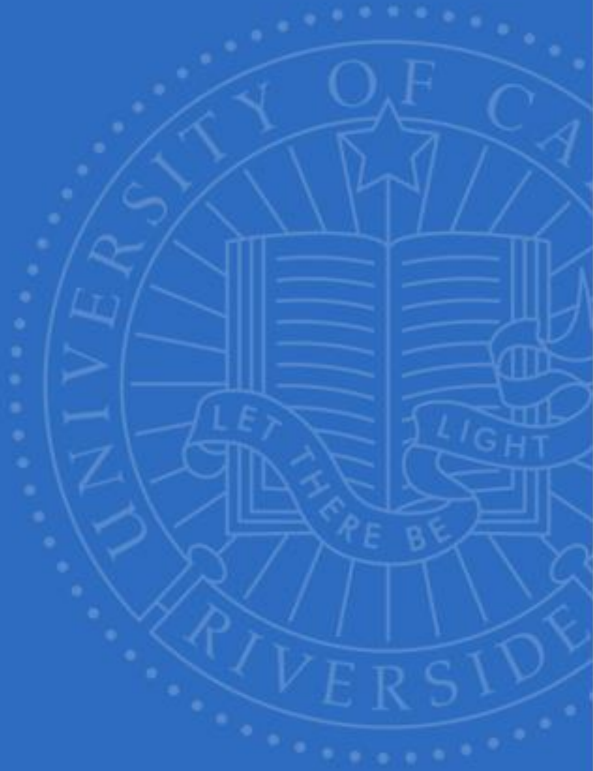


UCR

UCR HC Campus Wide Survey 2017 vs 2018

UCR Statistical Consulting Collaboratory

UCR | Healthy
Campus



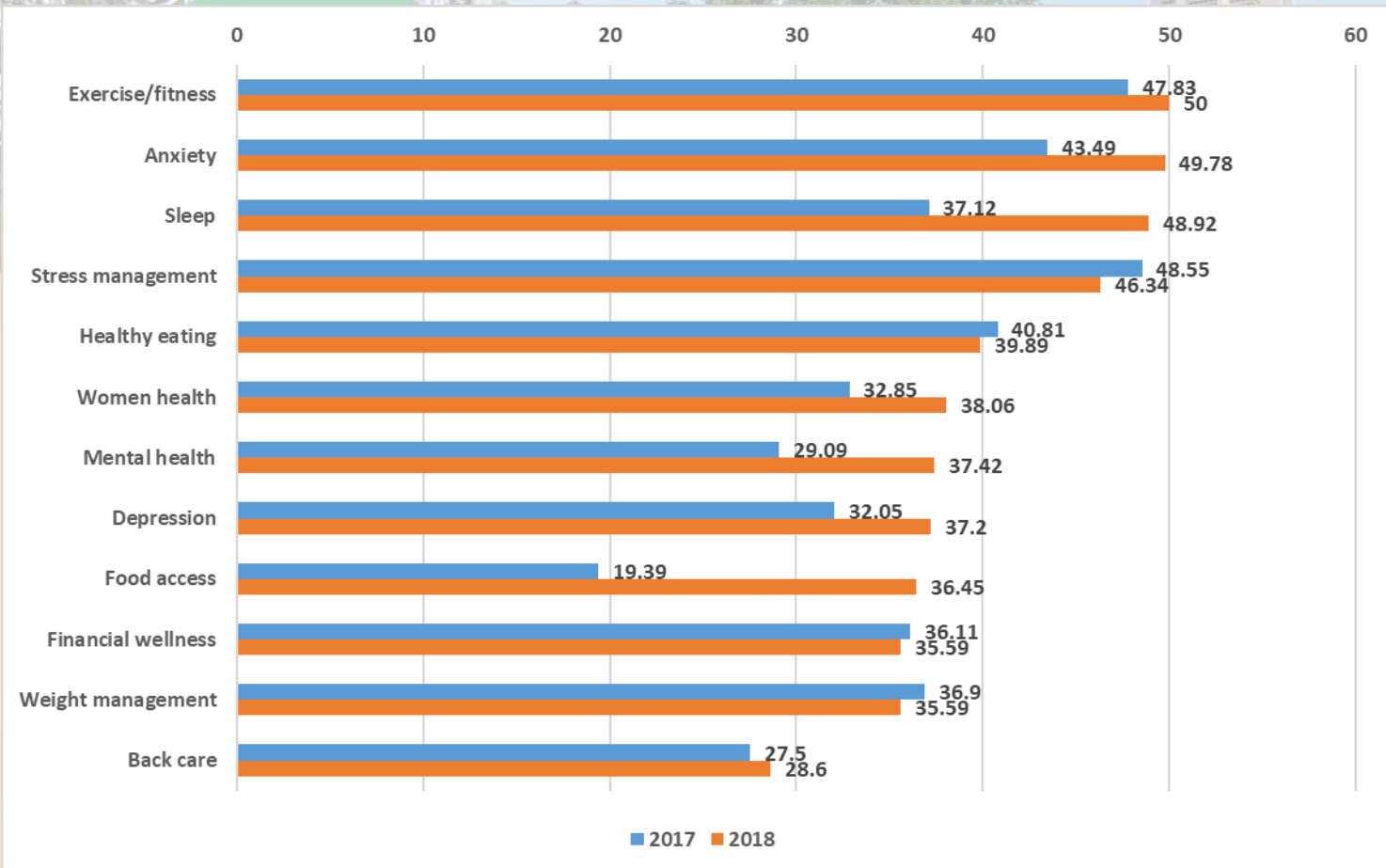


STUDY, WORK & LIVE.



UCR

Q1: Which of the following health concerns would you like to know more about? (Check all that apply)



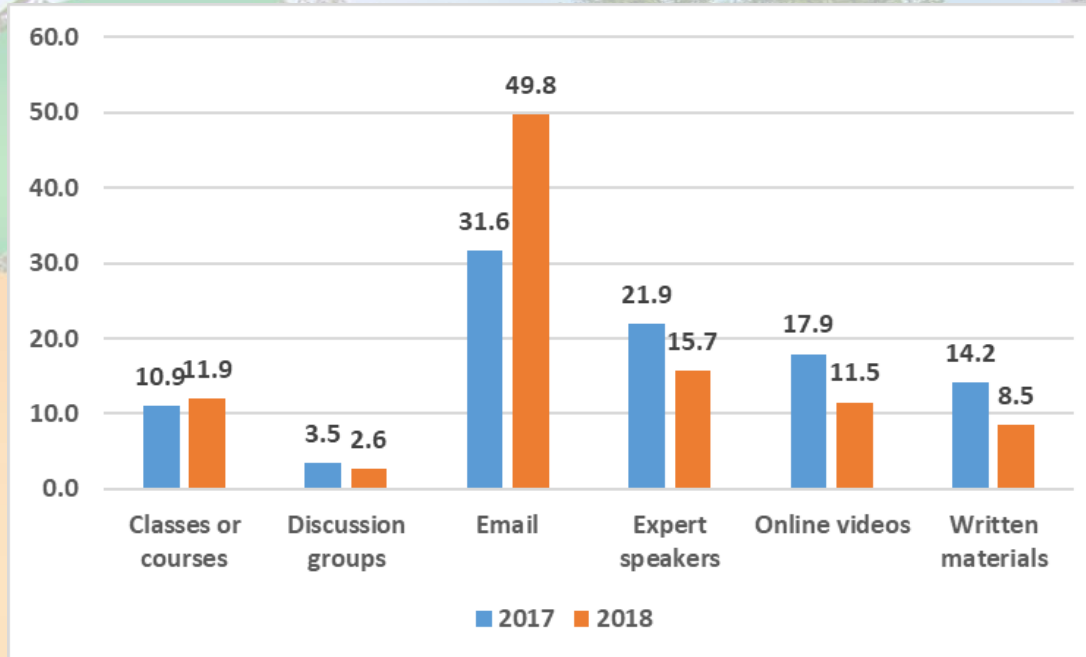
Q1: Which of the following health concerns would you like to know more about? (Check all that apply)

	Percentage		Chi-square Test p-value	Significant difference between years?
	2017	2018		
Exercise/fitness	47.83	50	0.326	No
Anxiety	43.49	49.78	0.003	Yes
Sleep	37.12	48.92	0.000	Yes
Stress management	48.55	46.34	0.317	No
Healthy eating	40.81	39.89	0.691	No
Women health	32.85	38.06	0.011	Yes
Mental health	29.09	37.42	0.000	Yes
Depression	32.05	37.2	0.012	Yes
Food access	19.39	36.45	0.000	Yes
Financial wellness	36.11	35.59	0.834	No
Weight management	36.9	35.59	0.549	No
Back care	27.5	28.6	0.594	No

