



FITNESS AND WELLNESS SURVEY REPORT

End of Year 2010-2011

Angelo State University

A: Summary

The purpose of this survey was to collect end of year data related to the Fitness and Wellness program at Angelo State University during the 2010-2011 academic year (FY 2011). 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 from the first end of the year survey in 08-09, year 09-10, and the most recent year 10-11.

- The responses suggested that a majority of the respondents have a strong interest in healthy lifestyle activities (72%) and believe that overall wellness. However this number is dramatically down from the previous two years.
- Exercise, wellness, and nutrition continued to be important concepts as indicated by the survey responses.
- Overall, the average rating for “Overall Success of the 2nd year Pilot Program” was 5.9 on a scale of 1-10, with 10 being the highest. This suggests a positive response to the program.
- Just as last year’s report suggested, the responses to comments section suggest that awareness and marketing of ASUFit activities should be one of the highest priorities for 2011-2012.
- Based on all results, year three of the ASUFit program should target the following topics and activities: increase program marketing and awareness paying close attention to the distinction between UREC and ASUFit in the student population (#1 priority); continue improvement to the Brown Bag, Health Fair, and Fitness Challenge activities (priority #2); create more physical and informational activities (priority #3).

B: Method and Response

This end of year survey was conducted during May of 2011 using an online instrument (SurveyMonkey.com). Twenty-one multiple choice questions were asked, with room for comments in each section, and a final open-ended comment section was provided at the end. The population surveyed included all full time employees and students within the university. Approximately 6,800 surveys were distributed via email and 350 responses were received (5.1 % response), which is 70 respondents more than the previous year. The survey remained open beginning May 8, 2011 and closed May 21, 2011.

C: Data Observations and Comparisons

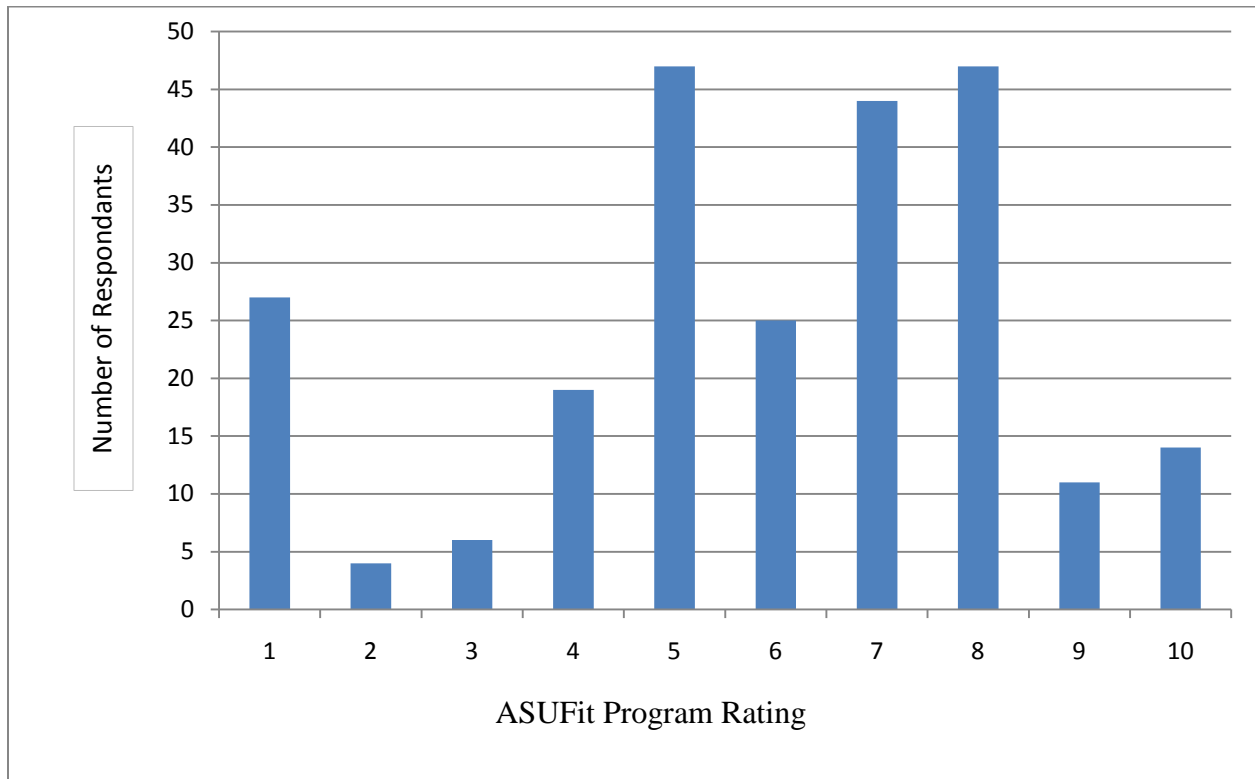
The distribution of responses to each question is shown below. All values are percentages of those responding unless otherwise noted.

