ACHA NCHA II

American College Health Association National College Health Assessment

CANADIAN

Reference Group Executive Summary
Spring 2013

The ACHA-NCHA II supports the health of the campus community by fulfilling the academic mission, supporting short- and long-term healthy behaviors, and gaining a current profile of health trends within the campus community.

Campus Demographical Characteristics were revised on September 11, 2013

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Table of Contents

I. Introduction 2

II. Findings
- A. General Health of College Students 3
- B. Disease and Injury Prevention 4
- C. Academic Impacts 5
- D. Violence, Abusive Relationships and Personal Safety 5
- E. Alcohol, Tobacco, and Other Drug Use 6
- F. Sexual Behavior 10
- G. Nutrition and Exercise 12
- H. Mental Health 13
- I. Sleep 16

III. Demographics and Student Characteristics 17

IV. Demographics of Participating Institutions 18

ACHA, the nation's principal advocate and leadership organization for college and university health, represents a diverse membership that provides and supports the delivery of health care and prevention and wellness services for the nation's 20 million college students. For more information about the association's programs and services, visit www.acha.org, and www.acha-ncha.org.

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Introduction

The ACHA-National College Health Assessment II (ACHA-NCHA II) is a national research survey organized by the American College Health Association (ACHA) to assist college health service providers, health educators, counselors, and administrators in collecting data about their students' habits, behaviors, and perceptions on the most prevalent health topics.

ACHA initiated the original ACHA-NCHA in 2000 and the instrument was used nation wide through the spring 2008 data collection period. The ACHA-NCHA now provides the largest known comprehensive data set on the health of college students, providing the college health and higher education fields with a vast spectrum of information on student health.

The revised survey, the ACHA-NCHA-II, was developed following a thorough pilot testing process. Although the general categories of information for which data are collected remain the same between the original ACHA-NCHA and this revised survey, a number of questions have been modified, and new questions have been added to monitor a variety of health constructs. Specific revisions include updated lists of illegal drugs, contraceptive methods, and vaccines. New items have been added to capture sleep behaviors, self-injury, the use/abuse of prescription drugs and additional mental health issues.

Please note the ACHA-NCHA II is not appropriate for trend comparison of items from the original ACHA-NCHA survey. A new baseline for ACHA-NCHA II began in the fall of 2008. Directly comparing pre- and post-redesign estimates on similar data points, without taking into account the impact of the survey's redesign, might lead to an erroneous conclusion. Documentation regarding the results of the pilot study and differences between the instruments can be obtained at the ACHA-NCHA website, www.acha-ncha.org.

For additional information about the survey's development, design, and methodology, email Mary Hoban, PhD, CHES, (mhoban@acha.org), E. Victor Leino, PhD (vleino@acha.org), or visit www.acha-ncha.org.

Note on use of data:

Missing values have been excluded from analysis. Students responding "not applicable" were excluded from several analyses, which are specifically noted throughout this document. All response categories were included, including "don't know" or "0" unless otherwise noted.

This Executive Summary highlights results of the ACHA-NCHA II Spring 2013 survey for Candian Consortium Reference Group consisting of 34,039 respondents. The overall response proportion was 20.4%.

Findings

A. General Health of College Students

■ 53.4 % of college students surveyed (58.2 % male and 51.3 % female) described their health as ***very good or excellent***.

■ 88.7 % of college students surveyed (89.9 % male and 88.4 % female) described their health as ***good, very good or excellent***.

Proportion of college students who reported being diagnosed or treated by a professional for any of the following health problems within the last 12 months:

Allergies:	13.7 %	Hepatitis B or C:	0.3 %
Asthma:	7.8 %	High blood pressure:	2.2 %
Back pain:	16.9 %	High cholesterol:	1.4 %
Broken bone/Fracture/Sprain:	7.7 %	HIV infection:	0.2 %
Bronchitis:	5.2 %	Irritable Bowel Syndrome:	3.6 %
Chlamydia:	1.1 %	Migraine headache:	8.3 %
Diabetes:	0.9 %	Mononucleosis:	1.0 %
Ear infection:	6.6 %	Pelvic Inflammatory Disease:	0.2 %
Endometriosis:	0.8 %	Repetitive stress injury:	2.9 %
Genital herpes:	0.6 %	Sinus infection:	11.3 %
Genital warts/HPV:	1.2 %	Strep throat:	11.0 %
Gonorrhea:	0.2 %	Tuberculosis:	0.3 %
		Urinary tract infection:	10.6 %

■ 54.1 % of college students (41.8 % male, 60.3 % female) reported being diagnosed or treated by a professional with one or more of the above conditions within the last 12 months.

