



DIVISION OF STUDENTS
PARTNERS IN STUDENT SUCCESS

A Healthier U: Linking Wellness to Student Success

Leah State

November 15, 2017





Agenda for Today

National College Health Assessment



Within the last 12 months have you been diagnosed or treated by a physician for the following:

Anorexia

Bronchitis

Ear Infection

Genital Herpes

Strep Throat

Sinus Infection

Back Pain

Hepatitis B or C

High Blood Pressure

High Cholesterol

Chlamydia

Broken Bone

Diabetes

Allergies

Anxiety

Depression

Asthma

Gonorrhea

Migraine

Mononucleosis

HPV

Urinary tract infection

ADHD

Panic Attack



Alcohol Data

What percentage of Ontario students do you think used alcohol within the last 30 days?

Perception 94.7% Reality 67.1%

What percentage of Ontario students do you think have never used alcohol?

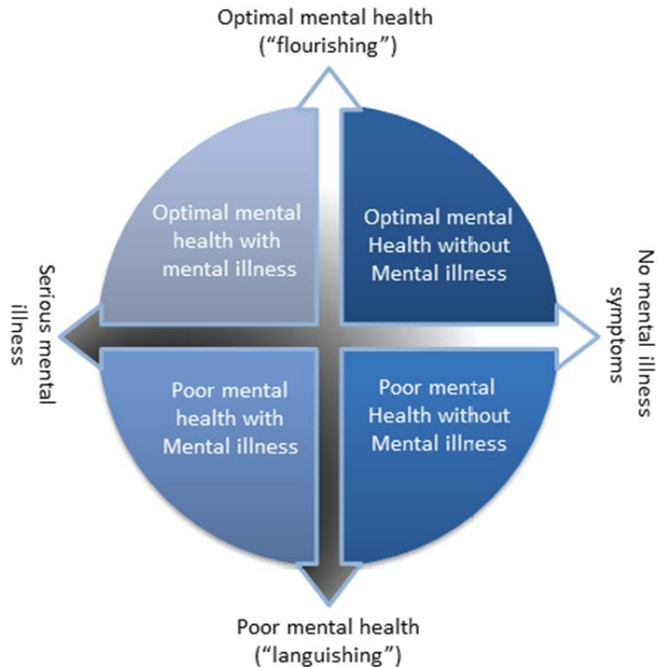
Perception 3.7% Reality 17.4%

Safety Data

Within the last 12 months have you experienced....	Ontario (2016)	Canada (2016)
Physical assault (not sexual)	4.2%	4.0%
A verbal threat	22.1%	22%
Sexual touching w/o consent	11.1%	10.7%
Sexual penetration attempt w/o consent	3.6%	3.6%
Sexual penetration w/o consent	2.1%	2.0%
Stalking	6.8%	6.7%
An emotionally abusive intimate relationship	10.3%	10.5%
A physically abusive intimate relationship	2.1%	2.1%
A sexually abusive intimate relationship	2.3%	2.3%

Mental Health Continuum

Dual Continuum Model of Mental Health and Mental Illness





Mental Health Data

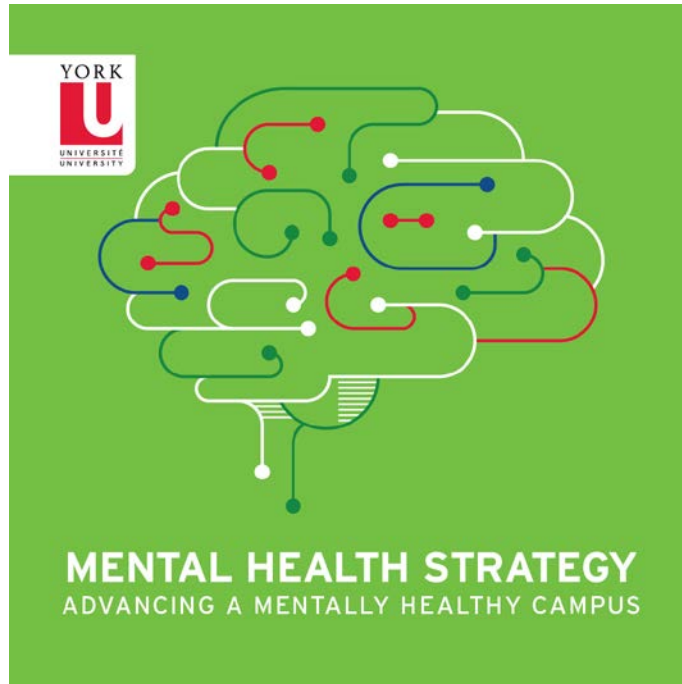
Within the last 12 months have you....	Ontario 2016	Canada 2016
Felt overwhelmed by all you had to do	89.2%	89.5%
Felt very lonely	67.8%	66.6%
Felt overwhelming anxiety	65.4%	64.5%
Felt things were hopeless	61.4%	59.6%
Felt so depressed it was difficult to function	46.1%	44.4%
Seriously considered suicide	13.7%	13%
Attempted suicide	2.2%	2.1%

