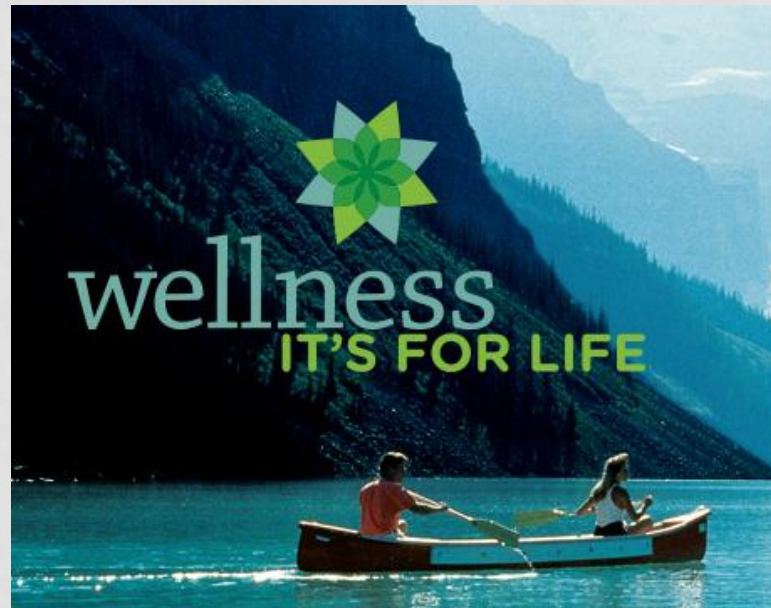


Identification Needs of Young Adults in Post Secondary



Tuesday, October 1, 2013
Debbie Bruckner, University of Calgary
Kandi McElary, Mount Royal University

Session Goals

- Increase understanding of current health assets, issues, behaviors, and perceptions of university students.
- Employ evidence-based findings to inform health and wellness service development and delivery.

National College Health Assessment

Provincial and Canadian and Reference Groups 2013



What is the NCHA?

Collects data on students' **habits**, **behaviours**, and **perceptions** on the most prevalent health topics.



Demographics

▪ **Average Age:** **23.05** years

▪ **Gender:**

Female **67.7 %**

Male **30.9 %**

Transgender **.3 %**

▪ **Student Status:**

1st year: **17.2%**

2nd year: **21.5%**

3rd year: **23.5%**

4th year: **16.5%**

5th year + ugrad **7.9%**

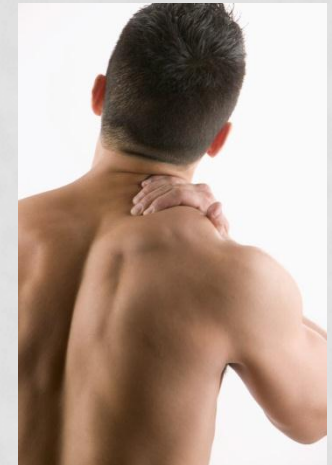
Graduate/prof **11.4%**

Students Reported the Following Factors Affecting their Academic Performance

	C Ref	AB Ref
Stress	38.6%	38.4%
Sleep difficulties	27.1%	28.2%
Anxiety	28.4%	27.5%
Cold/Flu/Sore throat	21.6%	22.6%
Internet use/Computer games	21.0%	19.5%
Work	17.0%	19.1%
Depression	17.3%	16.2%

Students Reported Being Diagnosed or Treated by a Professional for the Following Health Problem

Health Problem	C Ref	AB Ref
Back Pain	16.9%	19.8%
Allergies	13.7%	12.9%
Sinus Infection	11.3%	11.3%
Strep Throat	11.0%	11.9%
Urinary Tract Infection	10.6%	10.9%
Asthma	7.8%	8.8%



Violence, Abusive Relationships & Personal Safety

- 20.7% of respondents have experienced a verbal threat
- 10.5% of respondents students have been in an emotionally abusive intimate relationship
- 4.2% of respondents have been in a physical assault
- 5.7% of respondents have experienced stalking

Alcohol, Tobacco, and Marijuana: Perception versus Actual Use

	Perception	Actual
Cigarettes Daily (last 30)	18.6%	3.8%
Cigarettes Never Used	6.6%	70.2%
Alcohol Daily (last 30)	11.7%	.5%
Alcohol Never Used	2.5%	15.5%
Marijuana Daily (last 30)	6.6%	1.7%
Marijuana Never Used	7.3%	62.4%

Use of Non-prescribed Drugs

	Can Ref	AB Ref
Antidepressants	3.2%	3.0%
Pain killers	6.4%	7.6%
Sedatives	2.4%	2.3%
Stimulants	3.7%	4.0%



Image Source: Addiction Enders, n.d.

