

Wellness Wants and Needs of the Campus Community

Survey Results, Spring 2013

Report prepared by the
Office of Institutional Research and Assessment
for the
Co-Curricular Health & Wellness Planning Team

Clara Chapman

From: Rachel RobertsLakes
Sent: Wednesday, February 13, 2013 4:00 PM
To: #Faculty; #Staff; #Students
Subject: Time to Dream Big . . . Wellness Ideas Wanted!

We want your ideas for improving health and wellness for the campus community!

The Co-Curricular Health and Wellness Planning Team is comprised of faculty, staff and student representatives, and is gathering ideas for possible health and wellness programming, activities, and opportunities. The Planning Team is especially interested in learning what areas of health and wellness are of greatest priority for you and requests that you complete a survey that assesses your wellness needs and solicits ideas. We ask you to think about wellness as encompassing the following dimensions: physical, social, intellectual, spiritual, environmental, and emotional.

Please note that the prompts and suggestions listed on the survey are ideas only and there are currently no specific plans to provide new programs or facilities to the Berea College community.

Click on the link below to access the survey:

http://qpanelsacademic.qualtrics.com/SE/?SID=SV_6FsT1TDXXjaGXVH

Thank you for taking a few moments to complete the brief and anonymous survey.

Rachel Roberts-Lakes on behalf of
Sue Reimondo and Kelly Ambrose, Co-Conveners
and the Co-Curricular Health and Wellness Planning Team

If you have any technical problems with the survey, please call Clara Chapman at extension 3790.

Clara Chapman

From: Rachel RobertsLakes
Sent: Friday, February 15, 2013 2:58 PM
To: #Students; #Staff; #Faculty
Subject: We Want Your Wellness Ideas!

We want your ideas for improving health and wellness for the campus community!

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Thank you for taking a few moments to complete the brief and anonymous survey.

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Clara Chapman

From: Darlene Stocker
Sent: Monday, February 18, 2013 10:38 AM
To: #LaborSupervisors
Cc: Rachel RobertsLakes; Sue Reimondo; Thomas Ambrose
Subject: Time to Dream Big . . . Wellness Ideas Wanted!

Labor Supervisors: Please encourage your students to complete the survey below as we want their ideas for improving health and wellness for the campus community!

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Clara Chapman

From: Rachel RobertsLakes
Sent: Thursday, February 21, 2013 1:57 PM
To: #Students; #Staff; #Faculty
Subject: Last Chance to Offer Your Wellness Ideas!

We want your ideas for improving health and wellness for the campus community!

Thank you to everyone who has already responded.

The survey will close at midnight on Sunday 2/24.

Click on the link below to access the survey:

http://qpanelsacademic.qualtrics.com/SE/?SID=SV_6FsT1TDXXjaGXVH

Thank you for taking a few moments to complete the brief and anonymous survey.

Rachel Roberts-Lakes on behalf of
Sue Reimondo and Kelly Ambrose, Co-Conveners
and the Co-Curricular Health and Wellness Planning Team

If you have any technical problems with the survey, please call Clara Chapman at extension 3790.

Wellness Wants and Needs of the Campus Community, Spring 2013

Mark your primary role:

Response Rates:

Teaching faculty	50	12.4%	50/169	29.6%
Staff	113	28.0%	113/441	25.6%
Student	235	58.3%	235/1467	16.0%
Missing	5	1.2%		
TOTAL	403		403/2077	19.4%

How much of a problem are each of the following for you personally?

