

Health
Promotion

ACHA - NFSHA

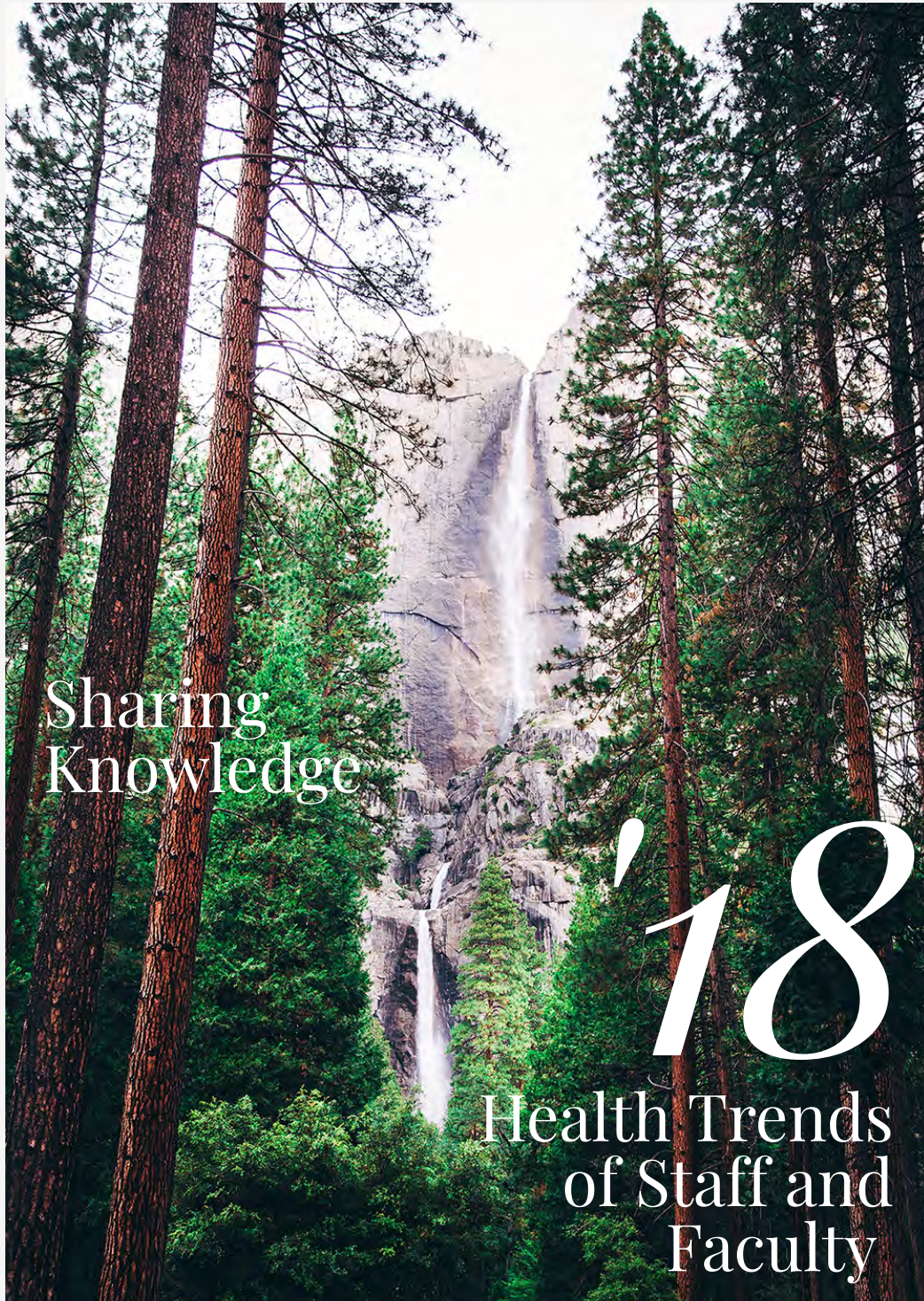
2018 REPORT

William & Mary Spring 2018

Vol. 001

PREPARED BY: Health
Promotion

DATE: 09 July 2018

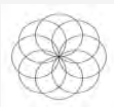


Sharing
Knowledge

'18

Health Trends
of Staff and
Faculty

Captions: Trees waterfall



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

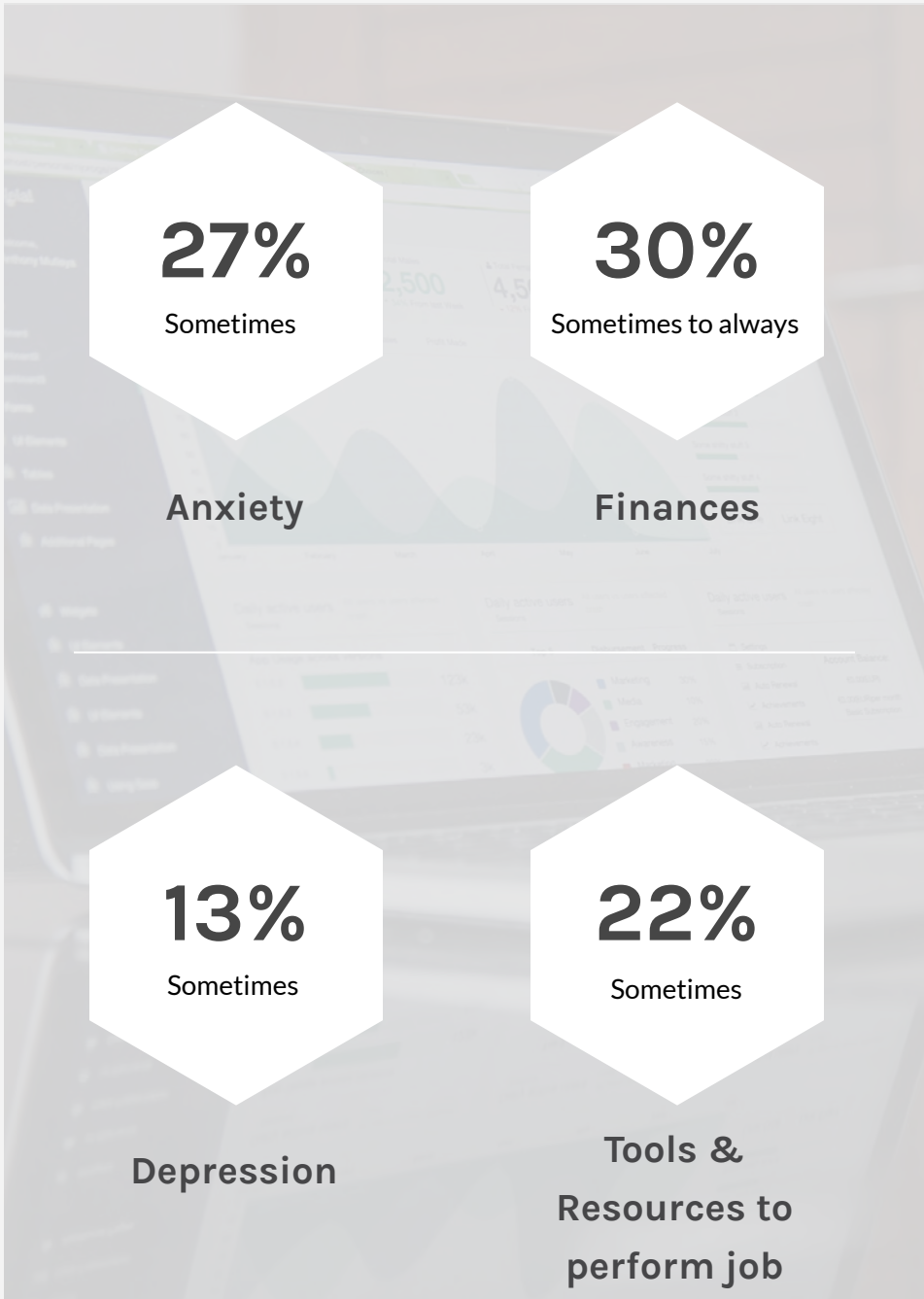
Participants reported:
Difficulty coping with stressful
events or situation (40%)
Felt overwhelmed with all I had to
do (56%)



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



Never (40%)



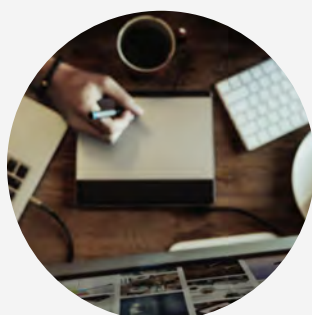
Most of the time (7%)- Always (3%)



Most of the time (6%)

William & Mary 1693

Survey date: May-June 2018



Top Highlight

HIGHLIGHTS

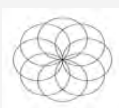
Institution promotes a culture of wellness

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

HIGHLIGHTS

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%)



Relationships (cont.)

July 2018 | Monthly Newsletter

Observed behaviors among your co-workers



Captions: Office space

Ignoring phone calls or emails .. 38%

Silent treatment towards coworker.. 32%

Spreading gossip about coworker.. 48%

Coworkers take credit for work o.. 31%

Coworkers being ignored/ostraci.. 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%



Last 12 Months I have felt...

