

What Our Health & Wellness Data Is Telling Us

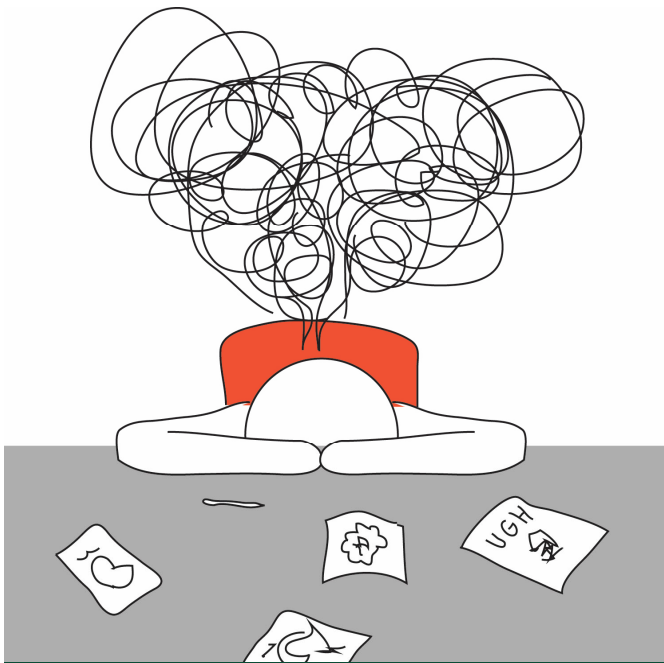
September 2019



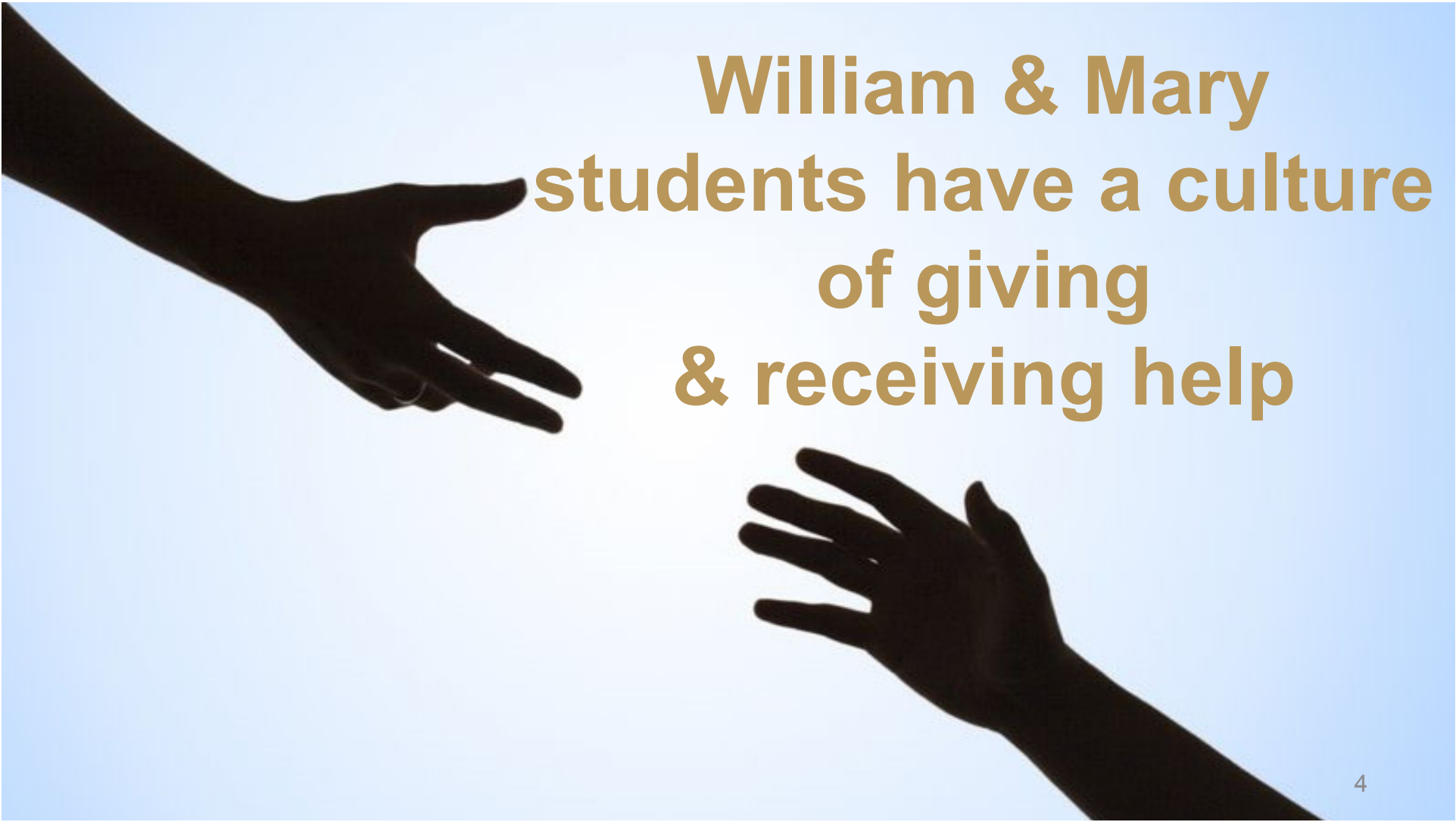
WILLIAM & MARY
CHARTERED 1693

Assessments We Administer

- Not on an assessment cycle
 - NASPA Assessment and Knowledge Consortium Recreation and Wellness Benchmark
 - Administered Spring 2019 a sample of undergraduate and graduate students
 - Integrative Wellness Center Assessment
 - Administered Spring 2018 & 2019 to all Student Affairs Health & Wellness thematic area staff and sample of undergraduate and graduate students
- Administered every 3 years
 - National College Health Assessment (NCHA)
 - Last administered Spring 2018 a sample of undergraduate and graduate students
 - National Faculty Staff Health Assessment (NFSHA)
 - Last administered Spring 2018 a sample of undergraduate and graduate students
 - Healthy Minds
 - Last administered Spring 2019 a sample of undergraduate and graduate students
 - CIRP Freshman Survey
 - Last administered Summer 2018 to incoming admitted freshman



Stress Glorification doesn't start developing at William & Mary



**William & Mary
students have a culture
of giving
& receiving help**

Informal Help Seeking

Received counseling or support for mental health from these sources, past year

	2019	2016	National
Roommate	25%	24%	17%
Friend (not roommate)	55%	52%	44%
Significant Other	32%	31%	27%
Family Member	46%	44%	37%
Religious Counselor or Other Religious Contact	5%	5%	4%
Support Group	2%	3%	2%
Other Non-Clinical Source	1%	1%	1%
None of the Above	26%	28%	35%

(Healthy Minds)

