



CANADIAN ASSOCIATION OF COLLEGE
AND UNIVERSITY STUDENT SERVICES

L'ASSOCIATION DES SERVICES AUX ÉTUDIANTS
DES UNIVERSITÉS ET COLLÈGES DU CANADA

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MEDIA ADVISORY
FOR IMMEDIATE RELEASE
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CANADIAN POST-SECONDARY STUDENT HEALTH BEHAVIOUR DATA TO BE RELEASED

TORONTO - The largest dataset on Canadian post-secondary student health behaviours will be released and made available at <http://www.cacuss.ca/> through the Canadian Association of College & University Student Services.

More than 43,000 students from 41 Canadian institutions participated in the National College Health Assessment (NCHA) survey. The NCHA is a self-reported online survey that collects information on students' health behaviours, attitudes, and perceptions. The survey was conducted in Spring 2016 and had a mean response of 19%. Of the students who completed the survey, the mean age was 22.97; 67.9% of students identified as female, 29.2% as male, and 2.9% as non-binary.

This Canadian dataset helps inform health and wellness programming and initiatives at post-secondary institutions within Canada, and it highlights the importance of supporting the wellbeing of students. The data is also instrumental in helping to inform national initiatives such as the creation of the [Post-Secondary Student Mental Health: Guide to a Systemic Approach](#).

The survey data includes information on a variety of health topics from alcohol and marijuana use to mental health. A few key highlights are as follows:

Mental Health

- Mental health continues to be a concern for many Canadian post-secondary students.
- Anxiety and depression are the top mental illnesses students who completed the survey report being diagnosed or treated for by a professional within the last 12 months at 18.4% and 14.7% respectively.
- 77.4% of students who completed the survey report that they would consider seeking help from a mental health professional if in the future they were having a personal problem that was really bothering them.
- 13.0% of students who completed the survey report seriously considering suicide within the last 12 months.
- 46.9% of students who completed the survey were categorized as 'flourishing', which is a positive mental health category.

Dating, Domestic, and Sexual Violence

- Within the last 12 months, 10.7% of students who completed the survey indicated experiencing sexual touching without their consent.
- Within the last 12 months, 6.7% of students who completed the survey indicated they had experienced stalking.
- Within the last 12 months, 10.5% of students who completed the survey indicated being in an emotionally abusive intimate relationship.

Alcohol

- There appears to be a discrepancy between actual alcohol use and perceived alcohol use among students who completed the survey - 69.3% of students reported any alcohol use within the last 30 days, but students perceived that 95.0% of their peers had used any alcohol within the last 30 days.
- 98.0% of students who completed the survey reported using one or more safer drinking behaviour (e.g., using a designated driver, eating before and/or during drinking, avoiding drinking games, etc.)
- 35% of students who completed the survey reported consuming five or more drinks in a sitting within the last two weeks.

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