Proportion of college students who reported any of the following:

Attention Deficit and Hyperactivity Disorder (ADHD)	4.6 %
Chronic illness (e.g., cancer, diabetes, auto-immune disorders)	5.0 %
Deafness/Hearing loss	2.0 %
Learning disability	3.9 %
Mobility/Dexterity disability	1.1 %
Partial sightedness/Blindness	2.4 %
Psychiatric condition	5.4 %
Speech or language disorder	1.0 %
Other disability	2.1 %

B. Disease and Injury Prevention

College students reported receiving the following vaccinations (shots):

- 70.7 % reported receiving vaccination against hepatitis B.
- 23.1 % reported receiving vaccination against Human Papillomavirus/HPV (cervical cancer vaccine).
- 26.8 % reported receiving vaccination against influenza (flu) in the last 12 months (shot or nasal mist).
- 61.7 % reported receiving vaccination against measles, mumps, rubella.
- 43.9 % reported receiving vaccination against meningococcal meningitis.
- 32.8 % reported receiving vaccination against varicella (chicken pox).

Other disease prevention practices reported by college students:

- 74.7 % reported having a dental exam and cleaning in the last 12 months.
- 24.0 % of males reported performing a testicular self exam in the last 30 days.
- 27.9 % of females reported performing a breast self exam in the last 30 days.
- 39.6 % of females reported having a routine gynecological exam in the last 12 months.
- 55.3 % reported using sunscreen regularly with sun exposure.
- 22.5 % reported ever being tested for Human Immunodeficiency Virus (HIV) infection.

College students reported the following behaviors within the last 12 months:

Percent (%)	N/A, did not do this activity within the last 12 months		Never*	Rarely or sometimes*	Mostly or always*
Wear a seatbelt when you rode in a car	0.8		0.2	2.0	97.8
Wear a helmet when you rode a bicycle	42.3		27.9	21.8	50.4
Wear a helmet when you rode a motorcycle	86.1		3.9	3.3	92.8
Wear a helmet when you were inline skating	77.7		51.4	18.5	30.1

** Students responding "N/A, did not do this activity within the last 12 months" were excluded.*

C. Academic Impacts

Within the last 12 months, students reported the following factors affecting their individual academic performance, defined as: received a lower grade on an exam, or an important project; received a lower grade in the course; received an incomplete or dropped the course; or experienced a significant disruption in thesis, dissertation, research, or practicum work; (listed alphabetically):

Alcohol use:	4.9 %	Gambling:	0.3 %
Allergies:	1.8 %	Homesickness:	5.1 %
Anxiety:	28.4 %	Injury:	2.8 %
Assault (physical):	0.6 %	Internet use/computer games:	21.0 %
Assault (sexual):	0.8 %	Learning disability:	3.5 %
Attention Deficit/Hyperactivity Disorder:	4.2 %	Participation in extracurricular activities:	9.5 %
Cold/Flu/Sore throat:	21.6 %	Pregnancy (yours or partner's):	0.8 %
Concern for a troubled friend or family member:	15.2 %	Relationship difficulties:	12.9 %
Chronic health problem or serious illness:	4.2 %	Roommate difficulties:	6.3 %
Chronic pain:	4.0 %	Sexually transmitted disease/ infection (STD/I):	0.4 %
Death of a friend or family member:	6.9 %	Sinus infection/Ear infection/ Bronchitis/Strep throat:	6.4 %
Depression:	17.3 %	Sleep difficulties:	27.1 %
Discrimination:	1.2 %	Stress:	38.6 %
Drug use:	1.8 %	Work:	17.0 %
Eating disorder/problem:	1.8 %	Other:	2.9 %
Finances:	9.0 %		

D. Violence, Abusive Relationships and Personal Safety

Within the last 12 months, college students reported experiencing:

Percent (%)	**Male**	**Female**	**Total**
A physical fight	9.9	3.6	5.6
A physical assault (not sexual assault)	5.3	3.5	4.1
A verbal threat	25.2	17.9	20.1
Sexual touching without their consent	3.4	8.5	6.9
Sexual penetration attempt without their consent	0.8	3.0	2.3
Sexual penetration without their consent	0.5	1.5	1.2
Stalking	3.3	7.0	5.8
An emotionally abusive intimate relationship	7.2	11.0	9.8
A physically abusive intimate relationship	1.8	1.9	1.9
A sexually abusive intimate relationship	1.0	2.0	1.7

