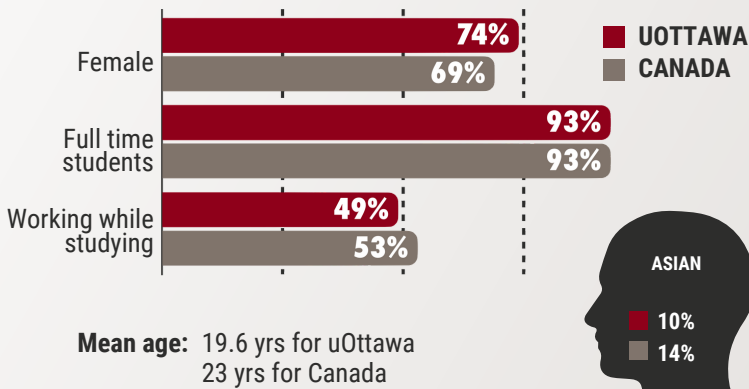


MY HEALTH, YOUR HEALTH, OUR HEALTH

at uOttawa

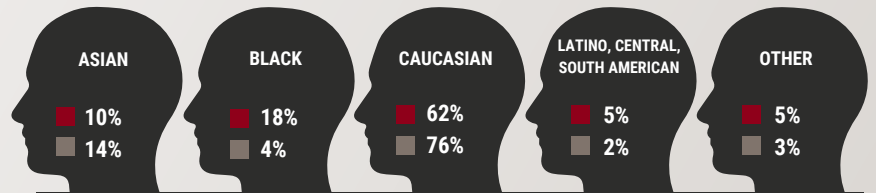
This infographic presents results of a recent study on student mental health and risk behaviour, conducted in November 2018 and February 2019. In total, 328 students completed the survey. Results are compared to a national survey* conducted in 41 Canadian universities in 2016.

PARTICIPANT PROFILE



uOttawa participants:

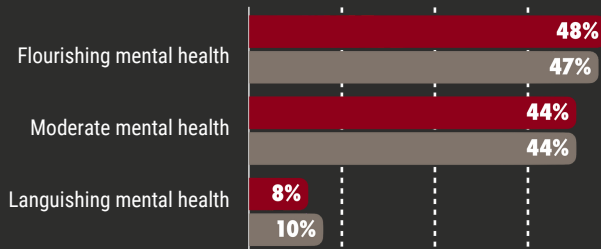
- 71% were first year students
- 53% had a student debt, which most will pay off themselves
- 74% depended on their parents for financial support
- 17% had moved from another country to study at uOttawa



RESULTS

Mental health scores for uOttawa participants were similar to students in Canadian universities.

Mental Health Score

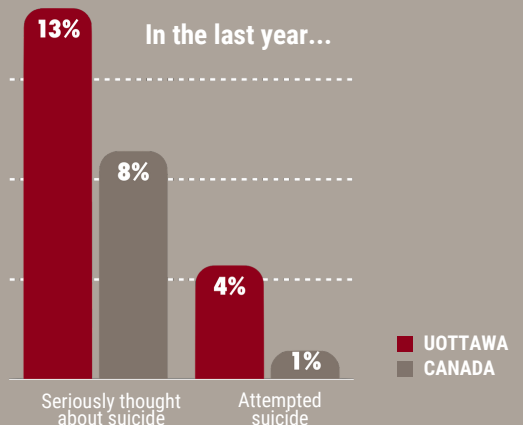


Many reported being a victim of bullying in the last year:

- 50% were ridiculed or mocked
- 39% were told mean things about their body shape, weight or appearance
- 33% were verbally threatened
- 25% were told mean things about their race or culture



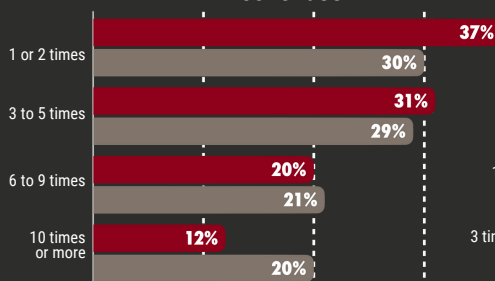
However, more report suicidal thoughts and attempts.