	% Agree or Strongly Agree			
Beginning of 2008-2009	End of 2008-2009	End of 2009-2010	End of 2010-2011	Difference (last two years only)
Strong interest in activities and lifestyle choices.	92.0	94.3	72	-22.3
Exercise is currently an important part of lifestyle.	70.5	73.2	69	-4.2
Overall wellness (including fitness) is closely related to work and school performance.	88.1	89.1	65	-24.1
Given the opportunity, I would complete a Health Risk Assessment.	75.1	63.8	63	0
I am interested in information related to maintaining or improving my current level of Fitness.	83.5	79.9	76	-3.9
Eating healthy meals and maintaining a reasonable weight is a high priority for me.	91.2	83	70	-13
My current weight and Body Mass Index (BMI) are within recommended guidelines.	52.9	54	42	-12
The activities and information provided by the ASUFit program have helped me become a healthier person.	57.9	39	11	-28
How would you rate the overall success of this year's ASUFit program?	Average rating of 7.1 based on a 10 being "Very Good".	6.7	5.9	-.8
I participated in at least one ASUFit activity this year	Not Asked	39.4% Said "Yes"	18% Said "Yes"	-21.4
The information provided in the ASUFit Weekly email updates and the monthly ASUFit newsletters is interesting and helpful.	NA	NA	25	NA
I have participated in an ASUFit Fitness Challenge during the past year.	NA	NA	21	NA
I attended one or more ASUFit Brown Bags during the past year.	NA	NA	14	NA

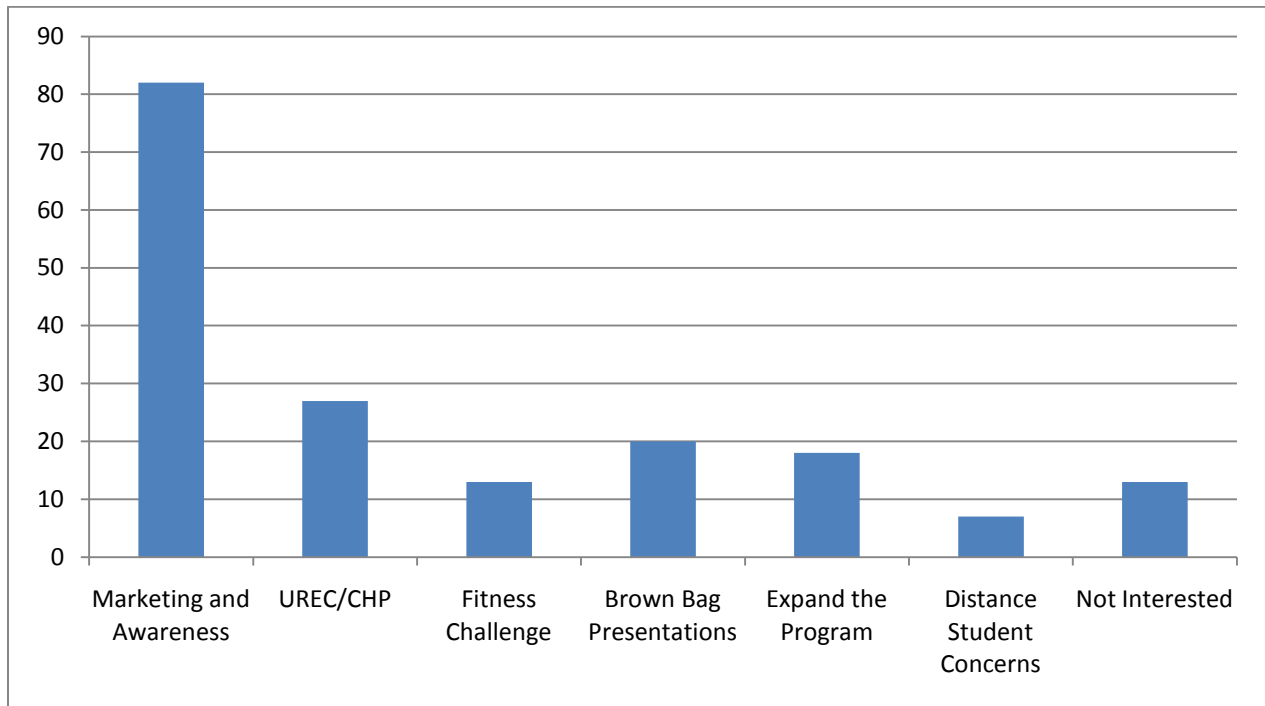
I attended one or more of the Health Fairs held on campus this past year.	NA	NA	25	NA
I participated in one or more ASUFit fitness activities during the past year (example: Turkey Trot run/walk).	NA	NA	18	NA
I visit the ASUFit Web site.	NA	NA	40 (often or occasionally)	NA
The on and off campus fitness routes described on the ASUFit Web site are useful to me.	NA	NA	37	NA

