

American College Health Association
Faculty and Staff Health and Wellness Coalition
Survey
Spring 2012

Thank you for taking the time to complete this survey. The ACHA Faculty and Staff Health and Wellness Coalition seeks individual institutional responses on faculty and staff health promotion/wellness programs on campus. The data collected will provide valuable information about these programs as well as assisting the Coalition in assessing the overall educational efforts to address the health and wellness of faculty and staff on campus. If any question is not applicable, leave that question blank.

DEADLINE: April 11, 2012

NOTE: PLEASE NAVIGATE WITH THE MOUSE OR PRESS THE TAB KEY AFTER EACH ENTRY. DO NOT USE THE ENTER KEY.

1) Name of Institution:

2) Name and title of respondent:

3) E-mail address for questions about survey entries:

4) Telephone number of respondent:

5) Which best describes your role in college health? (Please choose one.)

- Administrator
- Advanced Practice Clinician
- Coordinator of Worksite Wellness
- Dietitian or Nutritionist
- Health Educator/Health Promotion Professional
- Health Information Management/Quality Improvement
- Laboratorian
- Nurse
- Nurse Director
- Pharmacist
- Physician
- Psychologist/Mental Health Provider
- Social Worker
- Student Affairs Administrator
- Other (please specify)

If you selected other please specify

6) Which of the following best describes your department? (Please choose one.)

- Campus Recreation
- Counseling Center/Services
- Health and Safety
- Health and Wellness Committee/Coalition
- Health Promotion/Fitness/Wellness
- Human Resources (Benefits office or similar area within HR)
- Medical Center
- Student Health/University Health
- Other (please specify)

If you selected other please specify

7) Is your Campus Health Service an institutional member of ACHA?

- Yes
- No
- Uncertain

8) In which affiliate are you/would you be a member?

- Central College Health Association (KS, MO, NE)
- Mid-America College Health Association (IL, IN, KY, MI; Canadian members in Ontario)
- Mid-Atlantic College Health Association (DC, DE, MD, NJ, PA, VA, WV; Greenland, Europe)
- New England College Health Association (CT, MA, ME, NH, RI, VT; Canadian members in New Foundland and Labrador, New Brunswick, Nova Scotia, Prince Edward Island, and Quebec)
- New York State College Health Association (NY)
- North Central College Health Association (IA, MN, ND, SD, WI; Canadian members in Manitoba and Nunavut)
- Ohio College Health Association (OH)
- Pacific College Health Association (AK, AZ, CA, HI, ID, NV, OR, UT, WA; Asia, Australia, New Zealand, and Canadian members in Alberta, British Columbia, Northwest Territories, and the Yukon)
- Rocky Mountain College Health Association (CO, MT, WY; Canadian members in Saskatchewan)
- Southern College Health Association (AL, FL, GA, MS, NC, PR, SC, TN, VI; Africa, Caribbean)
- Southwest College Health Association (AR, LA, NM, OK, TX; Mexico, Central America, South America)

9) Institutional Control:

- Public 2-year
- Private 2-year
- Public 4-year
- Private 4-year
- Public graduate/professional school only
- Private graduate/professional school only

10) Campus Location:

- Urban >1,000,000 population
- Urban 100,000-1,000,000 population
- Urban < 100,000 population
- Suburban
- Rural
- Other (please specify)

If you selected other please specify

11) Current academic year undergraduate student enrollment for your campus:

- No undergraduate students
- Under 1,000
- 1,000 to 1,999
- 2,000 to 4,999
- 5,000 to 9,999
- 10,000 to 14,999
- 15,000 to 19,999
- 20,000 to 24,999
- 25,000 to 29,999
- 30,000 to 39,999
- 40,000 +

12) Current academic year graduate and professional student enrollment for your campus:

- No graduate/professional students
- Under 1,000
- 1,000 to 1,999
- 2,000 to 4,999
- 5,000 to 9,999
- 10,000 to 14,999
- 15,000 to 19,999
- 20,000 to 24,999
- 25,000 to 29,999
- 30,000 to 39,999
- 40,000 +

13) Special institutional attributes (Check all that apply):

- Historically Black College or University (HBCU)
- Minority Postsecondary Institution (MPI)
- Hispanic Serving Institution (HSI)
- Tribal College and University (TCU)
- Alaska Native or Native Hawaiian Serving Institution (ANNH)
- Faith-based Institution
- Community College
- None listed here
- Don't Know

14) How many full and part-time faculty and staff does your institution employ excluding student employees?