**Healthier than
you Think**



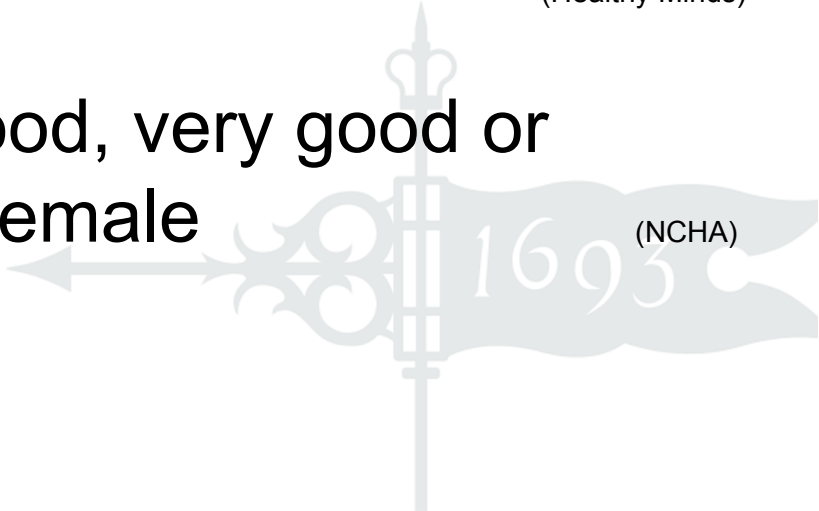
Flourishing

- 46% of students scored as having positive mental health, the same % in 2014

(Healthy Minds)

- 89% described health as good, very good or excellent -91% male -88% female

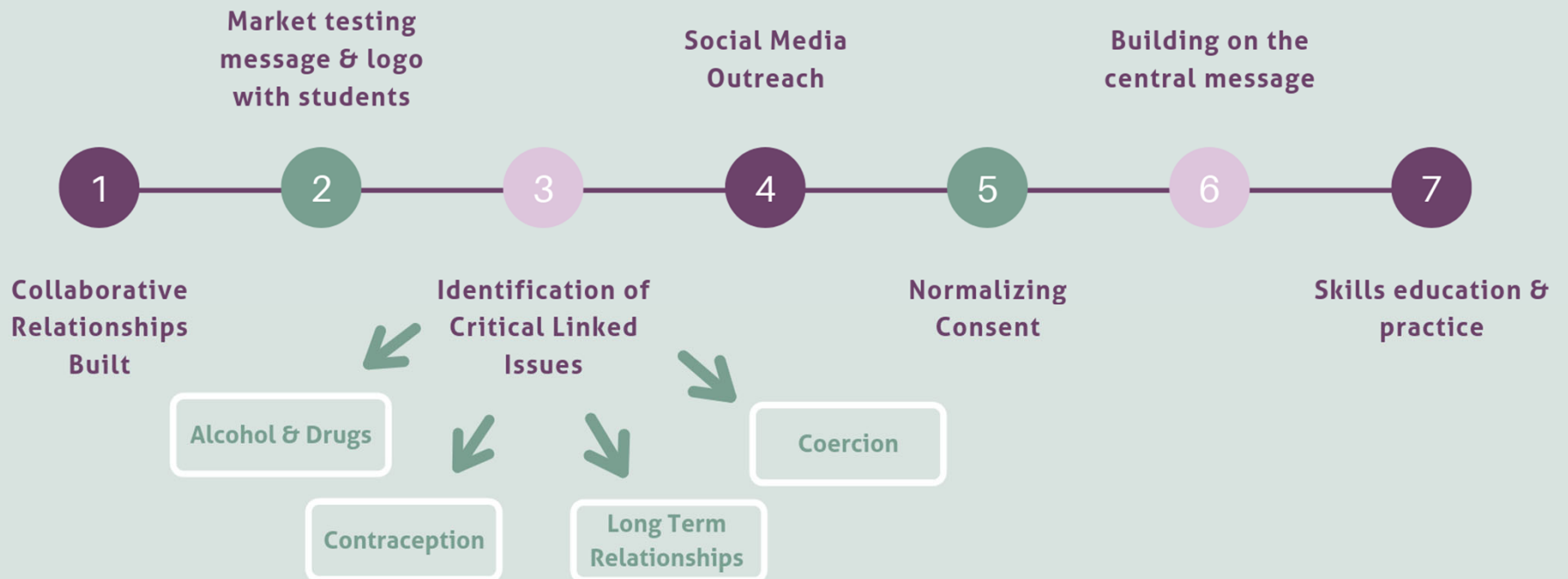
(NCHA)