College students reported feeling ***very safe*** :

Percent (%)	Male	Female	Total
On their campus (daytime)	92.1	87.4	88.8
On their campus (nighttime)	60.7	24.8	36.1
In the community surrounding their school (daytime)	73.7	62.2	65.7
In the community surrounding their school (nighttime)	39.0	12.8	21.1

E. Alcohol, Tobacco, and Other Drug Use

Reported use versus perceived use - reported use for all students within the past 30 days compared with how often students perceived the typical student on campus used substances within the same time period. The last line of each table combines all categories of any use in the last 30 days.

Alcohol	**Actual Use**			**Perceived Use**		
Percent (%)	Male	Female	Total	Male	Female	Total
Never used	18.0	15.5	16.4	4.2	2.3	2.9
Used, but not in the last 30 days	11.8	13.2	12.8	1.8	1.2	1.4
Used 1-9 days	54.2	60.3	58.3	44.8	38.5	40.5
Used 10-29 days	14.7	10.6	11.8	39.6	47.0	44.5
Used all 30 days	1.2	0.5	0.7	9.5	11.1	10.6
Any use within the last 30 days	70.1	71.4	70.8	94.0	96.5	95.6

Cigarette	**Actual Use**			**Perceived Use**		
Percent (%)	Male	Female	Total	Male	Female	Total
Never used	66.7	72.9	70.8	9.7	5.7	7.0
Used, but not in the last 30 days	18.7	17.1	17.6	15.7	12.2	13.3
Used 1-9 days	7.5	5.3	6.0	41.0	37.4	38.4
Used 10-29 days	2.4	1.5	1.8	18.9	23.0	21.7
Used all 30 days	4.8	3.2	3.7	14.6	21.9	19.6
Any use within the last 30 days	14.7	10.1	11.6	74.5	82.2	79.7

Marijuana	**Actual Use**			**Perceived Use**		
Percent (%)	Male	Female	Total	Male	Female	Total
Never used	57.5	61.3	60.1	9.7	6.0	7.2
Used, but not in the last 30 days	23.1	24.2	23.8	10.8	8.1	9.0
Used 1-9 days	11.6	10.7	10.9	51.8	48.2	49.3
Used 10-29 days	4.5	2.6	3.2	21.7	29.7	27.1
Used all 30 days	3.2	1.2	1.9	6.0	8.0	7.4
Any use within the last 30 days	19.3	14.5	16.0	79.5	86.0	83.8

Tobacco from a water pipe (hookah)	**Actual Use**			**Perceived Use**		
Percent (%)	**Male**	**Female**	**Total**	**Male**	**Female**	**Total**
Never used	72.1	80.5	77.8	22.8	17.3	19.1
Used, but not in the last 30 days	21.7	16.2	18.0	25.3	23.4	24.0
Used 1-9 days	5.3	2.9	3.7	42.6	46.6	45.3
Used 10-29 days	0.7	0.3	0.4	7.0	10.1	9.1
Used all 30 days	0.3	0.0	0.1	2.2	2.6	2.5
Any use within the last 30 days	6.2	3.3	4.2	51.9	59.3	56.9

All other drugs combined*	**Actual Use**			**Perceived Use**		
Percent (%)	**Male**	**Female**	**Total**	**Male**	**Female**	**Total**
Never used	58.3	71.5	67.3	12.6	7.7	9.3
Used, but not in the last 30 days	26.4	20.0	22.0	20.3	17.2	18.1
Used 1-9 days	12.0	6.7	8.4	47.9	48.8	48.5
Used 10-29 days	1.8	1.1	1.3	14.0	19.6	17.8
Used all 30 days	1.4	0.7	0.9	5.2	6.7	6.3
Any use within the last 30 days	15.3	8.5	10.7	67.1	75.1	72.5

* Includes cigars, smokeless tobacco, cocaine, methamphetamine, other amphetamines, sedatives, hallucinogens, anabolic steroids, opiates, inhalants, MDMA, other club drugs, other illegal drugs. (Excludes alcohol, cigarettes, tobacco from a water pipe, and marijuana).

