



Canadian Campus
Wellbeing Survey

Bien-être sur les
campus canadiens

University of Waterloo Executive Summary Winter 2022



CONTENTS

OVERVIEW.....	2
STUDENT EXPERIENCE.....	3
Experiences and options about your post-secondary institution.....	3
ACADEMIC ACHIEVEMENT.....	5
Opinions and experiences related to learning.....	5
MENTAL HEALTH ASSETS.....	6
Mental wellbeing feelings and thoughts.....	6
Resilience & General Health.....	8
Relationships.....	8
MENTAL HEALTH DEFICITS.....	10
Stress & obstacles related to academic progress.....	10
Mental wellbeing detriments.....	11
Loneliness.....	12
Suicidal Ideation.....	13
HEALTH SERVICE UTILIZATION/HELP SEEKING.....	13
Knowledge and opinions about health services available on- and off- campus.....	13
HEALTH BEHAVIOURS.....	15
Sleep.....	15
Physical Activities.....	16
Sedentary Behaviour.....	18
SEXUAL HEALTH BEHAVIOURS.....	19
SUBSTANCE USE.....	20
Alcohol.....	20
Cannabis.....	20
Pain Relievers.....	21
Stimulants.....	21
Tobacco.....	22
E-cigarettes/vaping.....	23
FOOD SECURITY.....	24
DEMOGRAPHICS.....	25



OVERVIEW

Canadian Campus Wellbeing Survey (CCWS)

The Canadian Campus Wellbeing Survey (CCWS) is a new health survey developed by researchers at UBC. The CCWS aims to help post-secondary institutions better assess student health and wellbeing, identify priorities for intervention, and increase capacity to link research with policy and practice. The health survey is similar to the National College Health Assessment (NCHA) survey which was implemented at University of Waterloo in 2013, 2016, and 2019.

Purpose

The CCWS is an assessment tool to collect data to inform policies and practices that support student health and wellbeing. This data can be used to prioritize campus needs, develop programming, allocate resources, design strategies for intervention, and identify factors associated with academic performance.

Survey Content

The ten core areas assess mental and physical health factors that impact wellbeing, academic performance, and campus life. These topics include:

1. student experience
2. academic achievement
3. mental health assets
4. mental health deficits
5. health service utilization/help seeking
6. physical health/health behaviours
7. sexual health behaviours
8. substance use
9. food security
10. demographics

UW Sample and Response Rate

- The CCWS was administered at University of Waterloo from February 7 to March 4, 2022.
- A random sample of 12,000 University of Waterloo undergraduate and graduate students were invited to participate in the confidential web survey.
- The overall response rate was 37% or 4,482 students. The finished response rate was 32% or 3,807 completed surveys. Students who completed the survey received \$5 on their WatCard.

Contact Information

If you have any questions, concerns, or feedback regarding the CCWS at University of Waterloo, please contact Sandra Gibson, Manager, Health Education & Promotion at sandra.gibson@uwaterloo.ca.

The CCWS received clearance through the University of Waterloo's Survey Advisory Group. If you have any comments or concerns about this survey, you may contact the Manager, Evaluation and Accountability at 519-888-4567 ext. 48611.



STUDENT EXPERIENCE

Experiences and options about your post-secondary institution.

Based on your experience at your institution, please rate your level of agreement with the following statements.

<i>I feel that I belong on campus.</i>	
Strongly agree	13.7%
Agree	42.0%
Somewhat agree	29.0%
Somewhat disagree	8.3%
Disagree	4.6%
Strongly disagree	2.4%
TOTAL	100%

<i>At my institution, I am respected regardless of my personal characteristics, identity or background (e.g., gender, ethnicity, international status, disability, etc.).</i>	
Strongly agree	27.5%
Agree	48.6%
Somewhat agree	16.7%
Somewhat disagree	3.7%
Disagree	2.2%
Strongly disagree	1.3%
TOTAL	100%

<i>My institution is a respectful environment.</i>	
Strongly agree	22.1%
Agree	52.4%
Somewhat agree	19.3%
Somewhat disagree	3.7%
Disagree	1.3%
Strongly disagree	1.2%
TOTAL	100%

<i>My institution values diversity and inclusion.</i>	
Strongly agree	24.5%
Agree	47.3%
Somewhat agree	21.3%
Somewhat disagree	3.9%
Disagree	1.7%
Strongly disagree	1.3%
TOTAL	100%

<i>At my institution, I feel that students' mental and emotional wellbeing is a priority.</i>	
Strongly agree	8.4%
Agree	18.6%
Somewhat agree	29.7%
Somewhat disagree	20.3%
Disagree	13.7%
Strongly disagree	9.3%
TOTAL	100%

<i>I feel that the campus climate at my institution encourages free and open discussion about mental and emotional health.</i>	
Strongly agree	10.7%
Agree	28.8%
Somewhat agree	32.8%
Somewhat disagree	15.7%
Disagree	8.3%
Strongly disagree	3.8%
TOTAL	100%



