

Physical Health Quick Look

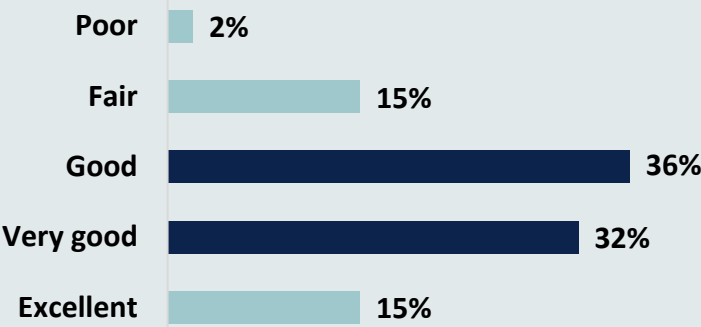


Undergraduate Health and Wellness Survey 2026 (n= 4,415)

Key Insights:

- ✓ Majority of students (68%) 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.
- ✓ 31% of students have ever or currently have disordered eating behaviors (e.g., restricted eating, over-exercising, binge eating, vomiting, misuse of laxatives, shame around eating, etc.).
- ✓ Half of students reported that weight negatively affects how they feel about themselves.
- ✓ 28% of students reported placing a bet or gambled on anything for money since August 2025.
- ✓ 82% of students reported that they have felt the need to cut down or limit their cellphone usage.

Self-reported overall physical health:



58% 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 students reported exercising on **4 out of the past 7 days**

31% of students have ever or currently have **disordered eating behaviors**

44% of students **compare their food/body to social media, negatively** affecting their **mental wellbeing**

50% of students reported that **weight negatively** 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

