

What Our Health & Wellness Data Is Telling Us

September 2019



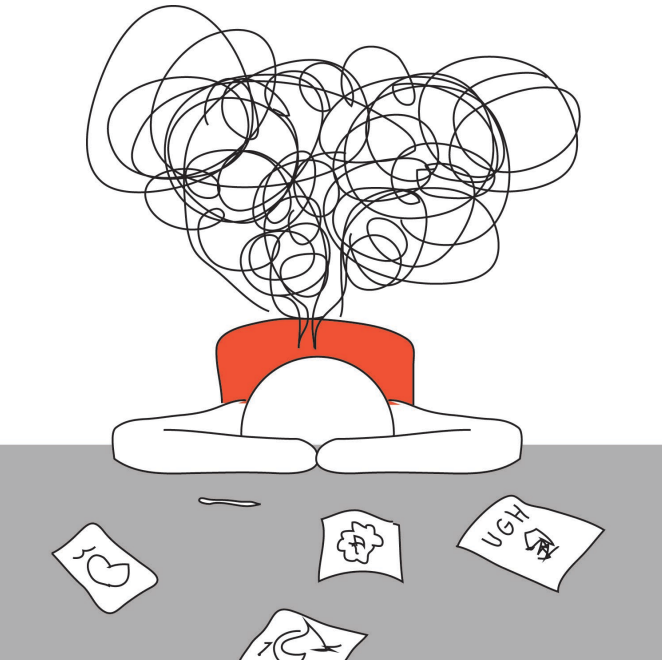
WILLIAM & MARY

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Assessments We Administer

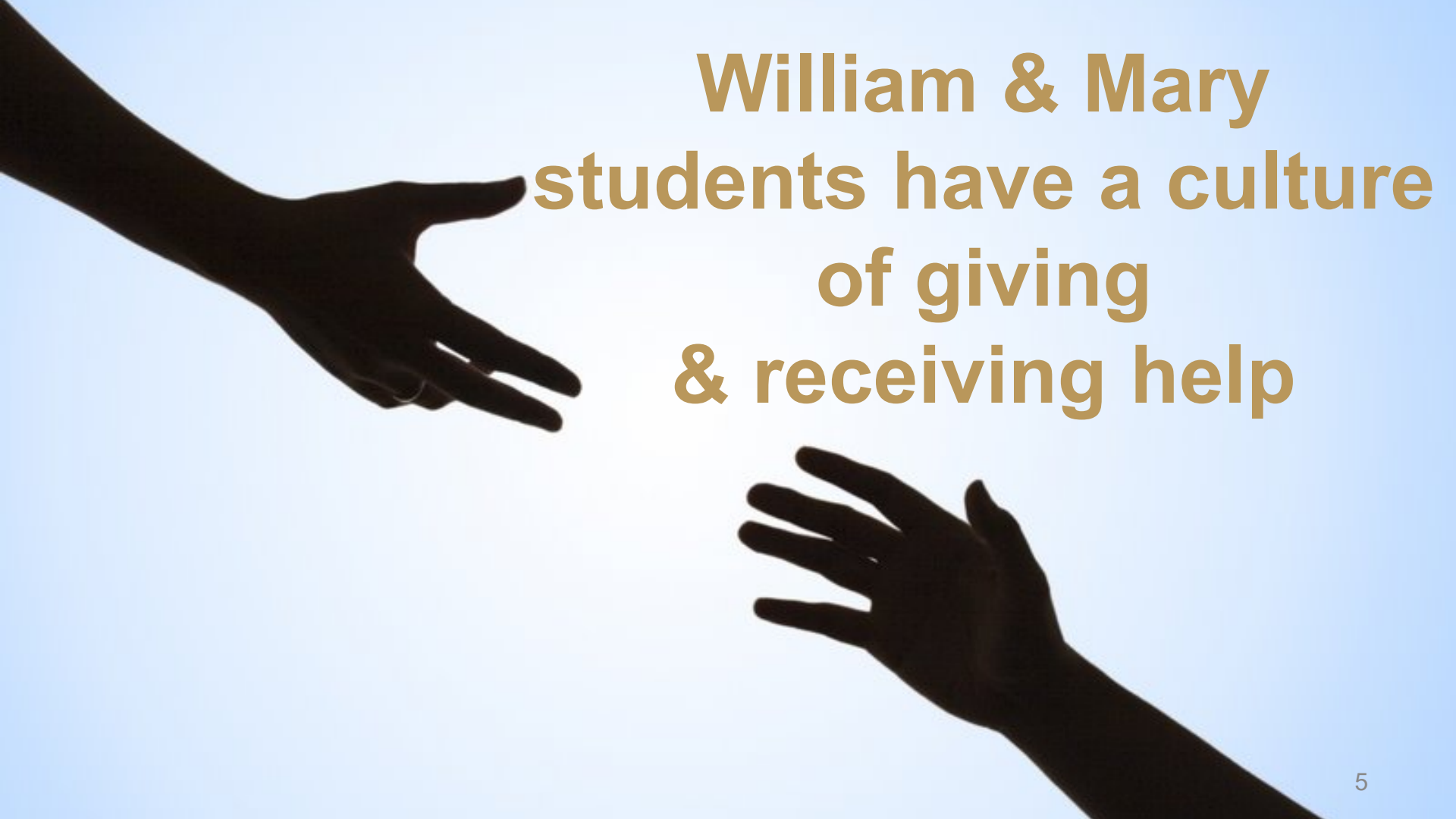
- Not on an assessment cycle
 - NASPA Assessment and Knowledge Consortium Recreation and Wellness Benchmark
 - Administered Spring 2019 a sample of undergraduate and graduate students
 - Integrative Wellness Center Assessment
 - Administered Spring 2018 & 2019 to all Student Affairs Health & Wellness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