Students Reporting “Usually” or “Always” When Socializing

	Can Ref	AB Ref
Use a designated driver	83.1%	83.8%
Pace drinks to one or fewer per hour	28.5%	29.8%
Have a friend let you know when you have had enough	29.1%	31.2%
Eat before and/or during drinking	80.7%	82.2%
Keep track of how many drinks being consumed	63.1%	61.9%

Students Who Drink Reported these Experiences in the last 12 months When Drinking Alcohol

	C Ref	AB Ref
Did something you later regretted	39.7%	40.0%
Forgot where you were or what you did	31.1%	30.0%
Had unprotected sex	20.3%	20.1%
Physically injured yourself	19.9%	19.9%

Birth Control Method Used During Last Vaginal Intercourse Experience

	Can Ref	AB Ref
Birth control pills	64.3%	65.2%
Male condoms	61.1%	59.4%
Withdrawal	27%	26.3%
Male condom plus another method	46.2%	46.3%



Image Source: Health Article A to Z, 2011

In 2013, 14.3% of sexually active respondents (ABRef) reported using emergency contraception

Students Reported Usually Eating

Number of Servings of Fruit/Vegetables per Day	C Ref	ABRef
0 servings per day	3.4%	3.0%
1-2 servings per day	45.1%	42.6%
3-4 servings per day	38.3%	40.1%
5 or more servings per day	13.3%	14.2%



In Past 7 Days, Number of Minutes of Moderate or Vigorous Physical Activity in at Least 10 Minute Bouts



Total Number of Minutes	CRef	AB Ref
< 30	28.8%	27.3%
30-60	22.7%	22.6%
61-90	17.6%	17.2%
91-150	13.6%	14.7%
>150	17.4%	18.2%

Healthy Weight (BMI): 62.3%



30.8% of students are overweight

Student Experiences Anytime Within Last 12 Months

	C Ref	AB Ref
Felt very lonely	63.9%	63.9%
Felt overwhelmed by all you had to do	89.3%	89.8%
Felt very sad	68.5%	68.5%
Felt overwhelming anxiety	56.5%	56.9%
Intentionally cut, burned, bruised or otherwise injured yourself	6.6%	5.6%
Seriously considered suicide	9.5%	8.4%
Attempted suicide*	1.3%	1.1%

Diagnosed or Treated for the Following Issues

	C Ref	ABRef
Anxiety	12.3%	10.7%
Depression	10%	9.7%
Panic attacks	5.8%	5.3%
Insomnia	4.1%	4.1%
ADHD	2.8%	3.7%
Other mental health condition	2.6%	2.5%

Traumatic or Very Difficult To Handle

	2013	AB Ref
Academics	56.5%	55.6%
Finances	36.8%	38.5%
Intimate relationships	31.9%	33.3%
Sleep difficulties	31.9%	32.0%
Career related issues	30.9%	28.2%
Family problems	29.7%	29.8%
Personal appearance	26.8%	27.6%