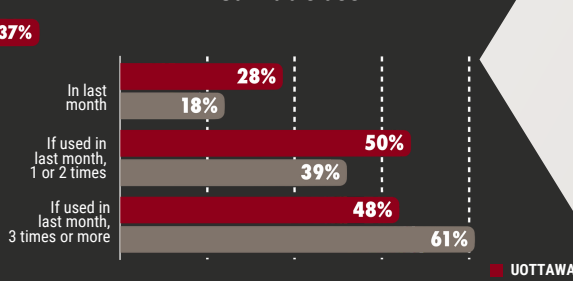
Alcohol and cannabis use in the month preceding the survey...

- Overall, 19% of uOttawa participants have never consumed alcohol and 52% have never consumed cannabis, as compared to 16% and 58% respectively in Canadian Universities.

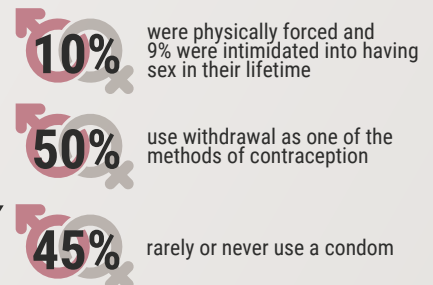
Alcohol use



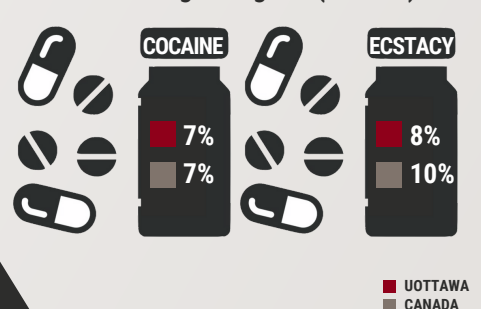
Cannabis use



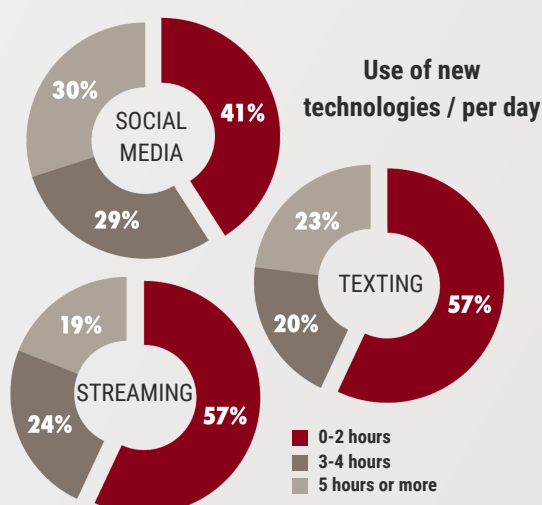
Sexuality



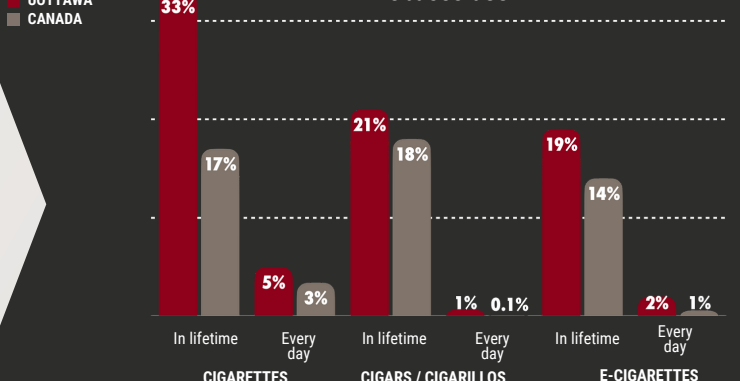
Illegal drug use (lifetime)



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



Tobacco use



36% of uOttawa participants reported vaping in their lifetime

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