



# Canadian Reference Group

## Executive Summary

---

### Spring 2016

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.

## 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. Tobacco, Alcohol, and Marijuana 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 Schools	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](http://www.acha.org), and [www.achancho.org](http://www.achancho.org).

*Suggested citation for this document:*

American College Health Association. American College Health Association-National College Health Assessment II: Canadian Reference Group Executive Summary Spring 2016. Hanover, MD: American College Health Association; 2016.

## 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 nationwide 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. A revised survey, the ACHA-NCHA-II, has been in use since the fall 2008 data collection period.

Please note the ACHA-NCHA II is not appropriate for trend comparison with items from the original ACHA-NCHA survey. Directly comparing pre- and post-redesign estimates on similar data points, without taking into account the impact of the survey's redesign, can lead to an erroneous conclusion.

### ***Notes about this report:***

1. Missing values have been excluded from analysis and only valid percents are included in this document.
2. Students responding "not applicable" were excluded from several analyses, which are specifically noted throughout this document. This will often explain differences observed between this document and the full data report.
3. ***A note about the use of sex and gender in this report:*** Survey responses are reported by sex based on the responses to questions 47a, 47b, and 47c. For the purpose of the ACHA-NCHA report documents, respondents are reported as male or female only when their responses to these three questions are consistent with one another. If students' gender identity is consistent with their sex at birth AND the student selects "no" for transgender, then respondents are designated as either *male* or *female*. If respondents select "yes" for transgender OR their sex at birth is not consistent with their gender identity, then they are designated as *non-binary*. A respondent that skips any of the three questions is designated as *unknown*. Totals displayed in this report include *non-binary* and *unknown* students.

For additional information about the survey's development, design, and methodology, email Mary T Hoban, PhD, MCHES, ([mhoban@acha.org](mailto:mhoban@acha.org)), E. Victor Leino, PhD ([vleino@acha.org](mailto: vleino@acha.org)), or visit [www.acha-ncha.org](http://www.acha-ncha.org).

This Executive Summary highlights results of the ACHA-NCHA II Spring 2016 survey for Canadian Consortium consisting of 43,780 respondents.

The overall response proportion was 19.2%.

# Findings

## A. General Health of College Students

■ 45.3 % of college students surveyed ( 51.5 % male and 43.1 % female) described their health as *very good or excellent* .

■ 80.8 % of college students surveyed ( 83.3 % male and 80.2 % 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:	14.1 %	Hepatitis B or C:	0.3 %
Asthma:	7.9 %	High blood pressure:	2.4 %
Back pain:	17.7 %	High cholesterol:	1.6 %
Broken bone/Fracture/Sprain:	6.5 %	HIV infection:	0.2 %
Bronchitis:	5.1 %	Irritable Bowel Syndrome:	4.0 %
Chlamydia:	1.5 %	Migraine headache:	10.4 %
Diabetes:	1.2 %	Mononucleosis:	0.9 %
Ear infection:	6.3 %	Pelvic Inflammatory Disease:	0.3 %
Endometriosis:	1.0 %	Repetitive stress injury:	2.9 %
Genital herpes:	0.7 %	Sinus infection:	12.3 %
Genital warts/HPV:	0.8 %	Strep throat:	12.1 %
Gonorrhea:	0.4 %	Tuberculosis:	0.3 %
		Urinary tract infection:	11.3 %

■ 55.3 % of college students ( 44.1 % male, 60.6 % 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)	5.6 %
Chronic illness (e.g., cancer, diabetes, auto-immune disorders)	5.3 %
Deafness/Hearing loss	2.0 %
Learning disability	5.2 %
Mobility/Dexterity disability	1.1 %
Partial sightedness/Blindness	2.2 %
Psychiatric condition	7.4 %
Speech or language disorder	1.1 %
Other disability	2.8 %

## **B. Disease and Injury Prevention**

College students reported receiving the following vaccinations (shots):

- 70.1 % reported receiving vaccination against hepatitis B.
- 39.1 % reported receiving vaccination against Human Papillomavirus/HPV (cervical cancer vaccine).
- 31.2 % reported receiving vaccination against influenza (flu) in the last 12 months (shot or nasal mist).
- 66.0 % reported receiving vaccination against measles, mumps, rubella.
- 51.3 % reported receiving vaccination against meningococcal meningitis.
- 43.3 % reported receiving vaccination against varicella (chicken pox).

