

**Annual Report  
Campus Wellness Committee  
June 1, 2007-May 31, 2008**

Introduction

The Campus Wellness Committee is made up of volunteer faculty, staff and graduate students representing a broad scope of units across campus. The mission of the VSU Wellness Committee is to promote and support an increased awareness and practice of a healthy lifestyle by offering a variety of educational activities and programs that address the social, intellectual, occupational, spiritual, physical and emotional wellness of the university's faculty, staff and student population.

Summary of Accomplishments

This past year saw an increase in program offerings while continuing to maintain current activities. New programs included free step aerobics classes, a walking content and at-work weight watcher sessions.

The table below represents participation levels and results in the various programs.

Program/Activity	Number of offerings	Participation	Results shown
<b>Lunch-n-Learns</b>	7	Total= 133 attendees (88 total individuals with 17 faculty, 42 staff, 25 students, & 4 guests).  28 individuals attended more than one event.	We had an increase of 10 more individual attendees compared to last year. The number of faculty stayed the same while the number of staff decreased by 14, the number of students increased by 21, and the number of guests increased by 3.  The average overall rating of the Lunch and Learns was 4.77 out of 5. The two most successful programs were Heath and Fitness (4.89) and Healthy Heart (4.86). The others programs ranged in the order below. <ul style="list-style-type: none"> <li>• Cooking it up Healthy (4.85)</li> <li>• Healthy Holiday Strategies (4.84)</li> <li>• Healthy Aging (4.75)</li> <li>• The Whole Life Balance (4.70)</li> <li>• Diabetes Prevention (4.54)</li> </ul>
<b>Step Aerobics</b>	68	6 to 8 on average	6 regular attendees
<b>Centennial Walking Club</b>	N/A	156 members (21 faculty, 82 staff, & 53 students).	The 156 members achieved a total of 14,260 miles walked. Results are substantially higher

			<p>than last year's total of 65 members and 8140 total miles walked. This past year the walking club recruited 92 new members.</p> <p>Of the 156 members, 59 are actively entering miles into the database. Thirty-two (32) individuals reached the 100 miles milestone, 27 reached the 200 miles milestone, 12 reached the 300 miles milestone, 7 reached the 400 miles milestone, and 4 reached the 500 miles milestone.</p>
<b>Spring Walking Contest</b>	March 1- April 25	50 participants walked a combined total of 7748 miles, this accounts for over half of the total miles walked by walking club members.	At the end of the contest, 40 participants had reached the 50 miles goal, 33 had reached the 100 miles goal, 31 reached the 150 miles goal, 29 reached the 200 miles goal, and 23 participants were able to reach the overall contest goal of 231 miles.
<b>At-Work Weight Watchers</b>	<p>3 total</p> <p>1 (17-week session) in the fall</p> <p>2 (17-week sessions) in the spring</p>	<p>Fall = 20</p> <p>Spring = 43</p> <p>Total # of Individuals= 53</p>	<p># of people obtaining 5% weight loss = 17 (32%)</p> <p># of people obtaining 10% weight loss = 9 (17%)</p> <p># of people at goal = 2 (4%)</p> <p># of people at Lifetime = 2 (4%)</p> <p>Total weight loss for whole group = 949.2 pounds</p>
<b>Health Fairs</b>	2	<p>Fall = 161 (137 Staff, 16 Faculty, 8 Students)</p> <p>Spring = Approximately 135</p>	<p>Fall evaluation score = 4.8 out of 5 (Note: only 29% of attendees completed form). The participation rate from the previous fall was lower by 21 people.</p> <p>Spring evaluation score = 4.6 out of 5 (Note: 84% of attendees completed form). The participation from the previous spring increased by around 35 people. The number of participating vendors more than doubled.</p>
<b>Centennial Fun Run</b>	1	164	N/A

In addition to the programming activities offered to employees, the Campus Wellness Committee participated in educational events that included New Faculty Orientation Opportunities Fair, Staff Day and New Staff Orientation each month.

