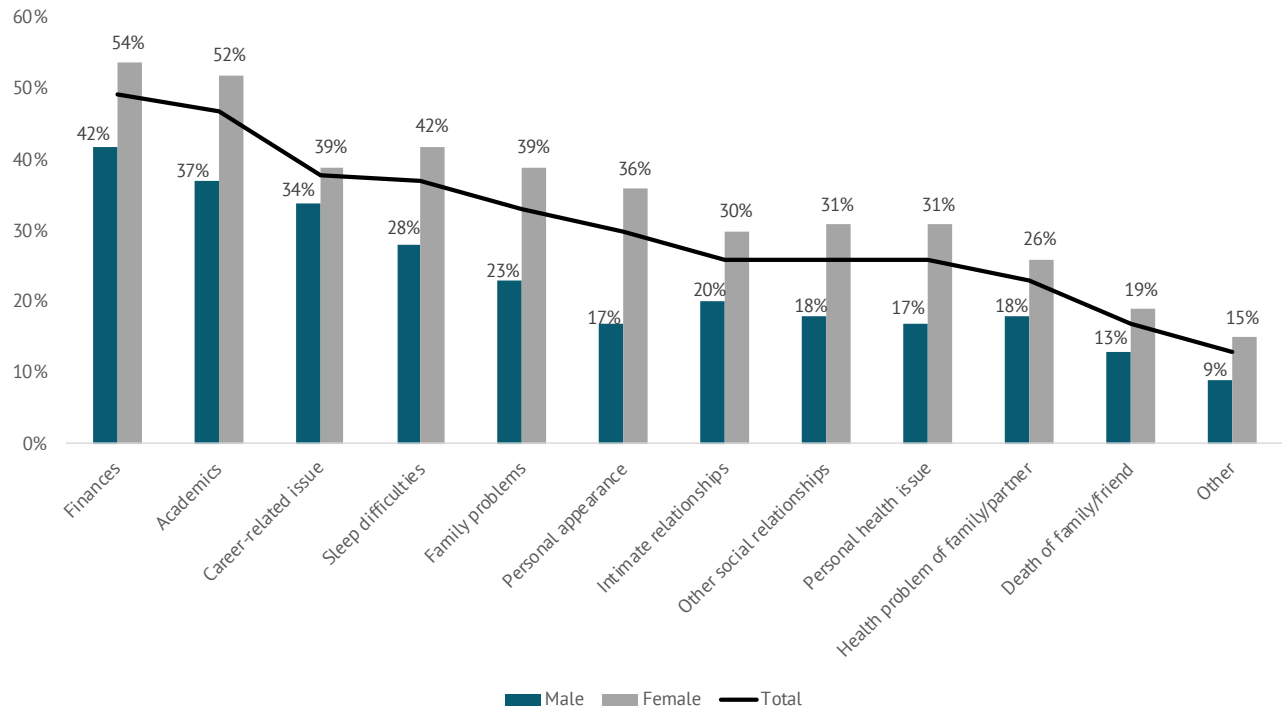
The percentage of students, by gender, who reported that an experience had been “very difficult” or “traumatic” to handle at some time within the last 12 months is described in the figure below. 22% of students reported that none of these experiences had been “very difficult” or “traumatic” to handle.

Both male and female respondents most frequently reported finances (49% total) and academics (47% total) as “very difficult” or “traumatic”. Career-related issues were the third most frequently reported challenges for male respondents, with sleep difficulties ranking third for female respondents. Female students were more likely than their male counterparts to report having experienced every challenge included on this section of the survey.

56% of respondents reported experiencing three or more of these challenges.

Percentages for male respondents, female respondents, and total respondents (meaning all respondents including male, female and non-binary) are shown in the figure below.

Handling Difficult Experiences



STUDENT RESOURCES

Food Support

The CSI Food Bank distributes food hampers in partnership with local food banks. Students can apply to receive a hamper once per month.

conestogastudents.com/support-wellness/food-support

Student Financial Services

Student Financial Services (SFS) provides support for financial planning, accessing grants, bursaries and awards, and managing student loans. SFS also facilitates the Conestoga College Work Study Program (CCWSP).

www.conestogac.on.ca/financial-services

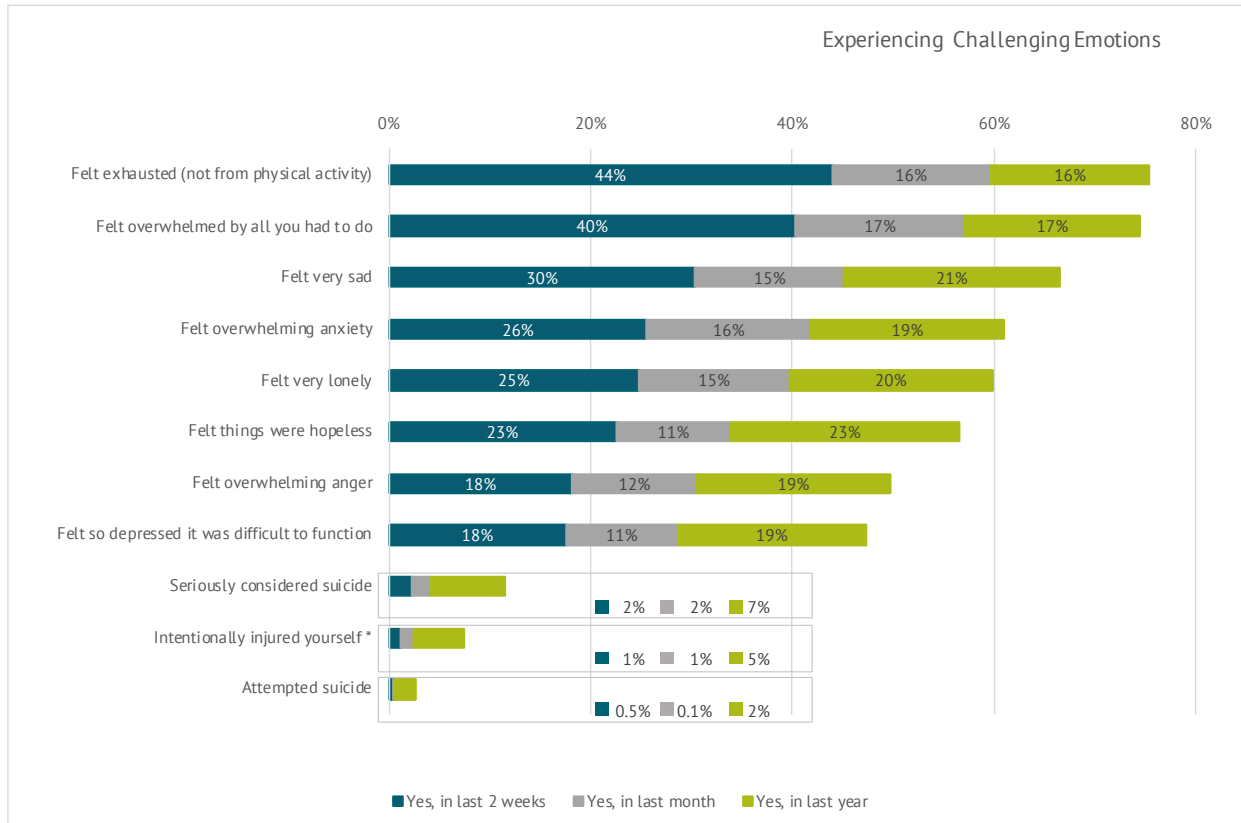
MyCareer

myCAREER Services helps students explore their career options, prepare for employment and develop job search skills.

studentsuccess.conestogac.on.ca/myCareer

EMOTIONAL DISTURBANCES

Students reported experiencing the following emotional disturbances within the past 12 months. Over three quarters (76%) of students indicated that they had felt exhausted (not from physical activity) at some point in the past 12 months, 74% had felt overwhelmed by all they had to do, 66% had felt very sad and 61% experienced overwhelming anxiety.



* intentionally cut, burned, bruised or otherwise injured yourself

MENTAL HEALTH TREATMENT

Students were asked whether they had been diagnosed or treated by a professional for a mental health concern within the past 12 months. The table on the next page presents their responses in order of frequency. It is important to note that this data does not indicate the prevalence of mental health concerns among students, only the rate at which students sought and received professional treatment.

Overall, 28% of students reported being treated or diagnosed by a professional for at least one of the mental health conditions listed below. The most common mental health concerns for which Conestoga students have received a diagnosis or treatment include anxiety (20%), depression (16%) and panic attacks (11%). 13% of respondents (8% male, 16% female) reported being diagnosed or treated for both depression and anxiety.

Within the past 12 months, have you been diagnosed or treated by a professional for any of the following:	Male	Female	Total
Anxiety	14%	22%	20%
Depression	11%	19%	16%
Panic attacks	6%	13%	11%
Other mental health condition	6%	6%	6%
ADHD	6%	5%	6%
Insomnia	4%	6%	6%
Other sleep disorder	4%	4%	5%
Bipolar disorder	3%	3%	3%
Obsessive compulsive disorder (OCD)	3%	3%	3%
Substance abuse or addiction (alcohol or other drugs)	3%	1%	2%
Other addiction	2%	2%	2%
Anorexia	2%	1%	2%
Bulimia	2%	1%	2%
Phobia	1%	1%	1%
Schizophrenia	1%	0%	1%

MENTAL HEALTH RESOURCES

Food Support

The CSI Food Bank distributes food hampers in partnership with local food banks. Students can apply to receive a hamper once per month.

conestogastudents.com/support-wellness/food-support

Counselling Services

Counsellors are available to help you work through issues related to mental health.