	A major problem for me (5)		(4)		(3)		(2)		Not a problem at all (1)		Missing		Mean
	N	(%)	N	(%)	N	(%)	N	(%)	N	(%)	N	(%)	
Chronic illness	10	2.5%	21	5.2%	14	3.5%	54	13.4%	298	73.9%	6	1.5%	1.47
Teaching faculty	3	6.0%	2	4.0%	1	2.0%	9	18.0%	34	68.0%	1	2.0%	1.59
Staff	2	1.8%	6	5.3%	4	3.5%	19	16.8%	79	69.9%	3	2.7%	1.48
Students	5	2.1%	13	5.5%	9	3.8%	26	11.1%	181	77.0%	1	0.4%	1.44
Chronic pain	14	3.5%	28	6.9%	29	7.2%	78	19.4%	250	62.0%	4	1.0%	1.69
Teaching faculty	2	4.0%	0	0.0%	2	4.0%	14	28.0%	31	62.0%	1	2.0%	1.53
Staff	5	4.4%	7	6.2%	8	7.1%	29	25.7%	63	55.8%	1	0.9%	1.77
Students	7	3.0%	21	8.9%	18	7.7%	35	14.9%	153	65.1%	1	0.4%	1.69
Sleep difficulties	33	8.2%	57	14.1%	70	17.4%	106	26.3%	132	32.8%	5	1.2%	2.38
Teaching faculty	4	8.0%	3	6.0%	10	20.0%	15	30.0%	17	34.0%	1	2.0%	2.22
Staff	7	6.2%	12	10.6%	15	13.3%	39	34.5%	37	32.7%	3	2.7%	2.21
Students	22	9.4%	41	17.4%	45	19.1%	50	21.3%	77	32.8%	0	0.0%	2.49
Over eating	36	8.9%	56	13.9%	72	17.9%	108	26.8%	124	30.8%	7	1.7%	2.42
Teaching faculty	3	6.0%	5	10.0%	8	16.0%	16	32.0%	16	32.0%	2	4.0%	2.23
Staff	15	13.3%	16	14.2%	16	14.2%	32	28.3%	32	28.3%	2	1.8%	2.55
Students	18	7.7%	34	14.5%	48	20.4%	57	24.3%	76	32.3%	2	0.9%	2.40
Eating too much unhealthy food	40	9.9%	88	21.8%	107	26.6%	96	23.8%	68	16.9%	4	1.0%	2.84
Teaching faculty	1	2.0%	6	12.0%	9	18.0%	20	40.0%	13	26.0%	1	2.0%	2.22
Staff	10	8.8%	24	21.2%	31	27.4%	26	23.0%	21	18.6%	1	0.9%	2.79
Students	29	12.3%	58	24.7%	65	27.7%	49	20.9%	33	14.0%	1	0.4%	3.00

Wellness Wants and Needs of the Campus Community, Spring 2013

How much of a problem are each of the following for you personally?

	A major problem for me (5)		(4)		(3)		(2)		Not a problem at all (1)		Missing		Mean
	N	(%)	N	(%)	N	(%)	N	(%)	N	(%)	N	(%)	
Lack of physical exercise/activity	51	12.7%	92	22.8%	85	21.1%	89	22.1%	83	20.6%	3	0.7%	2.85
Teaching faculty	6	12.0%	11	22.0%	12	24.0%	7	14.0%	13	26.0%	1	2.0%	2.80
Staff	20	17.7%	31	27.4%	23	20.4%	22	19.5%	17	15.0%	0	0.0%	3.13
Students	25	10.6%	50	21.3%	49	20.9%	58	24.7%	52	22.1%	1	0.4%	2.74
Lack of spiritual reflection time	41	10.2%	80	19.9%	80	19.9%	88	21.8%	109	27.0%	5	1.2%	2.64
Teaching faculty	5	10.0%	5	10.0%	9	18.0%	11	22.0%	19	38.0%	1	2.0%	2.31
Staff	7	6.2%	26	23.0%	22	19.5%	25	22.1%	31	27.4%	2	1.8%	2.58
Students	29	12.3%	47	20.0%	48	20.4%	51	21.7%	59	25.1%	1	0.4%	2.73
Emotional issues	25	6.2%	48	11.9%	82	20.3%	124	30.8%	117	29.0%	7	1.7%	2.34
Teaching faculty	0	0.0%	3	6.0%	10	20.0%	15	30.0%	21	42.0%	1	2.0%	1.90
Staff	3	2.7%	6	5.3%	19	16.8%	43	38.1%	40	35.4%	2	1.8%	2.00
Students	22	9.4%	38	16.2%	53	22.6%	64	27.2%	55	23.4%	3	1.3%	2.60
Romantic relationship issues	13	3.2%	41	10.2%	50	12.4%	107	26.6%	184	45.7%	8	2.0%	1.97
Teaching faculty	1	2.0%	3	6.0%	2	4.0%	8	16.0%	34	68.0%	2	4.0%	1.52
Staff	2	1.8%	7	6.2%	11	9.7%	29	25.7%	61	54.0%	3	2.7%	1.73
Students	10	4.3%	31	13.2%	37	15.7%	69	29.4%	86	36.6%	2	0.9%	2.18
Social problems (not connecting in a positive way to others)	8	2.0%	28	6.9%	47	11.7%	114	28.3%	200	49.6%	6	1.5%	1.82
Teaching faculty	0	0.0%	4	8.0%	4	8.0%	9	18.0%	31	62.0%	2	4.0%	1.60
Staff	1	0.9%	4	3.5%	10	8.8%	32	28.3%	64	56.6%	2	1.8%	1.61
Students	7	3.0%	20	8.5%	31	13.2%	72	30.6%	104	44.3%	1	0.4%	1.95