<i>At my institution, the administration is listening to the concerns of students when it comes to mental health and wellbeing.</i>	
Strongly agree	8.8%
Agree	24.7%
Somewhat agree	30.2%
Somewhat disagree	17.8%
Disagree	11.2%
Strongly disagree	7.3%
TOTAL	100%

<i>I have a group, community, or social circle at school where I feel I belong (feel at home, known, connected to, support in my identity).</i>	
Strongly agree	19.7%
Agree	30.9%
Somewhat agree	24.0%
Somewhat disagree	10.6%
Disagree	9.2%
Strongly disagree	5.6%
TOTAL	100%

<i>How safe or unsafe do you feel on campus during the day?</i>	
Very safe	45.3%
Safe	40.3%
Somewhat safe	7.4%
Somewhat unsafe	1.0%
Unsafe	0.5%
Very unsafe	0.7%
Not applicable	4.8%
TOTAL	100%

<i>How safe or unsafe do you feel on campus at night?</i>	
Very safe	16.1%
Safe	31.6%
Somewhat safe	27.4%
Somewhat unsafe	11.3%
Unsafe	3.9%
Very unsafe	1.7%
Not applicable	7.9%
TOTAL	100%



ACADEMIC ACHIEVEMENT

Opinions and experiences related to learning.

Please rate your level of agreement with the following statements:

<i>My institution provides a supportive learning environment.</i>	
Strongly agree	13.8%
Agree	43.6%
Somewhat agree	30.2%
Somewhat disagree	6.8%
Disagree	3.7%
Strongly disagree	1.9%
TOTAL	100%

<i>My institution uses teaching strategies designed to support learners.</i>	
Strongly agree	10.4%
Agree	35.9%
Somewhat agree	33.6%
Somewhat disagree	11.9%
Disagree	5.7%
Strongly disagree	2.5%
TOTAL	100%

<i>My institution provides opportunities for students to explore their full potential.</i>	
Strongly agree	15.9%
Agree	38.9%
Somewhat agree	29.3%
Somewhat disagree	9.6%
Disagree	4.3%
Strongly disagree	2.1%
TOTAL	100%

<i>I am confident that I will be able to finish my academic program no matter what challenges I may face.</i>	
Strongly agree	26.8%
Agree	36.4%
Somewhat agree	23.0%
Somewhat disagree	7.2%
Disagree	4.0%
Strongly disagree	2.5%
TOTAL	100%



MENTAL HEALTH ASSETS

Mental wellbeing feelings and thoughts.

Please choose the box that best describes your experience of each over the last 2 weeks.

<i>(i) I've been feeling optimistic about the future</i>	
All of the time	7.8%
Often	32.0%
Some of the time	42.0%
Rarely	14.6%
None of the time	3.7%
TOTAL	100%

<i>(ii) I've been feeling useful</i>	
All of the time	7.2%
Often	31.7%
Some of the time	40.3%
Rarely	17.1%
None of the time	3.7%
TOTAL	100%

<i>(iii) I've been feeling relaxed</i>	
All of the time	3.7%
Often	17.1%
Some of the time	36.6%
Rarely	32.0%
None of the time	10.5%
TOTAL	100%

<i>(iv) I've been feeling interested in other people</i>	
All of the time	8.5%
Often	31.2%
Some of the time	37.4%
Rarely	17.2%
None of the time	5.6%
TOTAL	100%

<i>(v) I've had energy to spare</i>	
All of the time	4.1%
Often	17.8%
Some of the time	36.3%
Rarely	29.8%
None of the time	12.0%
TOTAL	100%

<i>(vi) I've been dealing with problems well</i>	
All of the time	5.8%
Often	34.0%
Some of the time	43.0%
Rarely	14.0%
None of the time	3.2%
TOTAL	100%



<i>(vii) I've been thinking clearly</i>	
All of the time	6.7%
Often	35.9%
Some of the time	41.6%
Rarely	13.2%
None of the time	2.6%
TOTAL	100%

<i>(viii) I've been feeling good about myself</i>	
All of the time	7.0%
Often	28.1%
Some of the time	39.9%
Rarely	19.6%
None of the time	5.4%
TOTAL	100%

<i>(ix) I've been feeling close to other people</i>	
All of the time	7.9%
Often	27.6%
Some of the time	35.9%
Rarely	21.7%
None of the time	7.0%
TOTAL	100%

<i>(x) I've been feeling confident</i>	
All of the time	7.0%
Often	26.9%
Some of the time	41.0%
Rarely	19.1%
None of the time	6.0%
TOTAL	100%

<i>(xi) I've been able to make up my own mind about things</i>	
All of the time	12.2%
Often	41.7%
Some of the time	33.0%
Rarely	10.8%
None of the time	2.4%
TOTAL	100%

<i>(xii) I've been feeling loved</i>	
All of the time	15.1%
Often	35.1%
Some of the time	33.3%
Rarely	12.3%
None of the time	4.2%
TOTAL	100%

<i>(xiii) I've been interested in new things</i>	
All of the time	12.6%
Often	33.7%
Some of the time	33.8%
Rarely	15.7%
None of the time	4.2%
TOTAL	100%

<i>(xiv) I've been feeling cheerful</i>	
All of the time	6.6%
Often	27.7%
Some of the time	42.6%
Rarely	18.4%
None of the time	4.7%
TOTAL	100%



Resilience & General Health

In general, how would you rate...?