- 1.1 % of college students reported driving after having ***5 or more drinks*** in the last 30 days.*
- 19.4 % of college students reported driving after having ***any alcohol*** in the last 30 days.*

**Students responding "N/A, don't drive" and "N/A don't drink" were excluded from this analysis.*

Estimated Blood Alcohol Concentration (or eBAC) of college students reporting 1 or more drinks the last time they "partied" or socialized. **Students reporting 0 drinks were excluded from the analysis**. Due to the improbability of a student surviving a drinking episode resulting in an extremely high eBAC, all students with an eBAC of 0.50 or higher are also omitted from these eBAC figures. eBAC is an estimated figure based on the reported number of drinks consumed during the last time they "partied" or socialized, their approximate time of consumption, sex, weight, and the average rate of ethanol metabolism.

Estimated BAC ***Percent (%)***	**Male**	**Female**	**Total**
< .08	66.3	58.8	61.1
< .10	73.1	66.7	68.7

Mean	0.07	0.08	0.08
Median	0.04	0.06	0.05
Std Dev	0.08	0.08	0.08

Reported number of drinks consumed the last time students "partied" or socialized. Only students reporting one or more drinks were included.

Number of drinks* *Percent (%)*	**Male**	**Female**	**Total**
4 or fewer	43.8	54.5	51.3
5	10.0	13.1	12.1
6	9.1	10.2	9.9
7 or more	37.1	22.1	26.8
Mean	6.31	4.77	5.25
Median	5.00	4.00	4.00
Std Dev	5.12	3.49	4.16

** Students reporting 0 drinks were excluded.*

Reported number of times college students consumed five or more drinks in a sitting within the last two weeks:

Percent (%)	**Male**	**Female**	**Total**
N/A don't drink	19.3	16.5	17.5
None	39.5	49.8	46.5
1-2 times	27.9	26.5	26.8
3-5 times	11.4	6.4	8.0
6 or more times	2.0	0.9	1.2

Percent of college students who reported using prescription drugs that were not prescribed to them within the last 12 months:

Percent (%)	**Male**	**Female**	**Total**
Antidepressants	2.4	3.5	3.2
Erectile dysfunction drugs	1.4	0.9	1.1
Pain killers	5.9	6.6	6.4
Sedatives	2.0	2.5	2.4
Stimulants	4.7	3.3	3.7
Used 1 or more of the above	11.0	10.8	10.9

Findings continued

College students reported doing the following ***most of the time*** or ***always*** when they "partied" or socialized during the last 12 months:*

Percent (%)	**Male**	**Female**	**Total**
Alternate non-alcoholic with alcoholic beverages	23.0	32.7	29.7
Avoid drinking games	34.7	36.8	36.1
Choose not to drink alcohol	18.7	23.3	21.9
Determine in advance not to exceed a set number of drinks	31.8	37.7	35.9
Eat before and/or during drinking	76.9	82.5	80.7
Have a friend let you know when you have had enough	21.1	32.7	29.1
Keep track of how many drinks being consumed	60.1	64.6	63.1
Pace drinks to one or fewer an hour	21.1	31.8	28.5
Stay with the same group of friends the entire time drinking	81.2	88.8	86.4
Stick with only one kind of alcohol when drinking	50.1	52.4	51.7
Use a designated driver	74.2	87.0	83.1
Reported one or more of the above	96.6	98.7	98.0

**Students responding "N/A, don't drink" were excluded from this analysis.*

College students who drank alcohol reported experiencing the following in the last 12 months when drinking alcohol:*

Percent (%)	**Male**	**Female**	**Total**
Did something you later regretted	38.5	40.2	39.7
Forgot where you were or what you did	31.2	31.1	31.1
Got in trouble with the police	4.1	1.5	2.3
Someone had sex with me without my consent	0.9	1.7	1.5
Had sex with someone without their consent	0.5	0.4	0.5
Had unprotected sex	20.8	20.0	20.3
Physically injured yourself	19.9	19.9	19.9
Physically injured another person	3.8	1.8	2.4
Seriously considered suicide	3.5	2.7	3.0
Reported one or more of the above	55.6	55.0	55.2

**Students responding "N/A, don't drink" were excluded from this analysis.*

F. Sexual Behavior

College students reported having the following number of sexual partners (oral sex, vaginal or anal intercourse) within the last 12 months:

