FITNESS AND WELLNESS SURVEY REPORT

End of Year 2012-2013

Angelo State University

A: Summary

The purpose of this survey was to collect end of year data related to Fitness and Wellness at Angelo State University during 2012-2013. The desired information included year end perceptions related to wellness, what activities or interventions the respondents felt were most beneficial, and an evaluation of the ASUFit program during the past year. Data are summarized in the charts and all comments that were submitted are listed.

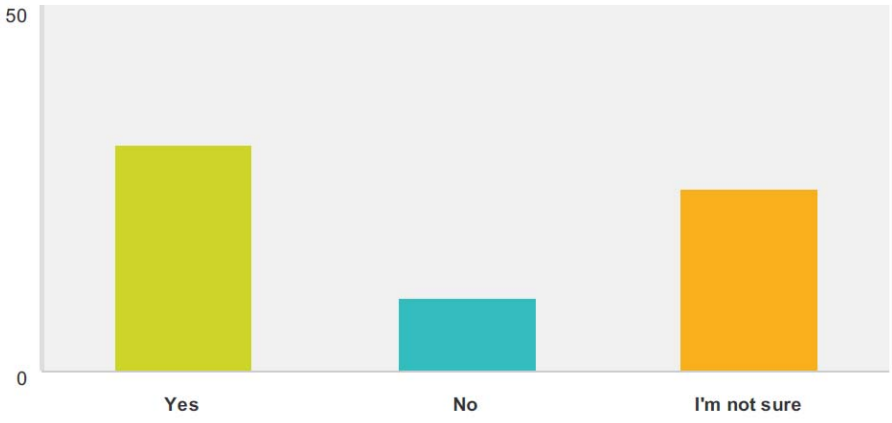
- There was a moderate level of satisfaction related to the university's vision for campus wellness, but.
- Respondents indicated that health risk assessments, stress counseling, and more fitness activities should be the highest priorities.
- The campus community does not differentiate between activities/events provided by ASUFit and those provided via the University Recreation program (UREC) or other fitness/wellness initiatives within the university. This suggests that the university should blend the various fitness and wellness initiatives together so that all are focused on common goals for the university.
- Survey responses indicated that very few departments or programs integrate wellness into department operations or curricula.

B: Method and Response

This end of year survey was conducted during May of 2013 using an online instrument (Surveymonkey.com). Fifteen multiple-choice questions were asked with a final open-ended comment section was provided at the end. The population surveyed included all university employees. Approximately 750 surveys were distributed via email with 54 responses received. The survey opened on May 2, 2013 and closed June 14, 2013.

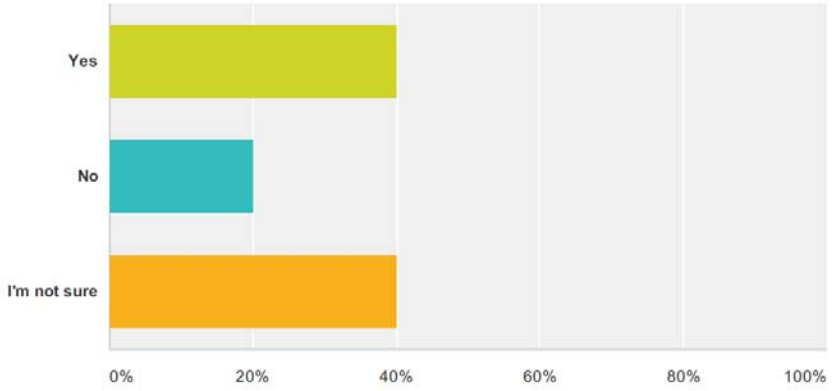
Section C: Campus Wellness

1. Angelo State University has a clear vision and defined goals for campus wellness (mean rating = 3.59 with "5" being the best).

