



FITNESS AND WELLNESS SURVEY REPORT

End of Year 2008-2009

Angelo State University

A: Summary

The purpose of this survey was to collect end of year data related to a pilot Fitness and Wellness program implemented at Angelo State University during the 2008-2009 academic year (FY 2009). The desired information included year end perceptions related to wellness, and what activities or interventions the respondents felt were beneficial during the initial pilot year. The table shown below in Section C “Data Observations and Comparisons” compares the responses at the beginning of 08-09 to end of year 08-09.

- The responses suggested that a significant majority of the respondents have a strong interest in healthy lifestyle activities (92%) and believe that overall wellness (including fitness) is closely related to job or school performance (88.1%).
- Exercise, wellness, and nutrition continued to be important concepts as indicated by the survey responses.
- Overall, the average rating for “Overall Success of the 1st year Pilot Program” was 7.1 on a scale of 1-10, with 10 being the highest. This suggests a positive response to the pilot program.
- The responses to question #11 (“Comments, section E”) suggest that awareness and marketing of ASUFit activities should be one of the highest priorities for 2009-2010.

B: Method and Response

This end of year survey was conducted during May of 2008 using an online instrument (SurveyMonkey.com). Eleven questions were asked, with the final question asking for open ended comments. The population surveyed included all full time employees and students within the university. A total of 6,745 surveys were distributed via email and 261 responses were received (3.9 % response). The survey remained open for a two week period.

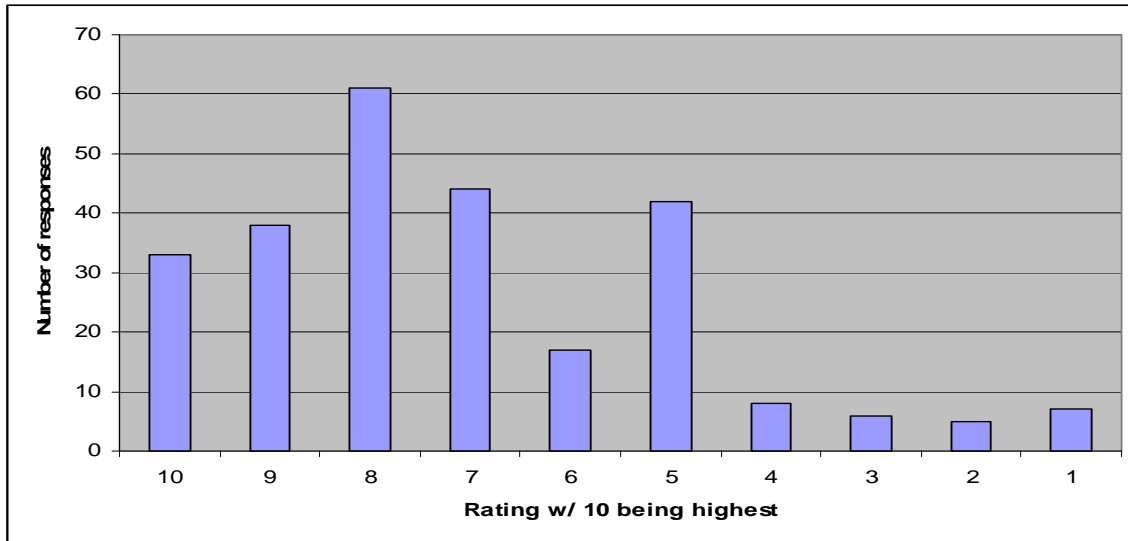
C: Data Observations and Comparisons

The distribution of responses to each question is shown below. All values are percentages of those responding unless otherwise noted.

