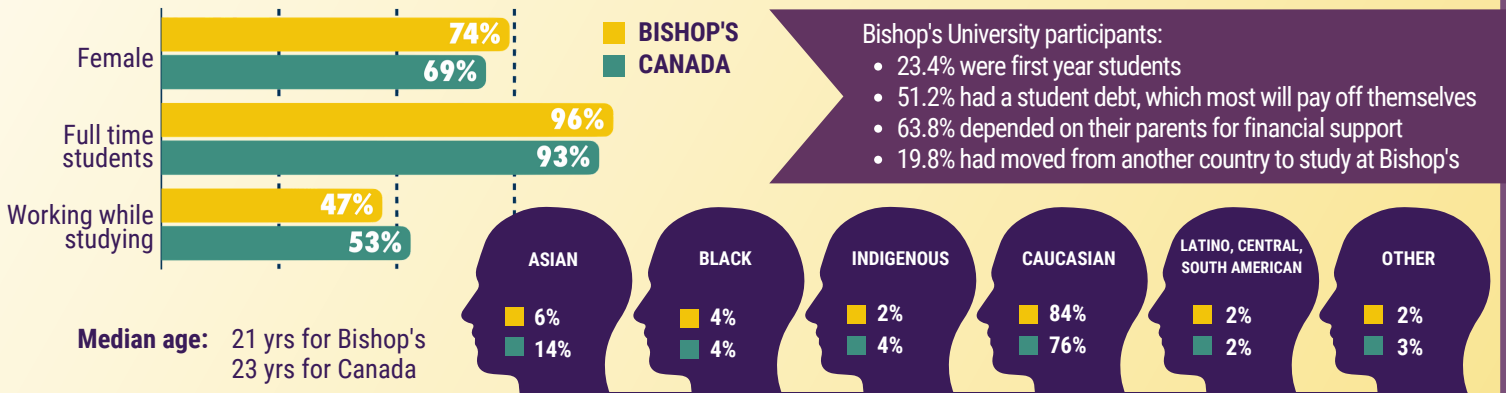


# MY HEALTH, YOUR HEALTH, OUR HEALTH

## at Bishop's University

This infographic presents results of a recent study on student mental health and risk behaviour, conducted in November 2018 and February 2019. In total, 208 students completed the survey. Results are compared to a national survey\* conducted in 41 Canadian universities in 2016.

### PARTICIPANT PROFILE

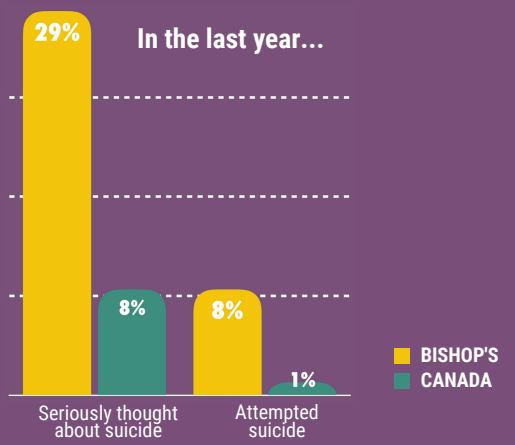
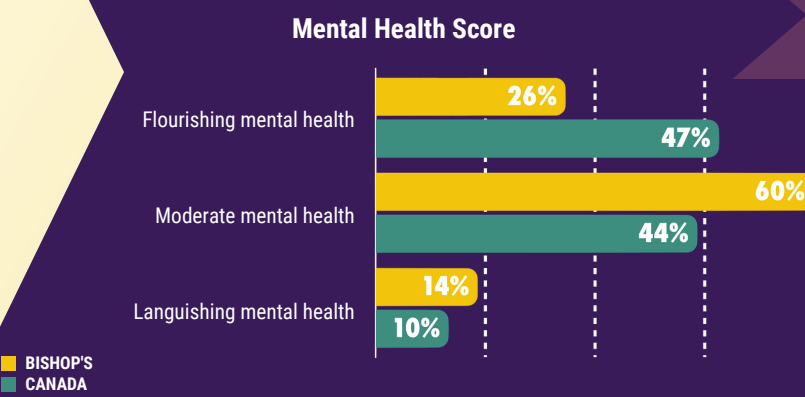


### RESULTS

Mental health scores for Bishop's participants were similar to students in Canadian universities.

- 58% were dissatisfied with their body image or size
- 47% had lost more than usual sleep because of worry in the last month
- 41% reported binge-eating

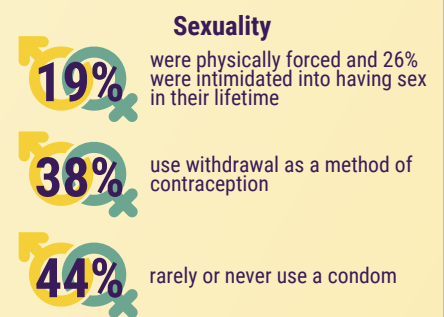
However, more report suicidal thoughts and attempts.