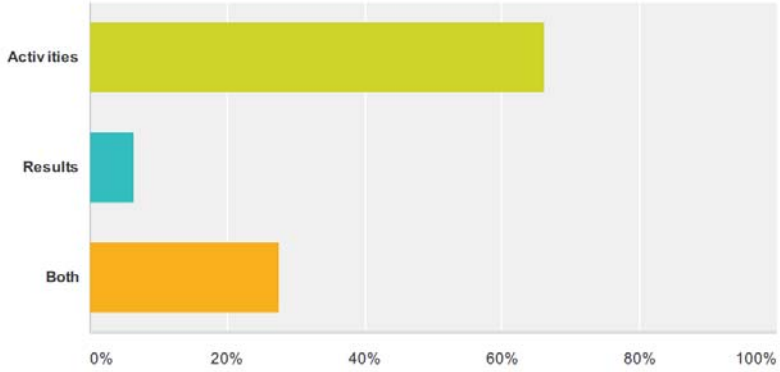


Report prepared by Bill Cullins, Department of Special Projects, July 2013

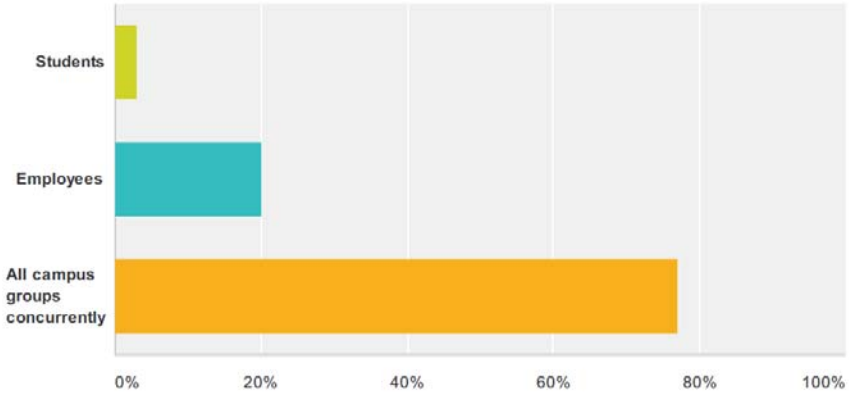
2. Wellness has improved on the ASU campus during the past year (mean rating = 3.70 with “5” being the best).



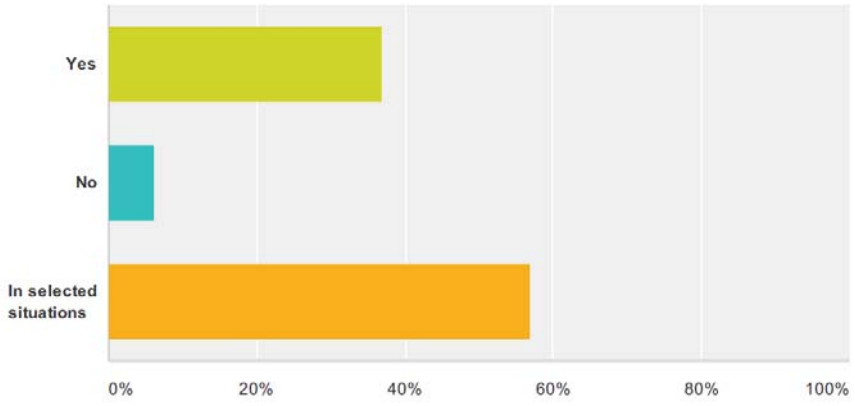
3. Do you feel that current wellness initiatives on campus focus on activities or desired results?