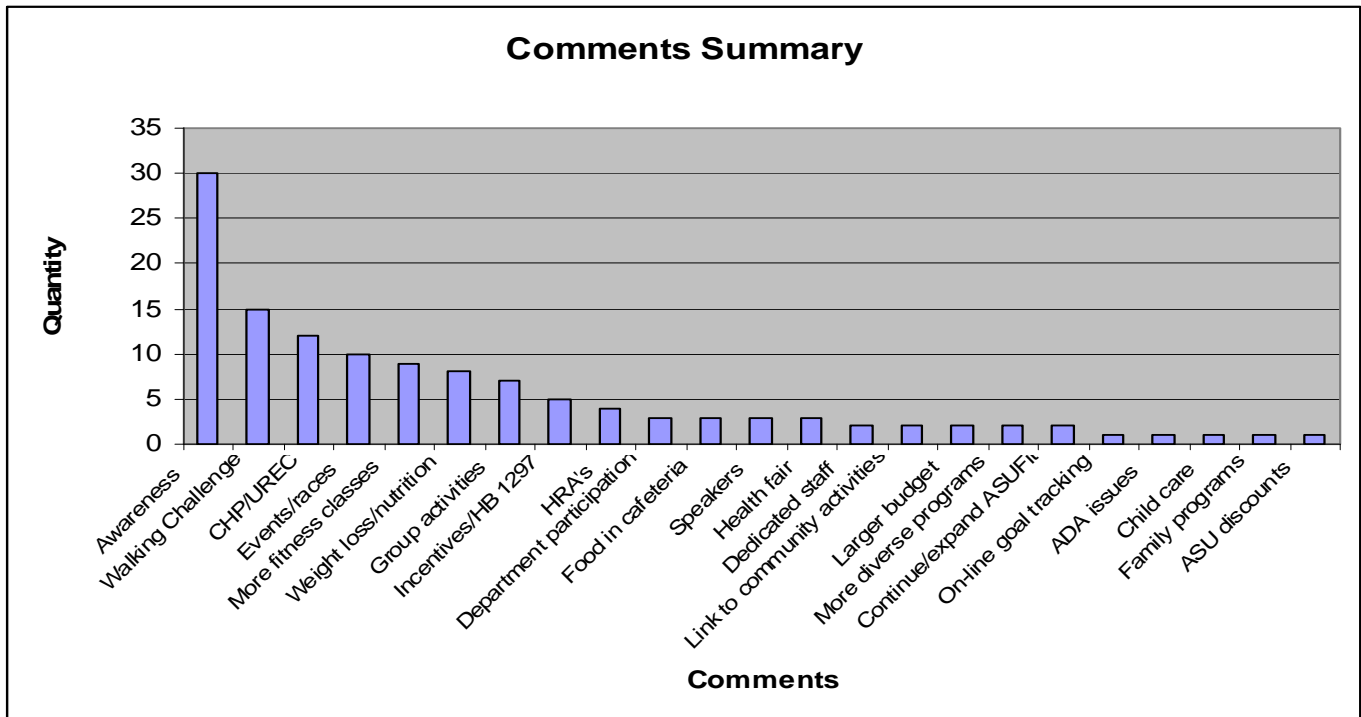
Beginning of 2008-2009	% Agree or Strongly Agree Beginning of 2008-2009	% Agree or Strongly Agree End of 2008-2009	Change
Strong interest in activities and lifestyle choices.	91.8	92.0	+ .2
Exercise is currently an important part of lifestyle.	57.6	70.5	+ 12.9
Overall wellness (including fitness) is closely related to work and school performance.	87.3	88.1	+ .80
I try not to cut corners related to getting enough sleep.	72.1	77.8	+ 5.7
Given the opportunity, I would complete a Health Risk Assessment.	78.2	75.1	- 3.1
I am interested in information related to maintaining or improving my current level of Fitness.	86.4	83.5	- 2.9
Eating healthy meals and maintaining a reasonable weight is a high priority for me.	81.8	91.2	+ 9.4
My current weight and Body Mass Index (BMI) are within recommended guidelines.	47.9	52.9	+ 5.0
The activities and information provided by the ASUFit pilot program have helped me become a healthier person.	N/A – this was not a question on the pre-survey	57.9	N/A
How would you rate the overall success of the first year of the ASUFit pilot program?	N/A – this was not a question on the pre-survey	Average rating of 7.1 based on a 10 being the highest.	N/A

D: Effectiveness of 1st year Pilot Program (2008-2009)

(Note: Respondents rated the program based on “10” being highest and “1” being the lowest. The average rating for 2008-2009 was 7.1. There were 261 responses to this question).