Academic Impact

Factor	ON 2016	Canada 2016
Stress	42.9%	42.2%
Anxiety	33.1%	32.5%
Sleep Difficulties	28.8%	28.4%
Depression	21.9%	20.9%
Internet use/computer games	19.8%	18.7%

Within the last 12 months have any of the following been traumatic or difficult to handle?	Ontario 2016	Canada 2016
Academics	59.3%	58.1%
Finances	40.1%	40.4%
Sleep difficulties	37.9%	37.1%
Career related issues	34.7%	33.7%
Intimate relationships	33.3%	33.8%
Family problems	33.2%	32.3%

York's Mental Health Strategy





Supporting our students

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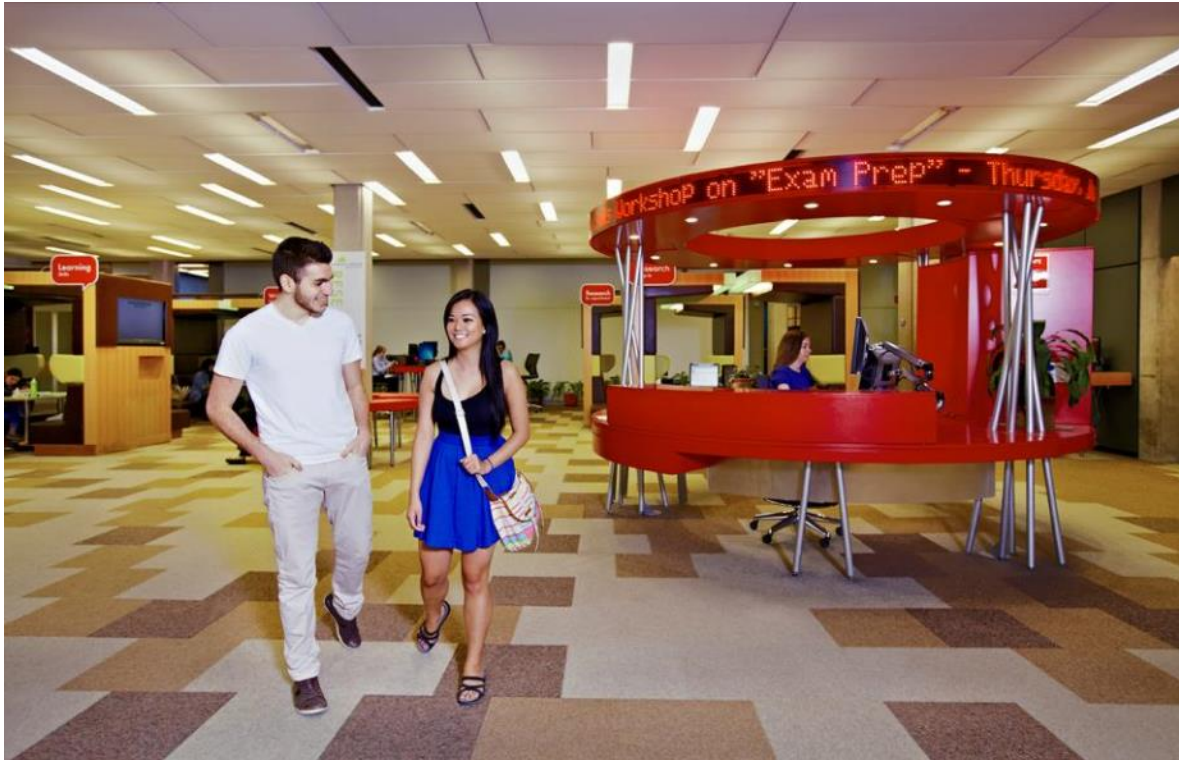


We're here for you.

416-736-5211

Sexual Violence Response Office (SVRO)

Learning Skills



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Career Centre



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Peer Leaders



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Questions?

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