Other disease prevention practices reported by college students:

- 73.0 % reported having a dental exam and cleaning in the last 12 months.
- 27.1 % of males reported performing a testicular self exam in the last 30 days.
- 28.7 % of females reported performing a breast self exam in the last 30 days.
- 30.4 % of females reported having a routine gynecological exam in the last 12 months.
- 54.1 % reported using sunscreen regularly with sun exposure.
- 23.2 % reported ever being tested for Human Immunodeficiency Virus (HIV) infection.

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

<b>Percent (%)</b>	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	0.7		0.4	2.0	97.6
Wear a helmet when you rode a bicycle	41.5		27.4	24.1	48.5
Wear a helmet when you rode a motorcycle	83.6		7.1	4.4	88.5
Wear a helmet when you were inline skating	73.5		46.2	18.8	35.0

\* 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:	4.5 %	Gambling:	0.3 %
Allergies:	1.9 %	Homesickness:	5.6 %
Anxiety:	32.5 %	Injury:	2.9 %
Assault (physical):	0.9 %	Internet use/computer games:	18.7 %
Assault (sexual):	1.3 %	Learning disability:	4.3 %
Attention Deficit/Hyperactivity Disorder:	5.1 %	Participation in extracurricular activities:	8.8 %
Cold/Flu/Sore throat:	20.6 %	Pregnancy (yours or partner's):	0.9 %
Concern for a troubled friend or family member:	15.6 %	Relationship difficulties:	13.0 %
Chronic health problem or serious illness:	4.6 %	Roommate difficulties:	6.8 %
Chronic pain:	4.5 %	Sexually transmitted disease/infection (STD/I):	0.5 %
Death of a friend or family member:	7.4 %	Sinus infection/Ear infection/Bronchitis/Strep throat:	5.8 %
Depression:	20.9 %	Sleep difficulties:	28.4 %
Discrimination:	1.8 %	Stress:	42.2 %
Drug use:	2.2 %	Work:	17.1 %
Eating disorder/problem:	2.0 %	Other:	3.4 %
Finances:	10.3 %		

### D. Violence, Abusive Relationships and Personal Safety

Within the last 12 months, college students reported experiencing:

	Percent (%)	Male	Female	Total
A physical fight	9.4	3.3	5.2	
A physical assault (not sexual assault)	4.4	3.7	4.0	
A verbal threat	25.9	19.9	22.0	
Sexual touching without their consent	4.3	13.1	10.7	
Sexual penetration attempt without their consent	1.0	4.6	3.6	
Sexual penetration without their consent	0.5	2.5	2.0	
Stalking	2.8	8.2	6.7	
An emotionally abusive intimate relationship	7.4	11.6	10.5	
A physically abusive intimate relationship	2.0	2.1	2.1	
A sexually abusive intimate relationship	1.1	2.7	2.3	

*Findings continued*

College students reported feeling *very safe* :

	<b>Percent (%)</b>	<b>Male</b>	<b>Female</b>	<b>Total</b>
On their campus (daytime)		90.3	85.9	86.9
On their campus (nighttime)		61.3	27.1	37.3
In the community surrounding their school (daytime)		71.3	58.9	62.3
In the community surrounding their school (nighttime)		39.7	14.4	22.0

**E. Tobacco, Alcohol and Marijuana 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.

**Cigarette**

	<b>Percent (%)</b>	<b>Actual Use</b>			<b>Perceived Use</b>		
		<b>Male</b>	<b>Female</b>	<b>Total</b>	<b>Male</b>	<b>Female</b>	<b>Total</b>
Never used		69.2	75.0	73.1	11.4	7.6	8.9
Used, but not in the last 30 days		17.0	15.4	15.9	14.6	10.5	11.7
Used 1-9 days		7.6	5.0	5.8	42.5	38.5	39.7
Used 10-29 days		2.3	1.4	1.7	16.8	21.4	20.0
Used all 30 days		3.9	3.1	3.4	14.7	22.0	19.8
<b><i>Any use within the last 30 days</i></b>		13.8	9.6	11.0	74.0	82.0	79.4

