



# FITNESS AND WELLNESS SURVEY REPORT

End of Year 2013-2014

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 2013-2014. 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 related to each section of the survey are summarized in the charts and tables shown in sections B, C, D, and F with Section G showing all comments that were submitted.

- The overall rating of the ASUFit program for 2011-2012 dramatically increased from last year.
- Wellness interventions including upcoming events listings and run/walk fitness events received the highest rankings in terms of importance, with newsletters, emails, and the Web site receiving slightly lower ratings.
- 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. Over 30% of the comments submitted referred to activities and functions managed by University Recreation. 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.
- Multiple comments indicated a need for an employee physical fitness/wellness plan that provides some type of incentive.

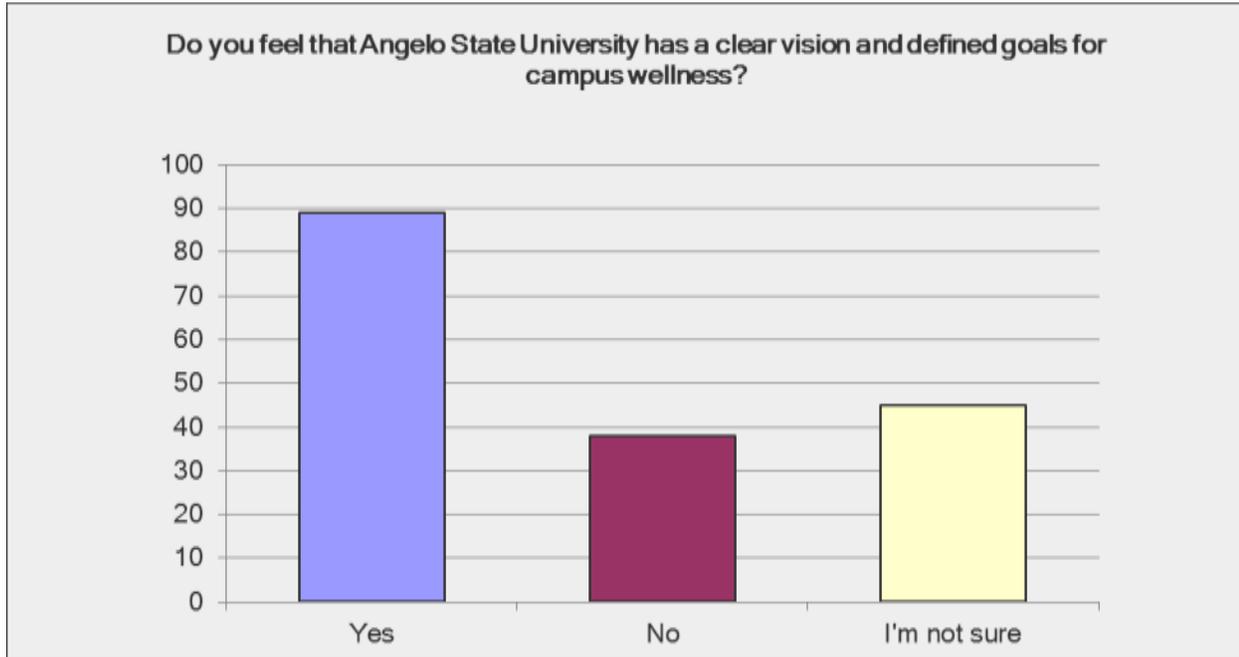
## **B: Method and Response**

This end of year survey was conducted during April and May of 2014 using an online instrument (SurveyMonkey.com). Forty-eight multiple-choice questions were asked, with room for comments in each section, and a final open-ended comment section was provided at the end. Section one of the survey focused on overall campus wellness, section two on existing wellness interventions, section three on improvements needed, and section four was a direct assessment of the ASUFit program. The population surveyed included all full time employees and students within the university and also community partners who collaborate related to Wellness initiatives. Approximately 7,000 surveys were distributed via email with 175 responses received (2.5 % response). The survey opened on April 30, 2014 and closed May 23, 2014.