D: Effectiveness of 3rd year Pilot Program (2010-2011)

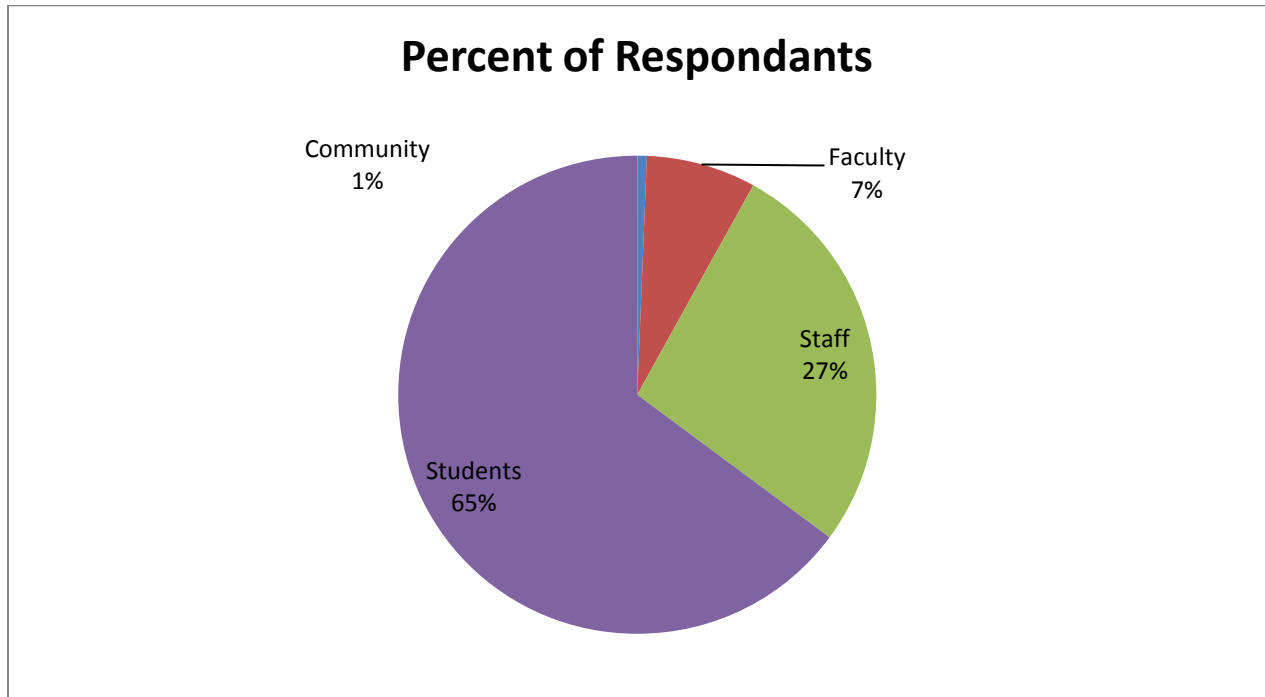
(Note: Respondents rated the program based on “10” being highest and “1” being the lowest. **The average rating was 6.7.** There were 253 responses to this question).