Wellness Wants and Needs of the Campus Community, Spring 2013

How much of a problem are each of the following for you personally?

	A major problem for me (5)		(4)		(3)		(2)		Not a problem at all (1)		Missing		Mean
	N	(%)	N	(%)	N	(%)	N	(%)	N	(%)	N	(%)	
Social isolation	15	3.7%	44	10.9%	55	13.6%	90	22.3%	193	47.9%	6	1.5%	1.99
Teaching faculty	1	2.0%	5	10.0%	4	8.0%	13	26.0%	25	50.0%	2	4.0%	1.83
Staff	3	2.7%	9	8.0%	14	12.4%	26	23.0%	59	52.2%	2	1.8%	1.84
Students	11	4.7%	29	12.3%	36	15.3%	51	21.7%	107	45.5%	1	0.4%	2.09
Feeling overwhelmed by all you have to do	94	23.3%	105	26.1%	83	20.6%	84	20.8%	31	7.7%	6	1.5%	3.37
Teaching faculty	10	20.0%	11	22.0%	12	24.0%	11	22.0%	4	8.0%	2	4.0%	3.25
Staff	12	10.6%	25	22.1%	29	25.7%	32	28.3%	13	11.5%	2	1.8%	2.92
Students	71	30.2%	68	28.9%	41	17.4%	40	17.0%	14	6.0%	1	0.4%	3.61
Overworking	66	16.4%	108	26.8%	98	24.3%	74	18.4%	51	12.7%	6	1.5%	3.16
Teaching faculty	14	28.0%	15	30.0%	8	16.0%	7	14.0%	4	8.0%	2	4.0%	3.58
Staff	13	11.5%	31	27.4%	29	25.7%	25	22.1%	13	11.5%	2	1.8%	3.05
Students	39	16.6%	62	26.4%	59	25.1%	40	17.0%	34	14.5%	1	0.4%	3.14
Not feeling enthusiastic about your job	40	9.9%	63	15.6%	81	20.1%	94	23.3%	119	29.5%	6	1.5%	2.52
Teaching faculty	1	2.0%	2	4.0%	14	28.0%	10	20.0%	21	42.0%	2	4.0%	2.00
Staff	9	8.0%	14	12.4%	24	21.2%	35	31.0%	30	26.5%	1	0.9%	2.44
Students	30	12.8%	47	20.0%	40	17.0%	49	20.9%	67	28.5%	2	0.9%	2.67
Obesity	36	8.9%	41	10.2%	31	7.7%	61	15.1%	228	56.6%	6	1.5%	1.98
Teaching faculty	3	6.0%	7	14.0%	5	10.0%	8	16.0%	25	50.0%	2	4.0%	2.06
Staff	16	14.2%	15	13.3%	11	9.7%	24	21.2%	45	39.8%	2	1.8%	2.40
Students	17	7.2%	18	7.7%	15	6.4%	29	12.3%	155	66.0%	1	0.4%	1.77
Drug addiction	5	1.2%	5	1.2%	3	0.7%	10	2.5%	374	92.8%	6	1.5%	1.13
Teaching faculty	0	0.0%	0	0.0%	0	0.0%	2	4.0%	46	92.0%	2	4.0%	1.04
Staff	2	1.8%	0	0.0%	0	0.0%	4	3.5%	105	92.9%	2	1.8%	1.11
Students	3	1.3%	5	2.1%	3	1.3%	4	1.7%	219	93.2%	1	0.4%	1.16

Wellness Wants and Needs of the Campus Community, Spring 2013

How much of a problem are each of the following for you personally?