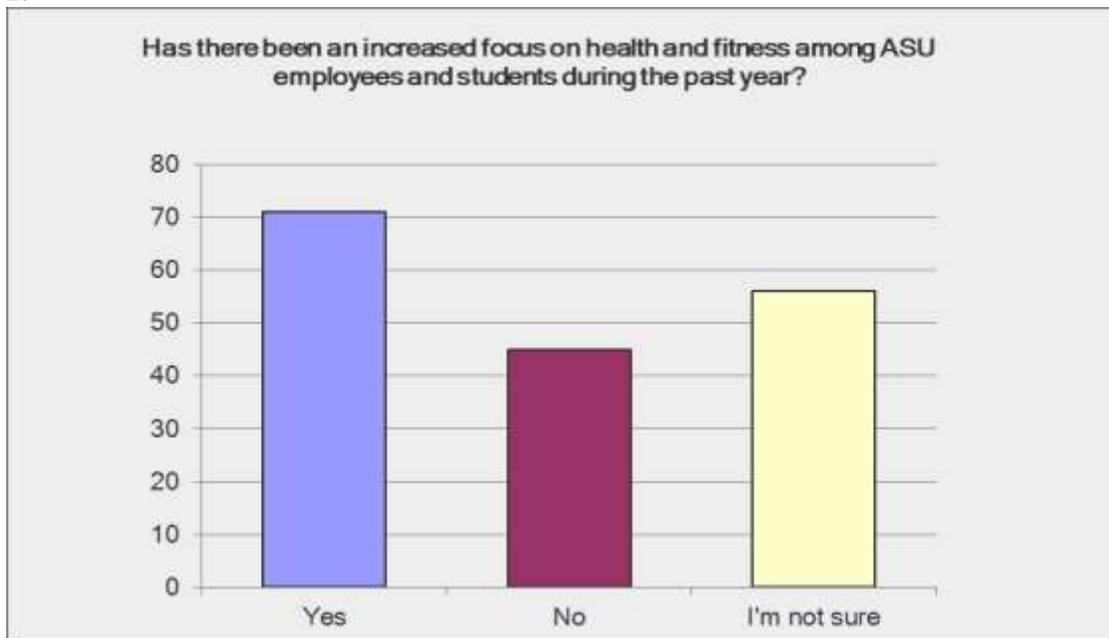
## Section C: Campus Wellness

Like in previous surveyed years, respondents indicated a moderate level of satisfaction with ASU's overall vision for wellness, improvements over the past three years, and a balance of activities vs. outcomes. The responses strongly supported targeting both faculty and staff and also that the regional community should be engaged as a partner for ASU wellness efforts. However, the comments submitted by employees and students clearly indicated that there is a significant amount of confusion between activities/events provided by ASUFit and those provided via the University Recreation program (UREC) and other fitness/wellness initiatives within the university.