E: Comments Submitted by Respondents



(Note: Grammar and spelling within comments is as submitted by respondents)

1. More support from UREC
2. More advertisement!
3. We need to have more step and fitness classes available to the staff and students for free. They need to start at 5:15 and be an hour long.
4. Aerobics are needed and a competition bases on attendance is needed.
5. The walking challenge was fun but many believe that some teams weren't honest.
6. The get fit classes in December were great and we really need more. Any class were the room was packed for every session should have clued the college that these classes were appreciated and were filling a need and were popular with students and staff.
7. I never got or saw any results from the Health Risk Assessment that I did at the beginning of the program. It would have been nice to have gotten feedback, or at least the answers that I put down originally, so I could track my progress as I attempt to improve my fitness...
8. I've never heard of ASU Fit, what is it?
9. More opportunities, either directly or indirectly, to participate in fitness events would get more people out and moving. They should be geared not only to those already at a peak level of fitness, but those who are not fit.
10. no suggestions
11. Provide more tips to make smaller, healthier lifestyle changes rather than expecting everyone to commit to a fitness regimen.
12. More bicycle events
13. None, great for the first year.
14. Was a great year! Enjoyed the brown bag seminars and the speakers.
15. Katie Dixon did an awesome job with our Walking Team. Participating in the Walking challenge really helped understand how to get out and exercise more.
16. Great Job!
17. More activities for team events...like the walking challenge.
18. I think ASU Fit needs to work on relating to the students who have children. This would be a way to help women (and men) who have weight issues learn to become healthy and teach their children to be healthy.
19. Once a week or every other Friday have a FIT walk on campus. Have everyone meet at the UC and take a walk around campus for lunch...have a station of water bottles set up for when we return or grab a water to go on the walk, maybe even have protein bars for a snack. Knowing who else is involved in FIT would be good. Glad to see the T-shirts were printed...they look great!
20. The Challenge: Teams seemed to be uneven. Maybe the following should be taken into consideration: number of members on a team, age, level of performance (some had runners and possibly athletes). Teams with the most members were probably logging in the most hours.
21. Over all ASUFit has been a great addition to the ASU Community.
22. I wish there were a weight loss program offered on campus such as the Weight Watchers program that is made available to different employers- "corporate solutions"
23. More participation by departments across all of the campus, especially areas such as nursing, physical therapy, psychology, kinesiology, UREC, and the Health Clinic.
24. A dedicated staff to manage ASUFit activities.
25. A larger budget.
26. Clearly defined HR policies related to employees release time (re: HB 1297).
27. More programs for a broader audience. The marathon speaker was interesting but no one was really interested in going. The last speaker was good and Drs were really good. Thanks for doing a great job!!
28. This was an excellent inaugural program.