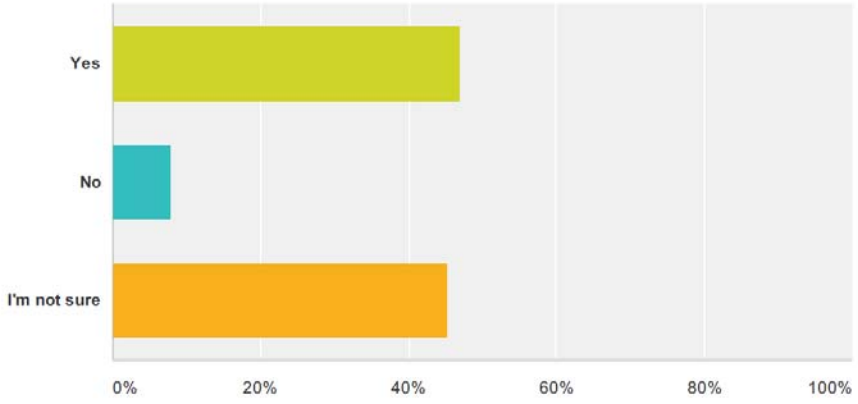
4. Which segments of the campus should be the primary targets for future wellness interventions?



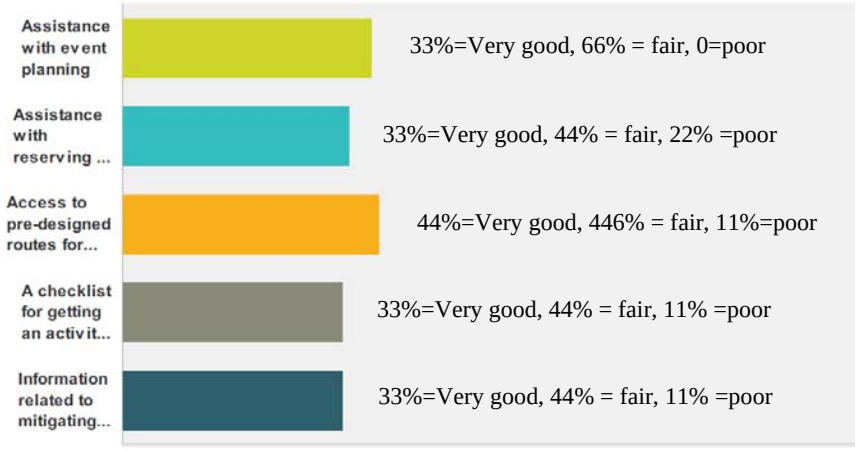
5. Should the regional community be engaged as a partner for ASU wellness efforts?



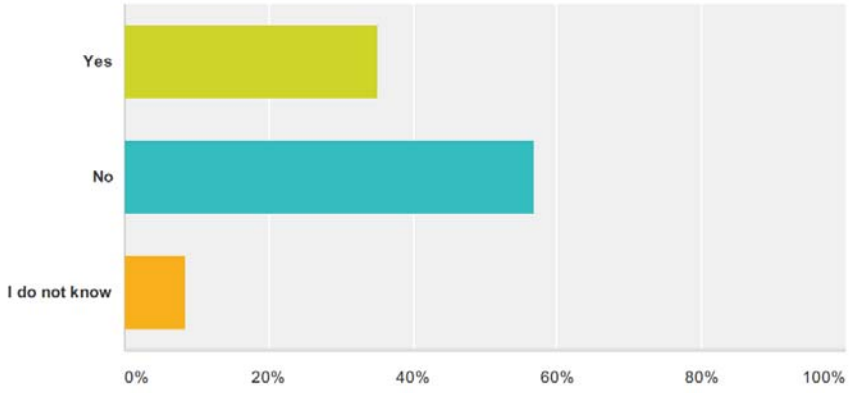
6. Would the various fitness and wellness efforts on campus be more effective if they were merged into one combined effort?