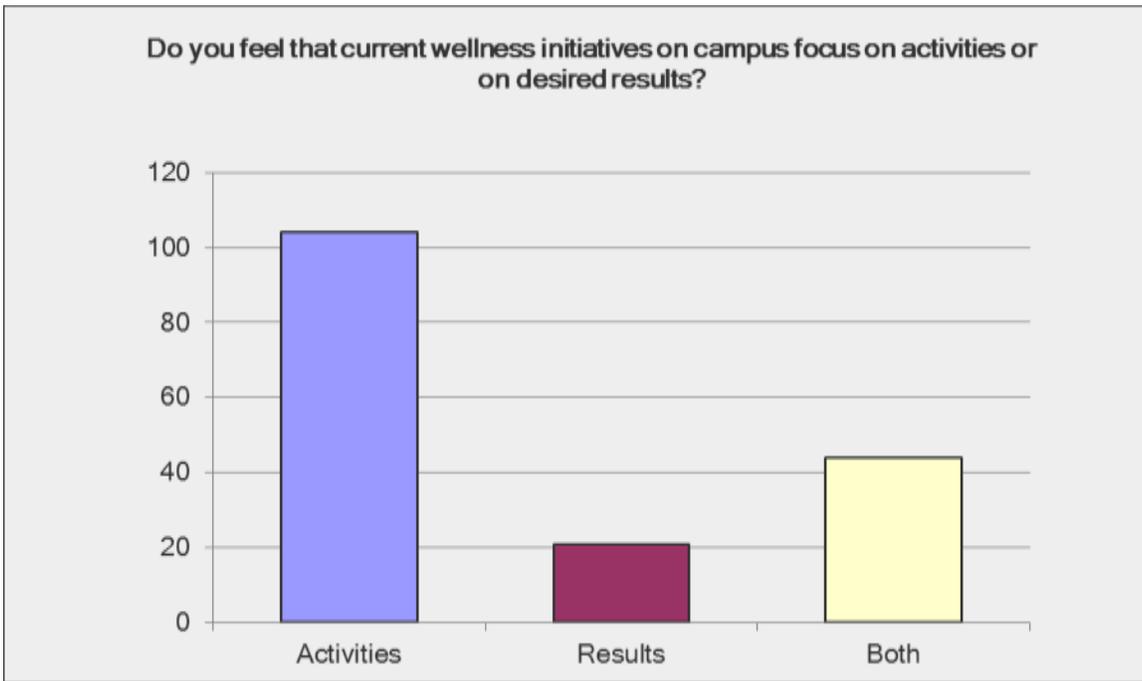
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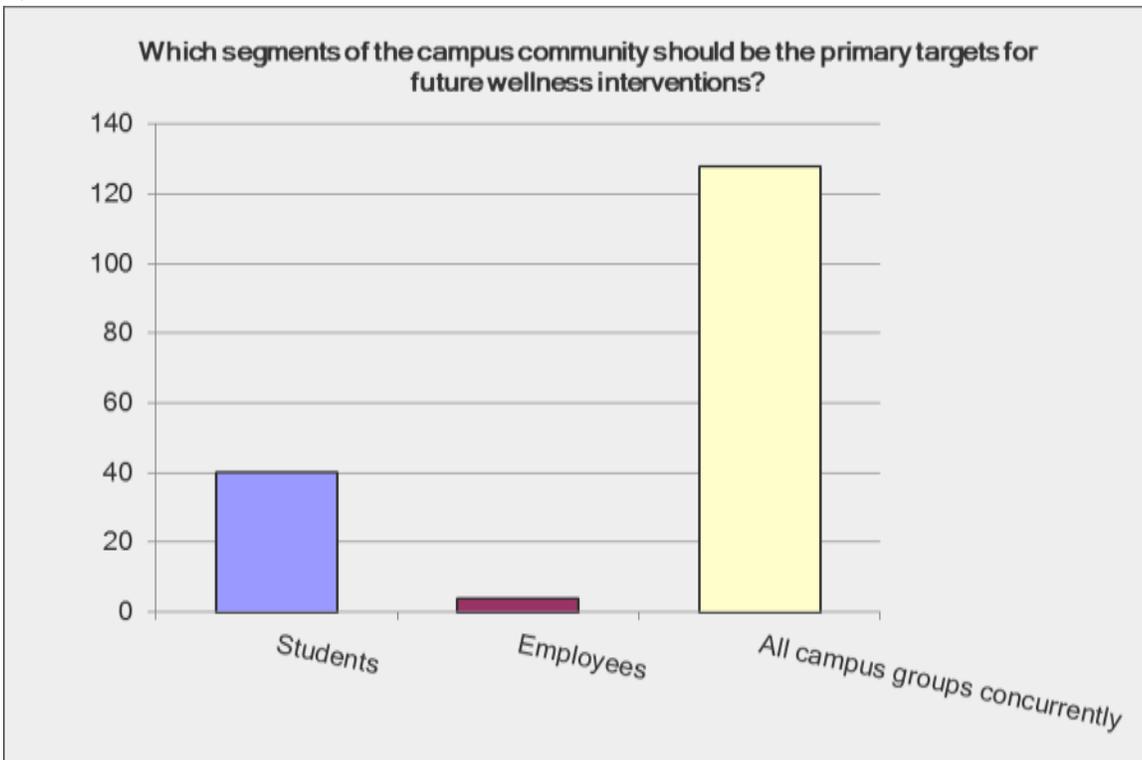