**E-Cigarette**

	<b>Percent (%)</b>	<b>Actual Use</b>			<b>Perceived Use</b>		
		<b>Male</b>	<b>Female</b>	<b>Total</b>	<b>Male</b>	<b>Female</b>	<b>Total</b>
Never used		81.5	88.2	86.1	18.7	13.9	15.5
Used, but not in the last 30 days		12.5	8.8	10.0	13.7	11.0	11.8
Used 1-9 days		3.9	2.2	2.7	43.3	41.9	42.2
Used 10-29 days		0.7	0.4	0.5	14.1	18.9	17.4
Used all 30 days		1.3	0.3	0.6	10.1	14.3	13.0
<b><i>Any use within the last 30 days</i></b>		5.9	2.9	3.9	67.5	75.1	72.7

**Tobacco from a water pipe (hookah)**

	<b>Percent (%)</b>	<b>Actual Use</b>			<b>Perceived Use</b>		
		<b>Male</b>	<b>Female</b>	<b>Total</b>	<b>Male</b>	<b>Female</b>	<b>Total</b>
Never used		77.9	84.2	82.3	24.2	17.6	19.7
Used, but not in the last 30 days		17.5	13.0	14.3	21.3	18.3	19.3
Used 1-9 days		3.7	2.3	2.8	43.1	47.6	46.1
Used 10-29 days		0.6	0.3	0.4	8.1	12.4	11.0
Used all 30 days		0.3	0.1	0.2	3.3	4.1	3.9
<b><i>Any use within the last 30 days</i></b>		4.6	2.8	3.4	54.5	64.1	61.0

Findings continued

**Alcohol**

	Percent (%)	Actual Use			Perceived Use		
		Male	Female	Total	Male	Female	Total
Never used		17.7	14.4	15.6	4.3	3.0	3.5
Used, but not in the last 30 days		14.2	15.4	15.1	1.6	1.4	1.5
Used 1-9 days		52.0	57.4	55.4	43.9	37.4	39.3
Used 10-29 days		14.5	12.2	12.9	38.9	45.3	43.2
Used all 30 days		1.6	0.6	1.0	11.3	12.9	12.5
<b>Any use within the last 30 days</b>		<b>68.1</b>	<b>70.2</b>	<b>69.3</b>	<b>94.1</b>	<b>95.6</b>	<b>95.0</b>

**Marijuana**

	Percent (%)	Actual Use			Perceived Use		
		Male	Female	Total	Male	Female	Total
Never used		56.7	59.3	58.4	9.7	7.0	7.9
Used, but not in the last 30 days		22.4	24.3	23.7	7.3	5.0	5.7
Used 1-9 days		12.6	11.5	11.8	48.5	43.2	44.7
Used 10-29 days		4.8	3.1	3.6	25.7	32.8	30.5
Used all 30 days		3.5	2.0	2.5	8.8	12.1	11.1
<b>Any use within the last 30 days</b>		<b>20.9</b>	<b>16.5</b>	<b>17.9</b>	<b>83.0</b>	<b>88.0</b>	<b>86.4</b>

**Drinking and Driving**

- 1.0 % of college students reported driving after having **5 or more drinks** in the last 30 days.\*
- 18.1 % 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		68.4	59.7	62.3
< .10		75.6	67.9	70.2
Mean		0.06	0.08	0.08
Median		0.04	0.06	0.05
Std Dev		0.07	0.08	0.08



*Findings continued*

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

<b>Number of drinks*</b>	<b>Percent (%)</b>	<b>Male</b>	<b>Female</b>	<b>Total</b>
4 or fewer		45.2	55.3	52.4
5		10.6	12.9	12.2
6		9.6	10.4	10.1
7 or more		34.7	21.4	25.3
Mean		5.96	4.67	5.06
Median		5.00	4.00	4.00
Std Dev		4.59	3.33	3.88

\* 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:

	<b>Percent (%)</b>	<b>Male</b>	<b>Female</b>	<b>Total</b>
N/A don't drink		21.5	18.1	19.3
None		39.7	48.4	45.7
1-2 times		27.4	25.7	26.1
3-5 times		9.0	6.0	6.9
6 or more times		2.5	1.8	2.0

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

	<b>Percent (%)</b>	<b>Male</b>	<b>Female</b>	<b>Total</b>
Antidepressants		2.1	3.1	2.9
Erectile dysfunction drugs		1.0	0.4	0.6
Pain killers		4.9	5.6	5.5
Sedatives		2.1	2.1	2.2
Stimulants		5.6	3.9	4.5
<b><i>Used 1 or more of the above</i></b>		11.0	10.8	11.1

