



## National College Health Assessment II

More than 55,000 students from 58 Canadian institutions participated in the National College Health Assessment II (NCHA II) survey organized by the American College Health Association (ACHA). The ACHA-NCHA II is a self-reported online survey that collects information on students' health behaviours, attitudes, and perceptions. The survey was conducted in Spring 2019 and had a National response rate of 20%. The overall response proportion at the University of Regina was 19.1%. This is the 2<sup>nd</sup> study in which the University of Regina has participated. The NCHA II survey was previously conducted in Spring 2016.

The survey data includes information on a variety of health topics from alcohol and marijuana use to mental health. A few key highlights from the 2016 and 2019 surveys are as follows:

### Mental Health

Mental health continues to be a concern for many Canadian post-secondary students.

	CAN 2019	UR 2019	UR 2016
Students <b>diagnosed with anxiety</b> or treated by a professional within the last 12 months	23.7%	23.2%	17.4%
Students <b>diagnosed with depression</b> or treated by a professional within the last 12 months	19.1%	21.2%	14.0%
Students who completed the survey report that they would consider <b>seeking help from a mental health professional</b> if in the future they were having a personal problem that was really bothering them.	79.8%	78.5%	74.1%
Students who completed the survey report <b>seriously considering suicide</b> within the last 12 months.	16.4%	16.0%	12.2%
Students who completed the survey were categorized as <b>'flourishing'</b> , which is a positive mental health category.	44.7%	45.6%	49.4%

### Dating, Domestic, and Sexual Violence

	CAN 2019	UR 2019	UR 2016
Students who completed the survey indicated <b>experiencing sexual touching</b> without their consent within the last 12 months	12.7%	15.3%	10.5%
Students who completed the survey indicated they had <b>experienced stalking</b> within the last 12 months	7.6%	8.9%	9.6%
Students who completed the survey indicated being in an <b>emotionally abusive relationship</b> within the last 12 months	11.4%	11.0%	13.1%
Students who completed the survey indicated being <b>verbally threatened</b> within the last 12 months	23.4%	25.2%	24.4%

## Alcohol (beer, wine, liquor)

There appears to be a discrepancy between reported alcohol use and peer perceived alcohol use.

	CAN 2019	UR 2019	UR 2016
Students who completed the survey reported <b>any use of alcohol</b> within the last 30 days	62.8%	64.6%	72.7%
Students who completed the survey <b>perceived their peers had used any alcohol</b> within the last 30 days	91.8%	92.9%	96.0%
Students who completed the survey reported <b>consuming five or more drinks</b> in a sitting within the last two weeks.	29.3%	31.6%	40.9%

## Students reported ALWAYS using safer drinking behaviours during the last 12 months:

	CAN 2019	UR 2019	UR 2016
Using a <b>designated driver</b>	72.3%	75.0%	65.4%
Avoiding <b>drinking games</b>	19.0%	14.8%	12.7%
<b>Eating</b> before and/or during drinking	36.8%	33.3%	33.7%
Have a friend tell you <b>when you've had enough</b>	18.6%	14.5%	13.0%
Keep track of <b>how many drinks</b> you were having	39.1%	34.6%	37.5%

Note: Percentage is of those who reported drinking.

## Marijuana (pot, weed, hashish, hash oil)

	CAN 2019	UR 2019	UR 2016
Students who completed the survey reported <b>never used</b> marijuana	55.6%	59.5%	62.2%
Students who completed the survey reported to <b>have used marijuana but not</b> within the last 30 days	19.7%	20.4%	22.4%
Students who completed the survey reported <b>any use of marijuana</b> within the last 30 days (including daily)	24.7%	20.1%	15.4%
Students who completed the survey reported to <b>have used marijuana daily</b> during the last 30 days	3.9%	2.6%	2.4%

The ACHA-NCHA II survey includes also information in the areas of general health, disease and injury prevention, nutrition and exercise, sleep, and academic impacts. If you have any questions about the University of Regina's participation in this survey, please contact Martin Lopez in the Office of Resource Planning at [martin.lopez@uregina.ca](mailto:martin.lopez@uregina.ca) (306) 585-4940.