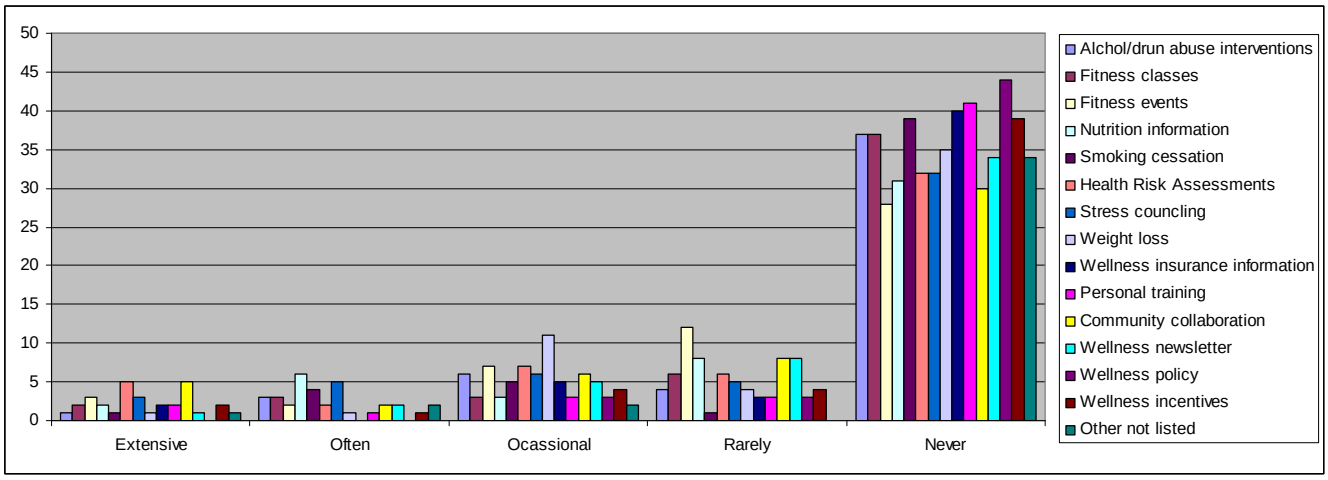
7. If you or your department organized a fitness and wellness event on campus during the past year, please rate the quality of the support functions listed below.



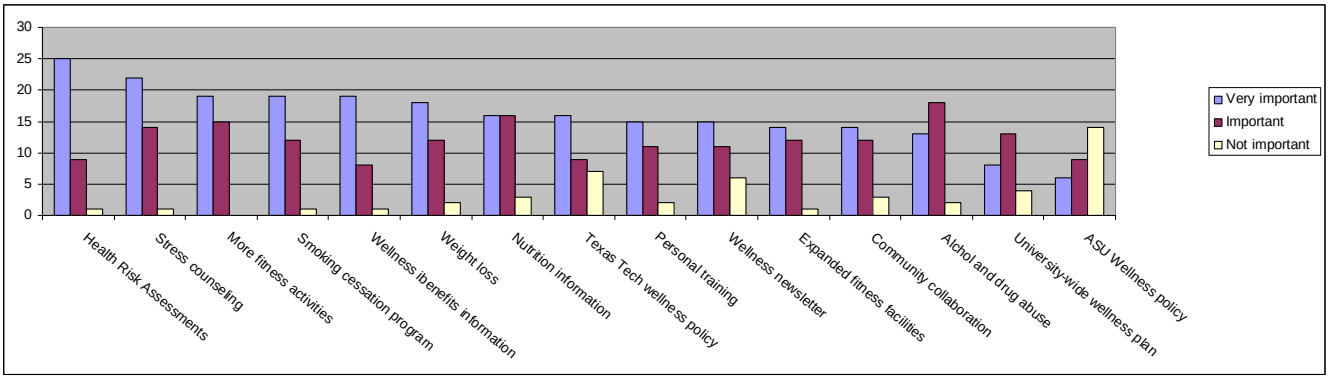
8. Does your department/division currently promote fitness and wellness for your employees and students?