*Findings continued*

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

	<b>Percent (%)</b>	<b>Male</b>	<b>Female</b>	<b>Total</b>
Alternate non-alcoholic with alcoholic beverages		26.8	34.1	32.0
Avoid drinking games		29.6	32.9	32.2
Choose not to drink alcohol		17.7	22.6	21.2
Determine in advance not to exceed a set number of drinks		33.6	36.6	35.8
Eat before and/or during drinking		78.2	82.8	81.3
Have a friend let you know when you have had enough		23.9	34.5	31.4
Keep track of how many drinks being consumed		60.6	63.2	62.4
Pace drinks to one or fewer an hour		22.1	32.3	29.4
Stay with the same group of friends the entire time drinking		82.2	89.9	87.5
Stick with only one kind of alcohol when drinking		48.3	51.4	50.5
Use a designated driver		75.6	86.7	83.4
<b>Reported one or more of the above</b>		97.0	98.6	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:\*

	<b>Percent (%)</b>	<b>Male</b>	<b>Female</b>	<b>Total</b>
Did something you later regretted		36.0	38.9	38.0
Forgot where you were or what you did		28.7	29.4	29.1
Got in trouble with the police		2.8	1.2	1.8
Someone had sex with me without my consent		1.1	2.4	2.1
Had sex with someone without their consent		0.5	0.2	0.3
Had unprotected sex		23.8	24.3	24.1
Physically injured yourself		17.7	18.6	18.4
Physically injured another person		3.3	1.6	2.2
Seriously considered suicide		4.6	4.6	4.8
<b>Reported one or more of the above</b>		54.0	55.3	55.0

\*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		35.3	30.1	31.9
1		40.7	47.3	45.0
2		7.6	8.9	8.5
3		5.2	5.1	5.1
4 or more		11.3	8.5	9.5

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

	Male	Female	Total
Mean	2.49	1.94	2.13
Median	1.00	1.00	1.00
Std Dev	4.03	2.57	3.26

\*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		31.4	28.8	29.7
No, have done this sexual activity but not in the last 30 days		25.4	22.9	23.7
Yes		43.2	48.2	46.5

**Vaginal sex within the past 30 days**

	Percent (%)	Male	Female	Total
No, have never done this sexual activity		35.7	29.5	31.6
No, have done this sexual activity but not in the last 30 days		20.6	16.6	17.9
Yes		43.7	53.8	50.6

**Anal sex within the past 30 days**

	Percent (%)	Male	Female	Total
No, have never done this sexual activity		71.7	74.4	73.4
No, have done this sexual activity but not in the last 30 days		21.3	20.8	21.0
Yes		6.9	4.8	5.6

*Findings continued*

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

	<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
<i>Sexually active students reported*</i>				
Oral sex		5.5	4.0	4.5
Vaginal intercourse		52.4	44.2	46.3
Anal intercourse		38.6	22.6	28.4

\*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:**

	<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
<b>Yes, used a method of contraception</b>		<b>50.4</b>	<b>58.0</b>	<b>55.4</b>
Not applicable/Didn't use a method/Don't know		49.6	42.0	44.6

**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:**

	<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
Birth control pills (monthly or extended cycle)		62.5	60.2	60.6
Birth control shots		2.3	1.8	1.9
Birth control implants		2.0	0.9	1.2
Birth control patch		1.9	1.4	1.6
Vaginal ring		3.2	3.3	3.3
Intrauterine device		8.8	11.4	10.8
Male condom		67.7	57.3	60.2
Female condom		0.9	0.4	0.5
Diaphragm or cervical cap		0.6	0.1	0.3
Contraceptive sponge		0.3	0.2	0.2
Spermicide (foam, jelly, cream)		3.8	1.8	2.3
Fertility awareness (calendar, mucous, basal body temperature)		6.3	8.8	8.2
Withdrawal		28.5	33.1	31.8
Sterilization (hysterectomy, tubes tied, vasectomy)		1.6	2.3	2.1
Other method		1.8	1.7	1.8
<b><i>Male condom use plus another method</i></b>		<b>51.1</b>	<b>45.4</b>	<b>46.9</b>
<b><i>Any two or more methods (excluding male condoms)</i></b>		<b>30.8</b>	<b>33.0</b>	<b>32.3</b>

- 14.0 % of sexually active college students reported using (or reported their partner used) emergency contraception ("morning after pill") within the last 12 months.