Incoming Students

- 37.7% felt overwhelmed by all they had to do (43.8% in 2014, National 38.9%)
 - 12.8% felt depressed (10.6% in 2014, 14.2% National)
 - 33.9% felt anxious (34.4% National)
 - 18.6% of students stated there was a very good chance they would seek personal counseling (10.4% in 2014, National 15.5%)
 - Only 5% would think less of someone who has received mental health treatment down from 10% in 2016
-
- 27% of students rated themselves as severely or moderately depressed
 - 22% as severely or moderately anxious, 18% 2016

The image features two dark silhouettes of hands against a light blue gradient background. One hand is positioned in the upper left, reaching towards the center. The other hand is in the lower right, also reaching towards the center. The text is centered in the upper half of the image.

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

- 18.6% of students stated there was a very good chance they would seek personal counseling, up from (10.4% in 2014, National 15.5%)
(CIRP)
- 68% of students said if needed help they know where to go on campus, up from 61% in 2014
- 45% of students indicated they needed help for emotional or mental health problem, 46% in 2016, 44% Nationally
- 32% received counseling/therapy in past year and 48% in lifetime
 - Barriers to help seeking:
 - 46% no need for services (53% in 2016, 43% National)
 - 30% prefer to deal on own (31% in 2016, 27% National)
 - 27% not enough time (20% in 2016, 22% National)
 - 15% financial reasons (8% in 2016, 13% National)
 - 13% difficulty finding available appointment (8% in 2016, 10% National)

(Healthy Minds)