E: Comments Submitted by Respondents



F: Respondent Groups



F: Comments In Detail

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

1. Was not aware of the ASUFit program.
2. did not know ASUFit program existed.
3. I do not receive ASUFit weekly e-mail.
4. Classes are at times when I have classes. I would like an early morning class (7:00 or 7:30)
5. I do not know what the ASUFit program is!
6. I do not know about the ASUFit Wellness program
7. ASU should promote employee use of the exercise facilities by making it a benefit rather than charging them for service. culty use of
8. I am not aware of the ASUFit program
9. BMI is not an accurate indicator of health and I don't use it.
10. I love working out! I think that it is important to work out 5 to 6 days per week! I truly love the new gym at ASU. I plan on using the upstairs indoor track a lot as a Sophmore.
11. ASU needs to establish policy which would allow faculty and staff to get a little exercise during the work day. Especially true for staff, who often sit at a desk/telephone/computer for 8 hrs a day, which is proving to be a factor in higher heart attack death rates.
12. I was not aware of program until just recently, never participated, but would definitely like to improve my lifestyle and lose weight
13. Frequently it seems that the programs are for those who are already working on fitness and not for those who would be starting at the beginning of such a program.
14. Never used the program to my knowledge.
15. I work at ASU. Physical activity is at home and personal.
16. I enjoy the classes in the dance studio but this past semester I quit going because there was too much indoor run dodge and jump, indoor racing (which I always finished last, not a confidence builder), and the duck waddling racing not good for me either. Over half the class, time was spent doing these activities. I am older staff and I do not need to be belittled in front of twenty something students. I enjoy the rigors of the class but not the indoor racing. Competiveness is good in certain instances but not at the cost of someone's confidence. Or should I just skip your classes all together because they are for only the twenty something that are there for toning (found that the classes seemed to be cliquish with the instructor) ... and the twenty something with weight to lose suffered the same as I did and did not last as long as I did. We with weight problems took the first step by going to the exercise classes because we realize we have a problem. Do not belittle up because of weight or age. My final comment, these are classes meant for all of ASU, then run them that manner.
17. I believe my health and health regimes are between my doctor and me. I read the healthfit newsletter, but do not want to discuss my health with anyone except my doctor.
18. I need to eat right and get healthier.
19. Loving the new gym!
20. WAS NOT AWARE OF FITNESS AT ASU i AM A DISTANCE LEARNING STUDENT. TAKING 10 HOURS WORKING FULL TIME LEAVES LITTLE TIME FOR EXERCISE i HOPE TO GET BACK INTO ROUTINE OF EXERCISE.

21. never gotten a newsletter or email
22. There should be more flyers to add awareness
23. i didn't know anything about the program. I am very overweight and I have 4 young kid's that need an active fun-loving Mom. I do need help to get healthy and lose this weight!
24. My BMI is extremely skinny. My height/weight combination is not even listed.
25. Don't receive or read the ASUFit emails or newsletters, so can not answer last 2 questions.
26. Don't know how to access the pool or gym
27. Disagreed because I didn't get weekly emails or newsletters
28. We had a fabulous first-time team. I think we lost the most weight of all teams, but alas no prizes for that!
29. I would like to again though (I did two years ago).
30. I don't know anything about it. Guess to busy to notice the emails.
31. big waste of time
32. My exercise regimen is very tight. I am involved in many other programs.
33. I am new to the institution
34. Not able to portion time away from the office/work
35. Unaware of them.
36. I didn't know about it.
37. Great classes!
38. Had a class to teach
39. they always occur during "normal" lunch times, not everyone on campus can go to lunch at 12.
40. Didn't know about them
41. big waste of time
42. What is this?
43. Would love to, but need the poer nap time.
44. Just one...
45. Unaware of them.
46. My lunch hour is 11-12
47. There needs to be more advertisement about the seminars
48. I didn't know about it.
49. I don't know what this is.
50. Focus more on health related issues instead of runners! Most people are not interested in that.
51. always held during teaching times
52. big waste of time
53. Not able to portion time away from the office/work
54. Unaware of them.
55. i didnt know we had health fairs
56. I didn't know about it.
57. I don't even know what this is.
58. again, not at a convenient time for me
59. I would like to though.
60. More advertising
61. Live off campus
62. big waste of time