Percent (%)	Male	Female	Total
None	34.2	30.4	31.6
1	42.0	47.5	45.8
2	8.6	9.4	9.1
3	5.5	5.2	5.3
4 or more	9.7	7.5	8.2

Number of partners among students reporting to have at least one sexual partner within the last 12 months:*

	Male	Female	Total
Mean	2.30	1.80	1.95
Median	1.00	1.00	1.00
Std Dev	3.72	1.80	2.54

**Students reporting 0 sexual partners within the last 12 months were excluded.*

College students reported having oral, vaginal or anal sex in the last 30 days:

Oral sex within the past 30 days

Percent (%)	Male	Female	Total
No, have never done this sexual activity	30.0	28.8	29.3
No, have done this sexual activity but not in the last 30 days	27.2	25.0	25.7
Yes	42.8	46.2	45.1

Vaginal sex within the past 30 days

Percent (%)	Male	Female	Total
No, have never done this sexual activity	34.2	29.7	31.2
No, have done this sexual activity but not in the last 30 days	21.8	18.2	19.3
Yes	44.0	52.1	49.5

Anal sex within the past 30 days

Percent (%)	Male	Female	Total
No, have never done this sexual activity	73.4	76.8	75.7
No, have done this sexual activity but not in the last 30 days	19.8	19.2	19.4
Yes	6.8	4.0	4.9

Using a condom or other protective barrier within the last 30 days (***mostly or always***):

Percent (%)	Male	Female	Total
*Sexually active students reported**			
Oral sex	5.1	4.3	4.6
Vaginal intercourse	55.0	48.4	50.3
Anal intercourse	40.3	26.4	31.7

**Students responding "Never did this sexual activity" or "Have not done this during the last thirty days" were excluded from the analysis.*

Contraceptive use reported by students or their partner the last time they had vaginal intercourse:

Percent (%)	Male	Female	Total
Yes, used a method of contraception	**53.2**	**60.2**	**57.9**
Not applicable/Didn't use a method/Don't know	46.8	39.8	42.1

If YES to contraceptive use the last time student had vaginal intercourse, reported means of birth control used among college students or their partner to prevent pregnancy:

Percent (%)	Male	Female	Total
Birth control pills (monthly or extended cycle)	62.2	65.2	64.3
Birth control shots	1.8	1.6	1.6
Birth control implants	1.1	0.4	0.6
Birth control patch	1.9	1.5	1.6
Vaginal ring	3.5	4.1	4.0
Intrauterine device	6.0	7.6	7.2
Male condom	67.7	58.4	61.1
Female condom	0.9	0.4	0.6
Diaphragm or cervical cap	0.5	0.2	0.3
Contraceptive sponge	0.5	0.2	0.3
Spermicide (foam, jelly, cream)	3.6	2.2	2.6
Fertility awareness (calendar, mucous, basal body temperature)	5.7	6.6	6.3
Withdrawal	25.3	27.7	27.0
Sterilization (hysterectomy, tubes tied, vasectomy)	2.1	2.6	2.5
Other method	2.5	1.6	1.9
Male condom use plus another method	48.6	45.3	46.2
Any two or more methods (excluding male condoms)	25.9	27.5	27.0

- 13.3 % of sexually active college students reported using (or reported their partner used) emergency contraception ("morning after pill") within the last 12 months.
(male: 11.3 %; female: 14.1 %).*

**Students responding "Not sexually active" were excluded from the analysis.*

- 1.5 % of college students who had vaginal intercourse within the last 12 months reported experiencing an unintentional pregnancy or got someone pregnant within the last 12 months.
(male: 1.6 %; female: 1.4 %).**

***Students responding "Have not had vaginal intercourse within the last 12 months" were excluded from the analysis.*

G. Nutrition and Exercise

College students reported usually eating the following number of servings of fruits and vegetables per day:

Percent (%)	Male	Female	Total
0 servings per day	4.9	2.6	3.4
1-2 per day	49.7	42.8	45.1
3-4 per day	34.5	40.2	38.3
5 or more per day	10.9	14.4	13.3

College students reported the following behaviors within the past 7 days:

Do moderate-intensity cardio or aerobic exercise for at least 30 minutes:

Percent (%)	Male	Female	Total
0 days	25.1	22.6	23.5
1-4 days	55.0	59.6	58.2
5-7 days	19.9	17.8	18.4

Do vigorous-intensity cardio or aerobic exercise for at least 20 minutes:

Percent (%)	Male	Female	Total
0 days	39.2	43.0	41.9
1-2 days	32.8	31.3	31.7
3-7 days	27.9	25.7	26.4

Physical Activity and Public Health: Updated Recommendations for Adults. From the American College of Sports Medicine and the American Heart Association (2007): Moderate-intensity cardio or aerobic exercise for at least 30 minutes on 5 or more days per week, or vigorous-intensity cardio or aerobic exercise for at least 20 minutes on 3 or more days per week.