Values & Support

July 2018 NFSHA Results



84%

Agree to strongly agree

My work is consistent with my values

80%

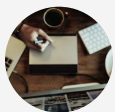
Agree to strongly agree

My department/unit values my work

69%

Agree to strongly agree

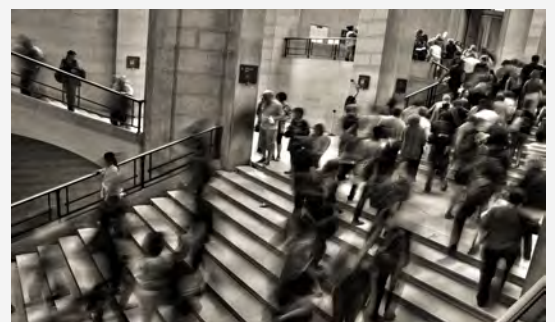
Supervisor provides support to cope with job demands



Current Sources of Stress

Participant Reported:

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





Captions: Guy working on his laptop.

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

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

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



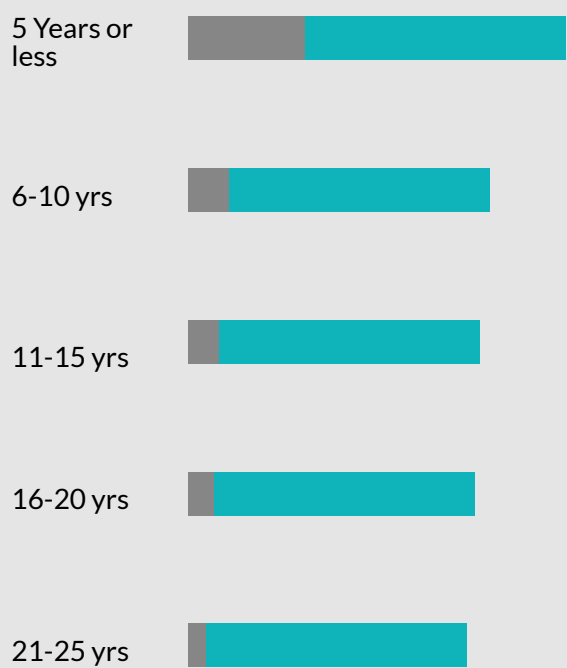
ACHA - NFSHA

Demographics

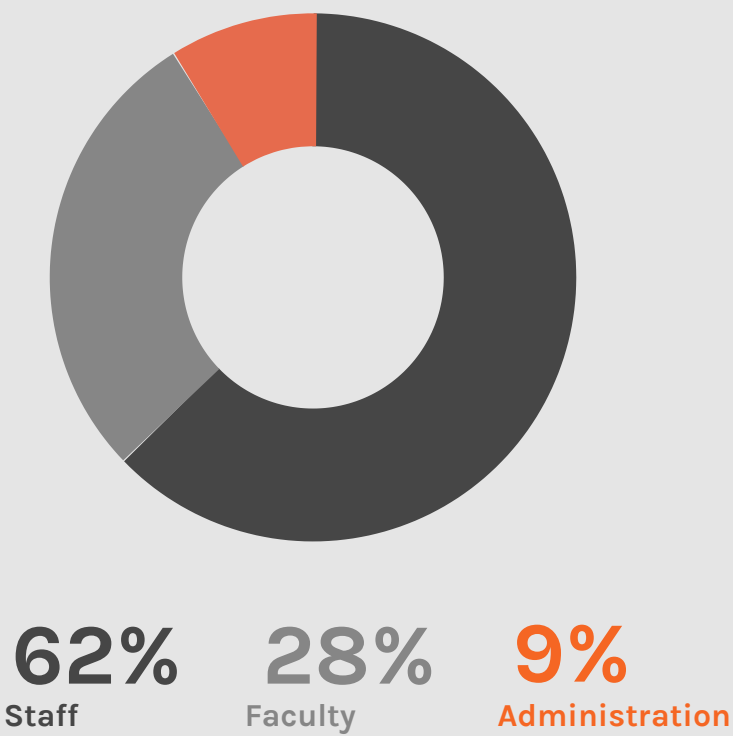
2018 | Survey Results

William & Mary

Time at W&M



Employee Classification

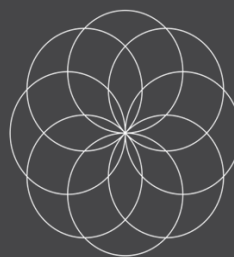


RACE

African American/ Black (6%)
Asian/Asian American (3%)
White (85%)

OVERVIEW

A C H A - N F S H A R E P O R T



HEALTH PROMOTION

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