(male: 11.7 %; female: 14.9 %).\*

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

- 1.6 % 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: 1.4 %; female: 1.5 %).\*\*

\*\*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		6.6	4.1	5.0
1-2 per day		55.3	48.8	50.7
3-4 per day		30.7	36.7	34.8
5 or more per day		7.4	10.4	9.6

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		25.8	24.6	25.1
1-4 days		55.6	59.5	58.2
5-7 days		18.6	15.9	16.7

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

	Percent (%)	Male	Female	Total
0 days		41.5	47.3	45.7
1-2 days		33.9	31.3	32.0
3-7 days		24.6	21.4	22.2

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		43.3	39.2	40.3

*Findings continued*

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.

<b>BMI</b>	<b>Percent (%)</b>	<b>Male</b>	<b>Female</b>	<b>Total</b>
<18.5 Underweight		5.7	7.9	7.3
18.5-24.9 Healthy Weight		55.7	61.8	59.9
25-29.9 Overweight		28.0	18.6	21.4
30-34.9 Class I Obesity		7.2	7.1	7.2
35-39.9 Class II Obesity		2.2	2.7	2.6
≥40 Class III Obesity		1.1	1.8	1.7
Mean		24.52	23.92	24.14
Median		23.73	22.60	23.01
Std Dev		5.55	5.53	5.85

## H. Mental Health

Students reported experiencing the following within the last 12 months:

### Felt things were hopeless

<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
No, never	30.2	19.5	22.5
No, not last 12 months	18.4	17.8	17.9
Yes, last 2 weeks	20.2	25.9	24.5
Yes, last 30 days	9.6	12.6	11.7
Yes, in last 12 months	21.6	24.2	23.4
<i>Any time within the last 12 months</i>	51.3	62.7	59.6

### Felt overwhelmed by all you had to do

<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
No, never	12.2	3.8	6.3
No, not last 12 months	7.3	2.9	4.2
Yes, last 2 weeks	40.7	58.6	53.4
Yes, last 30 days	16.6	17.3	17.0
Yes, in last 12 months	23.3	17.5	19.1
<i>Any time within the last 12 months</i>	80.5	93.3	89.5

### Felt exhausted (not from physical activity)

<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
No, never	12.7	4.8	7.2
No, not last 12 months	6.9	3.7	4.6
Yes, last 2 weeks	44.2	59.7	55.3
Yes, last 30 days	16.1	15.8	15.8
Yes, in last 12 months	20.0	16.0	17.1
<i>Any time within the last 12 months</i>	80.4	91.6	88.2

### Felt very lonely

<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
No, never	22.1	13.1	15.7
No, not last 12 months	18.8	17.4	17.7
Yes, last 2 weeks	24.9	31.6	29.9
Yes, last 30 days	11.7	14.8	13.9
Yes, in last 12 months	22.5	23.1	22.8
<i>Any time within the last 12 months</i>	59.1	69.5	66.6

**Felt very sad**

Percent (%)	Male	Female	Total
No, never	19.0	9.3	12.2
No, not last 12 months	18.4	12.5	14.2
Yes, last 2 weeks	24.8	36.5	33.3
Yes, last 30 days	12.7	16.8	15.6
Yes, in last 12 months	25.1	24.8	24.8
<i>Any time within the last 12 months</i>	62.6	78.2	73.7

**Felt overwhelming anxiety**

Percent (%)	Male	Female	Total
No, never	32.7	18.8	22.7
No, not last 12 months	15.9	11.6	12.8
Yes, last 2 weeks	19.5	31.8	28.5
Yes, last 30 days	10.8	15.0	13.8
Yes, in last 12 months	21.1	22.8	22.2
<i>Any time within the last 12 months</i>	51.4	69.6	64.5

**Seriously considered suicide**

Percent (%)	Male	Female	Total
No, never	74.2	70.2	70.8
No, not last 12 months	14.3	16.9	16.3
Yes, last 2 weeks	2.8	2.9	3.0
Yes, last 30 days	1.6	2.1	2.1
Yes, in last 12 months	7.1	8.0	7.9
<i>Any time within the last 12 months</i>	11.5	12.9	13.0