	A major problem for me (5)		(4)		(3)		(2)		Not a problem at all (1)		Missing		Mean
	N	(%)	N	(%)	N	(%)	N	(%)	N	(%)	N	(%)	
Tobacco addiction	15	3.7%	10	2.5%	6	1.5%	16	4.0%	350	86.8%	6	1.5%	1.30
Teaching faculty	0	0.0%	1	2.0%	0	0.0%	2	4.0%	45	90.0%	2	4.0%	1.10
Staff	8	7.1%	0	0.0%	2	1.8%	5	4.4%	96	85.0%	2	1.8%	1.37
Students	7	3.0%	9	3.8%	4	1.7%	9	3.8%	205	87.2%	1	0.4%	1.31
Alcohol addiction	4	1.0%	6	1.5%	17	4.2%	23	5.7%	345	85.6%	8	2.0%	1.23
Teaching faculty	0	0.0%	0	0.0%	3	6.0%	4	8.0%	41	82.0%	2	4.0%	1.21
Staff	1	0.9%	1	0.9%	1	0.9%	4	3.5%	104	92.0%	2	1.8%	1.12
Students	3	1.3%	5	2.1%	13	5.5%	15	6.4%	196	83.4%	3	1.3%	1.29
Religious/spiritual crisis	8	2.0%	17	4.2%	31	7.7%	64	15.9%	272	67.5%	11	2.7%	1.53
Teaching faculty	2	4.0%	0	0.0%	5	10.0%	3	6.0%	37	74.0%	3	6.0%	1.45
Staff	1	0.9%	1	0.9%	3	2.7%	20	17.7%	85	75.2%	3	2.7%	1.30
Students	5	2.1%	15	6.4%	23	9.8%	40	17.0%	148	63.0%	4	1.7%	1.65
Anxiety/nervousness	43	10.7%	72	17.9%	56	13.9%	80	19.9%	146	36.2%	6	1.5%	2.46
Teaching faculty	6	12.0%	4	8.0%	8	16.0%	10	20.0%	20	40.0%	2	4.0%	2.29
Staff	5	4.4%	12	10.6%	17	15.0%	27	23.9%	51	45.1%	1	0.9%	2.04
Students	32	13.6%	54	23.0%	30	12.8%	43	18.3%	74	31.5%	2	0.9%	2.69
Depression	28	6.9%	45	11.2%	56	13.9%	101	25.1%	165	40.9%	8	2.0%	2.16
Teaching faculty	4	8.0%	4	8.0%	6	12.0%	15	30.0%	19	38.0%	2	4.0%	2.15
Staff	4	3.5%	7	6.2%	14	12.4%	36	31.9%	51	45.1%	1	0.9%	1.90
Students	20	8.5%	34	14.5%	33	14.0%	50	21.3%	94	40.0%	4	1.7%	2.29

Wellness Wants and Needs of the Campus Community, Spring 2013

Top priority: the College should provide to increase the health and wellness of the campus community