<i>(i) Your ability to handle unexpected and difficult problems (a family or personal crisis)</i>	
Excellent	7.6%
Very Good	23.8%
Good	37.6%
Fair	22.5%
Poor	8.4%
TOTAL	100%

<i>(ii) Your ability to handle day-to-day demands in your life (work, family responsibilities)</i>	
Excellent	10.0%
Very Good	29.8%
Good	37.2%
Fair	18.2%
Poor	4.7%
TOTAL	100%

<i>(iii) Your physical health</i>	
Excellent	8.6%
Very Good	20.2%
Good	36.2%
Fair	24.8%
Poor	10.1%
TOTAL	100%

<i>(iv) Your mental health</i>	
Excellent	5.6%
Very Good	16.2%
Good	31.6%
Fair	31.4%
Poor	15.2%
TOTAL	100%

Relationships

Please indicate to what extent each statement describes your current relationships with others.

<i>(i) I have close relationships that provide me with a sense of emotional security and wellbeing.</i>	
Strongly Agree	26.8%
Agree	54.2%
Disagree	9.9%
Strongly disagree	4.9%
I don't know	4.2%
TOTAL	100%

<i>(ii) There is someone I could talk to about important decisions in my life.</i>	
Strongly Agree	38.6%
Agree	46.2%
Disagree	7.8%
Strongly disagree	4.1%
I don't know	3.4%
TOTAL	100%



<i>(iii) I have relationships where my competence and skill are recognized.</i>	
Strongly Agree	25.9%
Agree	54.7%
Disagree	9.8%
Strongly disagree	3.9%
I don't know	5.6%
TOTAL	100%

<i>(iv) I feel part of a group of people who share my attitudes and beliefs.</i>	
Strongly Agree	23.7%
Agree	52.2%
Disagree	12.5%
Strongly disagree	5.8%
I don't know	5.9%
TOTAL	100%

<i>(v) There are people I can count on in an emergency.</i>	
Strongly Agree	40.0%
Agree	46.0%
Disagree	5.9%
Strongly disagree	3.6%
I don't know	4.5%
TOTAL	100%



MENTAL HEALTH DEFICITS

Stress & obstacles related to academic progress.

Please indicate the degree to which the following factors pose, or have posed, an obstacle to your academic progress:

<i>(i) Financial pressures or work obligations</i>	
A major obstacle	28.1%
A minor obstacle	47.2%
Not an obstacle	24.8%
TOTAL	100%

<i>(ii) Personal or family problems</i>	
A major obstacle	19.3%
A minor obstacle	44.6%
Not an obstacle	36.1%
TOTAL	100%

<i>(iii) Your academic performance at your post-secondary institution</i>	
A major obstacle	25.7%
A minor obstacle	41.2%
Not an obstacle	33.2%
TOTAL	100%

<i>(iv) Course availability/scheduling</i>	
A major obstacle	14.2%
A minor obstacle	42.2%
Not an obstacle	43.6%
TOTAL	100%

<i>(v) Lack of good academic advising</i>	
A major obstacle	13.2%
A minor obstacle	39.2%
Not an obstacle	47.5%
TOTAL	100%

<i>(vi) Difficulties with academic workload</i>	
A major obstacle	37.7%
A minor obstacle	46.8%
Not an obstacle	15.5%
TOTAL	100%

<i>(vii) Language/cultural barriers</i>	
A major obstacle	5.5%
A minor obstacle	18.3%
Not an obstacle	76.3%
TOTAL	100%

<i>(viii) Difficulties associated with a disability or chronic health condition</i>	
A major obstacle	7.3%
A minor obstacle	16.3%
Not an obstacle	76.4%
TOTAL	100%



<i>(ix) Concerns about the COVID-19 pandemic</i>	
A major obstacle	26.2%
A minor obstacle	42.2%
Not an obstacle	31.6%
TOTAL	100%

<i>(x) Shift to online classes</i>	
A major obstacle	25.2%
A minor obstacle	39.6%
Not an obstacle	35.1%
TOTAL	100%

Mental wellbeing detriments.

