Physical Health and Wellness
Many students reported physical health problems in the last 12 months

- 32% had communicable illnesses (flu, colds, asthma, etc)
- 26% had back pain and stress injuries
- 15% cope with chronic physical conditions

Sleep
Students reported not getting enough sleep

- 34% of students felt rested only 2 days/week
- 40% of students reported sleepiness during the day as a problem
- Sleep is disrupted by stress, depression, anxiety

Nutrition and Fitness
Overall 70% of students reported having a healthy weight

- 57% of students engaged in moderate exercise 4+ days/week
- BUT, only 18% of students reported eating enough fruits and vegetables

Percentage of students reporting number of daily fruit and vegetable servings

- 0-2 servings: 33.7%
- 3-4 servings: 50.9%
- 5+ servings: 15.4%

Data showed
More SLEEP = BETTER GRADES!

For more information about the study and full data set, please contact Dr. J. Burgess, Principal Investigator, at jburgess@uvic.ca

University Health Services website: www.health.uvic.ca