At the conclusion of this year, individuals who had participated in the walking contest/club, lunch-n-learns, step aerobics and weight watchers were sent an online survey to obtain information regarding what affect had participating in our wellness programs had on their lifestyle. Additionally individuals were asked about interests in new programs and how best to schedule and advertise them. Of the 227 individuals surveyed, 59 responded (26%).

<b>Online Survey Summary</b>		
<b>1) By participating in campus wellness events, I have experienced the following: (Check all that apply)</b>		
Learned about ways to improve my health and wellness	39	66.10%
Started thinking about changing my lifestyle	27	45.76%
Have made an action plan on how I will change my lifestyle	5	8.47%
Have made changes to my lifestyle	28	47.46%
Have been able to maintain my healthy lifestyle	18	30.51%
No change or learning has occurred	2	3.39%
<b>2) I have noticed a positive increase in my overall health.</b>		
Strongly agree	10	16.95%
Agree	30	50.85%
Neither agree/disagree	17	28.81%
Disagree	1	1.69%
Strongly disagree	1	1.69%
<b>3) The area that I have experienced the most change has been...</b>		
Healthy eating habits	12	20.34%
Exercising more	16	27.12%
Weight loss	15	25.42%
Better manage my stress	5	8.47%
No change	11	18.64%
<b>4) How long have you been experiencing a positive change in your lifestyle?</b>		
1 month or less	1	1.69%
2-3 months	13	22.03%
4 - 5 months	11	18.64%
6 months or more	22	37.29%
No change	12	20.34%

<b>5) Do you think you would have started changing your wellness habits without the VSU wellness program you participated in?</b>		
Unlikely I would have changed my usual habits	6	10.17%
I probably would have changed my usual habits eventually	22	37.29%
Having the wellness program at work gave me needed inspiration to change my usual habits	24	40.68%
Wellness at work is integral to changing my habits.	7	11.86%
<b>6) If you have not experienced a change in your lifestyle, what would MOST help you make a change?</b>		
Incentives (prizes)	4	6.78%
Professional coach	7	11.86%
Wellness buddy	8	13.56%
Nothing, I need to do it on my own	11	18.64%
Does not apply. Changes already made.	29	49.15%
<b>7) As we plan for future events, please share with us topics of interest to you. (mark all that apply)</b>		
Stop smoking	2	3.39%
Stress management	23	38.98%
Weight control	35	59.32%
Healthy eating	40	67.80%
Personal Fitness	39	66.10%
Preventing back injuries	9	15.25%
CPR & First Aid	10	16.95%
Wholeistic Health	24	40.68%
Yoga	28	47.46%
Ti Chi	20	33.90%
<b>8) What time of day would you be MOST likely to participate in a health education course?</b>		
Morning work hours	8	13.56%
During lunch	25	42.37%
Afternoon work hours	11	18.64%
During non-work hours	9	15.25%
Would not participate	6	10.17%
<b>9) What type of health screens would you like offered? (Mark all that apply)</b>		
Blood pressure	38	64.41%
Blood sugar	28	47.46%
Cholesterol	37	62.71%
Colon/rectal cancer	17	28.81%
Body fat (BMI or Body comp)	36	61.02%
PSA for prostate cancer	12	20.34%
HIV or other STDs	7	11.86%
Breast Cancer	23	38.98%