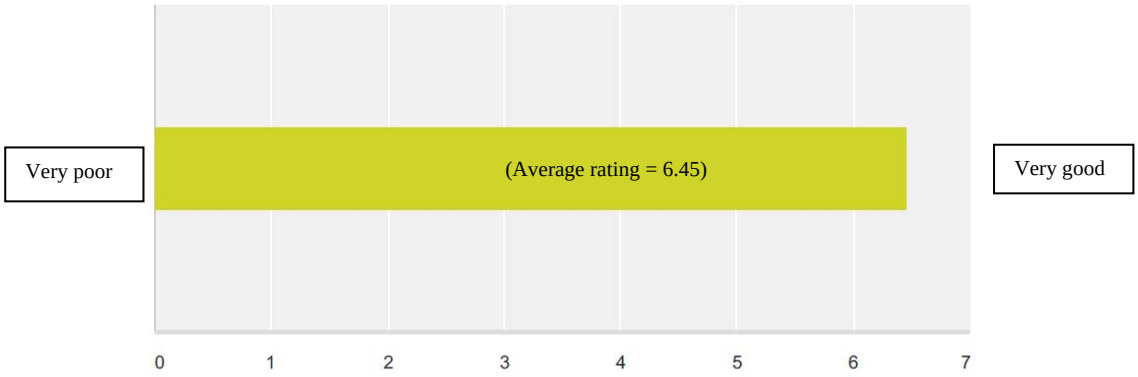
9. Which of the following wellness-related interventions listed below exist at some level in your department or within your program's curriculum?



10. Please rank each of the wellness interventions listed below.



11. On a scale of 1-10 with '10' being the best, please rate the overall quality of the ASUFit program during the past year.



12. **Comments submitted by respondents** (note: comments are as submitted – no grammar or spelling corrections).

1. I would be more interested in knowing how athletic you need to be for happening events like cycling etc. being new at working out and being overweight. I know I have seen where you walk instead of running at the running events. I can't say if my answers show a true picture because there has been several times I wasn't able to read the newsletter. However this past year you have been much more visible to me.
2. What do you offer the employee that is over the age of 60? The fitness classes I've tried. They do not accommodate anyone that has joint or tendon issues. I stopped going because your classes intimidate and humiliate a person of age.
3. I would consider adding something like weight watchers to the program. Many activities are geared toward the already fit. 5k 10K run....Some of us get winded walking to our car in the parking lot:) I think what is being done is awesome but might consider having something for the not so in shape bunch. I appaud the efforts being made and I agree....fit employees make better employees. Call if you would like to discuss further.
4. Activities geared toward older people (>55) would be nice. It is hard to join a fitness program/class that has 20 something people if you are older and "out of shape". also, direct some activities toward families.
5. ASU made a mistake when it changed the policy for employees to have to pay to use gyms. Many employees who had used the facilities before the change no longer use them. While many agree the cost factor was not really that high, many of the employees could not afford the increase with the fitness fees and parking fees. These items were considered "benefits" for working at ASU and the loss has really been felt.
6. Wish I could attend more events, have small child at home
7. My eval is PERSONAL since I have MD and cannot participate in jock-oriented events. I feel I have no access to anyone who gives a darn about my physical problems and its self demoralizating now to go to the gym.
8. I would like to see some events geared to people not in good shape... specifically for those who know they are at the beginner stage of fitness, so they won't be in competition with others who are already in great shape and just maintaining their fitness. That is embarrassing to those who are trying to start and aren't in shape currently
9. It seems that none of the events other than the fitness challenge are organized by ASU. The running & cycling events seem to be focused at those who are accomplished runners and cyclers that want to compete, not just get some exercise.
10. More athletic events are better than newsletters, videos, fairs, etc... I would prefer that we spend money on allowing people to participate in healthy activities, not simply be exposed to health info.
11. Program focuses almost exclusively on running and cycling
12. How can you expect faculty to be involved when it costs so much to take advantage of the facilities?
13. ASUFit is a vital part of ASU.
14. In the past you would offer brown bag lunches with nutrition or health experts--I don't remember any this year.