

Wellness Wants and Needs of the Campus Community



Administered by the
Co-Curricular Health and Wellness Planning Team
(report by the Office of Institutional Research and Assessment)
Spring 2013

Response Rates:

Teaching Faculty: 29.6%

Staff: 25.6%

Students: 16.0%

OVERALL: 19.4%

Wellness Ideas

The purpose of the following survey is to understand the wellness wants and needs of the campus community and also to collect ideas for the potential use of ARCT funds. The survey should take about 10 minutes to complete and is anonymous.

Q1. Mark your primary role.

- teaching faculty
- staff
- student

Q2. How much of a problem are each of the following for you personally?

	A major problem for me				Not a problem at all for me
chronic illness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
chronic pain	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
sleep difficulties	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
over eating	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
eating too much unhealthy food	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
lack of physical exercise/activity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
lack of spiritual reflection time	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
emotional issues	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
romantic relationship issues	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
social problems (not connecting in a positive way to others)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
social isolation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
feeling overwhelmed by all you have to do	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
overworking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
not feeling enthusiastic about your job	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
obesity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
drug addiction	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
tobacco addiction	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
alcohol addiction	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
religious/spiritual crisis	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
anxiety/nervousness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
depression	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Wellness Ideas

Q3 Imagine that you are in charge of everything on campus. What would you do to maximize the health and well being of the students and employees? Please feel free to be creative. We are looking for ideas.

Q4 Drag and drop the following items on the left (*in the table below*) into the category boxes (*listed in bold below*) on the right then arrange the items within each box in priority rank (click and drag to put into order).

- **Top Priority: the College should provide to increase the health and wellness of the campus community.**
- **Things that would be nice for the College to provide but not necessary**
- **The College should NOT provide.**

more indoor spaces for exercise
fitness equipment (mats, exercise balls, treadmills, etc.) in common spaces (residence halls, offices, etc.)
more outdoor recreational basketball courts
more wellness/exercise classes to fit staff and others' schedules
incentives to be more physically active (prizes, etc.)
supervisors should set an example by encouraging fitness breaks (staff)
time built into the day for physical activity and health
all work spaces should be evaluated to reduce workplace injuries/stress (ergonomics)
personal health/fitness coaches/trainers provided free of charge
personal dieticians
medical supervision to lose weight
encourage alternative methods of healthcare--(as opposed to traditional medication)
medical supervision throughout weight loss/conditioning programs for groups and individuals
personal spiritual/religious guides
holistic health resources and personnel
reduced health insurance premiums for healthy behaviors
more health/physical activities aimed at my age group or gender
outdoor pool
organized play groups (frisbee, volleyball, etc.) for employees and students
biking, hiking and other fitness type clubs
dedicated fitness/health/wellness library (books, tapes, DVDs, etc.)
more outdoor spaces for exercise
separate fitness spaces for faculty/staff, students, and community members
separate fitness spaces for women only
keep Seabury Center open longer hours
outdoor adventure climbing facility (e.g., rock climbing wall, high ropes course, etc.)
walk way around campus areas with work-out stations
more professional development opportunities not necessarily related to current jobs (for staff)
other, please describe
other, please describe
other, please describe

Wellness Ideas

Check above and remember to arrange your items in priority order in each box above (by clicking and dragging the item).

Q5 Any other comments?

Thank you!