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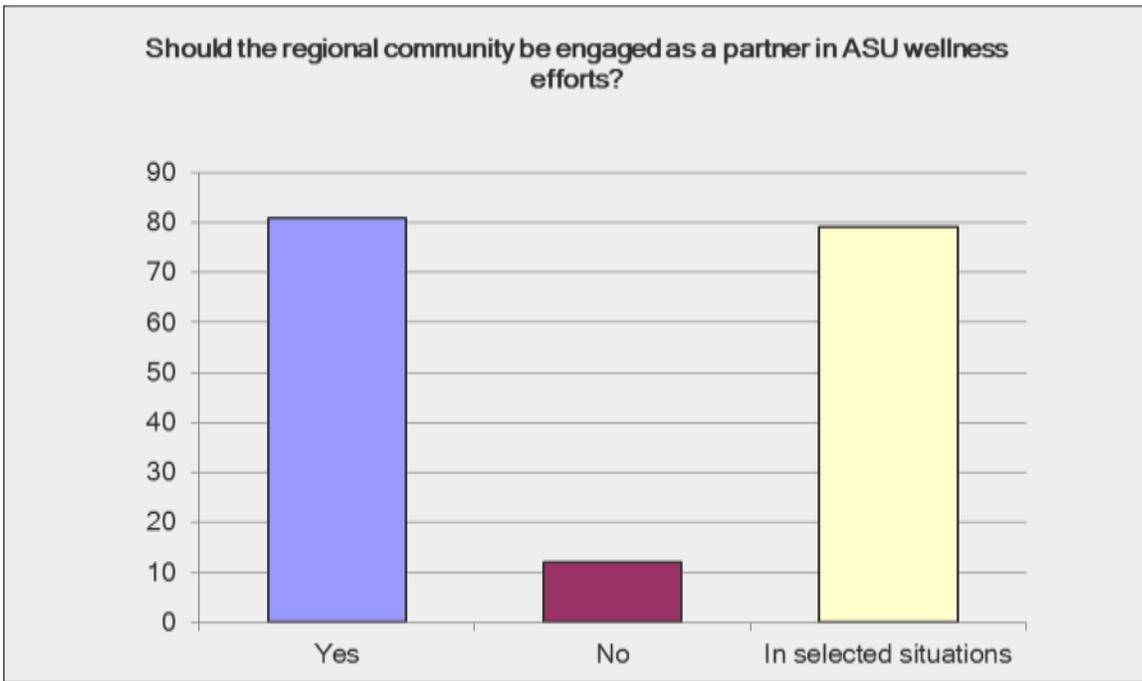
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