Choose the answer that best represents how you have been feeling during the last 30 days:

<i>(i) How often did you feel tired out for no good reason?</i>	
All of the time	12.3%
Most of the time	28.9%
Some of the time	36.9%
A little of the time	17.3%
None of the time	4.6%
TOTAL	100%

<i>(ii) How often did you feel nervous?</i>	
All of the time	8.4%
Most of the time	26.2%
Some of the time	39.9%
A little of the time	20.9%
None of the time	4.6%
TOTAL	100%

<i>(iii) How often did you feel so nervous that nothing could calm you down?</i>	
All of the time	3.4%
Most of the time	9.6%
Some of the time	27.2%
A little of the time	30.4%
None of the time	29.4%
TOTAL	100%

<i>(iv) How often did you feel hopeless?</i>	
All of the time	4.9%
Most of the time	12.3%
Some of the time	29.4%
A little of the time	29.7%
None of the time	23.7%
TOTAL	100%

<i>(v) How often did you feel restless or fidgety?</i>	
All of the time	9.2%
Most of the time	20.8%
Some of the time	35.4%
A little of the time	24.6%
None of the time	10.0%
TOTAL	100%

<i>(vi) How often did you feel so restless you could not sit still?</i>	
All of the time	4.3%
Most of the time	11.5%
Some of the time	28.5%
A little of the time	28.4%
None of the time	27.3%
TOTAL	100%



<i>(vii) How often did you feel depressed?</i>	
All of the time	6.0%
Most of the time	14.4%
Some of the time	30.1%
A little of the time	30.6%
None of the time	19.0%
TOTAL	100%

<i>(viii) How often did you feel that everything was an effort?</i>	
All of the time	10.2%
Most of the time	20.6%
Some of the time	33.9%
A little of the time	25.0%
None of the time	10.2%
TOTAL	100%

<i>(ix) How often did you feel so sad that nothing could cheer you up?</i>	
All of the time	3.1%
Most of the time	8.9%
Some of the time	25.7%
A little of the time	29.9%
None of the time	32.3%
TOTAL	100%

<i>(x) How often did you feel worthless?</i>	
All of the time	5.7%
Most of the time	10.2%
Some of the time	23.2%
A little of the time	25.9%
None of the time	34.9%
TOTAL	100%

Loneliness

For each one, select how often you feel that way.

<i>(i) How often do you feel that you lack companionship?</i>	
Often	20.7%
Some of the time	50.7%
Hardly ever	28.6%
TOTAL	100%

<i>(ii) How often do you feel left out?</i>	
Often	18.4%
Some of the time	51.6%
Hardly ever	30.0%
TOTAL	100%

<i>(iii) How often do you feel isolated from others?</i>	
Often	25.6%
Some of the time	49.1%
Hardly ever	25.3%
TOTAL	100%



Suicidal Ideation

<i>In the past 12 months, have you ever seriously contemplated suicide?</i>	
Yes	9.6%
No	80.5%
I prefer not to answer	10.0%
TOTAL	100%

If answered yes to contemplated suicide:

<i>In the past 12 months, have you ever made a plan to seriously attempt suicide?</i>	
Yes	25.6%
No	64.2%
I prefer not to answer	10.1%
TOTAL	100%

HEALTH SERVICE UTILIZATION/HELP SEEKING

Knowledge and opinions about health services available on- and off- campus.

How much do you agree with the following statements?

<i>If I needed to seek professional help for my mental or emotional health, I would know where to access campus-based resources (online or in-person).</i>	
Strongly agree	14.9%
Agree	31.2%
Somewhat agree	29.1%
Somewhat disagree	10.1%
Disagree	10.2%
Strongly disagree	4.4%
TOTAL	100%

<i>If I needed to seek professional help for my mental or emotional health, I would know where to go off campus.</i>	
Strongly agree	11.6%
Agree	20.8%
Somewhat agree	24.0%
Somewhat disagree	15.7%
Disagree	18.5%
Strongly disagree	9.3%
TOTAL	100%

<i>I feel comfortable seeking support for mental health issues online.</i>	
Strongly agree	11.6%
Agree	26.3%
Somewhat agree	27.9%
Somewhat disagree	15.3%
Disagree	12.2%
Strongly disagree	6.6%
TOTAL	100%

<i>If I needed to seek professional help for my physical health, I would know where to go off campus.</i>	
Strongly agree	21.7%
Agree	33.9%
Somewhat agree	21.9%
Somewhat disagree	10.4%
Disagree	8.6%
Strongly disagree	3.3%
TOTAL	100%



<i>If I needed to seek professional help for my physical health, I would know where to access campus-based resources (online or in-person).</i>	
Strongly agree	17.7%
Agree	30.1%
Somewhat agree	23.8%
Somewhat disagree	11.5%
Disagree	10.4%
Strongly disagree	4.9%
Not applicable	1.8%
TOTAL	100%

<i>There is a good support system on campus for students going through difficult times.</i>	
Strongly agree	6.2%
Agree	18.9%
Somewhat agree	28.6%
Somewhat disagree	15.2%
Disagree	10.3%
Strongly disagree	6.7%
I don't know	14.2%
TOTAL	100%

<i>Are you aware of mental health outreach efforts on your campus (such as educational programs, awareness events, anti-stigma campaigns, screening days)?</i>	
Yes	56.1%
No	43.9%
TOTAL	100%

<i>Do you use campus health services for your primary care (such as routine check-ups with a doctor)?</i>	
Yes	14.5%
No	74.6%
Not Applicable	10.9%
TOTAL	100%

<i>If you were experiencing serious emotional distress, whom would you talk to about this? Select all that apply*.</i>	
Professional clinician	31.8%
Roommate	31.0%
Friend (who is not roommate)	61.4%
Significant other	33.3%
Family member	57.8%
Religious counsellor or other religious contact	4.9%
Support group	4.2%
Professor or instructor	5.2%
Other non-clinical source	1.1%
I don't have anyone to talk to about this	3.3%
I prefer not to talk to anyone about this	8.9%

**Multiple responses possible. Total will exceed 100%.*



HEALTH BEHAVIOURS

Sleep

During the past week, what time have you usually turned out the light and gone to sleep on weekends?