**Intentionally cut, burned, bruised, or otherwise injured yourself**

Percent (%)	Male	Female	Total
No, never	84.1	73.6	76.2
No, not last 12 months	10.4	16.9	15.2
Yes, last 2 weeks	1.6	2.4	2.3
Yes, last 30 days	1.1	1.5	1.5
Yes, in last 12 months	2.8	5.6	4.9
<i>Any time within the last 12 months</i>	5.5	9.5	8.7

**Felt so depressed that it was difficult to function**

Percent (%)	Male	Female	Total
No, never	41.1	32.7	34.8
No, not last 12 months	21.0	20.9	20.8
Yes, last 2 weeks	14.0	17.9	17.1
Yes, last 30 days	7.0	9.4	8.8
Yes, in last 12 months	16.9	19.2	18.5
<i>Any time within the last 12 months</i>	37.9	46.4	44.4

**Felt overwhelming anger**

Percent (%)	Male	Female	Total
No, never	35.4	28.4	30.3
No, not last 12 months	23.7	22.0	22.5
Yes, last 2 weeks	13.1	16.7	15.9
Yes, last 30 days	8.5	11.6	10.7
Yes, in last 12 months	19.4	21.3	20.7
<i>Any time within the last 12 months</i>	41.0	49.6	47.3

**Attempted suicide**

Percent (%)	Male	Female	Total
No, never	91.2	88.4	88.8
No, not last 12 months	7.0	9.6	9.1
Yes, last 2 weeks	0.6	0.3	0.5
Yes, last 30 days	0.2	0.2	0.2
Yes, in last 12 months	0.9	1.5	1.4
<i>Any time within the last 12 months</i>	1.8	2.0	2.1

Findings continued

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

	Percent (%)	Male	Female	Total
Anorexia		0.6	1.5	1.3
Anxiety		10.5	21.2	18.4
Attention Deficit and Hyperactivity Disorder		5.1	3.4	4.1
Bipolar Disorder		1.3	1.2	1.4
Bulimia		0.6	1.4	1.3
Depression		9.7	16.2	14.7
Insomnia		3.8	5.6	5.3
Other sleep disorder		3.0	3.4	3.4
Obsessive Compulsive Disorder		1.8	2.7	2.5
Panic attacks		4.1	11.1	9.3
Phobia		1.1	1.6	1.6
Schizophrenia		0.6	0.2	0.4
Substance abuse or addiction		1.7	1.0	1.3
Other addiction		1.2	0.3	0.7
Other mental health condition		3.0	4.0	4.0
<i>Students reporting none of the above</i>		81.1	71.3	73.7
<i>Students reporting only one of the above</i>		7.7	8.7	8.4
<i>Students reporting both Depression and Anxiety</i>		6.6	12.9	11.4
<i>Students reporting any two or more of the above excluding the combination of Depression and Anxiety</i>		5.5	9.1	8.4

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

	Percent (%)	Male	Female	Total
Academics		48.3	62.0	58.1
Career-related issue		30.1	34.9	33.7
Death of family member or friend		12.6	18.2	16.6
Family problems		22.9	35.9	32.3
Intimate relationships		30.2	35.1	33.8
Other social relationships		23.5	32.1	29.8
Finances		34.0	42.8	40.4
Health problem of family member or partner		18.3	26.9	24.4
Personal appearance		22.6	37.7	33.4
Personal health issue		19.9	29.5	27.0
Sleep difficulties		32.3	38.8	37.1
Other		11.2	13.9	13.6
<i>Students reporting none of the above</i>		24.5	14.5	17.4
<i>Students reporting only one of the above</i>		13.6	10.1	11.1
<i>Students reporting 2 of the above</i>		13.2	11.6	12.0
<i>Students reporting 3 or more of the above</i>		48.7	63.8	59.6



*Findings continued*

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

	<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
No stress		3.2	0.8	1.6
Less than average stress		11.5	4.4	6.5
Average stress		35.3	30.0	31.4
More than average stress		39.3	49.3	46.2
Tremendous stress		10.7	15.5	14.4

**I. Sleep**

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

	<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
0 days		11.0	13.7	13.1
1-2 days		27.9	32.1	30.9
3-5 days		47.2	43.9	44.7
6+ days		13.9	10.2	11.3

