

# Wellbeing Quick Look



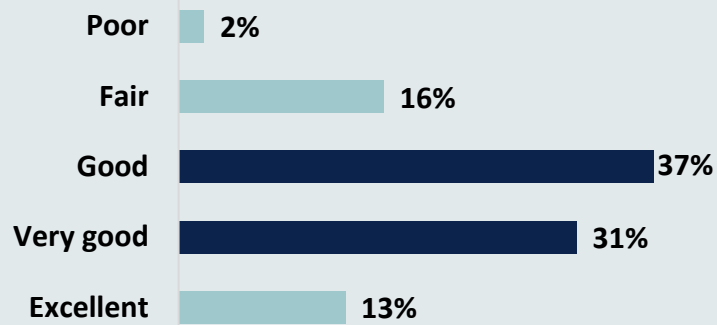
CAMPUS HEALTH

Undergraduate Health and Wellness Survey 2024 (N= 4,567)

## Key Insights:

- ✓ Majority of students reported that their **overall physical health** was good or very good.
- ✓ Over **half of students** considered themselves to be **physically active**.
- ✓ On average, **students** reported **not getting enough sleep on 3 out of the past 7 days**.
- ✓ **32% of students** had or currently suffer from **disordered eating**.
- ✓ **More than half** of students said that **weight affects how they feel about themselves**.
- ✓ **18% of students** reported receiving the **primary COVID vaccine series and all recommended boosters**.
- ✓ **77% of students** reported that they have felt the need to **cut down or limit** their **cellphone usage**.

## Self-reported overall physical health:



On average, students reported getting enough sleep on **4 out of the past 7 days**



**56%** of U of A students consider themselves to be **physically active**

On average students reported exercising on **3 out of the past 7 days**

- 32%** of students had or currently suffer from **disordered eating**
- 42%** of students **compare their food/body to social media, negatively** impacting their **mental wellbeing**
- 61%** of students reported that **weight** affects the **way they feel about themselves**



**20%** of students reported **not eating** due to **insufficient money** in the last 12 months

## Hours Spent on Cell Phone per Day

