



NAME OF METRIC

	Okanagan	Vancouver
	2012/13	2012/13
% of students who reported being in good, very good or excellent health	89%	88%
% of students who reported being in very good or excellent health	53%	53%

Description

% of UBC students who reported good, very good or excellent health on the National College Health Assessment, Spring 2013 (NCHA 2013). Includes undergraduate and graduate students and both domestic and international.

Person with lead responsibility for this metric: Director, VPS Portfolio Initiatives; Director, Campus Research and Analysis

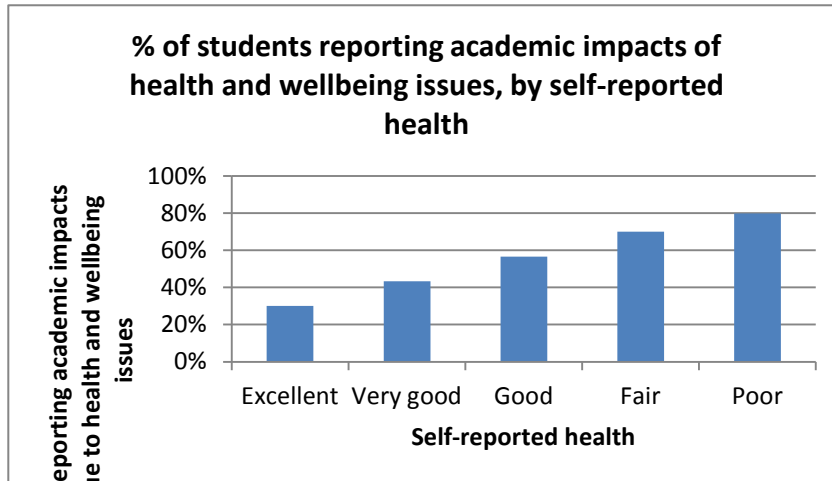
Data collection will be from: National College Health Assessment (NCHA 2013)

Date: May 1 to April 30 (Academic Year)

Explanation of Results

The physical health and wellbeing of students is a key foundation for academic success. Students who report better health are less likely to report academic impacts (e.g. lower grades on papers or courses, incomplete courses; significant disruption to study) from physical and mental health issues (e.g. cold or flu; anxiety; depression; sleep difficulties).

The graphic below shows this relationship. Of the students who reported "excellent" health on the NCHA 2013, only 30% reported any academic impacts due to physical or mental health issues. Students reporting "good," "fair," or "poor" health were much more likely to report academic impacts due to physical or mental health issues (57%, 70% and 80% respectively).



UBC currently supports student health and wellbeing through the Student portfolios on each campus, including the provision of food, recreation programming, community building, counselling and health services, orientation and transition programming.

Recommended Action

UBC will be developing a Health and Wellbeing strategy to more collectively and intentionally support UBC students to address their health and wellbeing, encourage the development of positive health and wellbeing in our graduates, and reduce the academic impacts of health and wellbeing issues throughout the course of one's degree. This will systematically and strategically drive UBC toward greater integration of health and wellbeing for students, faculty and staff. The Health and Wellbeing strategy is to be delivered in the 2013/14 year.