	All Respondents (N = 403)		Teaching Faculty (N = 50)		Staff (N = 113)		Students (N = 235)	
time built into the day for physical activity and health	203	50.4%	26	52.0%	71	62.8%	105	44.7%
more wellness/exercise classes to fit staff and others' schedules	178	44.2%	25	50.0%	57	50.4%	95	40.4%
reduced health insurance premiums for healthy behaviors	150	37.2%	29	58.0%	55	48.7%	65	27.7%
fitness equipment (mats, exercise balls, treadmills, etc.) in common spaces (residence halls, offices, etc.)	147	36.5%	14	28.0%	27	23.9%	105	44.7%
keep Seabury Center open longer hours	137	34.0%	15	30.0%	15	13.3%	106	45.1%
all work spaces should be evaluated to reduce workplace injuries/stress (ergonomics)	136	33.7%	26	52.0%	41	36.3%	69	29.4%
personal health/fitness coaches/trainers provided free of charge	134	33.3%	18	36.0%	38	33.6%	77	32.8%
more indoor spaces for exercise	126	31.3%	13	26.0%	25	22.1%	88	37.4%
biking, hiking, and other fitness type clubs	124	30.8%	12	24.0%	19	16.8%	91	38.7%
supervisors should set an example by encouraging fitness breaks (staff)	114	28.3%	15	30.0%	57	50.4%	41	17.4%
outdoor adventure climbing facility (e.g., rock climbing wall, high ropes course, etc.)	105	26.1%	11	22.0%	13	11.5%	80	34.0%
incentives to be more physically active (prizes, etc.)	103	25.6%	9	18.0%	34	30.1%	60	25.5%
more outdoor spaces for exercise	97	24.1%	11	22.0%	15	13.3%	71	30.2%
encourage alternative methods of healthcare -- (as opposed to traditional medication)	91	22.6%	10	20.0%	18	15.9%	62	26.4%
organized play groups (frisbee, volleyball, etc.) for employees and students	91	22.6%	14	28.0%	15	13.3%	62	26.4%
more health/physical activities aimed at my age group or gender	89	22.1%	8	16.0%	18	15.9%	63	26.8%
holistic health resources and personnel	87	21.6%	9	18.0%	19	16.8%	58	24.7%
medical supervision throughout weight loss/conditioning programs for groups and individuals	78	19.4%	10	20.0%	17	15.0%	50	21.3%
personal dieticians	71	17.6%	9	18.0%	14	12.4%	47	20.0%
medical supervision to lose weight	68	16.9%	6	12.0%	21	18.6%	40	17.0%
more professional development opportunities not necessarily related to current jobs (for staff)	63	15.6%	7	14.0%	30	26.5%	25	10.6%
walk way around campus areas with work-out stations	61	15.1%	7	14.0%	21	18.6%	33	14.0%
outdoor pool	55	13.6%	3	6.0%	6	5.3%	45	19.1%
dedicated fitness/health/wellness library (books, tapes, DVDs, etc.)	54	13.4%	3	6.0%	13	11.5%	38	16.2%
separate fitness spaces for women	50	12.4%	2	4.0%	12	10.6%	35	14.9%
personal spiritual/religious guides	44	10.9%	1	2.0%	5	4.4%	38	16.2%
more outdoor recreational basketball courts	41	10.2%	4	8.0%	8	7.1%	29	12.3%
other, please describe	38	9.4%	6	12.0%	8	7.1%	24	10.2%
separate fitness spaces for faculty/staff, students, and community members	36	8.9%	5	10.0%	8	7.1%	23	9.8%
other2, please describe	15	3.7%	1	2.0%	3	2.7%	11	4.7%
other3, please describe	8	2.0%	1	2.0%	3	2.7%	4	1.7%

NOTE: Top five categories in each column are highlighted in yellow.