This service is free and confidential. For details on how to book an appointment, visit:

studentsuccess.conestogac.on.ca/myWellness/counselling

Mental Health Peer Support

Connect with the Peer Navigator for mental health support.

studentsuccess.conestogac.on.ca/myWellness/mentalhealthsupport#peer-support

MENTAL HEALTH RESOURCES

Medical Care Clinic

Conestoga's medical care team can support your mental health and wellbeing. Services are open to all students who have OHIP or other health insurance plans.

studentsuccess.conestogac.on.ca/myWellness/medicalcare

Here 24/7

Addictions, Mental Health and Crisis Services are available to all residents of Waterloo-Wellington, 24 hours per day, 7 days per week, 365 days per year.

here247.ca

Good 2 Talk

Good2Talk provides confidential support services for post-secondary students

good2talk.ca



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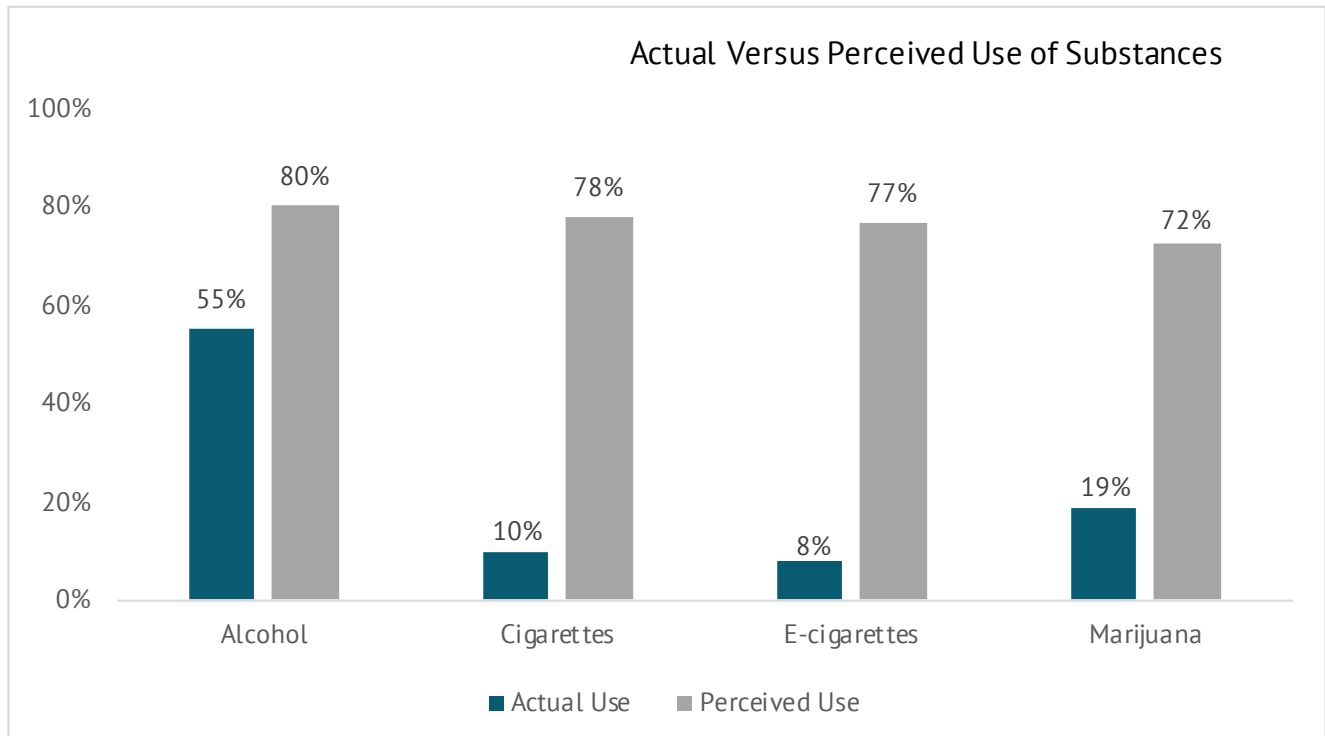
SUBSTANCE USE

Substance Use

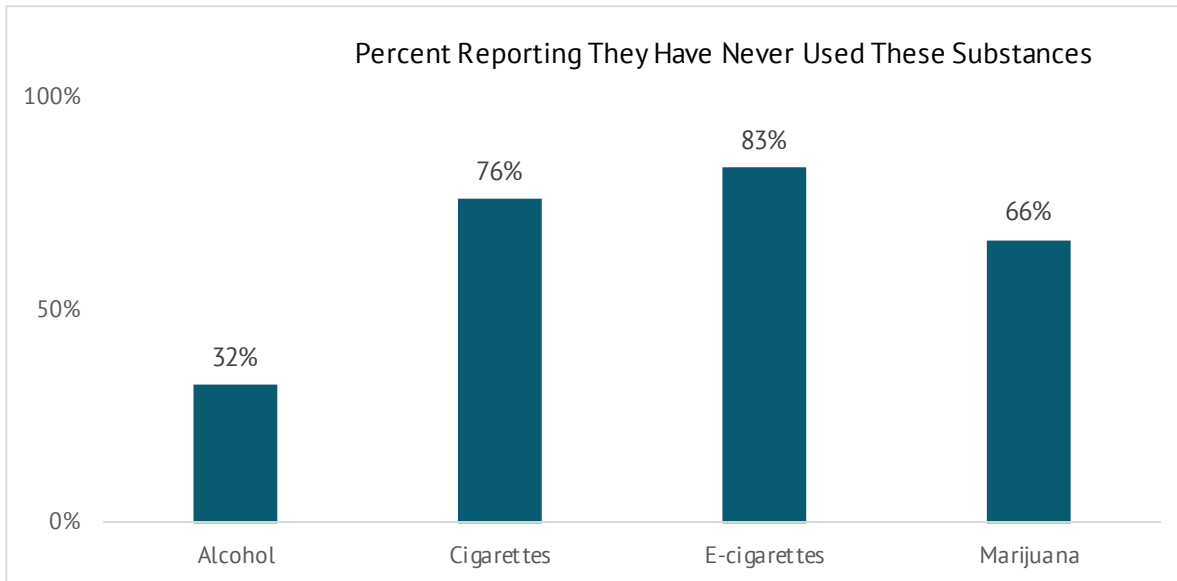
The National College Health Assessment Survey asked students about their use of substances, including alcohol, tobacco, marijuana and illicit substances.

ACTUAL AND PERCEIVED USE OF SUBSTANCES

Students were asked to report their own use of specific substances within the last 30 days, and to estimate whether the “typical” student at Conestoga College had used these substances during the same period. The diagram below demonstrates that students vastly overestimated the percentage of their classmates who used these substances in the last 30 days. For example, respondents estimated that 72% of their peers had used marijuana, compared to 19% of students reporting actual use of marijuana. This is significant as perceptions of substance use by peers may influence individual decision-making.



The percentage of students reporting they have “never used” each substance is described in the chart below.



Students were asked about their use of marijuana, which became legal in Canada in 2018. 66% had never used marijuana; 15% had used marijuana but not within the last 30 days; 15% had used marijuana between one and 29 of the last 30 days; and 4% had used marijuana every day during the last 30 days.

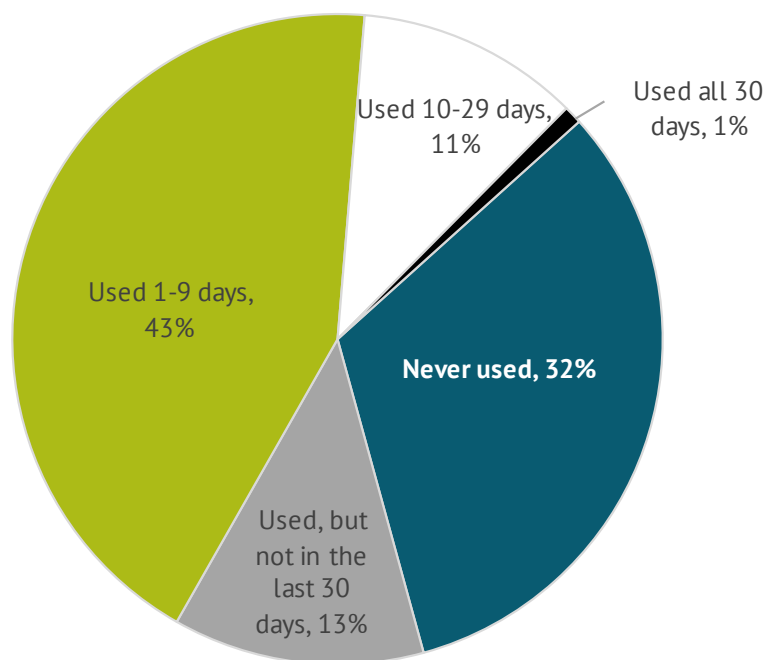
ALCOHOL

The NCHA survey explored students’ alcohol consumption, habits and related behaviours.

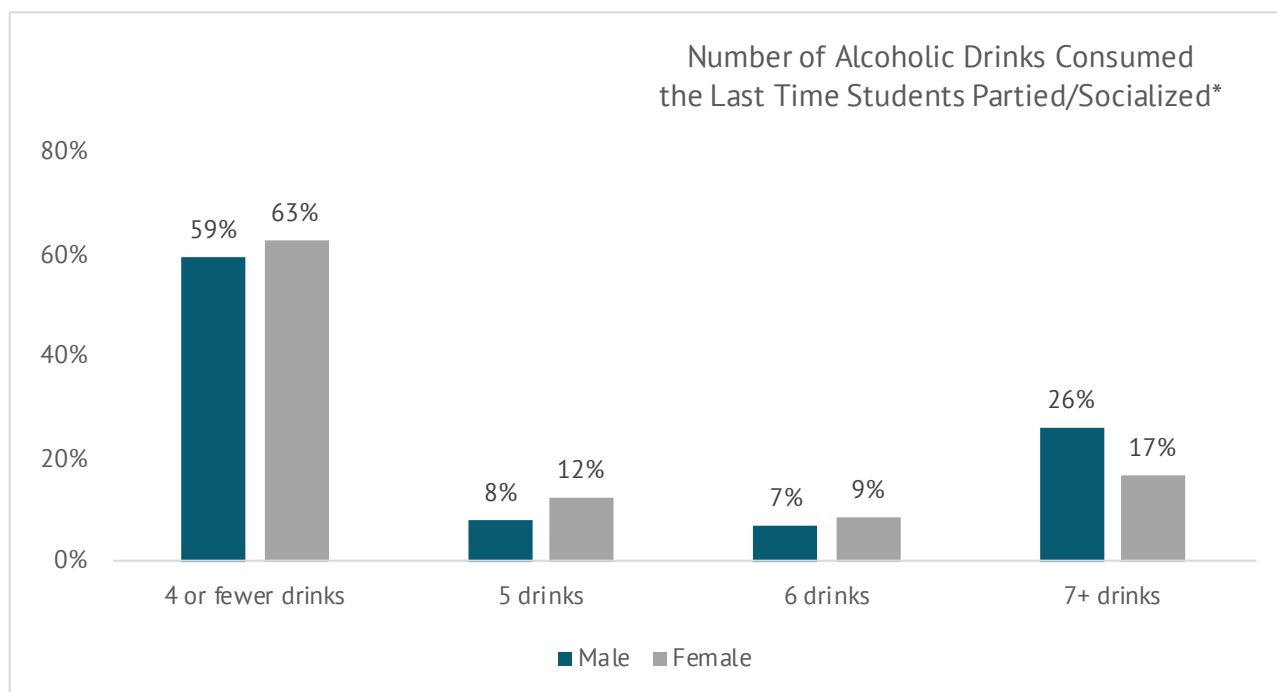
Alcohol Consumption

In the last 30 days, 55% of students had consumed alcohol and 45% had not. The majority (88%) of students had consumed alcohol fewer than 10 out of the last 30 days, including 32% of students who indicated that they had never consumed alcohol. One percent of students drank daily over the past 30 days.