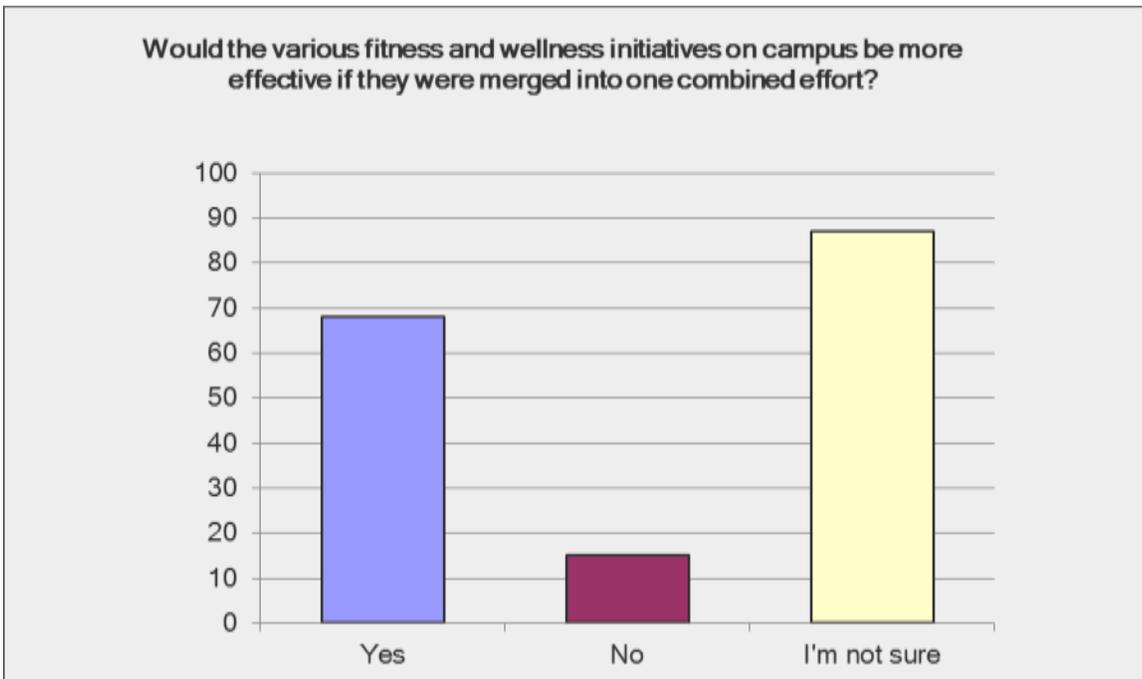
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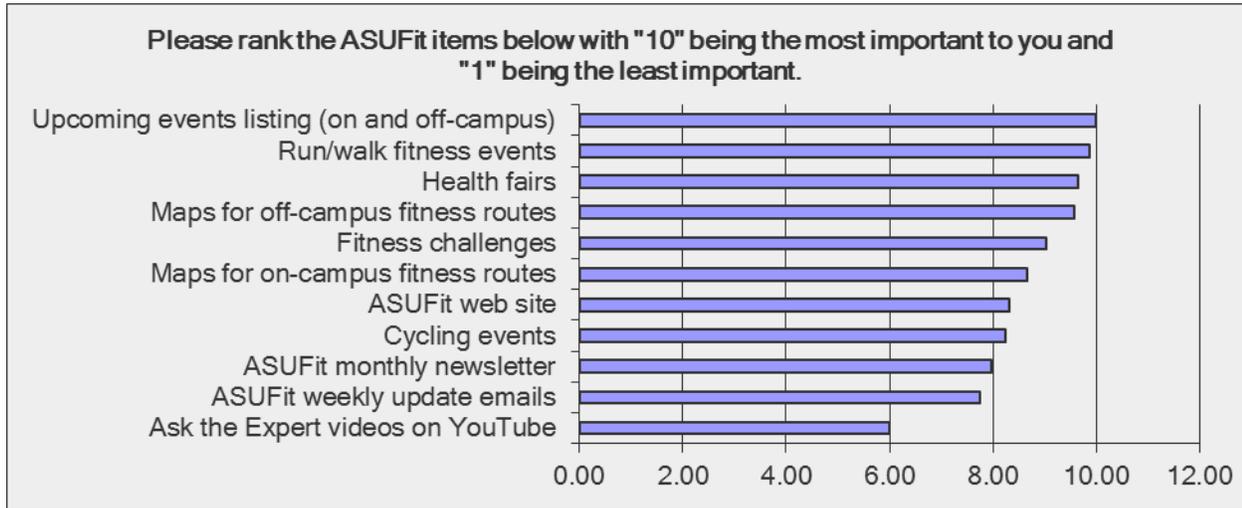