Creating a Culture of Consent

From big idea to lasting impact

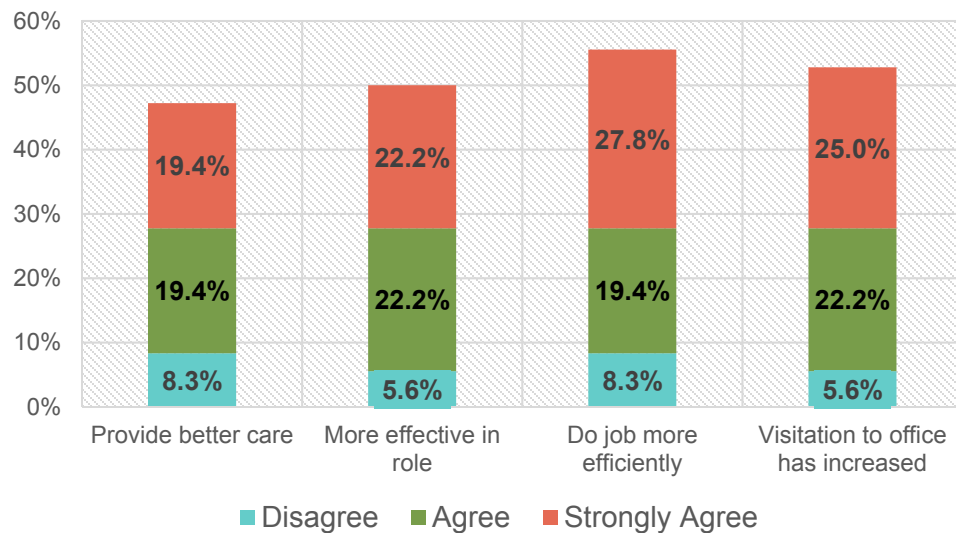






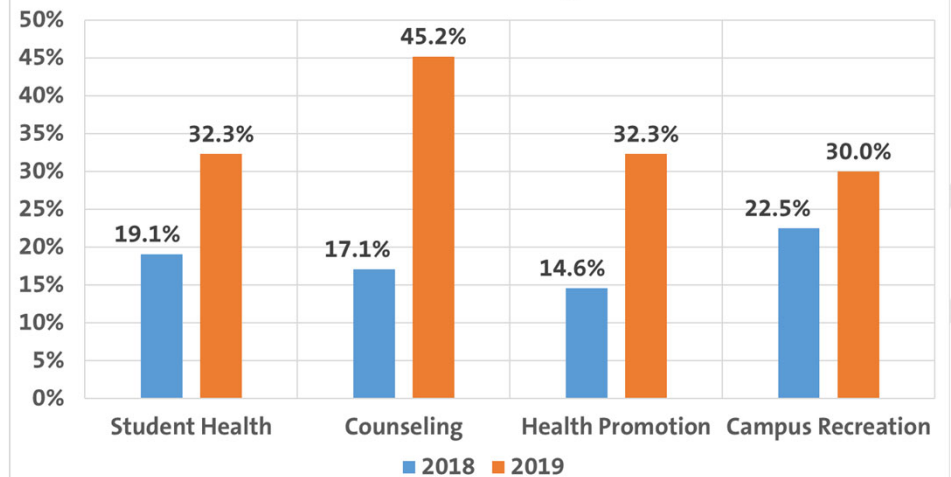
Wellness Center Data

Since Moving To New Wellness Center

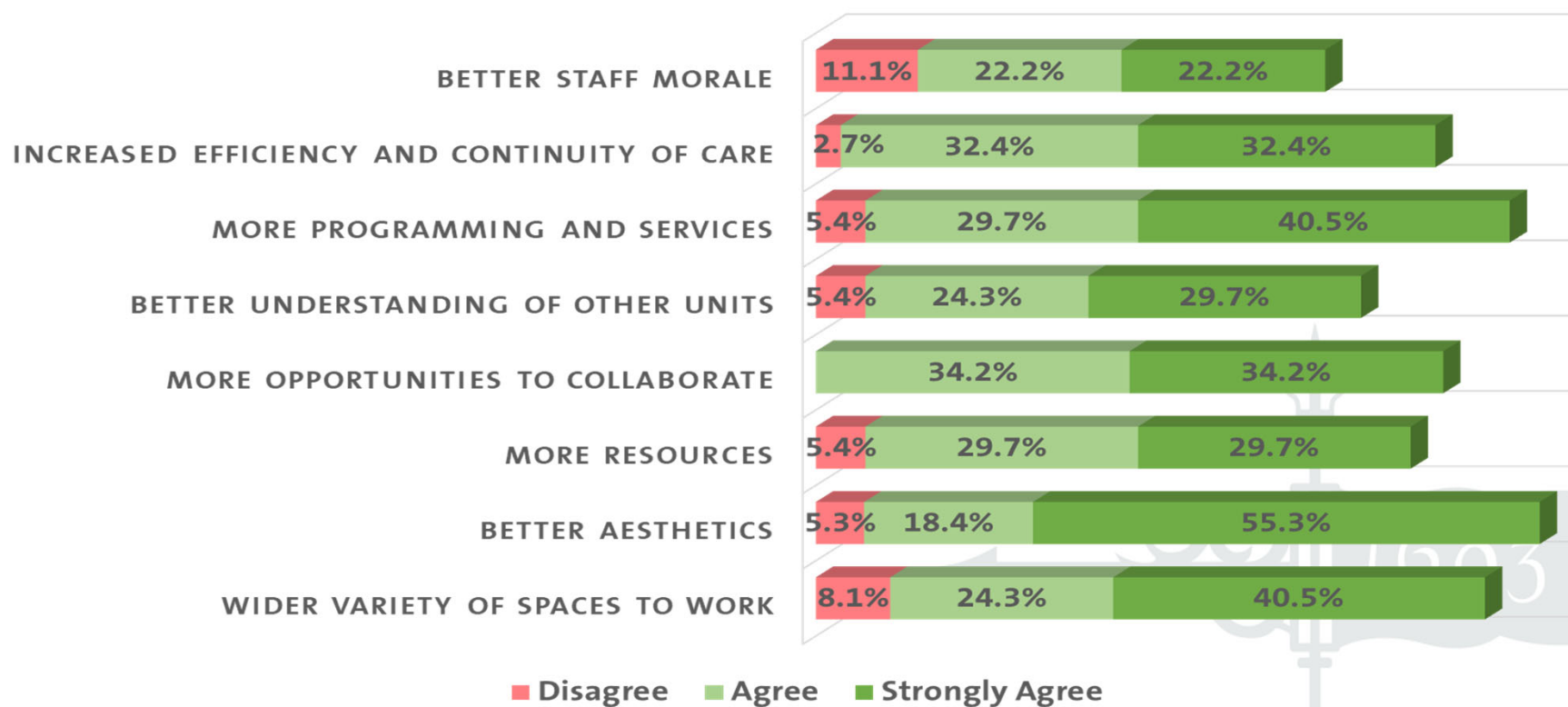


Integrative Wellness Center Staff Data

Collaboration Among Units



The New Wellness Center



Integrative Wellness Center Student Data

Finding #1 —Student Engagement with the New Center —

Many of the students on campus are utilizing the McLeod Tyler Wellness Center, primarily for physical and mental health needs. Overall, they report generally positive interactions and would recommend the center services to a friend. Non-users identify increased awareness raising as the most influential factor for visitation.

Integrative Wellness Center Student Data

Finding #2 – Design and Co-location are Driving Utilization – Students initially visit with the intention of accessing intervention services related to physical and mental wellness, but factors such as the design of the new center and co-location of services are facilitating other types of engagement and encouraging increased utilization.