Use of Alcohol in Last 30 Days



Lower-risk drinking is defined as consuming no more than three (females) or four (males) standard drinks on a single occasion. Students reported consuming an average of 4.7 drinks (5.3 for males, 4.3 for females) the last time they partied or socialized.

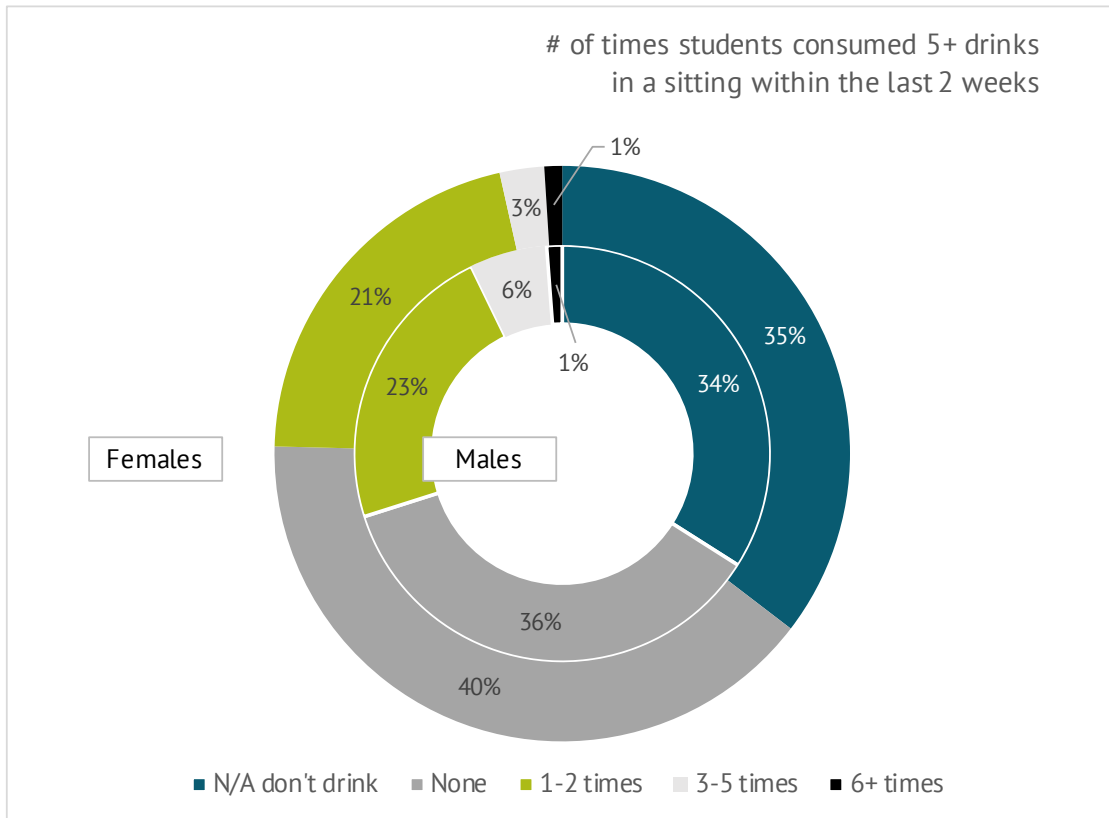


*Excludes students who don't drink

27% of students had consumed 5 or more drinks in a sitting at least once within the last 2 weeks

Consuming 5 or more alcoholic drinks in one sitting is known as “binge drinking”. 27% of students (30% of males and 25% of females) indicated that they had consumed 5 or more drinks in a sitting at least once within the past 2 weeks. 1.2% of males and 1.0% of females had engaged in binge drinking 6 or more times within the previous 2-week period.

¹Source: Canada's Low Risk Alcohol Drinking Guidelines.



HARM-REDUCING BEHAVIOURS

Students identified a variety of harm reduction strategies they had used “most of the time” or “always” when they partied or socialized within the last 12 months.² Responses are provided below in order of how frequently students reported using each strategy.

Harm-reducing Behaviours	%*
Stay with the same group of friends the entire time drinking	89% ^w
Use a designated driver	87%
Eat before and/or during drinking	77%
Keep track of how many drinks being consumed	67%
Stick with only one kind of alcohol when drinking	56%
Determine in advance not to exceed a set number of drinks	47%
Avoid drinking games	40%
Have a friend let you know when you have had enough	38%
Pace drinks to one or fewer an hour	37%
Choose not to drink alcohol	26%
Alternate non-alcoholic with alcoholic beverages	26%

87%
reported using a
designated driver most
of the time or always
when consuming
alcohol

²Students responding “N/A, don’t drink” were excluded from this analysis..

NEGATIVE EXPERIENCES AND RISK-TAKING WHILE DRINKING

Students shared a range of consequences they had experienced at some point in the last 12 months when drinking alcohol.² The most frequent response was “did something you later regretted”, with 26% of students (22% male, 29% female) agreeing that this had happened to them. ² 44% of students who drink reported one or more of the negative experiences in the table below.

Negative Experiences	%*
Did something you later regretted	26%
Had unprotected sex	24%
Forgot where you were or what you did	20%
Physically injured yourself	12%
Seriously considered suicide	4.0%
Physically injured another person	1.4%
Someone had sex with me without my consent	1.1%
Got in trouble with the police	0.9%
Had sex with someone without their consent	0.2%

* Excludes students who don't drink

16% of students reported driving after consuming any amount of alcohol in the last 30 days, and 1.2% reported driving after consuming 5 or more drinks.²

1.2%

of students who drink have driven after consuming 5+ alcoholic beverages

²Students responding “N/A, don't drink” were excluded from this analysis..

SUBSTANCE USE RESOURCES

Mental Health & Substance Use Peer Support

Connect with the Peer Navigator for support related to substance use.

studentsuccess.conestogac.on.ca/myWellness/mentalhealthsupport#peer-support

Counselling Services

Counsellors are available to help you work through issues related to substance use.

This service is free and confidential. For details on how to book an appointment, visit:

studentsuccess.conestogac.on.ca/myWellness/counselling

Medical Care Clinic

Services are open to all students who have OHIP or other health insurance plans.

studentsuccess.conestogac.on.ca/myWellness/medicalcare

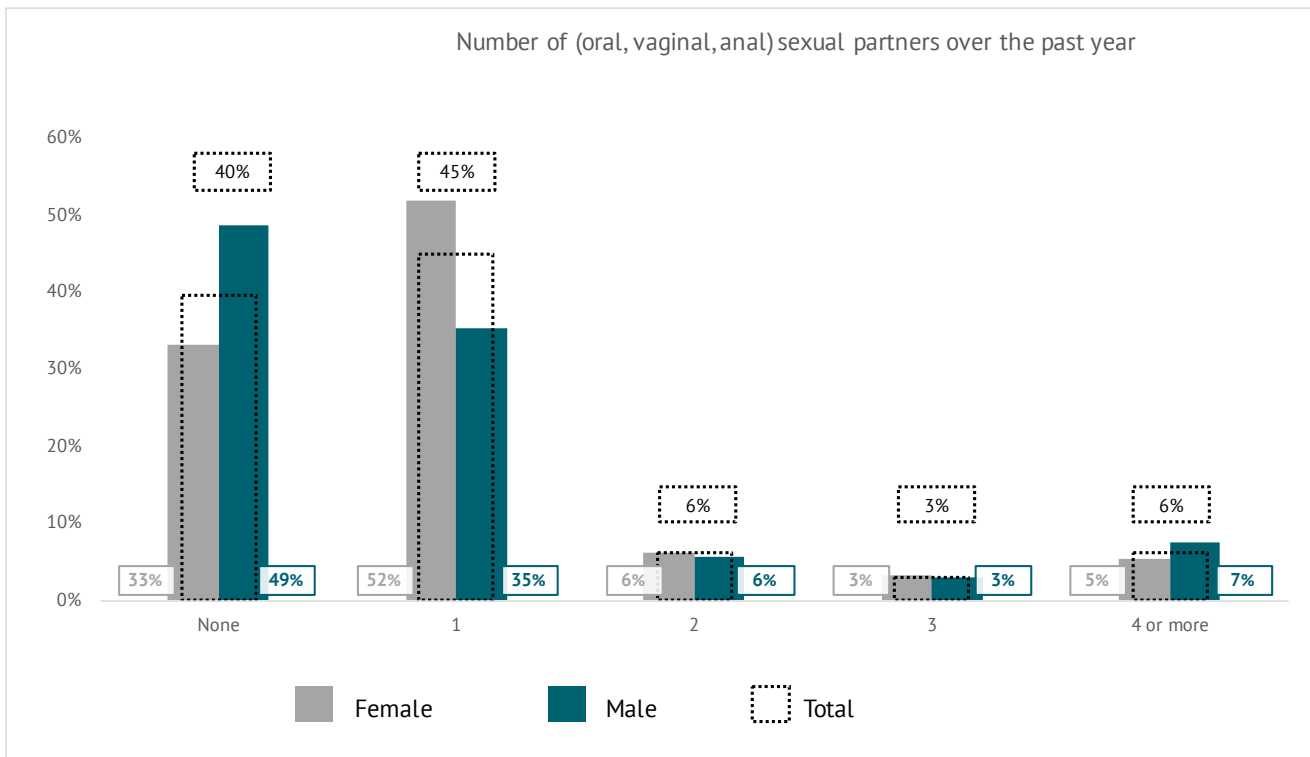
6.