63. What is this
64. again, tight schedule. exercise 6 -7 days weekly.
65. Not able to portion time away from the office/work
66. Unaware of them.
67. Didn't learn about it until late
68. I didn't know about it.
69. Never heard about any
70. I never know when these events will occur
71. Didnt know about it
72. But now I will. I did not know we had this.
73. But I will now that I know it's there
74. asufit is a waste of money
75. In general, I have not been aware of hardly anything concerning ASU fit. I am a very health concious person, but there seems to be an issue with notifying students as to programs and events.
76. I do read the newsletters and have contributed to the site.
77. Only recently
78. Did not know about it.
79. Once or twice a year, based on the newsletter
80. I didn't know about it.
81. Was not aware.
82. only if I had ever seen the fitness routes
83. not aware
84. Wasn't aware of this information. I will check it out!
85. I haven't looked at them but I am interested in doing so.
86. First year faculty; I should be better organized second year and able to take advantage of everything ASU fit has to offer.
87. I work out regularly at Curves
88. Haven't been on the website
89. I've never visited the site
90. Never used it
91. Wasn't aware but that is helpful to know
92. again a big waste of money
93. I never visit the site.
94. I have never heard of these
95. I have not used the website to know.
96. I commuter from a nearby town
97. Have not seen them.
98. Haven't looked at them
99. I have never viewed them.
100. I'm glad they are there, I just haven't used them.
101. na
102. somehow
103. but only because i don't know what they are.
104. Have not used
105. WAS NOT AWARE IT EXISTED I DO PARTICIPATE AT MY JOB

106. have not looked
107. Never really paid attention to them.
108. I didn't know about it.
109. Not aware of the fitness routes
110. Did not access
111. haven't seen them
112. Never heard of asu fit
113. Don't allow the campus to start charging for the facilities. I would think this would be something the state would want to offer for free and promote since they are the ones paying for our health care from now till the end of my time assuming retirement with the state.
114. I am not at ASU much - except for class because I feel awkward if I am there and not in class because I have nothing to do but study or go to class. I never know of any of the events going on. Also, I do not always feel welcome at school. I know it is college, but I am going back to Howard because it is smaller and I feel more comfortable there. A lot of it is the fact that I grew up in a small community and I like the community college a lot. I will be back at ASU again to get my RN!!
115. more advertisement.
116. More information! I've heard of ASU Fit, from t-shirts mainly, but I have no idea what it really does, or anything else about it! Including goals, activities, meetings, newsletters, memberships, etc.
117. I thought the jump in fitness requirements was extreme from fall to spring. Fall required 30 minutes 5 times a week, and Spring required pretty much double that.
118. I would love to see increased hours in the Gym, specifically opening earlier. I know that I would take advantage of the facilities more if I could work out before classes in the morning, rather than waiting that night. Also, improvements in the racquetball courts would be greatly welcome, after playing in those courts for more than an hour your joints start to hurt. Having wooden floors and walls that are not concrete would be nice.
119. Have earlier classes, and be sure that all students get ASU Fit newsletters/e-mails. I had never heard of this program until I received the e-mail invitation to participate in this survey.
120. More fun runs!
121. I think it would be a good idea to allow employees an hour or so a week to go work out during the work day. Since the ASU gym closes at 5:00 pm, staff can't use the facility unless they skip their lunch (and that's not a healthy option either).
122. There were several activities in the late afternoon and/or evening that I was interested in, but it seemed like it was more student-oriented than general group oriented; I wasn't sure.
123. It's good how it is
124. Walking challenge is the best for me
125. More activities for older students over the age of 30
126. Perhaps some sort of personalized link you could create for yourself to track your success.
127. Help the faculty/staff have the ability to stay fit with the use of the CHP without paying for its use.
128. None
129. try and target the black community more seeing as though African Americans are the most impacted by diabetes and are more likely to be overweight.
130. Hikes, group activities
131. Awareness of ASU Fit and its programs.
132. I see the program being beneficial to those interested, but in light of the current budget situation, I would recommend eliminating the program.

