

## MEDIA ADVISORY

For Immediate Release

June 3, 2014

TORONTO – The Ontario University and College Health Association (OUCCHA) which represents health care professionals working in Health Centres in post-secondary institutions, has released a provincial report on student health and wellness today. The data was derived from the Canadian reference group of the National College Health Assessment (NCHA) survey in 2013, in which more than 16,000 students from ten Ontario institutions participated.

Post-secondary students today report high levels of stress, depression, anxiety, and feeling overwhelmed. Post-secondary students across the province revealed emerging issues with health conditions and other life events that affect not only their learning but put their lives at risk. As many as 1 in 10 post-secondary students suffer from a treatable psychiatric condition. OUCCHA is committed to promoting student safety and wellbeing. OUCCHA urges the Provincial Government to reconsider the existing funding models so that the necessary health and mental health care services for Ontario post-secondary students may be delivered. The NCHA report demonstrates significant unmet need among the post-secondary student population.

### REPORT DETAILS

**WHAT:** The report provides data on health behaviours in the following categories:

- General Health of Post-Secondary Students
- Disease and Injury Prevention
- Academic Impacts
- Violence, Abusive Relationships and Personal Safety
- Alcohol, Tobacco, and Other Drug Use
- Sexual Behavior
- Nutrition and Exercise
- Mental Health
- Sleep

**WHEN:** Data was collected during the Spring of 2013.

### KEY FINDINGS:

The top 5 factors that affect academic performance are:

- Stress
- Depression
- Anxiety
- Sleep Difficulties
- Computer/Internet usage

With more than a half million students currently enrolled in post-secondary institutions, as many as 5000 have attempted suicide in the past year.