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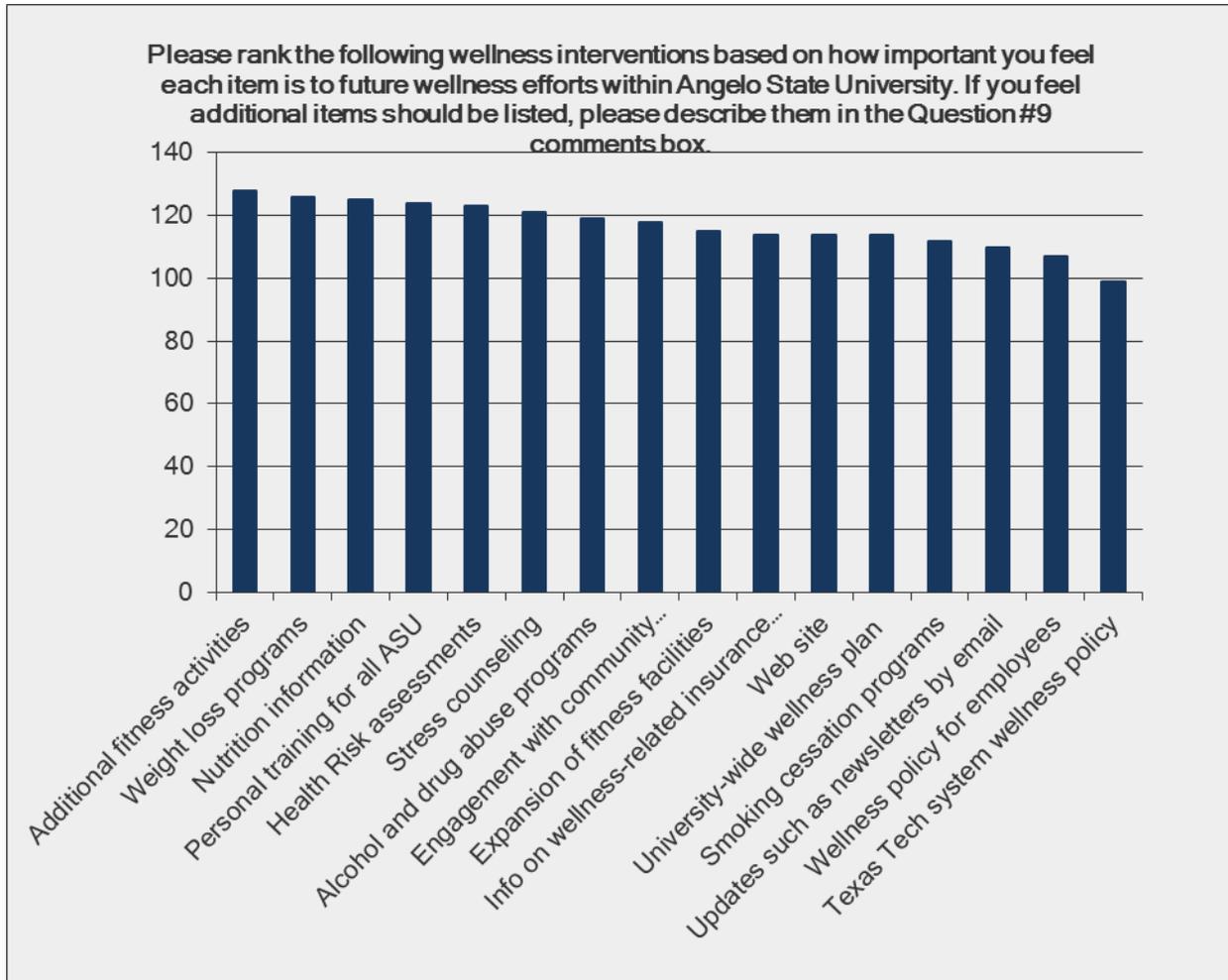
## **Section D: Wellness Interventions**