SEXUAL HEALTH AND RELATIONSHIPS

Sexual Health and Relationships

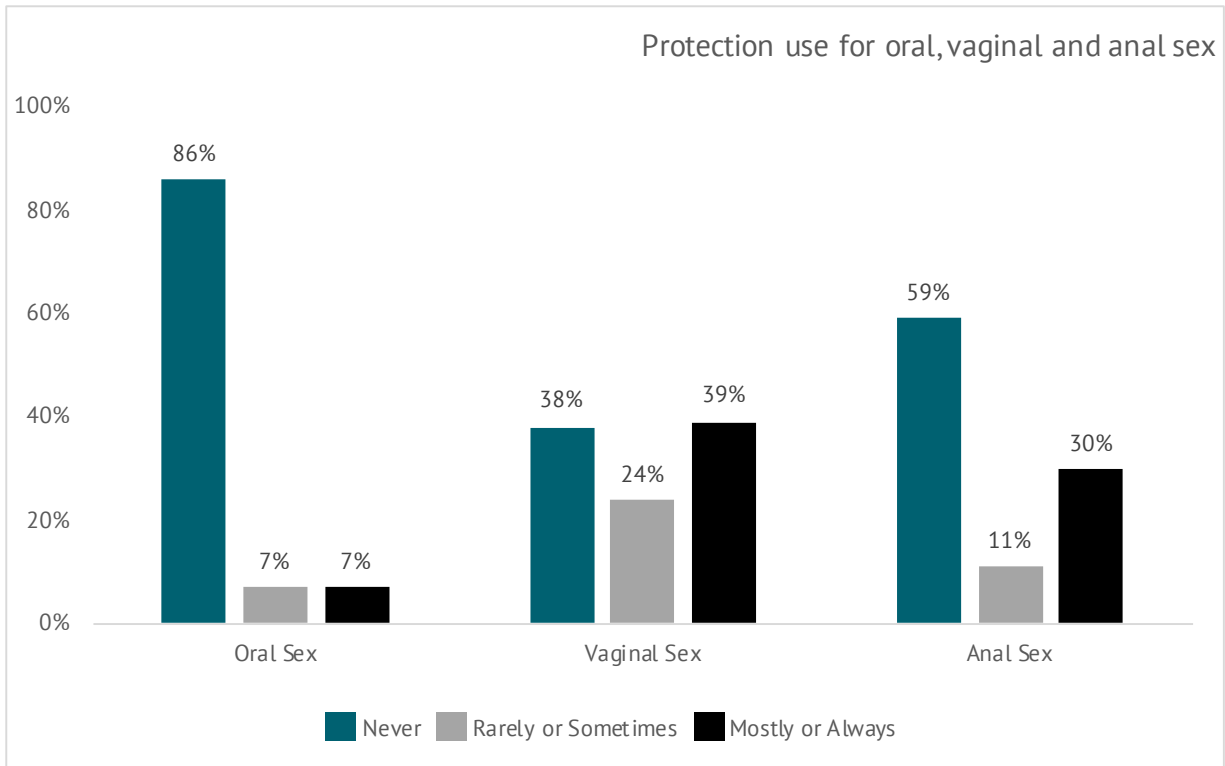
SEXUAL BEHAVIOUR

Conestoga students were asked about the number of partners they engaged in oral, vaginal and/or anal sex with over the past 12 months. 40% of students indicated they had zero sexual partners within the last 12 months, 45% of students had one partner, and 15% of students had two or more sexual partners within the last 12 months. Excluding those who did not have any sexual partners during this time period, the median number of partners for both male and female students was 1.0.

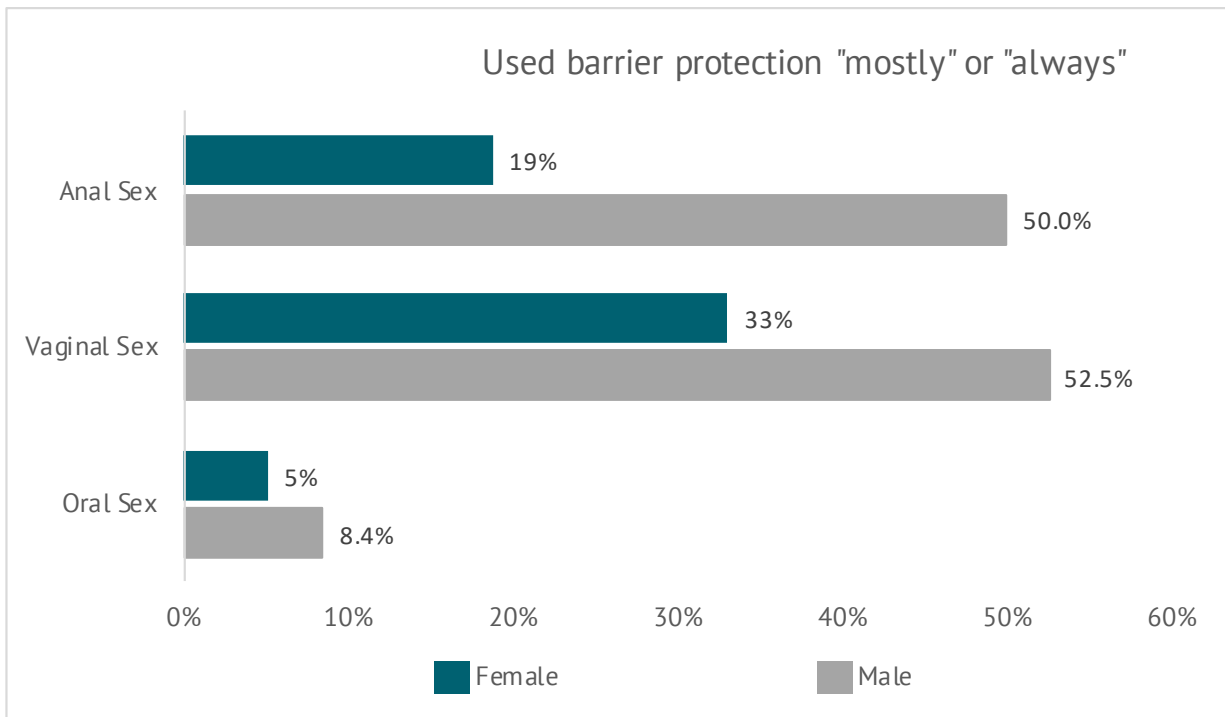


PROTECTION USE

Students were asked how frequently they used a condom or other protective barrier during intercourse. Students who had not engaged in these forms of sexual activity within the last 30 days (or longer) have been excluded from this analysis. The percentage of students using protection “mostly” or “always” was below 40% for all forms of sexual activity included in the survey.



Of those students who reported sexual engagement over the past 30 days, the percentage who reported using a condom or other protective barrier “mostly” or “always” was higher for men than women.



CONTRACEPTION

Students who reported being sexually active were asked which method(s) of birth control they used the last time they had vaginal intercourse. The table below shows the total percentage for each method in descending order of use, with the top five methods bolded.

Male condom	53.2%	Birth control implants	2.9%
Birth control pills (monthly or extended cycle)	52.6%	Other method	2.6%
Withdrawal	32.5%	Birth control patch	1.9%
Intrauterine device	16.6%	Spermicide (foam, jelly, cream)	1.6%
Fertility awareness (calendar, mucous, basal body temperature)	10.3%	Female condom	0.8%
Vaginal ring	3.7%	Diaphragm or cervical cap	0.5%
Sterilization (hysterectomy, tubes tied, vasectomy)	3.7%	Contraceptive sponge	0.5%

41%

used a male condom plus another method

33%

used two or more methods, excluding male condoms

11%

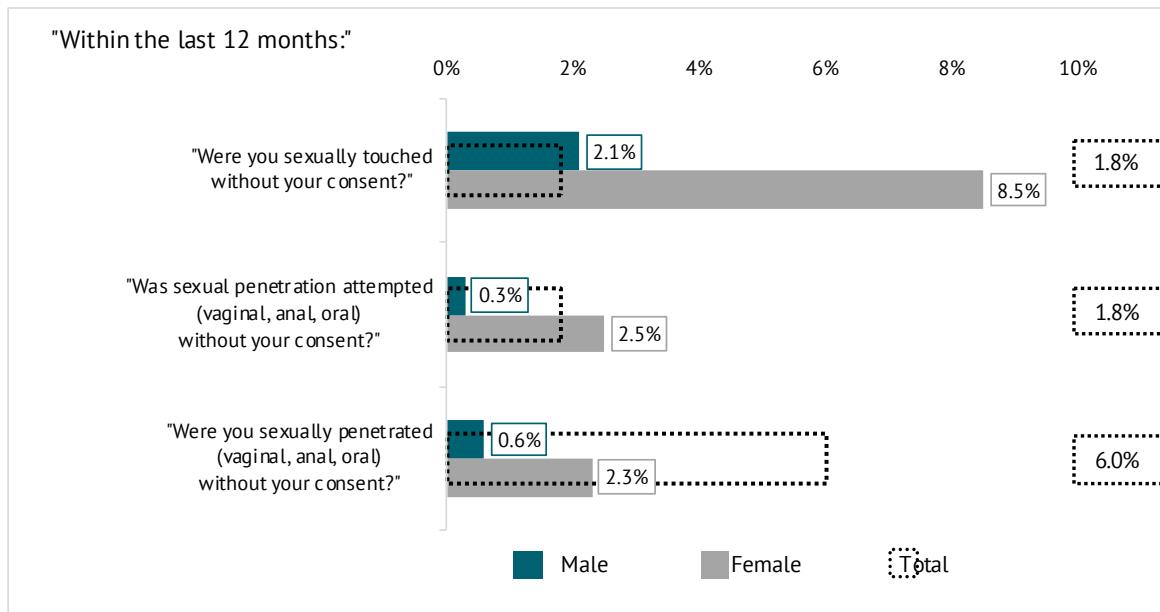
reported use by themselves or a partner of emergency contraception (the "morning after pill") within the last 12 months

2.2%

reported experiencing an unintentional pregnancy or getting someone pregnant within the last 12 months