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%

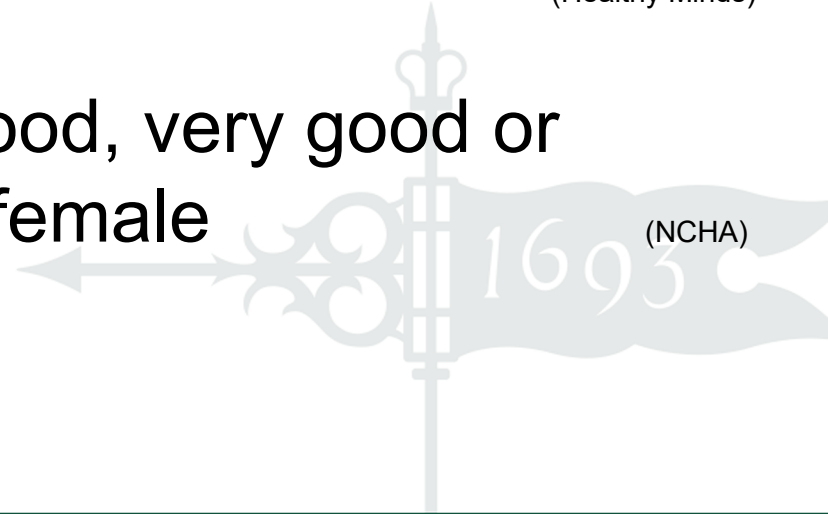
- 41.8% rated the personal importance of helping others who are in difficulty as essential (34.8% in 2014, 39.6% National)
- 29.6% rated themselves in highest 10% compared to avg. person their age for compassion as strength (21.7% in 2014, 26.4% National)

A close-up photograph of a small, vibrant green seedling with several leaves emerging from a crack in parched, brown soil. The soil is heavily fissured, forming a network of irregular polygons. The lighting is bright, casting soft shadows within the cracks. The overall image conveys a message of resilience and growth despite harsh conditions.

**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)



Students are engaging in Risk Minimizing Behaviors

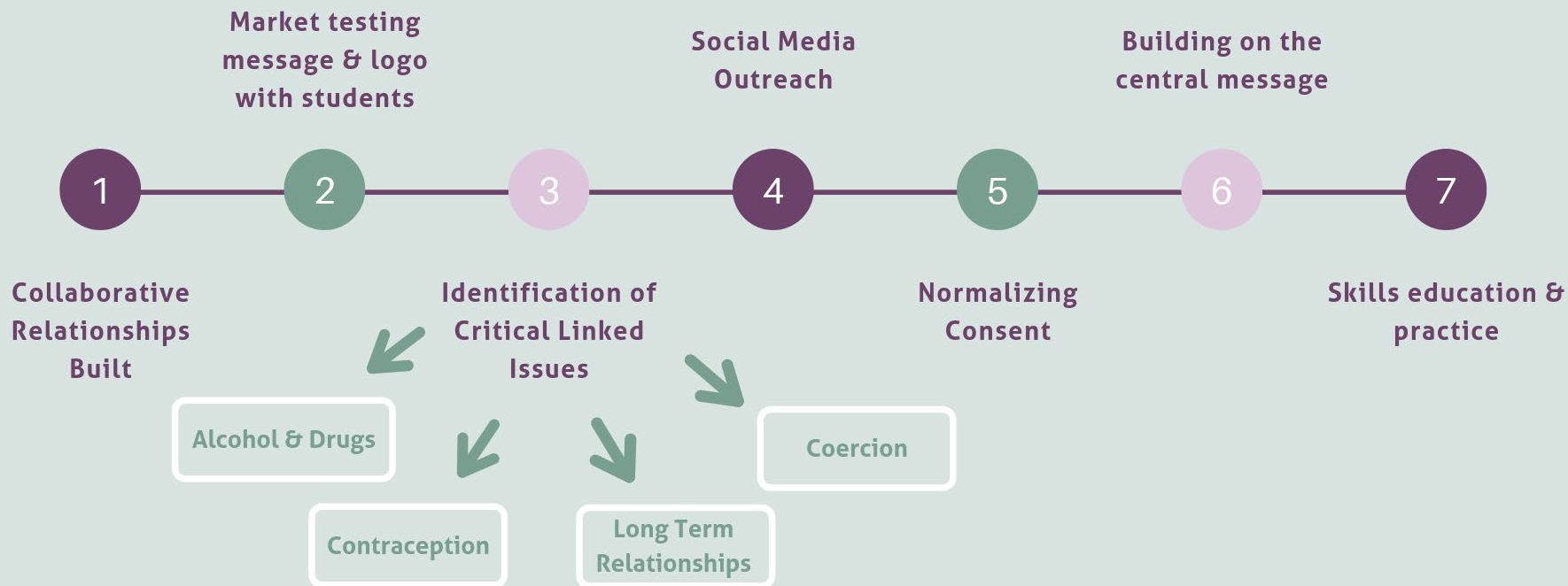
Students who drink alcohol reported most of the time or always when they “partied” or socialized last 12 months