Students meeting the Recommendations for moderate-intensity exercise, vigorous-intensity exercise, or a combination of the two (2 moderate-intensity exercise periods = 1 vigorous-intensity exercise period).

Percent (%)	Male	Female	Total
Guidelines met	46.1	44.0	44.6

Estimated average Body Mass Index (BMI): This figure incorporates reported height, and weight to form a general indicator of physical health. Categories defined by The World Health Organization (WHO) 2000, reprinted 2004. Obesity: Preventing and Managing the Global Epidemic. WHO Tech Report Series: 894.

BMI *Percent (%)*	**Male**	**Female**	**Total**
<18.5 Underweight	5.3	8.4	7.4
18.5-24.9 Healthy Weight	58.8	65.6	63.4
25-29.9 Overweight	26.2	17.1	20.0
30-34.9 Class I Obesity	6.8	5.8	6.1
35-39.9 Class II Obesity	2.0	2.0	2.0
≥40 Class III Obesity	0.8	1.2	1.1

Mean	24.24	23.35	23.64
Median	23.63	22.27	22.68
Std Dev	4.65	4.89	4.87

H. Mental Health

Students reported experiencing the following within the last 12 months:

Felt things were hopeless

Percent (%)	**Male**	**Female**	**Total**
No, never	34.3	24.7	27.7
No, not last 12 months	18.0	18.8	18.5
Yes, last 2 weeks	17.8	21.7	20.5
Yes, last 30 days	8.5	10.9	10.1
Yes, in last 12 months	21.4	24.0	23.2
Any time within the last 12 months	47.7	56.6	53.8

Felt overwhelmed by all you had to do

Percent (%)	**Male**	**Female**	**Total**
No, never	12.3	3.6	6.5
No, not last 12 months	7.1	2.9	4.2
Yes, last 2 weeks	40.8	57.3	52.1
Yes, last 30 days	16.2	17.7	17.2
Yes, in last 12 months	23.6	18.4	20.0
Any time within the last 12 months	80.5	93.5	89.3

Felt exhausted (not from physical activity)

Percent (%)	**Male**	**Female**	**Total**
No, never	13.7	5.3	8.0
No, not last 12 months	7.1	4.1	5.0
Yes, last 2 weeks	42.8	56.0	51.8
Yes, last 30 days	16.3	17.6	17.1
Yes, in last 12 months	20.2	17.1	18.0
Any time within the last 12 months	79.2	90.7	86.9

Felt very lonely

Percent (%)	**Male**	**Female**	**Total**
No, never	24.1	14.6	17.7
No, not last 12 months	19.5	17.9	18.4
Yes, last 2 weeks	22.6	28.3	26.5
Yes, last 30 days	12.1	15.1	14.1
Yes, in last 12 months	21.8	24.1	23.3
Any time within the last 12 months	56.4	67.5	63.9

Felt very sad

Percent (%)	Male	Female	Total
No, never	22.7	12.1	15.5
No, not last 12 months	19.6	14.3	15.9
Yes, last 2 weeks	21.1	30.7	27.7
Yes, last 30 days	12.5	16.2	15.0
Yes, in last 12 months	24.0	26.7	25.8
Any time within the last 12 months	57.7	73.6	68.5

Felt so depressed that it was difficult to function

Percent (%)	Male	Female	Total
No, never	46.7	39.0	41.4
No, not last 12 months	20.0	21.6	21.1
Yes, last 2 weeks	11.1	13.5	12.8
Yes, last 30 days	6.6	7.5	7.3
Yes, in last 12 months	15.6	18.3	17.4
Any time within the last 12 months	33.3	39.4	37.5

Felt overwhelming anxiety

Percent (%)	Male	Female	Total
No, never	38.5	25.2	29.5
No, not last 12 months	16.3	13.1	14.1
Yes, last 2 weeks	16.9	25.6	22.9
Yes, last 30 days	9.8	13.5	12.3
Yes, in last 12 months	18.5	22.5	21.2
Any time within the last 12 months	45.2	61.7	56.5