- 24hrs in 30min intervals

During the past week, what time have you usually woken up in the morning on weekends?

- 24hrs in 30min intervals

<i>Weekends: Calculated number of hours of sleep based on the sleep and wake times.</i>	
< 7 hours	8.3%
7-9 hours	66.0%
> 9 hours	25.7%
TOTAL	100%

<i>Students meeting the recommended sleep guidelines for adults (7-9 hours) on weekends.</i>	
Within Sleep Guidelines (7-9 hours)	66.0%
Outside Sleep Guidelines (<7 hours or >9 hours)	34.0%
TOTAL	100%

During the past week, what time have you usually turned out the light and gone to sleep on weekdays?

- 24hrs in 30min intervals

During the past week, what time have you usually woken up in the morning on weekdays?

- 24hrs in 30min intervals

<i>Weekdays: Calculated number of hours of sleep based on the sleep and wake times.</i>	
< 7 hours	17.0%
7-9 hours	69.3%
> 9 hours	13.7%
TOTAL	100%

<i>Students meeting the recommended sleep guidelines for adults (7-9 hours) on weekdays.</i>	
Within Sleep Guidelines (7-9 hours)	69.3%
Outside Sleep Guidelines (<7 hours or >9 hours)	30.7%
TOTAL	100%

<i>During the past week, how would you rate your sleep quality overall (how well you sleep)?</i>	
Very good	13.1%
Fairly good	59.0%
Fairly bad	22.9%
Very bad	5.1%
TOTAL	100%



Physical Activities

Time spend being physically active in the last 7 days and organized sports within the last 12 months.

Please think about the activities you do at work, at home, to get from place to place, and in your spare time for recreation, exercise, or sport.

During the last 7 days, on how many days did you do <u>vigorous</u> physical activities like heavy lifting, digging, aerobics, or fast bicycling?	
0 days	47.4%
1 day	13.6%
2 days	11.6%
3 days	10.4%
4 days	5.6%
5 days	6.8%
6 days	2.3%
7 days	2.3%
TOTAL	100%



If answered yes to <u>vigorous</u> physical activity for 1-7 days, below is the average time spent doing <u>vigorous</u> physical activity per week. Students who reported vigorous activity for at least one day were asked "How much time did you usually spend doing vigorous activities on one of those days". This was multiplied by the number of days to estimate the average time/week each student spent doing vigorous activity.	
0 minutes-hours/week	47.9%
1 minute-2 hours/week	21.1%
2-4 hours/week	12.6%
4-6 hours/week	7.8%
6-8 hours/week	3.5%
8-10 hours/week	3.3%
10-12 hours/week	1.6%
12-14 hours/week	0.5%
14-16 hours/week	0.9%
16-20 hours/week	0.5%
18-20 hours/week	0.0%
20-22 hours/week	0.3%
TOTAL	100%

During the last 7 days, on how many days did you do <u>moderate</u> physical activities like carrying light loads, bicycling at a regular pace or doubles tennis?	
0 days	21.1%
1 day	11.5%
2 days	16.0%
3 days	17.0%
4 days	10.3%
5 days	10.1%
6 days	3.2%
7 days	10.8%
TOTAL	100%



If answered yes to <u>moderate</u> physical activity for 1-7 days, below is the average time spent doing <u>moderate</u> physical activity per week. Students who reported moderate activity for at least one day were asked "How much time did you usually spend doing moderate activities on one of those days". This was multiplied by the number of days to estimate the average time/week each student spent doing moderate activity.	
0 minutes-hours/week	22.7%
1 minute-2 hours/week	27.9%
2-4 hours/week	19.7%
4-6 hours/week	11.8%
6-8 hours/week	5.9%
8-10 hours/week	4.0%
10-12 hours/week	2.6%
12-14 hours/week	2.3%
14-16 hours/week	1.0%
16-20 hours/week	0.6%
18-20 hours/week	0.1%
20-22 hours/week	1.3%
TOTAL	100%



During the past week, how many times did you do physical activities or exercises to strengthen your muscles? Count activities using your own body weight like sit-ups or push-ups and those using weight machines, free weights, or elastic bands.

0 days	52.3%
1 day	11.5%
2 days	10.8%
3 days	9.4%
4 days	5.7%
5 days	5.8%
6 days	1.6%
7 days	2.9%
TOTAL	100%

Within the last 12 months, have you participated in organized sports at any of the following levels? Select all that apply*.