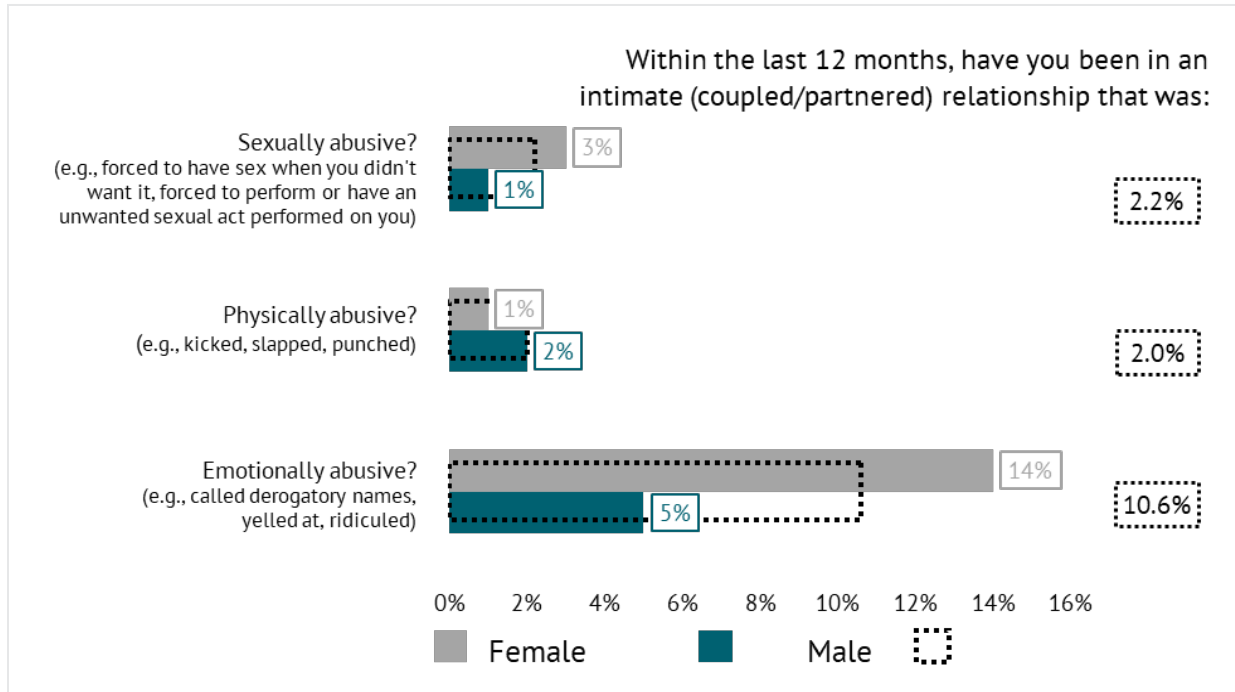
CONSENT

Conestoga students were asked about experiences of sexual assault within the past year. The figure below shows students who answered 'yes' to these questions.



RELATIONSHIP ABUSE

Students answered questions regarding whether they had, within the past year, experienced abuse in an intimate (coupled/partnered) relationship. The results are below, including examples of each type of abuse provided from the survey.



SEXUAL HEALTH AND RELATIONSHIP RESOURCES

Medical Care Clinic

Services are open to all students who have OHIP or other health insurance plans.

studentsuccess.conestogac.on.ca/myWellness/medicalcare

Counselling Services

Counsellors are available to help you work through relationship issues. This service is free and confidential. For details on how to book an appointment, visit:

studentsuccess.onestogac.on.ca/myWellness/counselling

Resident Advisors

Resident Advisors are available to support students living in residence.

info@conestogaresidence.ca

7.

PHYSICAL HEALTH

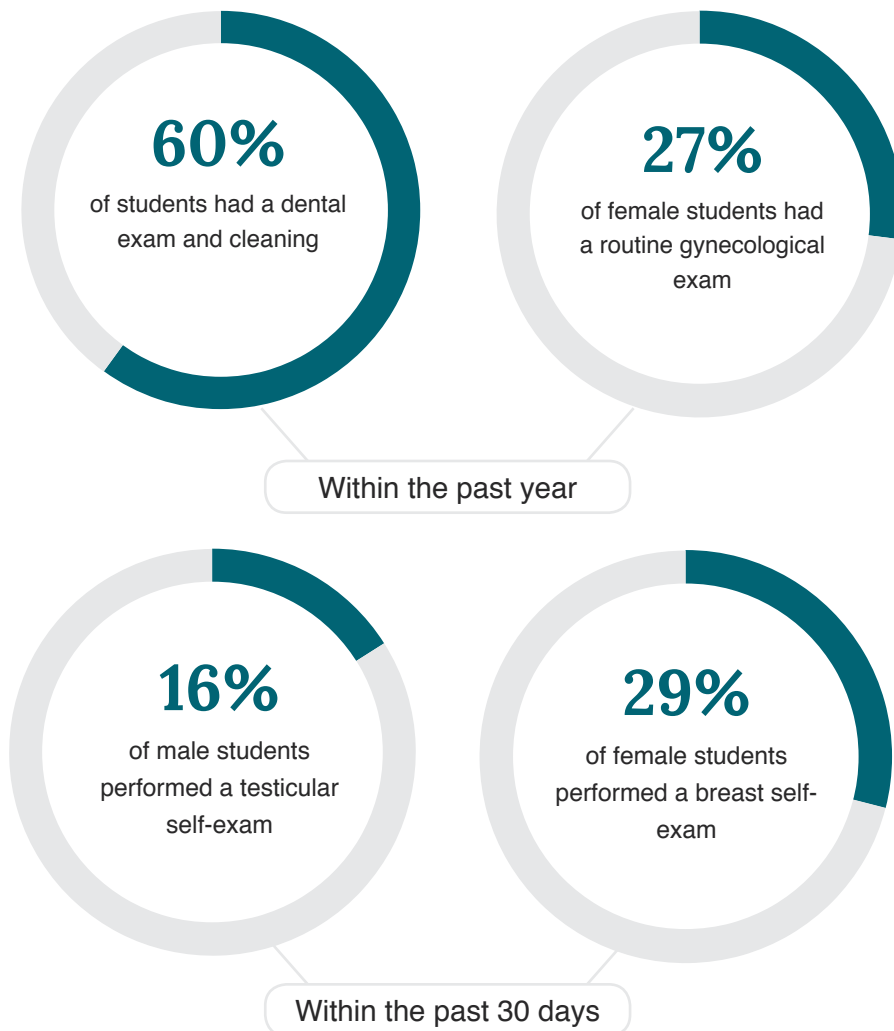
Physical Health

The following section focuses on disease and injury prevention as well as students' eating habits, attitudes and perceptions toward their weight, and frequency of exercise.

DISEASE AND INJURY PREVENTION

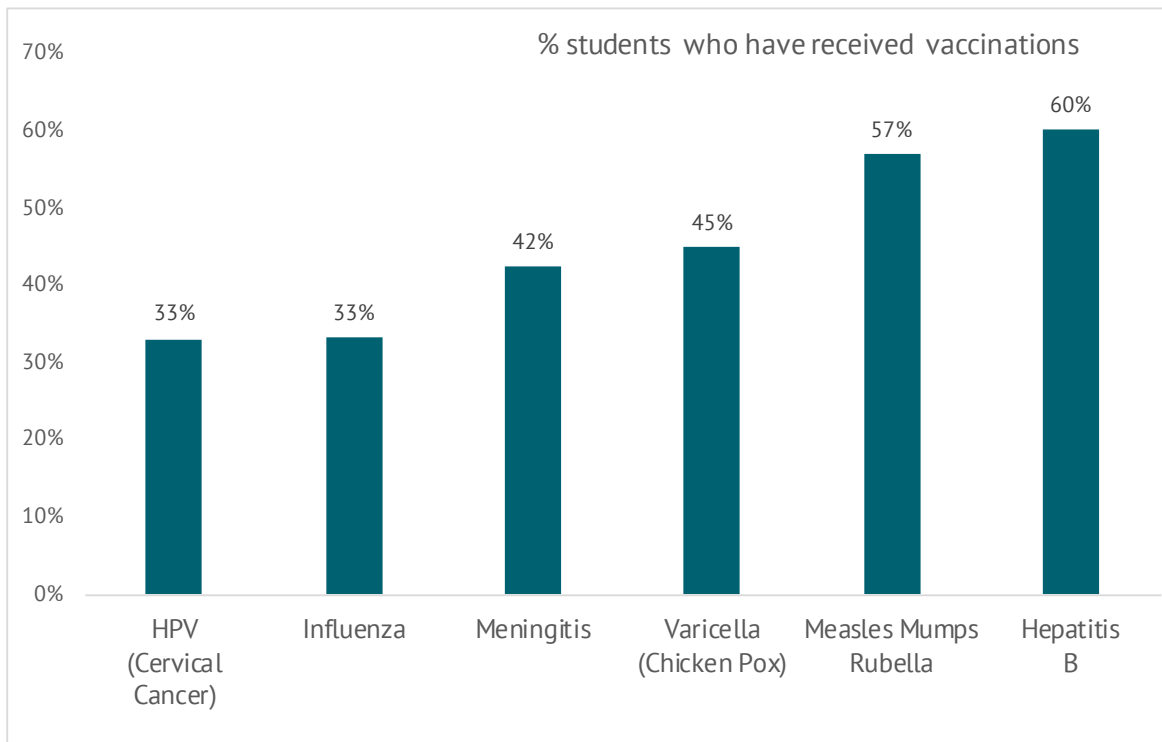
Conestoga students were asked about engagement in activities that prevent injury or disease and contribute to physical health.

24% of students report ever having been tested for Human Immunodeficiency Virus (HIV)



VACCINATIONS

The following graph outlines the percentage of students who reported ever receiving vaccinations for a number of diseases.