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

	<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
0 days		11.1	5.9	7.4
1-2 days		35.2	27.2	29.4
3-5 days		39.7	45.1	43.5
6+ days		14.0	21.8	19.7

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

	<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
No problem		12.2	7.1	8.6
A little problem		46.6	42.8	43.7
More than a little problem		24.2	26.8	26.1
A big problem		12.3	16.1	15.1
A very big problem		4.7	7.2	6.6

## Demographics and Student Characteristics

### ■ Age:

18 - 20 years:	40.3 %
21 - 24 years:	37.4 %
25 - 29 years:	12.5 %
30+ years:	9.8 %

### ■ Gender\*

Female:	67.9 %
Male:	29.2 %
Non-binary	2.9 %

### ■ Student status:

1st year undergraduate:	23.0 %
2nd year undergraduate:	20.4 %
3rd year undergraduate:	18.6 %
4th year undergraduate:	14.6 %
5th year or more undergraduate:	6.6 %
Graduate or professional:	13.9 %
Not seeking a degree:	1.0 %
Other:	1.8 %

Full-time student:	93.3 %
Part-time student:	5.6 %
Other student:	1.1 %

### ■ Relationship status:

Not in a relationship:	48.7 %
In a relationship but not living together:	33.9 %
In a relationship and living together:	17.5 %

### ■ Marital status:

Single:	83.0 %
Married/Partnered:	12.7 %
Separated/Divorced/Other:	4.3 %

### ■ Physical activity:

<30 minutes:	31.1 %
30-60 minutes:	23.3 %
61-90 minutes:	17.5 %
91-150 minutes:	12.5 %
>150 minutes:	15.7 %

### ■ Students describe themselves as:

Aboriginal:	4.4 %
Arab:	2.0 %
Black:	3.8 %
Chinese:	9.0 %
Filipino:	2.6 %
Japanese:	0.6 %
Korean:	1.2 %
Latin American:	2.4 %
South Asian:	7.9 %
Southeast Asian:	2.0 %
West Asian:	1.3 %
White:	65.4 %
Multiracial:	3.6 %
Other:	2.9 %

### ■ International Student:

International:	9.4 %
----------------	-------

### ■ Students describe themselves as:

Asexual:	6.9 %
Bisexual:	5.9 %
Gay:	1.5 %
Lesbian:	1.0 %
Pansexual:	1.5 %
Queer:	0.7 %
Questioning:	1.7 %
Same Gender Loving	0.1 %
Straight/Heterosexual	79.6 %
Another identity:	1.1 %

### ■ Housing:

Campus residence hall:	11.4 %
Fraternity or sorority house:	0.2 %
Other university housing:	2.5 %
Parent/guardian home:	32.6 %
Other off-campus housing:	44.3 %
Other:	9.0 %

### ■ Participated in organized college athletics:

Varsity:	3.8 %
Club sports:	9.3 %
Intramurals:	15.9 %

### ■ Member of a social fraternity or sorority:

Greek member:	1.7 %
---------------	-------

\* See note on page 2 regarding gender categories

## Demographics of Participating Institutions

Forty one Canadian postsecondary institutions self-selected to participate in the Spring 2016 ACHA National College Health Assessment and 43,780 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. *All schools collected data via the ACHA-NCHA web survey.*

*The mean response was 19% and the median was 19%.*

Demographic characteristics of the 41 campuses follow:

<b>Demographical Characteristics of the 41 Postsecondary Institutions Included in the Spring 2016 CANADIAN ACHA-NCHA II Reference Group.</b>	
<b>Campus Characteristic</b>	<b><i>n</i></b>
Type of Institution	
Public	41
Private	0
2-year	4
4-year or above	27
Other	10
Location of Campus	
Canada	41
Campus Size	
< 2,500 students	3
2,500 – 4,999 students	3
5,000 – 9,999 students	9
10,000 – 19,999 students	8
20,000 students or more	18
Campus Setting	
Very large city (population over 500,000)	18
Large city (population 250,000-499,999)	5
Small city (population 50,000-249,999)	17
Small town (population 2,500-9,999)	1
Carnegie Classification	
Miscellaneous/Not Classified	41
ACHA Membership Status	
Institutional Member	24
Nonmember	17
Religious Affiliation	
No	41
Yes	0