SUMMARY

01. Overall Health

Participants reported:
Ninety (90) percent rated their overall health as good to excellent.

02. Modeling positive health behavior

Participants reported:
Seventy three (73) percent believe it is important to model positive health & wellness behavior to students.

03. Mental Health & Wellness

Participants reported:
Seventeen (17) percent of participants have been treated for anxiety
Thirty two (32) percent diagnosed with anxiety
Thirteen (13) percent treated for depression

04. Restful Sleep

Participants reported (last week):
Six days (44%)
Four to five days (28%)
Zero to three days (27%)

05. Last 12 months

Participants reported:
Difficulty coping with stressful events or situation (40%)
Felt overwhelmed with all I had to do (56%)
OVERVIEW

Negatively Impact Work Performance
July 2018 | Impact Work Performance

First Year implementing this survey

HIGHLIGHTS

NFSHA
American College Health Association (ACHA) has been surveying college students for years, giving institutions an instrument to assess their students’ health. The National Faculty & Staff Health Assessment (NFSHA) does the same for faculty and staff.
Last 12 months

Relationships

July 2018 | Negatively impact work performance

Participants reported:
Twenty six (26) percent neutral
Thirteen (13) percent strongly agree
Ten (10) percent disagree to strongly disagree

Institution promotes a culture of wellness

Participants reported:
23% work responsibilities
26% job management
16% Schedule does not work for me

Barriers to participate in wellness work programs

Participants reported:
job responsibilities (54%)
Time management (69%)
Schedule does not work for me (55%)
Not at convenient location (34%)

William & Mary 1693
Survey date: May-June 2018
Relationships (cont.)

July 2018 | Monthly Newsletter

Observed behaviors among your co-workers

- Ignoring phone calls or emails: 38%
- Silent treatment towards coworkers: 32%
- Spreading gossip about coworkers: 48%
- Coworkers take credit for work: 31%
- Coworkers being ignored/ostracized: 24%

"Work smarter not harder." - Unknown

"Don't mistake habit for hard work." - Shannon Sharpe, grandfather

Live by myself: 22%
Live with significant other: 82%
Live with other adults: 14%
Live with children: 50%
Values & Support

July 2018  NFSHA Results

Last 12 Months I have felt...

84% Agree to strongly agree
My work is consistent with my values

80% Agree to strongly agree
My department/unit values my work

69% Agree to strongly agree
Supervisor provides support to cope with job demands

Current Sources of Stress

Participant Reported:
Quantity of work (49%)
Department culture (30%)
Personal Obligations (33%)
Personal medical/mental health issues (21%)
LESSONS

Takeaways

July 2018 | TAKEAWAYS

Some of our staff are struggling with mental health and stress management. Some of our departmental cultures are unhealthy. Overall we have a healthy work force who self-identify as such.

MILESTONES

First year doing this survey. Interested in seeing results in a couple of years.

LESSONS

"Work hard, be kind, and amazing things will happen." Conan O'Brien

Most believe the college cares about their health and well being

Sixty two percent of participants would like to lose weight

Majority of participants feel safe on campus

CHALLENGES

Time management
Stress management
Managing quantity of work
Demographics

2018 | Survey Results

William & Mary

Time at W&M

- 5 Years or less
- 6-10 yrs
- 11-15 yrs
- 16-20 yrs
- 21-25 yrs

Employee Classification

- Staff: 62%
- Faculty: 28%
- Administration: 9%

RACE

- African American/ Black (6%)
- Asian/Asian American (3%)
- White (85%)
OVERVIEW
ACHA-NFSHA REPORT