29. Include more food preparation presentations and provide recipes. I prefer easy to prepare but healthy recipes. Perhaps develop a format/template for a healthy journal for those who want to keep a record of exercise and eating habits.
30. An organized walk each day at noon and/or 5:00 p.m. for staff/faculty, as I believe it helps to have people encourage each other. 2) Set aside times for staff/faculty to gather in the gym to allow rec staff to teach us about the machines, exercise, etc. since many faculty/staff are probably hesitant about going over alone while the facility is full of young, healthy students.
31. Thanks Bill, good job.
32. Overall the program had another success story, the concept of a challenge has brought team work and camaraderie to our office area. Everyone has a more positive approach during the work day.
33. I participated in an ASUFit walking team. In January, my wife and I joined Weight Watchers. The two things together greatly improved my health. I have lost 36 pounds, developed more leg muscle tone, and my blood pressure has dropped dramatically (I have now dropped one of my 3 hypertension meds).
34. I like the walking challenge. It was a great incentive for me. But I'm really too focused on other interests to get into your other activities, and I don't feel motivated to join groups on fitness issues. I now do my fitness walking (7-9 miles/day - 3 to 4 miles of it in 2 long activity sessions) on my own time and that's the way I prefer it.
35. Please do the walking challenge every semester.
36. I think Bill has done a tremendous job. He was the perfect person to get this program off of the ground. ASU is a better place because of this program. All of my team members still wear their pedometers. I feel guilty when mine is not on my person. Bill, thank you for your caring and exuberance-Pam's Pounders--we love you! 35. Please keep this going. ASU needs this so badly.
37. I think working with UREC to provide classes over the lunch hour or directly after work would be great! I think ASUFit worked really well this year and I think just letting it grow naturally it will become something great for this campus!
38. I enjoyed being on a team, and feel that teams were a good idea. But - and this is strictly my opinion - the teams need to be structured differently. It seems as though there should be separate teams for walkers, for runners, for swimmers, for bikers, and for those who do multiple exercises.
39. Encourage department team fit programs that are short term such as walks or runs. 39. They are scheduled but there is no activity to promote team organization for walks. 40. Departments can have a brown bag lunch day and show off their healthy meal each department staff brought by either taking pictures or rewarding the best recipe.
40. The challenge we just completed was good when it was first announced but it was too long people started losing enthusiasm and it was not as much fun anymore.
41. Have a burn the most calories challenge for people who want to lose weight and participate.
42. Just some a few suggestions. Overall I think it is a great problem to have. I love the luncheon speakers and the great work you guys are doing. Loved the health fair also.
43. I suggest we have a way to track our individual goals - privately - on line. If a team member has to list their own miles for the week each week, instead of just reporting them to the team captain, it might be more effective to make people want to do more.
44. Provide more fitness classes and more class sessions.
45. Have some kind of rewards, and make the program more known.
46. Good job so far. More information and activities.
47. have a weekly weigh in
48. The only thing I can think of is if there is a way to take into account your body type and fitness level on health assessments. At a very active and fit 5-9, 185 pounds - I'm still considered "at risk" and "overweight" by the current across-the-board standards.
49. I don't like Randy Coleman. I went to one of his group talk's and he said he maintains his weight loss by not keeping any food at home, drinking a lot of diet coke (sometimes water) and eating out one meal a day - if that works for him great, but he shouldn't be some guru if that is how he does it. Everyone could lose weight if they ate nothing but rice cakes and water, but it doesn't mean it is healthy. If we are being preached to - the people better be practicing good habits.
50. Keep Up Good Work