- Under 1,000
- 1,000 to 1,999
- 2,000 to 4,999
- 5,000 to 9,999
- 10,000 to 14,999
- 15,000 to 19,999
- 20,000 to 24,999
- 25,000 to 29,999
- 30,000 to 39,999
- 40,000 +

15) Does your institution have either of the following policies for tobacco? If Other please indicate in the Comments field.

	Yes	No	Expected in the next 12 months	I do not know
Smoke-free policy 24/7 for all public places	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tobacco-free policy 24/7 for all public places	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

16) Does your institution have formal, written policies for the following items? If Other, please indicate in the Comments field.

	Yes	No	Expected in the next 12 months	I do not know
Alcohol, addressing employee use of alcohol at the worksite/on the job	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Illicit drugs, addressing employee use of illegal drugs at the worksite/on the job	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lactation, addressing appropriate locations, milk storage, and flexible work arrangements	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Nutrition, providing healthy food/beverage options in onsite cafeteria and food venues	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Nutrition, providing healthy food/beverage options in vending machines	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Nutrition, requiring/recommending healthy food/beverage options available at campus meetings/functions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Physical activity, providing employees flexible work arrangements to engage in physical activity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

17) Does your campus health center serve faculty and staff in any capacity?

- Yes (skips to Q19)
- No
- Don't know/not sure

18) If no, does your campus health center foresee providing services to faculty and staff in the future?

- Yes, within one year (skips to Q21)
- Yes, within two to three years (skips to Q21)
- Yes, within four to five years (skips to Q21)
- Yes, more than five years out (skips to Q21)
- No (skips to Q21)
- Don't know/not sure (skips to Q21)

19) Please check all of the following services that your campus health center offers to faculty and staff.

- Ancillary services e.g. lab, x-ray
- Counseling/Psychological services
- First Aid only
- Health Education/Health Promotion services
- Immunization services (including flu vaccines)
- Massage therapy services
- Medical surveillance programs
- Occupational Health services
- Pharmacy services
- Physical therapy
- Prevention and wellness programs
- Primary care services
- Travel Medicine services
- Urgent care services
- Other (please specify)

If you selected other please specify

20) How long has your campus health center offered these programs to faculty and staff?

- Less than 1 year
- 1 to 2 years
- 3 to 5 years
- 6 to 9 years
- 10 years or more
- Don't know

21) Do any of the following departments provide health and/or wellness services and/or resources to faculty and staff at your institution? If Other, please indicate in the Comments field.

	Yes	No	Don't know/Not sure
Campus Recreation/Fitness Center	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Dining Services	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Environmental Health and Safety	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Health and Wellness Committee/Coalition	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Health Promotion/Wellness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Human Resources (Benefits office or similar area within HR)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Intercollegiate Athletics	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
LGBTQ Resource Center	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Medical Center	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Women's Resource Center	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

22) Does your institution have an interdisciplinary health and wellness coalition tasked with addressing the unique health and wellness needs of faculty and staff on your campus?

- Yes
- No
- Don't know/not sure

23) Does your institution survey your faculty and staff regarding their health and wellness behaviors and status?

- Yes, every year or more often
- Yes, every two years
- Yes, less frequently than every two years
- No
- Don't know/not sure

24) If ACHA offered at a cost an instrument for surveying faculty and staff that provides national data for benchmarking health and wellness behaviors and status (similar to the ACHA-NCHA for students), would you support and advocate for your institution to participate?

- Yes
- No
- Don't know/not sure

25) During the last 12 months, did your institution offer any of the following health screenings to your faculty and staff? If Other, please indicate in the Comments field.

	Yes Ongoing	Yes Periodically	No	Don't know/Not sure
Screenings for any type of cancer	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Screenings for cholesterol level	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Screenings for depression	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Screenings for diabetes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Screenings for high blood pressure	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Screenings for substance abuse	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Screenings for weight	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

26) During the last 12 months, did your institution offer health education/information regarding any of the following topics to your faculty and staff? If Other, please indicate in the Comments field.

	Yes, Ongoing	Yes, Periodically	No	Don't know/Not sure
Cancer	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cholesterol reduction	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Chronic pain	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Diabetes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Disability	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Emergency Preparedness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Heart health	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
HIV/AIDS	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hypertension	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Infant health	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Maternal health	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mental health	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Nutrition	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Physical activity/fitness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Prenatal health	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sleep health	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Work-life balance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

27) During the last 12 months, did your institution offer any of the following health promotion programs to your faculty and staff? If Other, please indicate in the Comments field.