- Stay with the same group of friends the entire time drinking (90%)
- Eating before and or during drinking (84%)
- Used a designated driver (83%)
- Kept track of how many drinks being consumed (70%)
- Stick with one kind of alcohol when drinking (44%)
- Have a friend let you know when you have enough (36%)
- Alternate non-alcoholic with alcohol beverages (34%)
- Set a limit of drinks (33%)
- Avoid drinking games (32%)
- Choose not to drink alcohol (17%)
- Pace drinks to one or fewer an hour (22%)



Creating a Culture of Consent

From big idea to lasting impact



A black and white photograph of two hikers walking away from the camera on a dirt trail through a dense forest. The hiker on the left is wearing a large backpack and dark clothing. The hiker on the right is wearing a smaller backpack, a light-colored shirt, dark pants, and a cap. The forest is filled with tall, thin trees and undergrowth.

Exercise is Medicine

- 62.5% of incoming students spent 3+ hours/week exercising/sports, down from 66.2% in 2014
- During last year, 76% of incoming students used social media 3+ hours/week, 6.9% 20+hours
 - In 2014: 80.9% 3+ hours/week, 0.9% 20+ hours/week
- 84.7% spent same amount of time socializing with friends in person
 - In 2014 didn't specify in person. 83.5% 3+ hours/week socializing with friends

(CIRP)

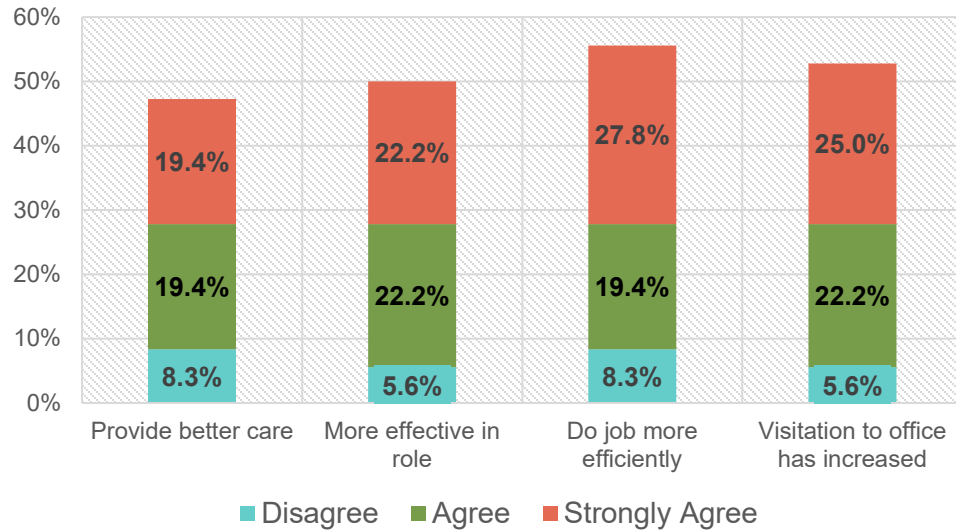
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- 83% of students utilize campus recreations facilities/ services
 - Participation in Campus Recreation definitely improved their sense of belonging/association (24%), feeling of well-being (55.8%), stress management (44.6%), and academic performance (17.6%)

(Recreation and Wellness Benchmark)

A photograph of a modern building with a large glass corner section, illuminated from within, set against a twilight sky. The building is surrounded by trees and a grassy area. Two people are walking on a path in the foreground. The text "Wellness Center Data" is overlaid on the right side of the image.