HEALTH RESOURCES

Medical Care Clinic

Conestoga's medical care team can support your mental health and wellbeing. Services are open to all students who have OHIP or other health insurance plans.

studentsuccess.conestogac.on.ca/myWellness/medicalcare

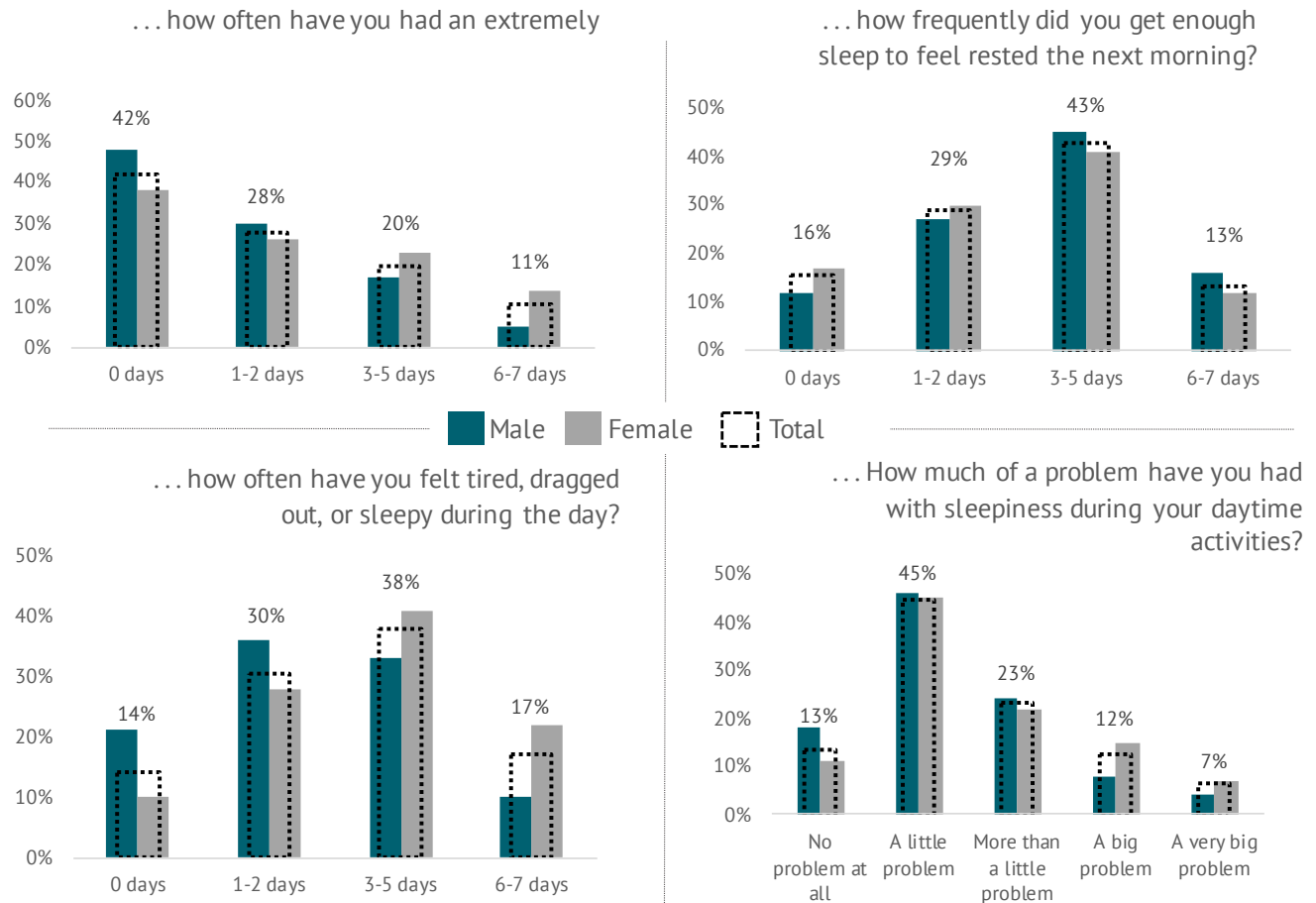
Student Health Plans

CSI administers health plans for all full-time Conestoga College students. These plans cover health care costs like prescription drugs, health care practitioners, dental, vision and travel.

conestogastudents.com/support-wellness

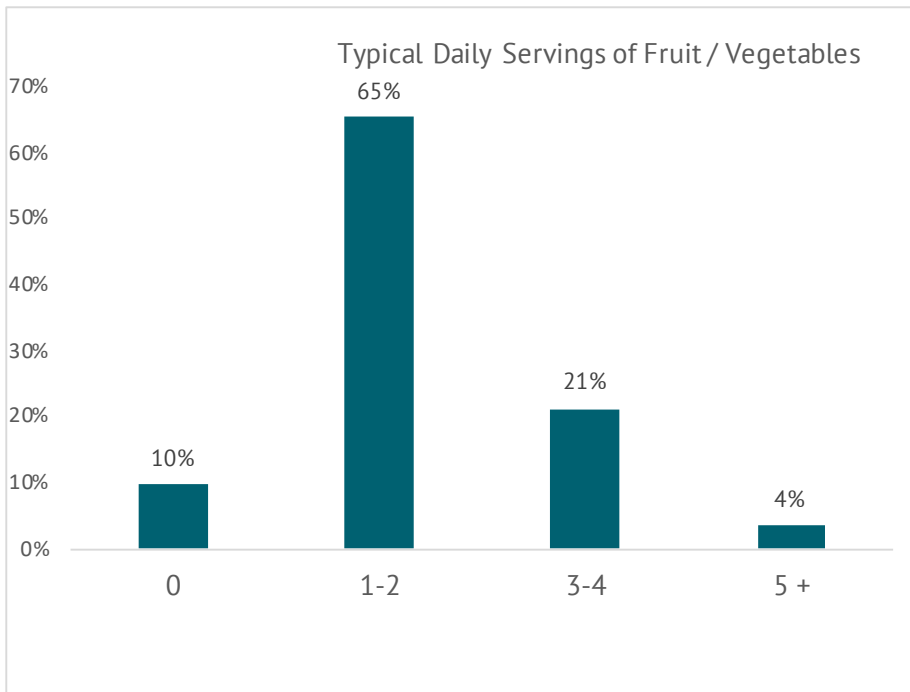
SLEEP

The figures below give students' responses to questions regarding the quality of their sleep within the past 7 days. A high percentage of students reported difficulty falling asleep and/or getting enough sleep, and impacts such as feeling tired, dragged out or sleepy during the day and/or problems accomplishing their daytime tasks. Conestoga's female students reported greater difficulty with sleep than male students did. As noted in the Academic Impacts section, sleep difficulties affect a large percentage of Conestoga's students and have a high impact on their academic success.



NUTRITION

Conestoga students were asked how many servings of fruits and vegetables they eat on an average day



just **3.6%**
of Conestoga students are
meeting the Canada Food
Guide recommendation of
5+ servings of fruits and
vegetables per day¹.

FOOD RESOURCES

CSI Food Bank

The CSI Food Bank distributes food hampers in partnership with local food banks. Students can apply to receive a hamper once per month.

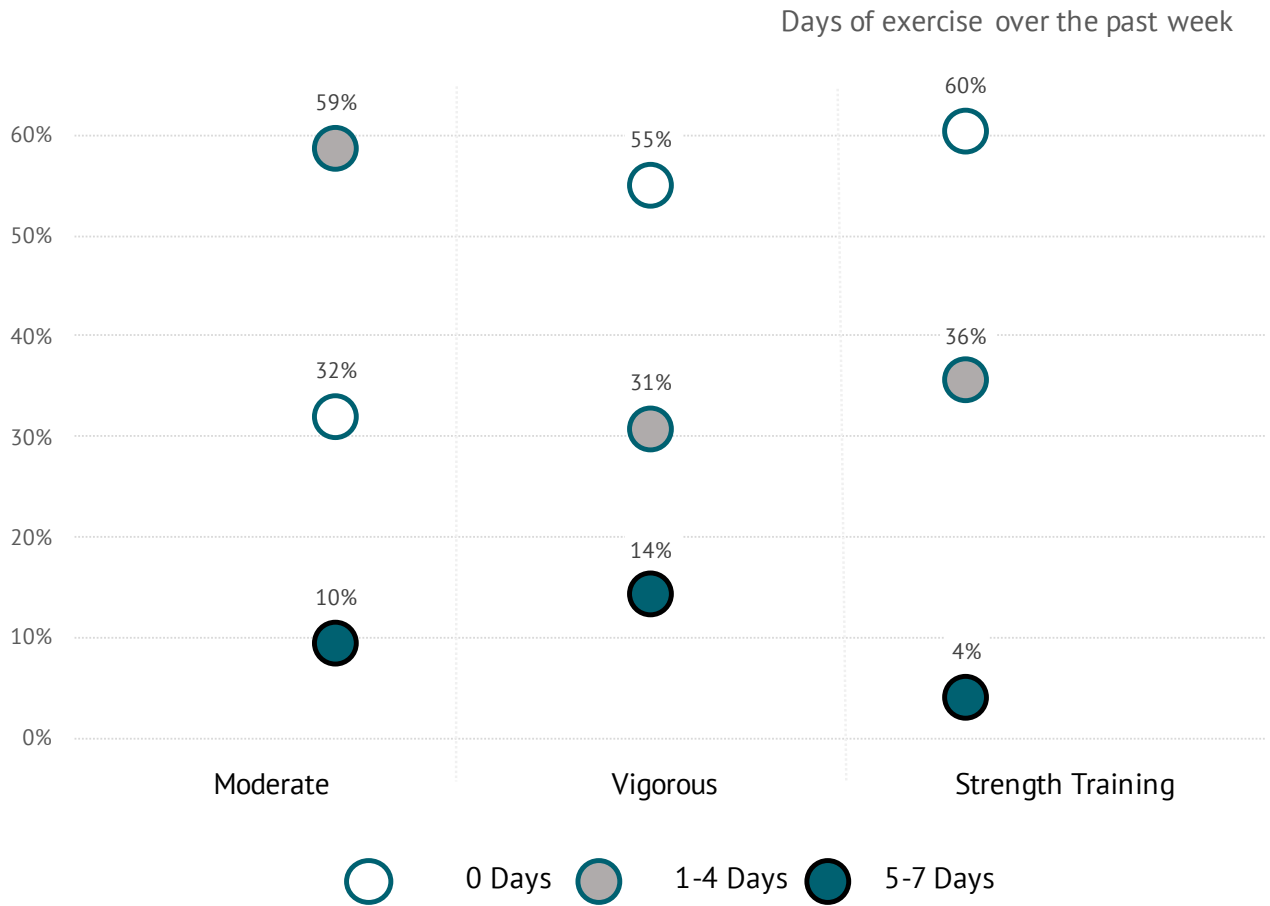
conestogastudents.com/support-wellness/food-support

¹Note: Prior to 2020, Canada's food guide recommended eating at least 5 servings of vegetables and fruits each day. As of 2020, Canada's Food Guide recommends eating "plenty of vegetables and fruits each day". food-guide.canada.ca/en/.