Varsity	3.2%
Club/community sports	13.7%
Intramurals	11.9%
I don't participate in organized sports	71.3%

**Multiple responses possible. Total will exceed 100%.*



Sedentary Behaviour

SCREEN TIME: Sedentary behaviour (sitting, reclining, lying down, etc.) with screen time in the last 7 days. Sleeping or napping excluded; using computer for work or school excluded.

<i>On a typical <u>weekday</u> in the past week, how much time did you spend...(i) sitting, reclining, or lying down and watching TV or using a computer or tablet or smartphone during your free time?</i>	
0 - 3 hours	36.0%
3 - 6 hours	39.8%
6 - 9 hours	14.3%
>9 hours	10.0%
TOTAL	100%

TRAVEL TIME: Sitting while commuting in the last 7 days.

<i>On a typical <u>weekday</u> in the past week, how much time did you spend...(ii) sitting while driving in a car, bus, or train?</i>	
0 - 0.5 hours	57.1%
0.5 - 1 hours	22.4%
1 - 1.5 hours	3.9%
1.5 - 2 hours	7.7%
2 - 2.5 hours	1.9%
>2.5 hours	7.1%
TOTAL	100%

SITTING TIME: Time spend sitting for school or work, at home, while doing course work, and during leisure time during the last 7 days. Time sitting at a desk, visiting friends, reading, or sitting or lying down to watch television included.

<i>During the last 7 days, how much time did you usually spend sitting during the full day?</i>	
0 - 8 hours	40.5%
8 - 12 hours	44.6%
>12 hours	14.8%
TOTAL	100%



SEXUAL HEALTH BEHAVIOURS

<i>Have you ever engaged in sexual activity? (including manual, digital, oral, vagina, or anal sexual activity)</i>	
Yes	45.1%
No	42.4%
I prefer not to answer	12.5%
TOTAL	100%

If answered yes to sexual activity:

<i>How often do you or your partner(s) use a protective barrier (e.g., external or internal condom, dam, glove) when you engage in sexual activity?</i>	
Always or almost always	50.1%
Sometimes	11.4%
Rarely	10.3%
Never	20.1%
I don't know	1.1%
I prefer not to answer	6.9%
TOTAL	100%

If answered yes to sexual activity:

<i>How satisfied are you with your overall sexual life?</i>	
Very satisfied	30.5%
Moderately satisfied	33.6%
About equally satisfied and dissatisfied	15.0%
Moderately dissatisfied	11.0%
Very dissatisfied	5.4%
I prefer not to answer	4.5%
TOTAL	100%



SUBSTANCE USE

Alcohol

<i>During the past 30 days, how often have you had 4 or more drinks (female biological sex) OR 5 or more drinks (male biological sex) on one occasion?</i>	
Daily or almost daily	0.6%
2 to 5 times a week	3.0%
Once a week	7.2%
2 to 3 times in the past 30 days	10.6%
Once in the past 30 days	11.2%
Not in the past 30 days	27.7%
I do not drink alcohol	37.0%
I don't know	0.7%
I prefer not to answer	2.0%
TOTAL	100%

Cannabis

<i>In the past 12 months, have you used cannabis?</i>	
Yes	27.1%
No	69.2%
I don't know	0.7%
I prefer not to answer	2.9%
TOTAL	100%

If answered yes to cannabis use:

<i>In the past 30 days, how often did you use cannabis?</i>	
Not in the past 30 days	34.9%
1 day in the past 30 days	16.0%
2 or 3 days in the past 30 days	18.2%
1 or 2 day(s) per week	12.4%
3 or 4 days per week	5.6%
5 or 6 days per week	4.3%
Daily	7.8%
I don't know	0.3%
I prefer not to answer	0.6%
TOTAL	100%



Pain Relievers

<i>In the past 12 months, have you used any pain relievers?</i>	
Yes	30.5%
No	66.1%
I don't know	1.5%
I prefer not to answer	2.0%
TOTAL	100%

If answered yes to using pain relievers:

<i>During the past 12 months, have you used pain relievers for reasons other than for pain relief?</i>	
Yes	10.2%
No	88.0%
I don't know	0.9%
I prefer not to answer	0.9%
TOTAL	100%

If answered yes to using pain relievers:

<i>During the past 12 months, were the pain relievers you have used prescribed for you?</i>	
Yes, they were all prescribed	23.0%
Some were prescribed and others were not	9.7%
No, none were prescribed	62.2%
I don't know	3.6%
I prefer not to answer	1.4%
TOTAL	100%

Stimulants

<i>In the past 12 months, have you used any stimulants?</i>	
Yes	3.7%
No	93.8%
I don't know	0.8%
I prefer not to answer	1.8%
TOTAL	100%



If answered yes to using stimulants:

<i>During the past 12 months, did you use stimulants for reasons other than why they are recommended?</i>	
Yes	33.3%
No	63.7%
I don't know	1.5%
I prefer not to answer	1.5%
TOTAL	100%