Many reported being a victim of bullying in the last year:

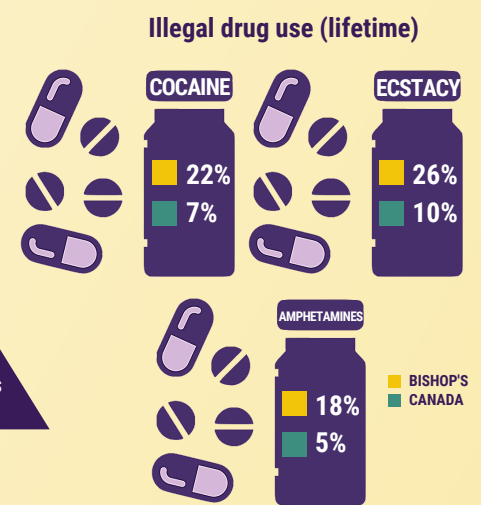
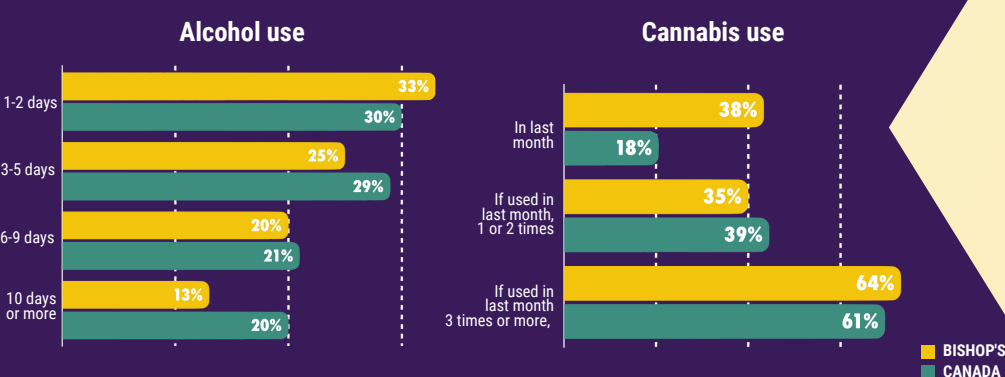


- 56% were ridiculed or mocked
- 48% were told mean things about their body shape, weight or appearance
- 40% were verbally threatened
- 25% were told mean things about their race or culture

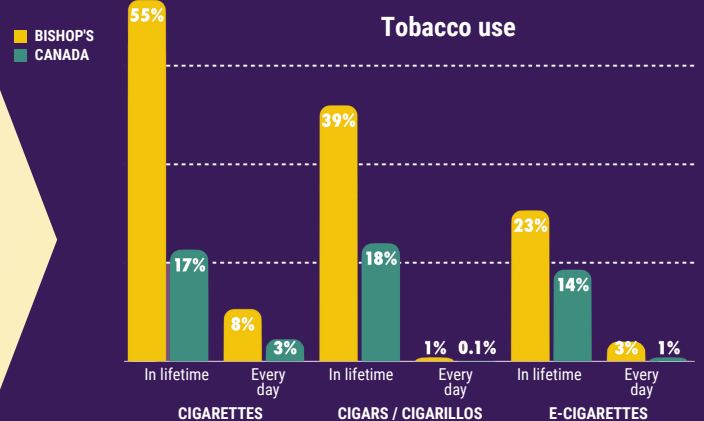
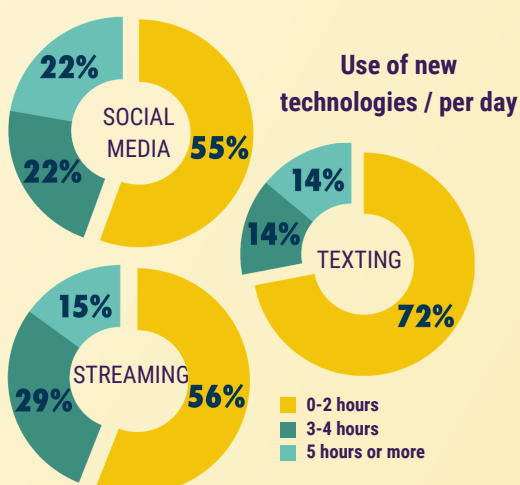


Alcohol and cannabis use in the month preceding the survey...

- Overall, 5% of BU participants have never consumed alcohol and 32% have never consumed cannabis, as compared to 16% and 58% respectively in Canadian Universities.



New technologies are an important part of life, but to what extent have they become a distraction?



40% of BU participants reported vaping in their lifetime

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