51. It would be nice to have a couple of hands-on healthy food "cooking classes" each year
52. Contract with a local fitness equipment vendor to offer discounts to ASU faculty/staff/students for at-home fitness equipment
53. Hopefully have the CHP upgrade complete and have scheduled times when staff can use these areas
54. Life style changes (eating healthier and exercising) does not happen overnight. I am more aware of healthy habits, but sometime work does not allow me to follow a scheduled exercise routine.
55. It would be great if you could provide some screenings for staff and faculty, such as cholesterol, etc
56. More campus races or an organized running club at ASU to have a group to train with and attend off campus races with.
57. Consider having speakers from closer to home that face many of the issues that busy faculty and staff have. Alternate speaker times for those of us who have standing commitments every Friday noon. May be pick one late afternoon time and one Friday non per month.
58. would make it more accessible and more pronounced... I do not know where or how to access ASU Fit, and i do not know what it is exactly....
59. You need to have SEPARATE walking vs. running vs. combo teams to make comparisons more equitable and valid among various teams.
60. I'm also very concerned that having a university HRA will some how affect my ability to obtain health insurance or some areas of coverage. Unless you can guarantee (in legal writing) that it will have NO bearing on coverage, I (and I suspect many others) will never participate in that aspect of the ASUfit program.
61. Rethink the groupings--perhaps require each group to include both students and faculty; perhaps require each group to include persons that do not currently exercise; perhaps require a group exercise two or three times; perhaps bonus points for a weekly visit to the weight room
62. think about including some fun class for out-of-shape folks--perhaps something that is low impact and also addresses flexibility; perhaps something about simple weight-training to get us started correctly
63. perhaps block-out a time for faculty/staff to use the weight room (If this is currently available, I am not aware of it.)
64. I really enjoyed the 5pm aerobics class held last fall. That was Great - can there be a right after work class again. It fit the schedule of a working mom really well. what about power lunch aerobics?
65. As a non-traditional student I find it hard to find the information and come to the classes as they are at times I am either in class (day or night) and/or work. I would love to know more.
66. More ASUFit!
67. I know it was the pilot year, but it was lacking. A weekly step count was the only major component. I was under stimulated at best.
68. Well, I thought ASUFit was essentially just for full time employees to help lower the price that the school pays for health insurance. So I hadn't really been exposed to it at all.
69. I do not participate in the program, I will not do health related surveys that have someone tell me what I should do. My doctor does that, I commend ASU for offering volunteer programs, but I do hope that employees are never "pushed" into participating.
70. maybe incorporate group walks at the end of a business day - 5:30 pm on Tuesday and carve out more walking paths right around campus. Ex. 5:30-6pm walk the main mall from UC to Massey and back
71. Seeing as how I am an Exercise Science major and I have taken Dr. Keith's worksite health promotion class, I feel that ASU fit was very mediocre. I had no idea the program even existed until I stumbled upon it on the internet at the end of the fall semester. I attended the brown bag luncheon which featured a tremendous triathlete, but an inexperienced speaker who offered little advice. The ASU fit program has a long way to go. More people need to interact with the student body and faculty, and more promotional benefits and incentives need to be offered.
72. More races and more exciting speakers.

73. This program is off to a great start. I do believe ASUFit is very important and hopefully next year more individuals will get involved. Not only does it benefit the person, but the University too.
74. more publicity through emails and signs around campus of the upcoming events
75. I did not receive any information about ASUFIT this year, I heard about it from a friend and she said that it was for various groups.
76. What activities or exercises can people use who are unable to walk or stand for any length of time?
77. Could we have an organized weight loss program, including dietary guidelines?
78. To have more activities, such as runs. Maybe have free or small fee charge to determine your body characteristics (BMI, body fat percentage, lung capacity, etc).
79. The hardest part of staying fit for me is that I need to workout in the mornings before class. During this time, the CHP workout room is being used for classes. Maybe we need more facilities so that a workout room could be available for use before classes and during the morning hours.
80. Don't start it the first week of school, allow the students to get settled into school first then have an open registration. Also I recommend doing an individual and a group challenge, so as more people will get involved.
81. i like the asufit program. maybe some tennis tournaments
82. Give all the employees a 15 minute break in the morning and afternoon to walk around the building, campus, etc...to encourage some time of exercise even if it is only walking for 30 minutes a day...in some corporations they allow and encourage their employees to stretch or go for a short walk...I think this would encourage more people to participate in the fitness program.
83. Keep it up and make sure it stays advertised!
84. More flyers to sign up for ASUFit
85. The only thing that i have seen with ASU fit was the speaker Desrie Ficker. I do not really hear any other things. I still would like to see more aerobic classes as well as how to fix healthy snacks and meals while living in the dorms.
86. More advertising. I really don't know anything about the program at all. I don't know anyone associated with it either.
87. Have the weight room open earlier and have abs classes at different times.
88. I would of like to be aware of this program sooner so i could proticipate.
89. My group wanted levels of groups based on degree of difficulty. We were not able to feel competitive with all the groups lumped together. The program did make us more aware of our activity--or lack of.
90. Great Job This year Bill. I can't wait till next semester to do it again.
91. You all did a great job! I am very glad we have this program. It is good to see the University come together for an awesome program.
92. Find some way to keep team members motivated and keep the ones who really need to begin a workout regimen involved. A lot of my team members dropped out after about 3 weeks.
93. Publicity with regards to events and more community involvement to make this not only a program for students but to do some community outreach as well. Varying the times for speakers as the one time is not a one size fits all option and excluded many people from attending. Doing more with regards to activities and/or group activities... sponsoring a triathlon or a 5k, doing some hikes/mountain biking at the state park, etc... ASUFIT was a walking program this year and it needs to seriously reevaluate its goals for next year
94. Nice work Bill!
95. Healthier food options offered at the UC food court. (For example Chick Fil A makes grilled chicken & lettuce wraps and chicken salad sandwiches, but they are not served at the Chick Fil A counter here, only their fried foods.) Also, offering healthier choices in the vending machines (ex. nuts, nutrition bars, dried fruit, pita or baked chips, etc.). Finally, a wellness & activity leave (per HB 1297) needs to be approved for employees.
96. Great job overall!
97. I was not apart of ASUFIT so my survey really isn't applicable.
98. I have not made the effort to get involved with ASUFit but I really need to.