Felt overwhelming anger

Percent (%)	Male	Female	Total
No, never	39.9	33.9	35.8
No, not last 12 months	22.8	21.6	22.0
Yes, last 2 weeks	11.4	14.1	13.3
Yes, last 30 days	7.9	9.9	9.2
Yes, in last 12 months	18.0	20.5	19.7
Any time within the last 12 months	37.2	44.4	42.2

Seriously considered suicide

Percent (%)	Male	Female	Total
No, never	78.5	75.3	76.2
No, not last 12 months	12.6	15.1	14.3
Yes, last 2 weeks	2.1	2.1	2.1
Yes, last 30 days	1.4	1.5	1.5
Yes, in last 12 months	5.4	6.0	5.9
Any time within the last 12 months	8.9	9.6	9.5

Attempted suicide

Percent (%)	Male	Female	Total
No, never	93.3	90.8	91.5
No, not last 12 months	5.6	7.9	7.2
Yes, last 2 weeks	0.2	0.2	0.2
Yes, last 30 days	0.2	0.1	0.2
Yes, in last 12 months	0.7	1.0	0.9
Any time within the last 12 months	1.0	1.4	1.3

Intentionally cut, burned, bruised, or otherwise injured yourself

Percent (%)	Male	Female	Total
No, never	86.0	78.0	80.5
No, not last 12 months	9.5	14.6	13.0
Yes, last 2 weeks	1.3	1.8	1.7
Yes, last 30 days	0.8	1.1	1.0
Yes, in last 12 months	2.5	4.5	3.9
Any time within the last 12 months	4.6	7.4	6.6

Within the last 12 months, diagnosed or treated by a professional for the following:

Percent (%)	Male	Female	Total
Anorexia	0.4	1.1	0.9
Anxiety	7.2	14.5	12.3
Attention Deficit and Hyperactivity Disorder	3.5	2.4	2.8
Bipolar Disorder	1.1	1.0	1.0
Bulimia	0.4	1.3	1.0
Depression	6.7	11.4	10.0
Insomnia	3.0	4.6	4.1
Other sleep disorder	2.1	2.6	2.5
Obsessive Compulsive Disorder	1.4	2.1	1.9
Panic attacks	2.7	7.2	5.8
Phobia	0.8	1.3	1.1
Schizophrenia	0.3	0.1	0.2
Substance abuse or addiction	1.0	0.6	0.8
Other addiction	0.7	0.3	0.4
Other mental health condition	2.2	2.8	2.6
Students reporting none of the above	85.9	77.7	80.2
Students reporting only one of the above	6.3	8.0	7.5
Students reporting both Depression and Anxiety	4.2	8.1	6.9
Students reporting any two or more of the above excluding the combination of Depression and Anxiety	3.6	6.3	5.5

Within the last 12 months, any of the following been traumatic or very difficult to handle:

Percent (%)	Male	Female	Total
Academics	48.8	60.0	56.5
Career-related issue	29.0	31.7	30.9
Death of family member or friend	12.0	18.3	16.3
Family problems	21.9	33.3	29.7
Intimate relationships	28.5	33.4	31.9
Other social relationships	21.3	28.2	26.1
Finances	31.8	39.1	36.8
Health problem of family member or partner	16.3	23.9	21.5
Personal appearance	17.4	31.0	26.8
Personal health issue	16.4	24.3	21.9
Sleep difficulties	28.5	33.4	31.9
Other	10.8	12.1	11.8
Students reporting none of the above	26.4	16.1	19.3
Students reporting only one of the above	13.6	11.0	11.9
Students reporting 2 of the above	13.8	13.0	13.3
Students reporting 3 or more of the above	46.1	59.9	55.6

Within the last 12 months, how would you rate the overall level of stress experienced:

Percent (%)	Male	Female	Total
No stress	2.3	0.5	1.1
Less than average stress	12.1	4.6	7.0
Average stress	37.0	33.4	34.5
More than average stress	38.8	48.5	45.5
Tremendous stress	9.8	13.0	12.1

I. Sleep

Past 7 days, getting enough sleep to feel rested in the morning:

Percent (%)	Male	Female	Total
0 days	9.8	11.4	10.9
1-2 days	26.8	31.0	29.7
3-5 days	48.6	47.2	47.6
6+ days	14.8	10.5	11.8