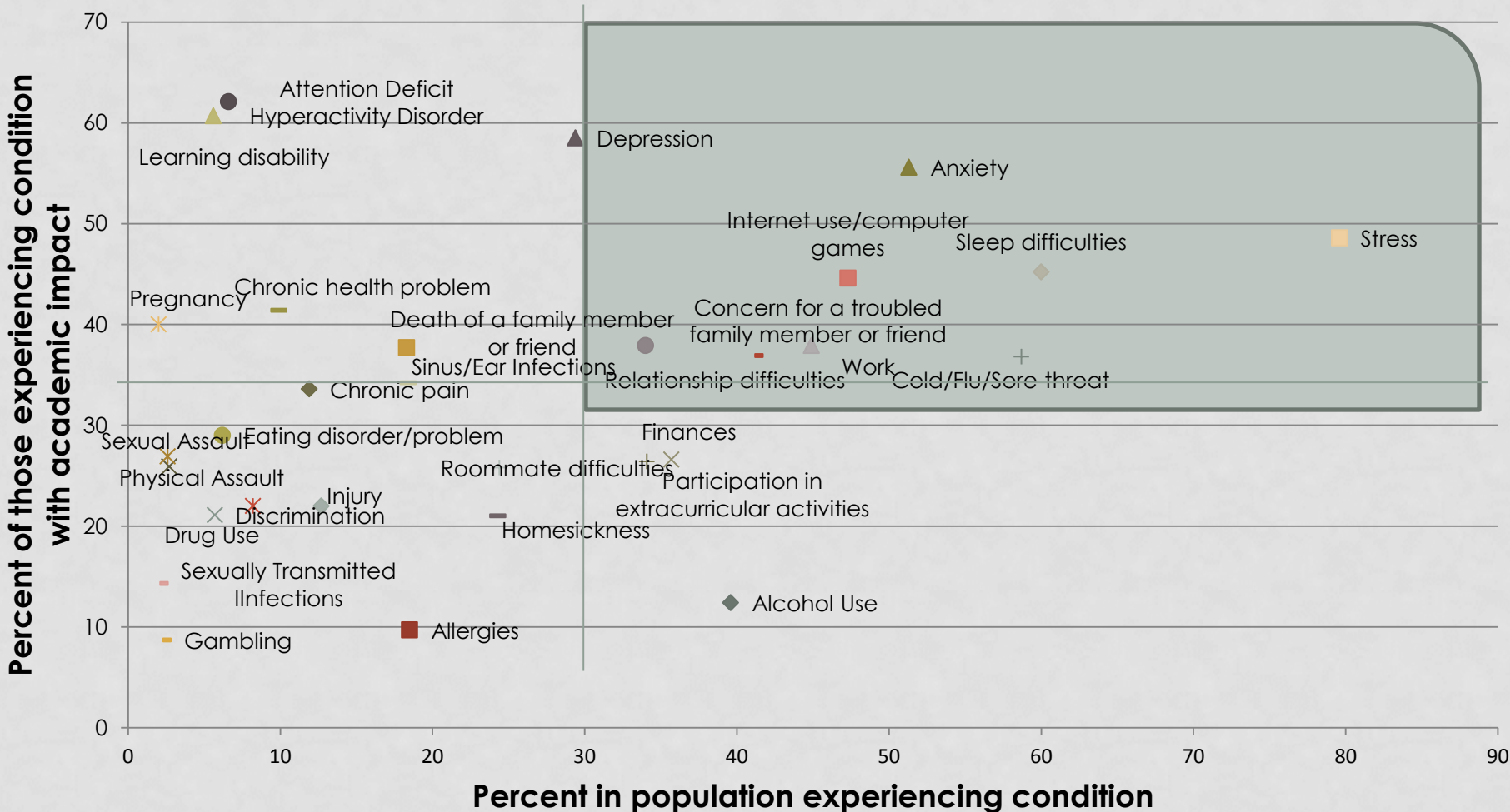
55.4% of students reported experiencing 3 or more of the above

Enough Sleep to Feel Rested in the Morning

	Can Ref	AB Ref
0 days	10.9%	10.0%
1-2 days	29.7%	30.1%
3-5 days	47.6%	48.4%
6 + days	11.8%	11.5%

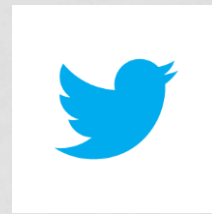


Canadian Reference Group 2013



Health Information Students “Received/Want” from Institution

	Want	Rec	Gap
Stress reduction	74.6%	62.0%	-14.5%
Nutrition	70.1%	52.7%	-17.4%
Sleep difficulties	66.0%	27.7%	-38.3%
Physical activity	67.8%	63.4%	-4.4%
Depression/anxiety	62.9%	54.8%	-8.1%
How to help others in distress	61.5%	26.5%	-35.0%



twitter



Image Source:
Phoenix Rising, n.d.
Student Health 101, n.d.
Twitter, n.d.

Dialogue

- Who are the stakeholders in addressing the wellness needs of post secondary students?
- How do we work together to provide a supportive environment for young adults preparing to enter the workforce?

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