PHYSICAL ACTIVITY

Exercise

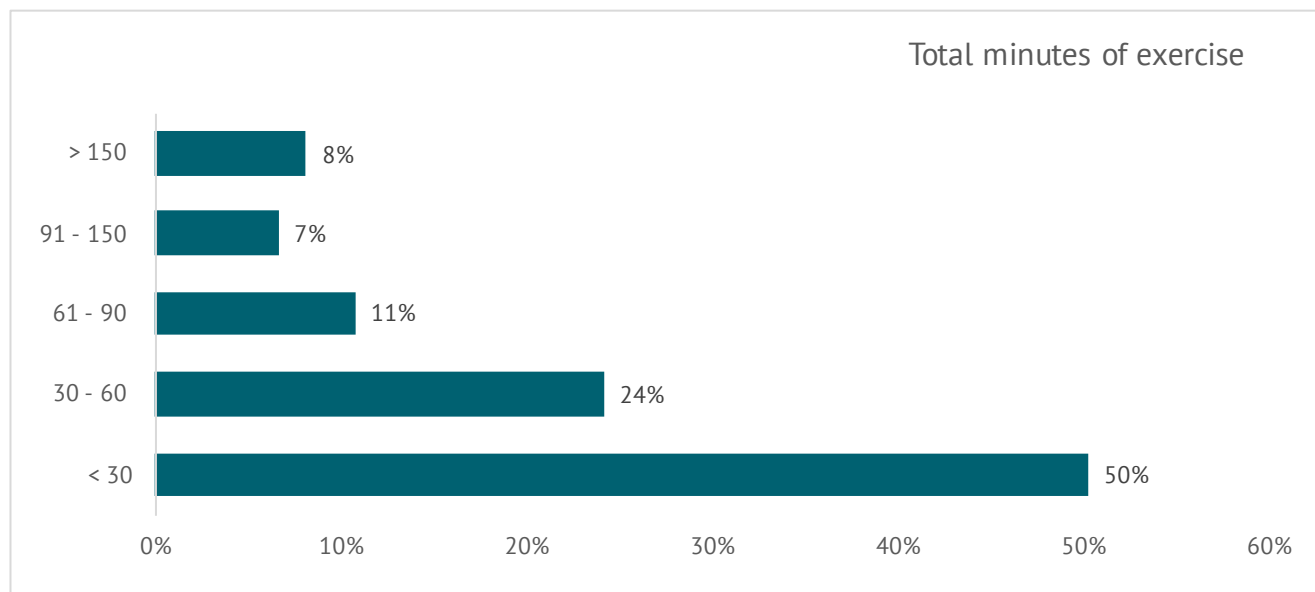
Students were asked how many days they engaged in the following types of exercise during the week leading up to taking the survey. 29% of students (39% male, 23% female) are meeting the recommendations² for moderate-intensity exercise, vigorous-intensity exercise, or a combination of the two.



Moderate: _____ Moderate intensity cardio or aerobic exercise for at least 30 minutes
Vigorous: _____ Vigorous intensity cardio or aerobic exercise for at least 20 minutes
Strength Training: _____ 8–10 strength training exercises for 8-12 repetitions each

² As recommended by the American College of Sports Medicine and the American Heart Association (2007)..

Students also gave the approximate number of minutes of moderate to vigorous physical exercise (in at least 10-minute bouts) they performed the week before the survey.



Athletics

Conestoga students noted their participation in organised college athletics over the past year in the following activities, with the percentage who answered “yes” given below.



PHYSICAL ACTIVITY RESOURCES

Athletics and Recreation

Exercise and engagement are key components of student success. Athletics and Recreation offers programming that includes intramural sports, fitness classes and student events. The Student Recreation Centre at Conestoga’s Doon campus offers multiple gymnasiums, a Fitness Centre and an indoor running track.

www.conestogac.on.ca/athletics

WEIGHT

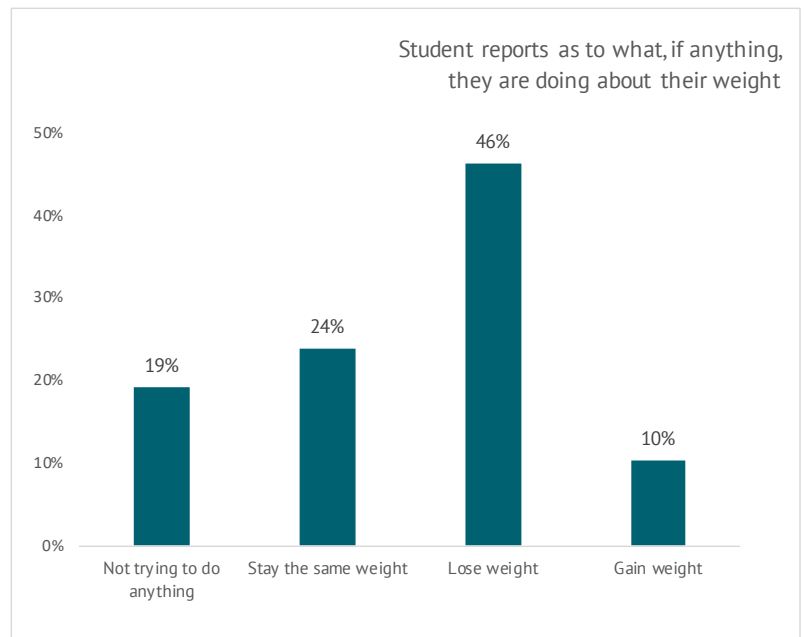
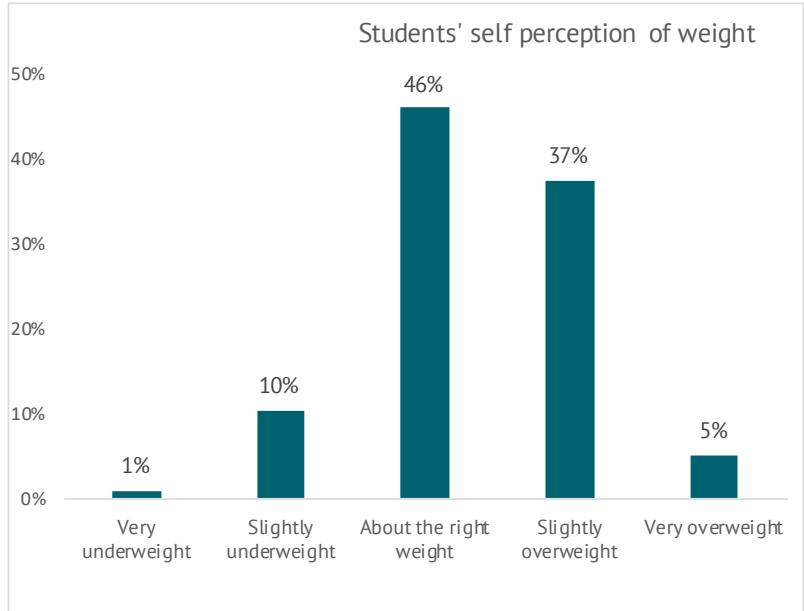
The next section focuses on student perceptions and actions related to their weight.

Most students (46%) felt they were “about the right weight.”

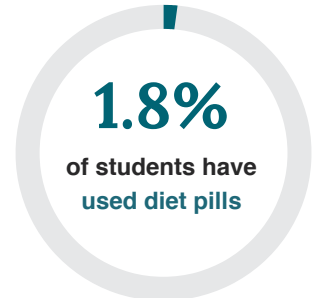
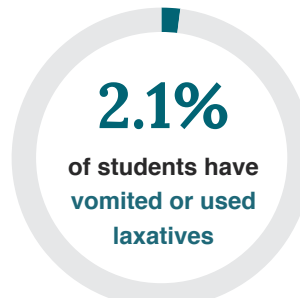
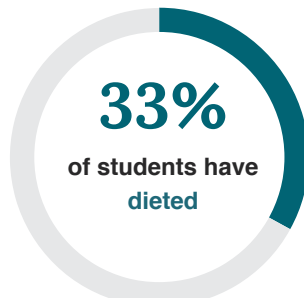
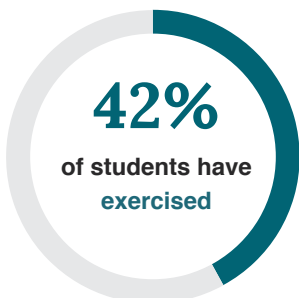
More women (45%) than men (37%) described themselves as either “slightly” or “very” overweight.

Students answered the question, “Are you trying to do any of the following about your weight?” The most frequent response was “lose weight” (46%), followed by “stay the same weight” (24%).

55% of female students stated that they are trying to lose weight, compared to 33% of male students, while more male students (19%, versus 6% of female students) are trying to gain weight.



Over the past 30 days, in order to lose weight...





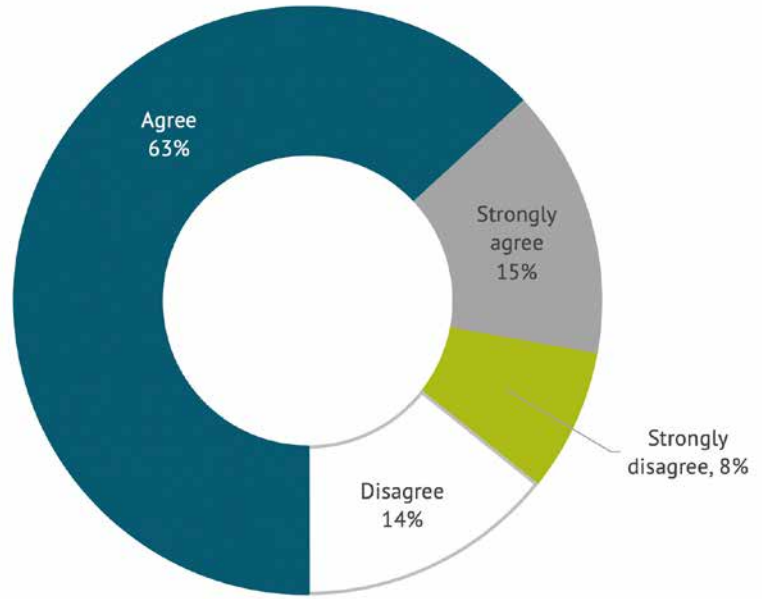
8.

CAMPUS ENVIRONMENT

Campus Environment

Students shared their level of agreement with the statement “My campus environment is one where my mental health is supported.” 78% of respondents agreed or strongly agreed with this statement.

My campus environment is one where my mental health is supported



RESOURCES ON CAMPUS

The survey asked students to comment on whether they had received information from the College on a range of health and wellbeing-related topics, and whether they were interested in receiving information about each topic.