Compiled by the Office of Institutional Research and Assessment, February 2013

Wellness Wants and Needs of the Campus Community, Spring 2013

Things that would be nice for the College to provide but not necessary

	All Respondents (N = 403)		Teaching Faculty (N = 50)		Staff (N = 113)		Students (N = 235)	
more outdoor recreational basketball courts	171	42.4%	17	34.0%	45	39.8%	108	46.0%
medical supervision throughout weight loss/conditioning programs for groups and individuals	146	36.2%	17	34.0%	41	36.3%	87	37.0%
outdoor adventure climbing facility (e.g., rock climbing wall, high ropes course, etc.)	142	35.2%	13	26.0%	42	37.2%	86	36.6%
personal health/fitness coaches/trainers provided free of charge	141	35.0%	17	34.0%	36	31.9%	87	37.0%
medical supervision to lose weight	140	34.7%	19	38.0%	26	23.0%	95	40.4%
more indoor spaces for exercise	139	34.5%	16	32.0%	36	31.9%	86	36.6%
biking, hiking, and other fitness type clubs	139	34.5%	18	36.0%	49	43.4%	72	30.6%
organized play groups (frisbee, volleyball, etc.) for employees and students	136	33.7%	12	24.0%	40	35.4%	84	35.7%
personal dieticians	135	33.5%	15	30.0%	38	33.6%	82	34.9%
dedicated fitness/health/wellness library (books, tapes, DVDs, etc.)	135	33.5%	19	38.0%	36	31.9%	79	33.6%
more health/physical activities aimed at my age group or gender	125	31.0%	17	34.0%	37	32.7%	70	29.8%
incentives to be more physically active (prizes, etc.)	124	30.8%	11	22.0%	29	25.7%	82	34.9%
fitness equipment (mats, exercise balls, treadmills, etc.) in common spaces (residence halls, offices, etc.)	119	29.5%	18	36.0%	36	31.9%	65	27.7%
holistic health resources and personnel	118	29.3%	18	36.0%	39	34.5%	60	25.5%
all work spaces should be evaluated to reduce workplace injuries/stress (ergonomics)	115	28.5%	7	14.0%	32	28.3%	75	31.9%
outdoor pool	114	28.3%	12	24.0%	22	19.5%	79	33.6%
walk way around campus areas with work-out stations	112	27.8%	20	40.0%	28	24.8%	63	26.8%
supervisors should set an example by encouraging fitness breaks (staff)	110	27.3%	12	24.0%	14	12.4%	83	35.3%
more outdoor spaces for exercise	109	27.0%	13	26.0%	32	28.3%	64	27.2%
more professional development opportunities not necessarily related to current jobs (for staff)	109	27.0%	16	32.0%	29	25.7%	64	27.2%
personal spiritual/religious guides	102	25.3%	8	16.0%	25	22.1%	68	28.9%
more wellness/exercise classes to fit staff and others' schedules	99	24.6%	10	20.0%	24	21.2%	65	27.7%
keep Seabury Center open longer hours	98	24.3%	14	28.0%	34	30.1%	50	21.3%
encourage alternative methods of healthcare -- (as opposed to traditional medication)	97	24.1%	13	26.0%	28	24.8%	55	23.4%
reduced health insurance premiums for healthy behaviors	97	24.1%	9	18.0%	18	15.9%	69	29.4%
time built into the day for physical activity and health	78	19.4%	12	24.0%	12	10.6%	53	22.6%
separate fitness spaces for women	77	19.1%	15	30.0%	18	15.9%	44	18.7%
separate fitness spaces for faculty/staff, students, and community members	58	14.4%	7	14.0%	18	15.9%	33	14.0%
other, please describe	3	0.7%	1	2.0%	1	0.9%	1	0.4%
other2, please describe	1	0.2%	1	2.0%	0	0.0%	0	0.0%
other3, please describe	1	0.2%	1	2.0%	0	0.0%	0	0.0%

NOTE: Top five categories in each column are highlighted in yellow.

Wellness Wants and Needs of the Campus Community, Spring 2013

The College should NOT provide.

	All Respondents (N = 403)		Teaching Faculty (N = 50)		Staff (N = 113)		Students (N = 235)	
separate fitness spaces for faculty/staff, students, and community members	155	38.5%	17	34.0%	39	34.5%	98	41.7%
separate fitness spaces for women	139	34.5%	14	28.0%	32	28.3%	93	39.6%
outdoor pool	123	30.5%	21	42.0%	46	40.7%	56	23.8%
personal spiritual/religious guides	117	29.0%	18	36.0%	38	33.6%	61	26.0%
encourage alternative methods of healthcare -- (as opposed to traditional medication)	83	20.6%	9	18.0%	21	18.6%	53	22.6%
walk way around campus areas with work-out stations	81	20.1%	4	8.0%	12	10.6%	65	27.7%
personal dieticians	80	19.9%	9	18.0%	18	15.9%	53	22.6%
incentives to be more physically active (prizes, etc.)	69	17.1%	11	22.0%	14	12.4%	44	18.7%
medical supervision to lose weight	68	16.9%	7	14.0%	20	17.7%	41	17.4%
holistic health resources and personnel	68	16.9%	5	10.0%	19	16.8%	44	18.7%
more professional development opportunities not necessarily related to current jobs (for staff)	64	15.9%	4	8.0%	5	4.4%	55	23.4%
dedicated fitness/health/wellness library (books, tapes, DVDs, etc.)	58	14.4%	6	12.0%	13	11.5%	39	16.6%
more outdoor recreational basketball courts	57	14.1%	6	12.0%	13	11.5%	38	16.2%
supervisors should set an example by encouraging fitness breaks (staff)	57	14.1%	7	14.0%	5	4.4%	45	19.1%
medical supervision throughout weight loss/conditioning programs for groups and individuals	55	13.6%	6	12.0%	12	10.6%	37	15.7%
more health/physical activities aimed at my age group or gender	41	10.2%	3	6.0%	9	8.0%	29	12.3%
more outdoor spaces for exercise	40	9.9%	2	4.0%	10	8.8%	28	11.9%
personal health/fitness coaches/trainers provided free of charge	36	8.9%	5	10.0%	12	10.6%	19	8.1%
reduced health insurance premiums for healthy behaviors	36	8.9%	1	2.0%	8	7.1%	27	11.5%
time built into the day for physical activity and health	35	8.7%	3	6.0%	6	5.3%	26	11.1%
keep Seabury Center open longer hours	35	8.7%	2	4.0%	13	11.5%	20	8.5%
all work spaces should be evaluated to reduce workplace injuries/stress (ergonomics)	29	7.2%	2	4.0%	2	1.8%	25	10.6%
organized play groups (frisbee, volleyball, etc.) for employees and students	29	7.2%	4	8.0%	7	6.2%	17	7.2%
outdoor adventure climbing facility (e.g., rock climbing wall, high ropes course, etc.)	29	7.2%	8	16.0%	12	10.6%	9	3.8%
fitness equipment (mats, exercise balls, treadmills, etc.) in common spaces (residence halls, offices, etc.)	28	6.9%	2	4.0%	10	8.8%	16	6.8%
more indoor spaces for exercise	24	6.0%	5	10.0%	9	8.0%	10	4.3%
more wellness/exercise classes to fit staff and others' schedules	17	4.2%	0	0.0%	2	1.8%	15	6.4%
biking, hiking, and other fitness type clubs	14	3.5%	1	2.0%	4	3.5%	9	3.8%
other, please describe	2	0.5%	0	0.0%	0	0.0%	2	0.9%
other2, please describe	2	0.5%	0	0.0%	1	0.9%	1	0.4%
other3, please describe	0	0.0%	0	0.0%	0	0.0%	0	0.0%