	Yes, Ongoing	Yes, Periodically	No	Don't know/Not sure
Back injury prevention program	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ergonomic evaluations	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Health coaching	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Health Risk Assessment with coaching follow-up	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Health Risk Assessment with no coaching follow-up	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Labeling healthy food choices in cafeterias	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
On-campus walking program	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
On-site fitness/walking trails	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
On-site physical activity and/or fitness education/program	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
On-site shower facilities that do not require fitness center membership for access	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Providing healthy choices in vending machines	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Signage to encourage stairwell use	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Smoking/tobacco cessation program	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Stress prevention/reduction program	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Subsidies/reduced price for <u>off-campus</u> Fitness/Recreation Center memberships	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Subsidies/reduced price for <u>on-campus</u> Fitness/Recreation Center memberships	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Substance abuse program	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Weight management program	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Workplace violence prevention program	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

28) During the last 12 months, did your institution offer any of the following condition management programs to your faculty and staff?

	Yes, Ongoing	Yes, Periodically	No	Don't know/Not sure
Asthma	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Back pain	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cancer	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cardiovascular disease	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Chronic obstructive pulmonary disease (COPD)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Depression	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Diabetes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
High risk pregnancy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hypertension	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Obesity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

29) During the last 12 months, did your institution offer any of the following other programs to your faculty and staff? If Other, please indicate in the Comments field.

	Yes, Ongoing	Yes, Periodically	No	Don't know/Not sure
Counseling for alcohol/drug abuse	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Counseling for family issues	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Employee Assistance Program (EAP)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Health care consumer programs (regarding cost and/or quality of health care)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lactation support programs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Massage therapy services	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Nurse advice line	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Return-to-work programs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Seasonal influenza vaccines	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Self-care books/tools	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

30) What are the delivery methods or the forms of communication your institution uses to reach faculty and staff with health and wellness information? (check all that apply).

- Email (mass send)
- Flyers (restrooms, mailboxes)
- Health coaching
- Health tracker
- Links to resources (CDC, American Cancer Society)
- Lunch-and-learn sessions
- Newsletters (online or paper)
- Nurse online
- Social media (Facebook, Twitter, LinkedIn)
- Text messaging/instant messaging
- Web-based portal
- Wellness/health fair/event
- None/not applicable
- Other (please specify)

If you selected other please specify

31) Which of the following incentives does your institution use to encourage participation in faculty and staff health and wellness programs? (Please check all that apply)

- Additional paid time off
- Cash/money in flexible spending account
- Coinsurance differences
- Co-pay differences
- Flex dollars/credits
- Gifts/discounts for services
- None, but we plan to in the next 12 months
- None, and we do not plan to in the next 12 months
- Premium differences
- Don't know
- Other (please specify)

If you selected other please specify

32) Thinking across all the health promotion, disease prevention, and disease management programs your institution offers to faculty and staff, which of the following items, if any, are barriers or challenges to your program's success? (Please choose five only.)

- Confidentiality concerns
- Cost of offering the program
- Demonstrating program results
- Employee distrust of employer-sponsored programs
- Effective marketing
- Lack of access to data (medical, Rx claims, disability, Health Risk Assessment)
- Lack of employee interest
- Lack of integration with other programs/services
- Lack of middle management support
- Lack of participation by high-risk employees
- Lack of senior management support
- Lack of staff resources
- Lack of supervisor/immediate manager support
- Lack of time on the part of participants
- Regulatory issues such as HIPAA
- None/not applicable
- Other (please specify)

If you selected other please specify

33) Thinking across all management programs your institution offers to faculty and staff, which of the following are used to measure program success? If Other, please indicate in the Comments field.

	Yes	No	Don't know/Not sure
Behavior change	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cost-Benefit Analysis/Return on Investment	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Employee feedback	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Health care claims cost	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Health status	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Productivity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Program participation rates	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Time lost/absenteeism	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Workers' compensation claims cost	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

34) Approximately how many full-time equivalent staff does your institution dedicate to work regarding the health and wellness behaviors and/or status of faculty and staff?

- 0
- 0.5
- 1
- 1.5 - 3
- 3.5 - 5
- 5.5 or more

35) Additional comments:

If you have suggestions or questions, please contact:

**Kathy Wagner, MPH, CHES
Chair, ACHA Faculty and Staff Health and Wellness Coalition
Princeton University
akwagner@princeton.edu**

This ends the ACHA Faculty and Staff Health and Wellness Coalition Spring 2012 survey. Thank you for your participation! The Coalition looks forward to presenting these results at the ACHA 2012 Annual Meeting in Chicago.

Once you press the "submit survey" button below, your responses will be compiled and you will be directed to the ACHA Faculty and Staff Health and Wellness Coalition Website.