

Physical Health Quick Look



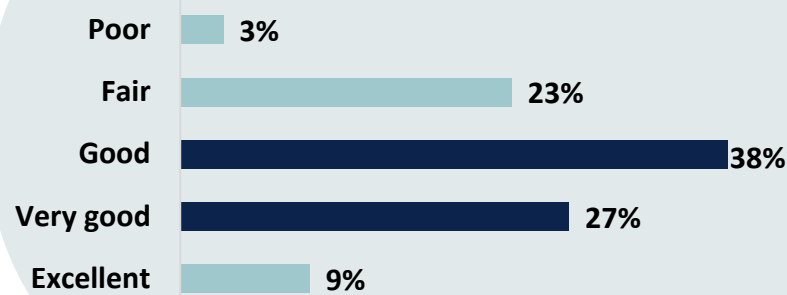
CAMPUS HEALTH

Graduate Health and Wellness Survey 2025 (N= 316)

Key Insights:

- ✓ Majority of graduate students (65%) reported that their overall physical health was good or very good.
- ✓ Nearly 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.
- ✓ 27% of students had or currently suffer from disordered eating (e.g., restricted eating, over-exercising, binge eating, vomiting, misuse of laxatives, shame around eating, etc.).
- ✓ Over half of graduate students reported that weight negatively affects how they feel about themselves.
- ✓ 27% of students reported receiving the primary COVID vaccine series and all recommended boosters.
- ✓ 79% of students reported that they have felt the need to cut down or limit their cellphone usage.

Self-reported overall physical health:



45% of U of A students consider themselves to be physically active



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

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

27% of students had or currently suffer from disordered eating

38% of graduate students compare their food/body to social media, negatively affecting their mental wellbeing



56% of students reported that weight negatively affects the way they feel about themselves

11% of graduate students reported not eating due to insufficient money in the last 12 months

Hours Spent on Cell Phone per Day