Bone Density	31	52.54%
None	4	6.78%
<b>10) I receive information about wellness events in time for me to participate.</b>		
Strongly Agree	22	37.29%
Agree	27	45.76%
Neither agree/disagree	4	6.78%
Disagree	4	6.78%
Strongly Disagree	2	3.39%
<b>11) There are many ways to promote health and wellness, please tell us what would interest you. (Mark all that apply)</b>		
Webinar or online tool	21	35.59%
Panel discussions	9	15.25%
Newsletter or other written material available on website	22	37.29%
Talks by experts	34	57.63%
Demonstrations	29	49.15%
Workshop or seminar	36	61.02%
Wellness contests or challenges	22	37.29%
Exercise programs	38	64.41%
Weight loss programs	28	47.46%
Stress reduction programs	25	42.37%
<b>12) How do you MOST often learn about our programs?</b>		
Through email	48	81.36%
Flyer sent to department	5	8.47%
Poster around campus	0	0.00%
Word of mouth	6	10.17%
Campus wellness website	0	0.00%
<b>13) Please provide any additional comments that you feel will help the Wellness Committee continue to promote and provide resources for the campus community.</b>		
<ul style="list-style-type: none"> <li>• Weight Watchers has benefitted me the most.</li> <li>• How about the possibility of some Wellness Podcasts?</li> <li>• Most programs seem to be at time and place for office workers or faculty; not for hourly wage workers who cannot take off from work to attend.</li> <li>• I have joined TOPS (Take Off Pounds Sensibly). I have lost 7 pounds so far. I would love to see Jazzercise classes come here. I would be willing to give up my lunch time a couple days a week for that, or even right after work.</li> <li>• I have enjoyed what you put on for Weight Watchers and the competitions you have had. I have just not been ready to start.</li> <li>• Not enough notification about programs - need more publicity on main campus</li> <li>• Although I knew I needed to make changes in my daily habits, I did not change them until incentives were offered through the Wellness Program. Some of those changes have become good habits for me (even without the incentives), but it's always good to set goals and reach for them knowing you'll get a little incentive for doing what you should. Thank you!</li> </ul>		

- Survey did not allow me to skip items or choose an answer that I felt was more appropriate.
- I found that the lunch time meetings became more student and female oriented as the year went on. I appreciate that students are interested but some issues faculty might not want students present.
- As Faculty our schedule changes every semester if we could vary the days there is a lunch seminar would be helpful. That way everyone can participate and it's not locked in to a specific day. Thanks.
- I think the committee is doing a wonderful job at providing opportunities for employees. I think that there needs to be more participation and maybe the committee can work on ideas for encouraging more participation.
- I would rather work out 6:00 in the morning and not morning hours as indicated in #8. Often times professors have morning classes and morning work hours if you are talking 8:00 interferes with work. Other than the luncheons and the wellness fair on the pedestrian mall I am not sure I know of anything else you do. Obviously, I am missing something. I would participate in a walking program if it were before work hours or after work hours. I walk on my own so that doesn't interest me as a challenge.
- As a carpal tunnel and other repetitive motion injuries sufferer due to work activities, I would like to see wellness activities around ergonomic design and prevention. While Worker's comp will help take care of the problems, no one seems to be supportive in terms of prevention or work station redesign. Those I have talked to about this suggest it is an activity for the entire work unit and is not done on a case to case basis.
- Not all the questions on this survey require an answer or would be better answered with a N/A. However that was not an option so some of these answers don't have significant meaning. Please address this oversight in your next survey.
- A release time program for exercise using the facilities here on campus would be most beneficial to me.
- What IS the Wellness Committee? Who ARE they? How are they selected?

#### 14) What is your primary role on campus?

Faculty	17	28.81%
Staff	37	62.71%
Student	5	8.47%

#### 15) What is your Gender?

Male	13	22.03%
Female	46	77.97%

In conclusion, the most notable achievements this past year was the addition of a Walking Contest and Weight Watchers At-Work Program. The addition of the walking contest increased participation in the Walking Club by 92 people and the At-Work Weight Watchers program doubled in size in just one semester. Mention was given for the need to allow N/A in the survey design which will be addressed before another survey is given. Even with this error, it is still noteworthy that over 65% of the survey respondents indicated they have seen a positive increase in their health. Fifty-six percent have sustained a life style change for four or more months.