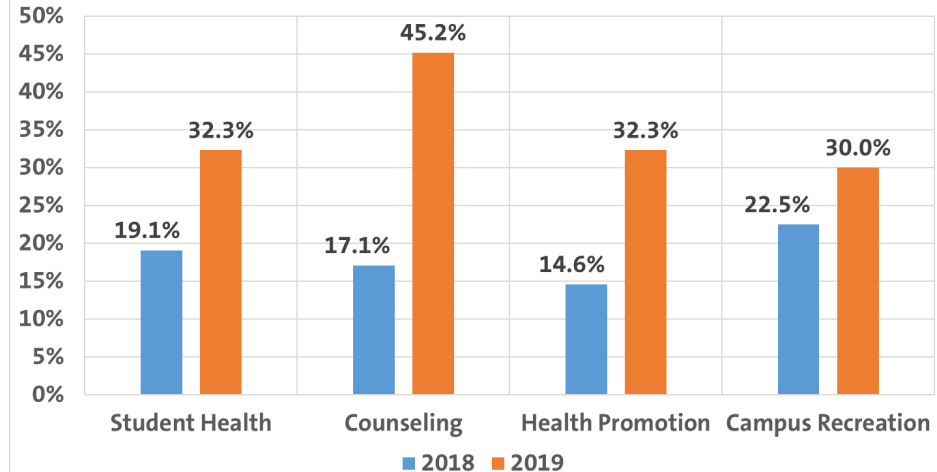
Wellness Center Data

Since Moving To New Wellness Center

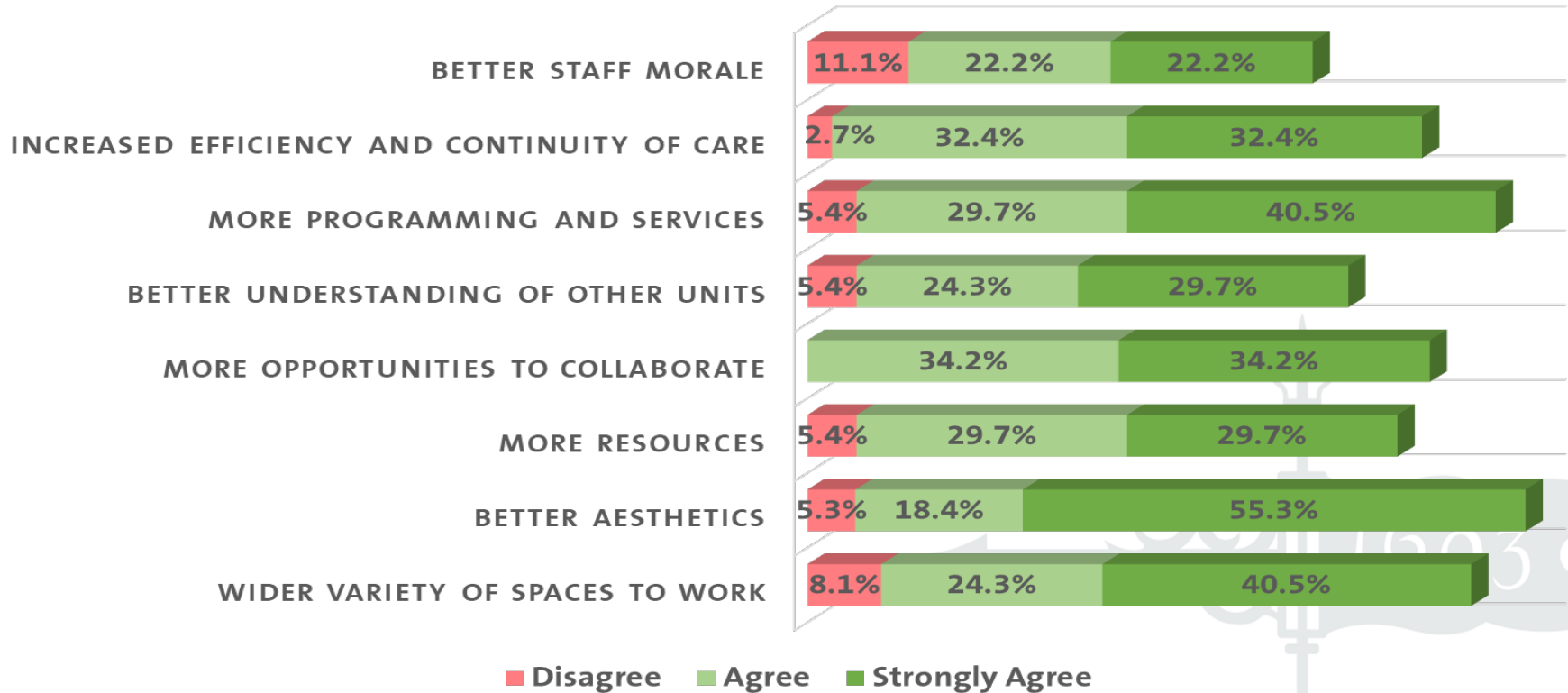


Integrative Wellness Center Staff Data

Collaboration Among Units



The New Wellness Center

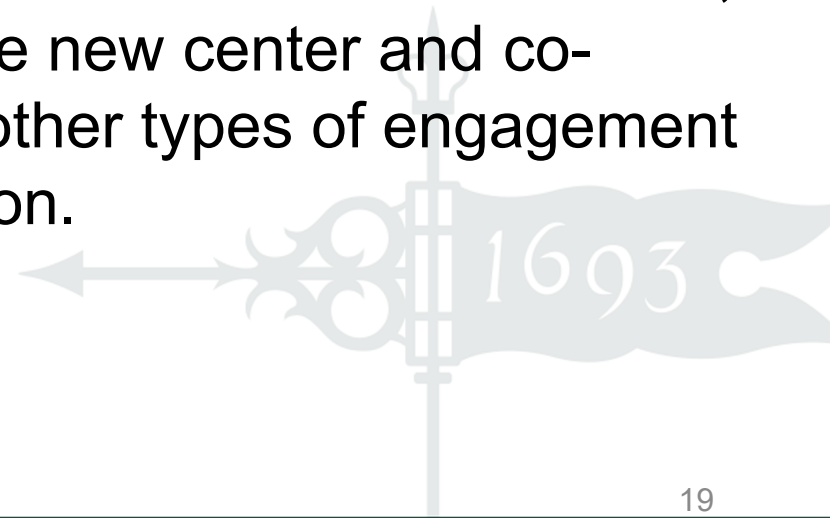


Integrative Wellness Center Student Data

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.



Integrative Wellness Center Student Data

- “As a student in the yoga teacher training program I have to say the entire experience of the classes as well as the very being-ness of the building has transformed me over the course of this year.”
- “The building, staff, and atmosphere around the wellness center have you coming in feeling at ease. I mainly came for the counseling center which has been very helpful.”
- “I believe that the people at the Wellness Center genuinely care about the people that walk into the building, as well as those who do not. If one of my friends required one of their services, I would feel comfortable referring them to the Wellness Center.”
- “I received great medical care and attention upon visiting for a sinus infection and subsequently for another related illness. The staff was warm and welcoming and clearly seemed to thrive in and appreciate their new workspace which was reflected in the care I received.”