NOTE: Top five categories in each column are highlighted in yellow.

Wellness Wants and Needs of the Campus Community, Spring 2013

Any other comments?, continued:

Students, continued:

Respondent 204 - Hope this helps.

Respondent 210 - Provide more basketball gyms and staff to personally train students! Feed us quality food so that our bodies can develop like they should.

Respondent 214 - My favorite outdoor activity is whitewater kayak. However I have no way to connect with other people who might share a similar interest in the sport. I would like to go kayaking more often but because I can't find anyone to go with I haven't been in 8 months.

Respondent 216 - I would love more outdoor adventure courses to be offered or more clubs that would allow the opportunity

Respondent 217 - I am content with the lists above.

Respondent 220 - I think it's really great that something is being done about the health and wellness of our campus!

Respondent 225 - Needs more focus on mental well-being as well.

Respondent 229 - no

Respondent 231 - I think the college would improve greatly with the addition of a climbing wall.

Respondent 236 - I have asthma and, as such, exercise is much more difficult for me. It would be nice if there was a long walking course or light exercise type activities so that I wouldn't have to worry about triggering an attack from too much exercise.

Respondent 237 - Nice list. Glad someone is taking initiative. Kudos!

Respondent 239 - The school generally does a great job, but it's easy to ignore the individual who needs attention and help with their fitness goals. If you are dedicated, fitness can be easy, but health and fitness are not synonymous, health also involves diet and personal choices. This the school definitely needs to focus on, to create a healthier campus populace

Respondent 244 - Please get us treadmills in the dorms!!! That would be amazing!

Respondent 250 - This Scree wouldn't work for me.... it did not let me drag anything... might wanna fix it.

Respondent 277 - Dragging wouldn't work.

Respondent 282 - There should be more weight benches and basketball courts.

Respondent 288 - I did not organize them by priority.

Respondent 295 - Thank you for caring!

NOTE: Comments are given as typed; spelling and grammar errors have not been corrected.

Compiled by the Office of Institutional Research and Assessment, February 2013

Wellness Wants and Needs of the Campus Community, Spring 2013

Any other comments?, continued:

Students, continued:

Respondent 300 - n/a

Respondent 301 - I feel that time is the biggest issue. Perhaps, the college could implement some exercise/fitness convos. That would be fun and motivating.

Respondent 304 - I'd really like to see boxing or fencing become a club rather than a specific class.

Respondent 310 - A cross fit work out area would be nice /

NOTE: Comments are given as typed; spelling and grammar errors have not been corrected.

Compiled by the Office of Institutional Research and Assessment, February 2013