

HEALTH IN HOUSING SURVEY RESULTS

June 2010

PURPOSE

- To assess student ideas, as well as student need regarding health and wellness within the context of a housing community or dorm
- Will be used to :
 - Inform about student impressions of health and wellness
 - Create indicators for future events, programs and interactions with DHRE

WHO PARTICIPATED

- **1,188**
Students
who live on
campus



HOW DO YOU DEFINE HEALTH?

- Health means:
 - Physical health :no illness, no pain, ability to do the activities they want (n= 392)
 - Physical fitness: being fit, level of endurance and energy (n=285)
 - Nutrition: how well they were eating-avoiding unhealthy foods (n=236)



HOW DO YOU DEFINE WELLNESS?



- Wellness is a broader topic than health focusing on whole person including:
 - mental health
 - emotional health
 - spiritual health

HOW DO YOU RATE YOUR LEVEL OF HEALTH? HOW HAS MOVING ON CAMPUS CHANGED IT?

Table 2: Student's Rate Their Own Level of Health

#	Answer	Response	%
1	Extremely healthy	52	5%
2	Healthy	523	55%
3	Average	286	30%
4	A bit unhealthy	92	10%
5	Very Unhealthy	6	1%
	Total	959	100%

Table 3: Student Health Since Moving On- Campus

#	Answer	Response	%
1	Very much improved	68	7%
2	A little improved	293	30%
3	about the same	353	37%
4	Worse	233	24%
5	Much worse	14	1%
	Total	961	100%

ACTIVITIES THAT IMPROVE MY ABILITY TO SUCCEED

1. Being physically active
2. Eating healthy
3. Retaining a positive attitude
4. Managing time effectively
5. Relaxing (breathing, playing games, watching movies, yoga-however you relax)
6. Creating community/finding people that make me happy
7. Balancing social and academic priorities
8. Planning for my future
9. Being active in extracurricular activities
10. Having good study skills

ACTIVITIES THAT HINDER MY ABILITY TO SUCCEED

1. Stress
2. Procrastination
3. Anxiety
4. Internet use
5. Temporary cold/illness
6. Over-scheduled lifestyle
7. Sleep Difficulties
8. Relationship difficulties
9. Finances
10. Depression



WHAT KINDS OF PROGRAMS ABOUT HEALTH AND WELLNESS WOULD YOU ATTEND?



- Programs with Free & Healthy Food
- Nutrition Presentations
- Fitness Programs
- Cooking Demonstrations
- Stress and Relaxation Methods, Talks, Resources
- Massages
- Sexual Health Programs
- Group Activities

Counseling & Wellness Services

TIPS FOR PROGRAMS

- Wait to give out the food until the end, so people are more likely to stay
- Do something active involve participants
- Some events may need to be tailored for men and women separately
- Have handouts available, especially for sensitive topics, some students may want to read again in privacy
- Be creative!



WHAT COULD YOUR RESIDENCE HALL DO TO HELP YOU BE HEALTHIER?

- Help with food
- Help being active
- Improvement of facilities
- Help building community
- Enforcing quiet hours
- Help with stress management
- Better promotion of events and services



ENVIRONMENTAL INTERVENTIONS

- Advocate for healthier food in the vending machines
- Create a Take the Stairs Campaign
- Post healthy messages throughout halls
- Have sign-ups for group exercise sessions
- Make resources visible
- Provide healthy foods instead of candy or snacks at programs
- Help with access to healthy groceries on campus or getting to stores off campus
- Post recipes in kitchen
- Fix facilities that are broken down
- Enforce quiet hours