Past 7 days, how often felt tired, dragged out, or sleepy during the day:

Percent (%)	Male	Female	Total
0 days	11.3	5.7	7.5
1-2 days	35.1	28.3	30.4
3-5 days	39.7	45.0	43.3
6+ days	13.9	21.0	18.8

Past 7 days, how much of a problem with sleepiness during daytime activities:

Percent (%)	Male	Female	Total
No problem	12.6	7.7	9.3
A little problem	47.7	45.9	46.5
More than a little problem	23.4	25.9	25.1
A big problem	11.6	14.0	13.2
A very big problem	4.7	6.5	6.0

Demographics and Student Characteristics

Age:

Average age:	22.89 years
Median:	21.00 years
Std Dev:	5.88 years

18 - 20 years:	39.9 %
21 - 24 years:	38.5 %
25 - 29 years:	12.3 %
30+ years:	9.3 %

Gender*

Female:	67.6 %
Male:	30.9 %
Transgender:	0.2 %

Student status:

1st year undergraduate:	20.5 %
2nd year undergraduate:	20.4 %
3rd year undergraduate:	19.7 %
4th year undergraduate:	16.9 %
5th year or more undergraduate:	6.6 %
Graduate or professional:	14.5 %
Not seeking a degree:	0.5 %
Other:	0.9 %
Full-time student:	92.5 %
Part-time student:	6.6 %
Other student:	0.8 %

Relationship status:

Not in a relationship:	48.3 %
In a relationship but not living together:	33.8 %
In a relationship and living together:	18.0 %

Marital status:

Single:	82.2 %
Married/Partnered:	13.2 %
Separated:	0.5 %
Divorced:	0.7 %
Other:	3.4 %

Students describe themselves as:

Aboriginal:	3.3 %
Arab:	1.9 %
Black:	3.1 %
Chinese:	8.8 %
Filipino:	1.5 %
Japanese:	0.6 %
Korean:	1.0 %
Latin American:	1.9 %
South Asian:	6.8 %
Southeast Asian:	1.6 %
West Asian:	1.3 %
White:	70.1 %
Multiracial:	3.6 %
Other:	3.1 %

International Student:

International:	10.5 %

Students describe themselves as:

Heterosexual:	90.9 %
Gay/Lesbian:	2.5 %
Bisexual:	4.2 %
Unsure:	2.5 %

Housing:

Campus residence hall:	12.3 %
Fraternity or sorority house:	0.2 %
Other university housing:	2.8 %
Parent/guardian home:	30.4 %
Other off-campus housing:	45.9 %
Other:	8.4 %

Participated in organized college athletics:

Varsity:	4.1 %
Club sports:	11.4 %
Intramurals:	18.4 %

Member of a social fraternity or sorority:

Greek member:	2.6 %

* Cases where sex is missing are included in the calculation of percentages for this variable

Demographics of Participating Institutions

Thirty four Canadian postsecondary institutions self-selected to participate in the Spring 2013 ACHA National College Health Assessment and 38,171 surveys were completed by students on these campuses. For the purpose of forming the Reference Group, only Canadian institutions that surveyed all students or used a random sampling technique are included in the analysis AND agreed to have their data included, yielding a final data set consisting of 34,039 students and 32 schools. *All schools collected data via the ACHA-NCHA web survey. The mean response was 20% and the median was 19%.* Demographic characteristics of the 32 campuses follow:

Demographical Characteristics of the 32 Postsecondary Institutions Included in the Spring 2013 CANADIAN ACHA-NCHA II Reference Group.	
Campus Characteristic	***n***
Type of Institution	
Public	30
Private	2
2-year	0
4-year or above	26
Offer both 2-year and 4-year degrees	6
Location of Campus	
Canada	32
Campus Size	
< 2,500 students	1
2,500 – 4,999 students	2
5,000 – 9,999 students	7
10,000 – 19,999 students	7
20,000 students or more	15
Campus Setting	
Very large city (population over 500,000)	12
Large city (population 250,000-499,999)	4
Small city (population 50,000-249,999)	15
Large town (population 10,000 – 49,999)	1
Carnegie Classification	
Miscellaneous/Not Classified	32
ACHA Membership Status	
Institutional Member	16
Nonmember	16
Religious Affiliation	
No	31
Yes	1

Campus Demographics were revised on September 11, 2013