If answered yes to using stimulants:

<i>During the past 12 months, were all the stimulants you have used prescribed to you?</i>	
Yes, they were all prescribed	66.2%
Some were prescribed and others were not	3.6%
No, none were prescribed	27.3%
I don't know	0.7%
I prefer not to answer	2.2%
TOTAL	100%

Tobacco

<i>Which of the following best applies to you?</i>	
I have never been a smoker (ie. smoked for a year or more)	87.6%
I stopped smoking completely more than a year ago	2.1%
I have stopped smoking completely in the last year	1.3%
I do not smoke cigarettes at all, but I do smoke tobacco of some kind	2.2%
I smoke cigarettes (including hand-rolled), but not every day	2.4%
I smoke cigarettes (including hand-rolled) every day	0.6%
I don't know	1.3%
I prefer not to answer	2.4%
TOTAL	100%



E-cigarettes/vaping

<i>During the past 30 days, how often did you use an e-cigarette or vaping device?</i>	
Never	86.0%
Not in the past 30 days, but from time to time	4.4%
Less than weekly, but at least once in the past 30 days	2.7%
Less than daily, but at least once a week	1.8%
Daily or almost daily	2.8%
I don't know	0.5%
I prefer not to answer	1.8%
TOTAL	100%

If answered daily, less than daily, or less than weekly to e-cigarette/vaping use:			
<i>On how many of the past 30 days did you...</i>	<i>vape an e-liquid with nicotine?</i>	<i>vape cannabis/marijuana?</i>	<i>vape just flavouring (without nicotine)?</i>
0 days	16.5%	53.8%	85.6%
1-5 days	36.8%	24.8%	9.5%
6-10 days	9.0%	7.1%	2.7%
11-15 days	6.4%	3.4%	0.8%
16-20 days	4.1%	1.9%	0.0%
21-25 days	4.5%	2.6%	0.4%
26-29 days	3.0%	1.1%	0.0%
30 days (daily)	19.5%	5.3%	1.1%
TOTAL	100%	100%	100%



FOOD SECURITY

Select whether the statement was often true, sometimes true, or never true for you in the last 12 months. If you are in first-year or a new student, only think about the time since you enrolled at your current post-secondary institution.

<i>The food that (I/we) bought just didn't last, and (I/we) didn't have money to get more.</i>	
Often true	2.2%
Sometimes true	10.9%
Never true	80.0%
I don't know	4.3%
I prefer not to answer	2.5%
TOTAL	100%

<i>I couldn't afford to eat balanced meals.</i>	
Often true	5.2%
Sometimes true	17.3%
Never true	72.2%
I don't know	3.2%
I prefer not to answer	2.0%
TOTAL	100%

<i>Did you ever cut the size of your meals or skip meals because there wasn't enough money for food? (reduced meals)</i>	
Yes	17.5%
No	82.5%
TOTAL	100%

<i>Did you ever eat less than you felt you should because there wasn't enough money for food?</i>	
Yes	16.6%
No	78.5%
I don't know	4.8%
TOTAL	100%

If yes to reduced meals (above):

<i>How often did this happen?</i>	
Almost every month	25.0%
Some months but not every month	29.3%
Only 1 or 2 months	25.4%
I don't know	15.4%
I prefer not to answer	4.8%
TOTAL	100%

<i>Were you ever hungry but didn't eat because there wasn't enough money for food?</i>	
Yes	10.6%
No	85.2%
I don't know	4.2%
TOTAL	100%



DEMOGRAPHICS

What is your age (in years)?	
Under 20	31.7%
20-24	55.2%
25-29	7.7%
30-34	2.9%
Over 35	2.5%
TOTAL	100%

The Canadian Census identifies the following categories in its Census of the Population. Please indicate how you self-identify*.	
Indigenous (within Canada)	0.6%
Indigenous (outside Canada)	0.4%
Arab	3.0%
Black	2.8%
Chinese	30.1%
Filipino	2.0%
Japanese	0.6%
Korean	2.1%
Latin, Central, or South American	2.0%
South Asian	20.4%
Southeast Asian	3.3%
West Asian	2.4%
White	35.4%
Other race identity	2.3%

*Multiple responses possible. Total will exceed 100%.

If answered yes Indigenous people of Canada:

Which Canadian Indigenous group do you identify with the most?	
First Nation	94.7%
Metis	0.0%
Inuit	0.0%
I prefer not to answer	5.3%
TOTAL	100%



<i>Were you born in Canada?</i>	
Yes	57.0%
No	41.8%
I prefer not to answer	1.3%
TOTAL	100%

If answered no to born in Canada:

<i>What was the earliest year you attended school in Canada?</i>	
Kindergarten	19.8%
Grade 1-4	11.6%
Grade 5-8	10.7%
Grade 9-10	8.7%
Grade 11-12	9.7%
Not applicable	39.5%
TOTAL	100%

<i>Were either of your parents/guardians born outside of Canada?</i>	
Yes	71.5%
No	26.9%
I prefer not to answer	1.5%
TOTAL	100%