133. The first year's walking competition by teams was fun; I enjoyed it a lot and it contributed to my exercise accomplishment. Since that year, I have not found your program interesting or fun and I have not participated. I do a 3-4 mile walk each day in the new CHP, on that great new track. Your ASUFit program looks like a second career for participants - I'm not interested. I have regular checkups with my physician, so I don't need the health fairs or health risk assessments
134. This program should be suspended in light of the budget problems. It is unnecessary.
135. I am a distance learning student, so I am not able to participate in activities in San Angelo.
136. Changing the format used for the Fitness Challenge.
137. More running events, there isn't enough during the spring.
138. A comment section for readers. A Q&A or chat site.
139. I would like to see increased operating hours at the CHP.
140. work out classes and classes on how to eat healthy EVENING YOGA CLASSES!
141. bicycle rental stations across campus
142. Biggest Loser type competition to minimize body fat percentage Weight Loss support group Form some exercise groups (walking on the indoor track over lunch or after work) "Field Trips" to some of the community fitness opportunities -- preview to get us hooked into classes/opportunities/ etc. Nutrition demonstrations - easy meals, myth/fact Info about the best dishes around San Angelo Get Intramural teams together or city league information/teams together There are so many opportunities.....great job, and I appreciate being asked this question.
143. basic health screening during the Health Fair
144. Please implement policy that would allow staff member a maximum of three one-hour fitness breaks/week. Participating members must have clearance from their doctors to participate, must have supervisors permission to schedule the time, must perform the fitness activity on campus (gym, brisk walk, etc), and if taken at the end of the day, must return to the office at 5:00 (or whenever their day is over) to "check in" before heading home. The one-hr break includes changing into/out of workout clothing. The responsibility for oversight would be on the supervisor's shoulders to ensure the time was not being abused, and the need to get work done would always trump the scheduled fitness break.
145. liked the walk across texas challenge; however, did not like the 8 per team restriction.
146. Beginner activities for those wanting to get back into fitness but don't want to be competing with people in top physical shape. Guided tours through the new CHP in the summer would be helpful as those who haven't been using the facilities won't just walk in by themselves and try to see what's there.
147. Need to spread the word, I didn't even know anything about ASUFit.
148. more fitness classes
149. more events like "the crucible"
150. I recommend that everyone designate at least 15 minutes of their work day to to walk either the ASU campus courtyard or in the UC. If they can't walk everyday, commit to walking at least 3 times a week I think this would help all the employees either start or meet their ASUFit goal and stay healthy.
151. Instructions on how best to use the new CHP facilities, maybe daily checklist
152. My biggest issue is I am on online class student so I rarely come to Angelo.
153. ADVERTISE
154. make information available to people
155. Free access to on-campus workout facilities for faculty and staff. Or at least free access to those who use the facilities at least five times a month.
156. free membership to use fitness facilities, such as the weight room, gym, and basketball court for faculty and staff

157. Since ASU is to start charging an activity fee to all faculty and staff for use of fitness facilities this fall, I will stay with my off campus health club for personal fitness. They are located closer to home. What advantage is the new CHP if it costs faculty and staff to use it? ASU benefits are gone.
158. I enjoy the evening classes at five right after work.
159. I really appreciate the time and effort put into this organization. The only thing I was disappointed with this year was how the challenge was scored. It would have been more realistic if I could have counted the actual miles that I ran instead of 20 minutes = 1 mile. Other than that, great job and I appreciate the program.
160. I have no incentive to participate in any ASUFit activity. Maybe offer free lunch at brown Bag luncheons? PTO for participating in events? You have to make it worth my while.
161. Increased participation in ASUFit activities by faculty.
162. make challenges more easy to follow and relevant
163. Swim events/challenges! Currently there are 0 swim challenges other than swim workouts.
164. Explain how staff can access free on-campus services-pool, weight room, etc
165. It is a good program. With my schedule I am unable to attend most of the events.
166. you should create a pole dance work out. it would its a new work out craze
167. yoga and pilates class needs a better instructor!
168. Make it available to students who have families, live off campus and have disabilities. There are several students that live off campus that need some help. A lot of groups assume that all ASU students are 18-22 and/or young and healthy.
169. The CHP needs to open earlier like 5 or 5:30.
170. Chuck Norris guest speaker
171. I did not really know about any of this.
172. no comment.
173. ASU fit is a great and much-needed program. I hope it continues.
174. LET LONG DISTANCE KNOW IT EXIST
175. Speaker on heart attack,stroke, and diabetes. Have John Chavez nurse practitioner from nursing department as consultant
176. Host nutrition classes that will help you whether you want to build muscle or burn fat or both.
177. More awareness to the classes, give out more shirts, prizes (water bottles, ect.). teach how to best work out.. allow trainers
178. Please get the overweight people more involved and tell the skinny people not to judge us!!!!
179. none
180. More advertisement of how important fitness is in a student's life.
181. free food
182. Better advertisement for fitness classes.
183. At beginning of year have a rally where people set specific goals (losing weight, exercising...) and meet people for accountability. Then also have a follow up sessions to ensure success.
184. more hours opened on the weekend
185. i NEVER hear abotu any fitness opportunities, especcally for someone with disabilities.
186. ASUFit activities are for campus personnel, not the community.
187. I don't live on campus & take a lot of online classes, so the "off campus" stuff mostly applies to me.
188. I've heard of the ASUFit, but that's about the extent of my knowledge. I'm guessing that's because I am out of touch with the fitness/athletic world. There is probably a need for some sort of couch potato outreach....
189. Age seParation in categories for awards Awards for weight loss
190. is age taken into consideration when judging teams? if not, it should be