Respondents were asked to rate existing campus wellness interventions using a scale of 1 to 10 with “10” being Very Good and “1” being Very Poor. Upcoming events listing and run/walk fitness events received the highest ratings, with newsletters, emails, and the Web site receiving slightly lower ratings.



**Section E: Improvements Needed for Campus Wellness**

Narrative: Respondents were asked to rate potential improvements to campus wellness using a scale of 1 to 5, with “5” being Very Good and “1” being Very Poor. The top four improvements, as ranked by respondents, were additional fitness activities, weight loss programs, nutritional information, personal training for employees and students.



## **Section F: ASUFit Program End of Year Assessment**

The overall rating of the ASUFit program for 2011-2012 was 8.44 on a scale of 1-10 with 10 being the best. Last year's rating was a 6.44.

**Section G: Comments Submitted** (Note: Grammar and spelling within comments are “as submitted”)

1. faculty and staff should not be charged a fee to use the CHP...
2. I work in a small office and some of us go together to use equipment at the Center for Human Performance (the price cut is a huge deal!) and some of us did a fundraiser walk together off campus and we get the ASUFit email newsletter but to my knowledge nothing is generally offered or mentioned, we're on our own but know full well there is more available.
3. Reducing the fee for CHP use from an already low \$10 to \$4 is an incentive, it really makes it competitive within the local market. And the classes included is great for those who like that kind of exercise.
4. Programs for students regarding sexual assault and sexual health awareness, drug and alcohol awareness, smoking cessation, flu clinics, presentations to new student orientation regarding wellness, availability to speak to student classes and organizations regarding mental health and substance abuse topics.
5. I (as well as other department members) preferred the fitness challenge that involved counting calories. The one this year with the checklist was just not flexible enough for the varied needs of our department (different age groups, physical fitness levels, etc.).
6. although Fitness is EXTREMELY important, as faculty our plates are already full to the max.
7. Again, the price cut at the Center for Human Performance was a huge incentive to use the equipment and facilities. I am very happy with what is available here and hope to use more over time (I'm a first year employee).
8. There are no swimming events, even if the pool is not regulation, there still can be events created. Swimathon can be done for fundraising, fun racing etc for staff, faculty and students
9. I am a new employee and don't really know much about it other than I can purchase a year membership if wanted.
10. Doing a good job.
11. Fitness routes should be clearly marked with as little ambiguity as possible. A gator or golf cart should stay behind the last person in the 5k and walking courses, so every participating gets accounted for appropriately.
12. It would be great to have a promotion where it is encouraged for employees to take a set amount of time off of work to go workout during the day
13. remove the fee for faculty/staff from using the CHP
14. There are no swimming events, even if the pool is not regulation, there still can be events created. Swimathon can be done for fundraising, fun racing etc for staff, faculty and students
15. I am so glad to see more healthy options at the Crossroads snack bar. I am disappointed that Roscoe's Bistro is going to close because they offer VERY healthy options that are delicious.
16. Programs geared and advertised for those over 55 and those who aren't in shape.
17. Fitness classes at times (12:00 AM & 5:15PM) that employees can attend.
18. remove the fee for wellness from the CHP for faculty and staff.
19. Programs specifically focused on those not currently physically fit as those individuals will not participate if they feel they will be grouped with those in top physical shape.
20. In our building alone, there is a large number of overweight employees. Please take steps to provide flex time or some other type of break from sitting so much. Employees need 20-30 mins per day to get up and move around.
21. N/A

- 22.Distance online student.
- 23.Activities schedule that offers classes during the day. More and most students attending ASU are nontraditional students that have families and are not going to come back on campus in the evening to attend a class.
- 24.It would help a lot if maybe professors were to mention the health programs in their classes, or even sprinkle in health information such as the harms of smoking or excessive drinking. Your husband Kevin, for example, does a mildly good job of informing the class at least once a semester about the various health programs in ASU.
- 25.N/A
- 26.The gym is always too crowded to be productive, hours are poor, staff is not helpful and does not apply gym rules to all gym goers. If I don't make it to the gym at 6 am I might as well not go. Fitness programs are too concerned with making events happen rather than making a decent environment for those just interested in working out on campus. a service we are already being billed for.
- 27.The main issue is just the lack of information output. A student would more just have to find out on their own about the health programs in ASU. A monthly email that goes out to everyone would be very productive.
- 28.I just wish I knew of more events! ASUfit seems kinda hidden but I would love to be involved!
- 29.Didn't know ASU had one
- 30.Bill Cullins and Katherine Garrison did a good job with little support from the University.
- 31.I wish I was more aware of the program in general and the specific events it holds. As an overweight staff member it would be nice if there was some sort of weight loss challenge among staff or something with incentives separate from what is already offered to the young and fit students. If these programs already exist I am unaware of them and would like to know more. It would also be nice to have some fitness classes that were offered only to staff. Most of the time older, less fit employees don't feel comfortable participating in the same events as the students.
- 32.I was too busy to be aware of current activities at ASU this past semester.
- 33.Strong support for the military and it's Veterans. Thanks!!
- 34.Gym and staff need serious improvement. The focus needs to be less on programs until the gym is halfway decent.
- 35.More weight loss
- 36.Due to the recent closing down of the Planned Parenthood clinic, information about where people can get free services such as STD/HIV/pregnancy/cancer testing would be helpful. It would be even extremely helpful if the clinic on campus offered free STD/HIV/pregnancy/cancer testing in order to supplement for the loss of the Planned Parenthood clinic.
- 37.Fix the cafeteria. It doesn't match a healthy lifestyle
- 38.Have fresh fruit and veggies more convenient or available to students!
- 39.Signs showing runners/walkers which path to take for 5Ks and 1.5 mile walks during races.
- 40.PLEASE add spray bottles and paper towels to the workout area in CHP!!!! PLEASE increase water pressure of drinking fountains in workout area of CHP
- 41.make programs more user friendly for people with families
- 42.Need more power racks. Cross fit monopolizing equipment. Doesn't allow for personal training equipment to use in gym. Does not appeal to non traditional students.