<i>Are you currently living in the province/territory where your institution is located?</i>	
Yes	92.8%
No	6.1%
I prefer not to answer	1.0%
TOTAL	100%

<i>Is your living situation different than planned as a result of the COVID-19 pandemic?</i>	
Yes	41.7%
No	55.5%
I prefer not to answer	2.8%
TOTAL	100%



Where do you currently live?	
University or college residence	15.7%
Other on-campus housing	2.5%
Off-campus with family	32.3%
Off-campus alone	8.5%
Off-campus with friends or roommates	38.2%
I do not have stable housing	0.2%
I prefer not to answer	2.5%
TOTAL	100%

If answered off-campus, no stable housing, or prefer not to answer to where do you currently live:

How do you commute to campus? Select the mode of transport you use most often.	
Vehicle (alone)	13.8%
Vehicle (carpool)	4.7%
Walk	34.2%
Bicycle	1.1%
Public transit	23.8%
Other	0.6%
Not applicable (e.g. distance ed., co-op, online)	21.8%
TOTAL	100%

How long is your commute to campus (one-way)?	
0-30 mins	65.0%
31-60 mins	9.5%
Over 60 mins	8.1%
Not applicable	17.4%
TOTAL	100%

What is your average grade to date (cumulative grade)?	
90-100% (A+)	18.8%
85-89% (A)	26.9%
80-84% (A-)	27.5%
76-79% (B+)	12.7%



72-75% (B)	6.9%
68-71% (B-)	2.6%
64-67% (C+)	1.3%
60-63% (C)	0.6%
55-59% (C-)	0.2%
50-54% (D)	0.1%
0-49%	0.4%
I prefer not to answer	2.1%
TOTAL	100%

<i>Are you currently or were you over the last month in a co-op placement, practicum, residency, or study abroad term?</i>	
Yes	44.4%
No	55.6%
TOTAL	100%

<i>What is the average number of hours you work per week during the school year (paid employment only)?</i>	
0 hours	38.5%
1-10 hours	20.7%
11-15 hours	4.6%
16-20 hours	6.1%
21-25 hours	1.8%
26-30 hours	1.9%
31-35 hours	6.4%
36-39 hours	5.4%
40 hours	14.5%
TOTAL	100%

<i>To what extent, if at all, have you experienced financial stress due to your tuition and living expenses while at your current post-secondary institution?</i>	
A great deal of financial stress	11.9%
Quite a bit of financial stress	16.6%
Some financial stress	32.6%
Very little financial stress	25.5%
No financial stress at all	13.5%
TOTAL	100%



<i>What is your gender identity?</i>	
Woman	56.4%
Non-Binary	1.8%
Two-Spirit	0.0%
Man	39.7%
I prefer not to answer	2.0%
TOTAL	100%

<i>Are you someone with trans experience (meaning that your gender identity does not align with your sex assigned at birth)?</i>	
Yes	1.9%
No	95.3%
I prefer not to answer	2.8%
TOTAL	100%

<i>Do you identify as:</i>	
Heterosexual/Straight	75.2%
Gay/Lesbian	2.7%
Bisexual	8.4%
Pansexual	1.3%
Asexual	1.7%
Queer	1.5%
Two-spirited	0.0%
Questioning/unsure	3.6%
Other sexual orientation	0.9%
I prefer not to answer	4.6%
TOTAL	100%

<i>How would you characterize your current relationship status?</i>	
Single	63.5%
In a relationship	29.7%
Married, in a domestic relationship, or engaged	5.5%
Divorced or separated	0.3%
Widowed	0.1%
Other	0.9%
TOTAL	100%



<i>Do you have any of the following disabilities or ongoing medical conditions that have affected your everyday functioning? Select all that apply*.</i>	
Not applicable - I don't have a disability or ongoing medical condition	67.6%
Physical disability	1.6%
Blind/visually impaired	2.0%
Deaf/hard of hearing	0.6%
Mental health condition	15.9%
Neurological	6.8%
Chronic health condition	2.5%
Another condition not listed above	3.3%
I prefer not to answer	7.5%

**Multiple responses possible. Total will exceed 100%.*

If you selected at least one disability or other condition:

<i>Do you currently receive accommodation for this disability or ongoing medical condition at your institution?</i>	
Yes	23.8%
No	73.4%
I prefer not to answer	2.8%
TOTAL	100%

<i>What is the highest level of formal education obtained by your parent(s)/guardian(s)?</i>	
High school or less	14.1%
Completed a college program	13.6%
Completed a university degree	38.8%
Completed a graduate or other professional degree	28.0%
I don't know	2.0%
I prefer not to answer	2.5%
Not applicable	1.1%
TOTAL	100%

*Thank you for your interest in the CCWS and student wellbeing at University of Waterloo.
Please direct questions, concerns, or feedback to sandra.gibson@uwaterloo.ca.
Sandra Gibson (she/her) | Campus Wellness | University of Waterloo.*