99. I have a hectic daily schedule and use that as an excuse to not get regular daily exercise. HELP...get me involved and working to lose the extra pounds.
100. You guys are doing a great job getting the word out. I think with the Step Fit it made a lot of people painfully aware of how many steps a day they were not taking. 102. Maybe everyone will step it up a notch now.
101. Have two 5K run/walk instead of just one in the spring!! :)
102. I did not participate in this program and don't know why I got this email.
103. I think there should be a female only exercise area for those ladies who are not "perfect tens". Some women are very embarrassed to exercise at all let alone exercise in front of males.
104. Also I think there should be special women only times for the pool and there should be low to no impact exercise classes for people who have some physical challenges and can't to regular exercise routines. All of these should be no cost classes or extremely low cost and should be scheduled early am's, noon, and after 4 pm to allow more participation from any student interested. It could be offered as an adult community course for a fee and then any ASU student could be free. It also needs to be well advertised. I was not impressed with the amount information regarding any "Fit" programs around. It wasn't in the RAMPAGE and there were no fliers put up on the bulletin boards.
105. Let me know that there is an ASUFIT Pilot.
106. This is the first notice I have had of the program's existence.
107. I would like the hours of the gym to be more flexible, sometimes I would go and we could not exercise because of classes :(
108. Might make us more aware of it - this is the first e mail I have noticed about it.
109. I really didn't have anything to do with any ASUFit program this year. I would reccomend maybe having a specific website for this program or sending out reminders during the school year to keep people updated and on track.
110. I did not participate.
111. More variety of activities offered for Staff to participate in. The water aerobics for the staff fac and students by the rec. was enjoyable.
112. just keep advancing the programs
113. Just more advertisement to everyone around camous and more events such as the 5k and other exercise related ones such as a bike race or some fun relay thing.
114. continue on!
115. More health letters or short memos or just short tips would help. I think your organization has done an excellent job of exposing people to health topics.
116. HAVE MORE INTERACTIONS/ ACTIVITIES WEEKLY TO KEEP PEOPLE UPDATED AND INVOLVED. AS THE SEMESTER WENT ON THIS SEMESTER, IT SEEMS LIKE PEOPLE KIND OF FORGOT ABOUT ASUFIT AND GOT TOO BUSY.
117. Try and contact individual groups on campus such as sororities and fraternities because a lot of people I talked to did not know much about ASUFit. I would suggest more advertising and more funding be put aside for ASUFit.
118. I have no idea what ASUFit is. That is the only reason I did not give it a good rating. I'm sure that if I was involved in ASUFit I would give it a rating of a 10 though!
119. "Needs More Advertisement"
120. I didn't get the health assessment.
121. Having some sort of childcare for non-traditional students who would like to use the ASU gym. I know, it's a total long shot but there you go. :)
122. Holistic health education: Holistic Medicine and Natural Health, Aromatherapy, Dynamic phytotherapy, and other options for improving ones health.
123. information on how to obtain information on the program
124. I didn't use ASUFit.