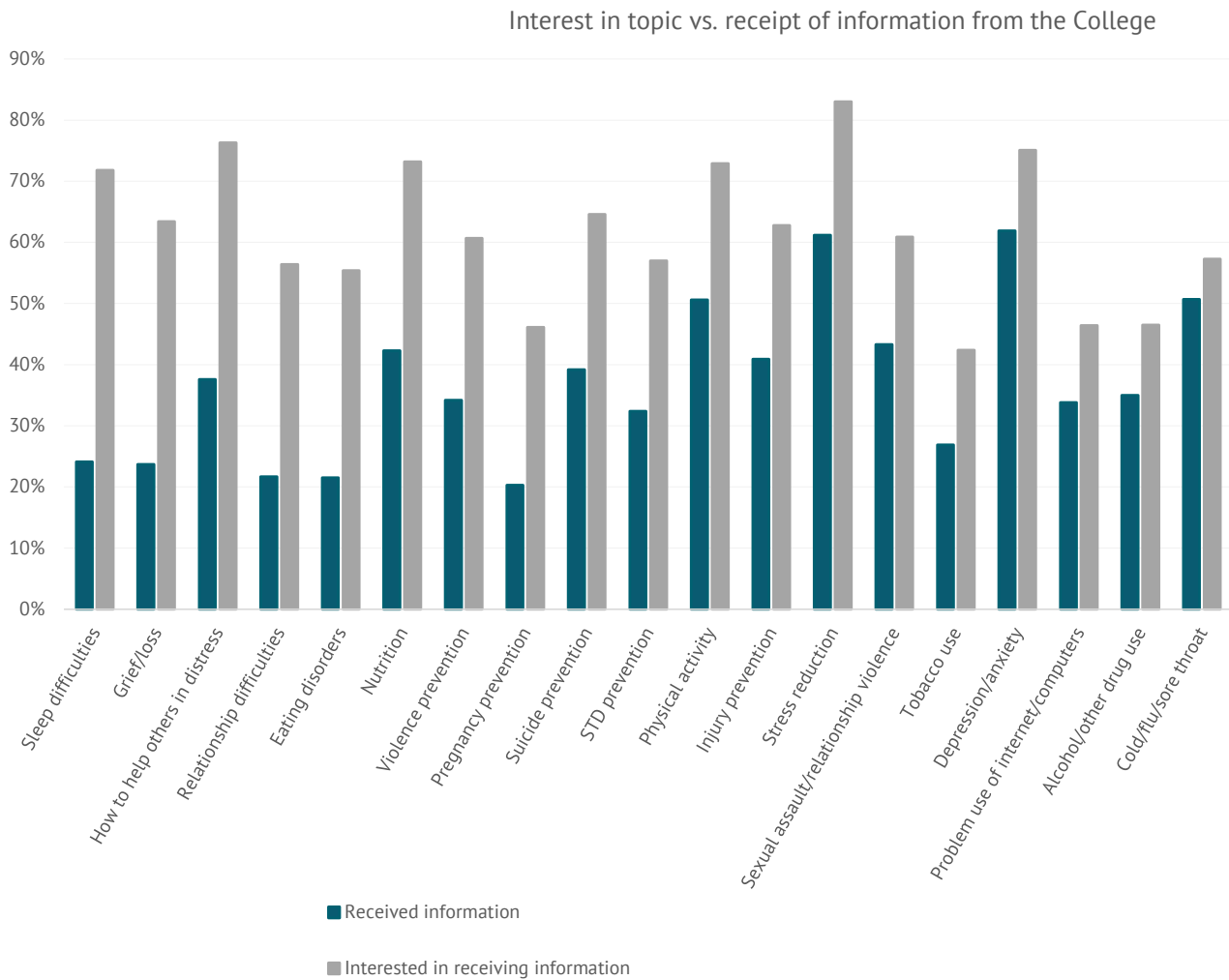
Students were most interested in receiving information about stress reduction, how to help others in distress, depression/anxiety, nutrition, physical activity and sleep difficulties.

Items marked with an asterisk (*) in the table below were also ranked by students as strongly impacting their academic performance (see Academic Impacts section).

% of students interested in receiving information			
Stress reduction *	83%	Violence prevention	61%
How to help others in distress	76%	Cold/flu/sore throat	57%
Depression/anxiety *	75%	Sexually transmitted disease/infection (STD/I) prevention	57%
Nutrition	73%	Relationship difficulties *	56%
Physical activity	73%	Eating disorders	55%
Sleep difficulties *	72%	Alcohol/other drug use	47%
Suicide prevention	65%	Problem use of internet/computers	46%
Grief/loss *	63%	Pregnancy prevention	46%
Injury prevention	63%	Tobacco use	42%
Sexual assault/relationship violence	61%		

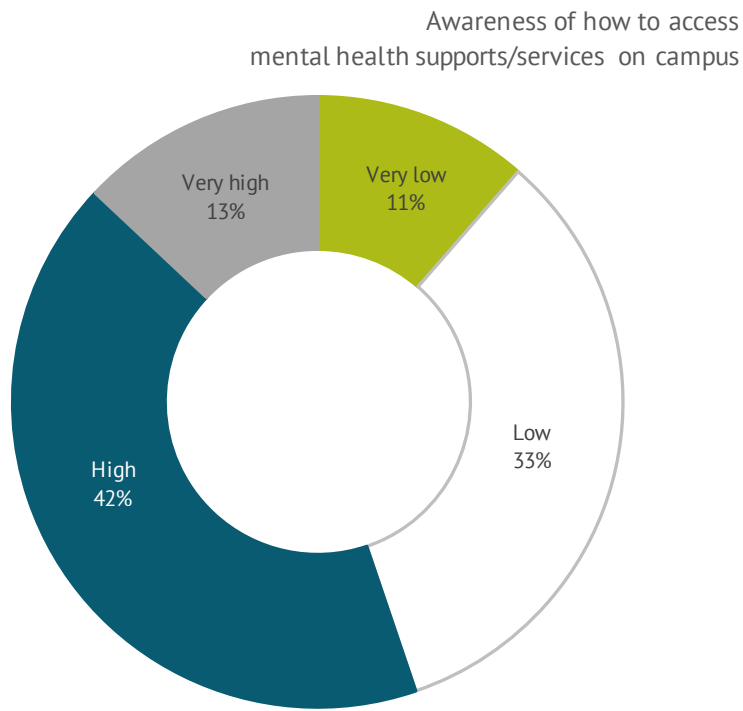
These topics are presented in the figure below in order of the greatest gap between students' interest in receiving information and those who received information.

The greatest information gap is in relation to sleep difficulties, with 24% of students reporting they have received information related to sleep difficulties and 72% indicating they would like to receive this type of information. The smallest gap was for information about cold/flu/sore throat. There were no topics with a lower level of interest than the amount of information received.



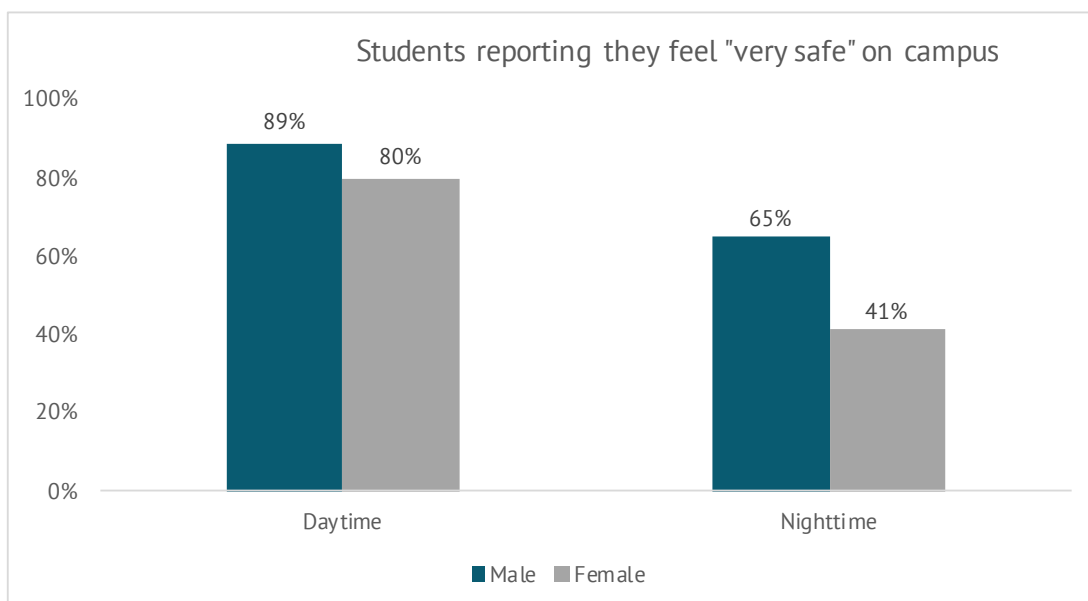
Students also rated their perceived level of awareness of how they could access mental health supports and services on campus.

55% rated their awareness as “high” or “very high.”



SENSE OF SAFETY

Students were asked how safe they felt on campus during the day and night. The majority of students (83%) feel safe on campus during the daytime. Female students’ responses indicate that they feel less safe than male students do, particularly at nighttime.



VIOLENCE, ABUSIVE RELATIONSHIPS AND PERSONAL SAFETY

Survey respondents were asked whether they had experienced violent, aggressive or abusive behaviours within the last 12 months. Female students reported experiencing higher frequencies of these behaviours, excepting verbal threats and physical fights.

% of students who experienced:	Male	Female	Total
A verbal threat	21.3%	18.8%	20.2%
An emotionally abusive intimate relationship	5.4%	14.1%	10.6%
Stalking	5.7%	7.6%	7.0%
Sexual touching without their consent	2.1%	8.5%	6.0%
A physical fight	6.0%	3.5%	4.8%
A physical assault (not sexual assault)	3.3%	3.5%	3.7%
A sexually abusive intimate relationship	0.6%	2.9%	2.2%
A physically abusive intimate relationship	1.5%	2.1%	2.0%
Sexual penetration attempt without their consent	0.3%	2.5%	1.8%
Sexual penetration without their consent	0.6%	2.3%	1.8%

ON-CAMPUS WELLNESS AND SAFETY RESOURCES

Contact the Sexual Violence Education and Response Coordinator at Conestoga College to report incidents of sexual violence or assault or to get connected to both on-campus and off-campus resources.

Medical Care Clinic

Services are open to all students who have OHIP or other health insurance plans.

studentsuccess.conestogac.on.ca/myWellness/medicalcare

Counselling Services

Counsellors are available to help you work through issues affecting your mental health.

This service is free and confidential. For details on how to book an appointment, visit:

studentsuccess.conestogac.on.ca/myWellness/counselling

How to Help a Friend

studentsuccess.conestogac.on.ca/myWellness/mentalhealthsupport#help-a-student