Q1: Which of the following health concerns would you like to know more about? *(Check all that apply)*

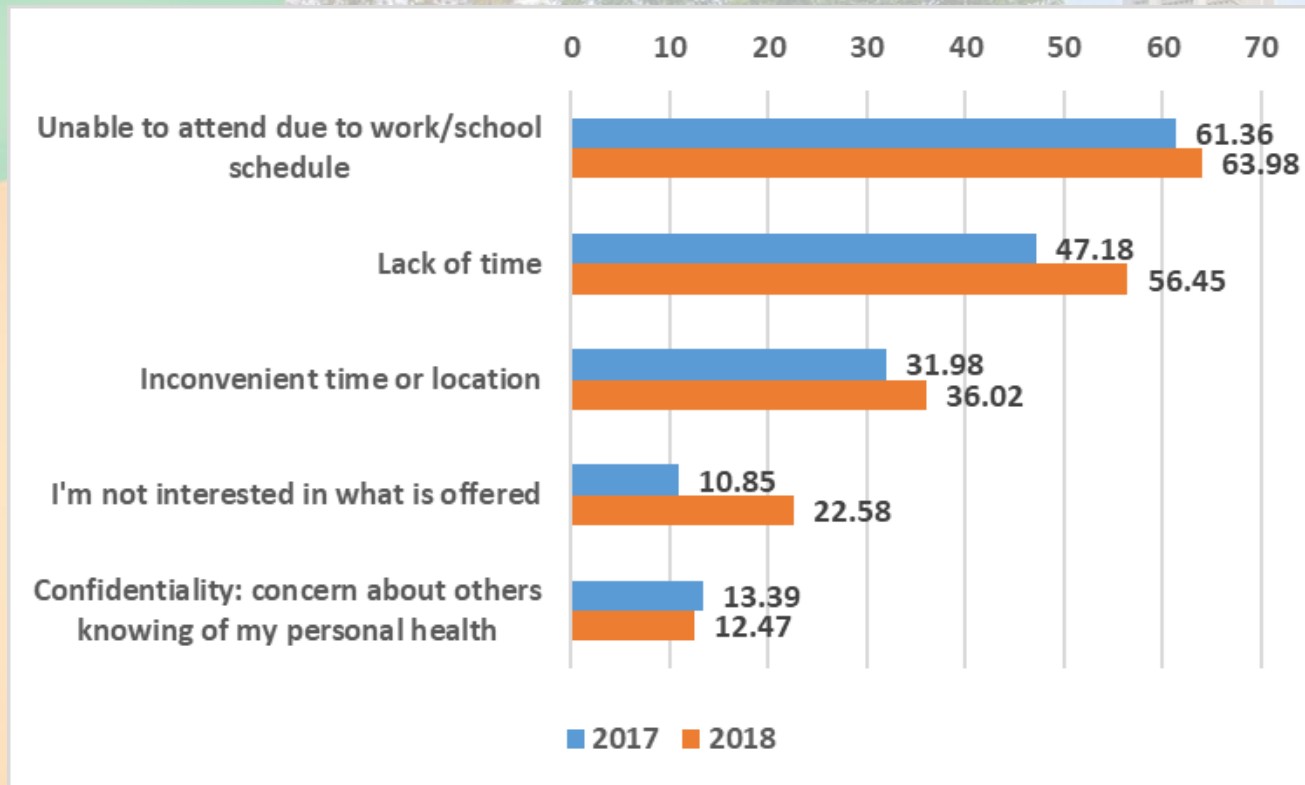
- Among the top health concerns, concerns about anxiety, sleep, women health, mental health, depression, and food access increased significantly in 2018 compared to 2017.

Q2: There are many ways to get health information on campus; which way do you most prefer?



Frequency distributions are significantly different between 2017 and 2018 (chi-square test p -value $< .0001$). More people prefer email and the percentage increased significantly in 2018.

Q3: Which barriers, if any, prevent you from participating in UCR's campus health and wellness programs? *(Check all that apply)*



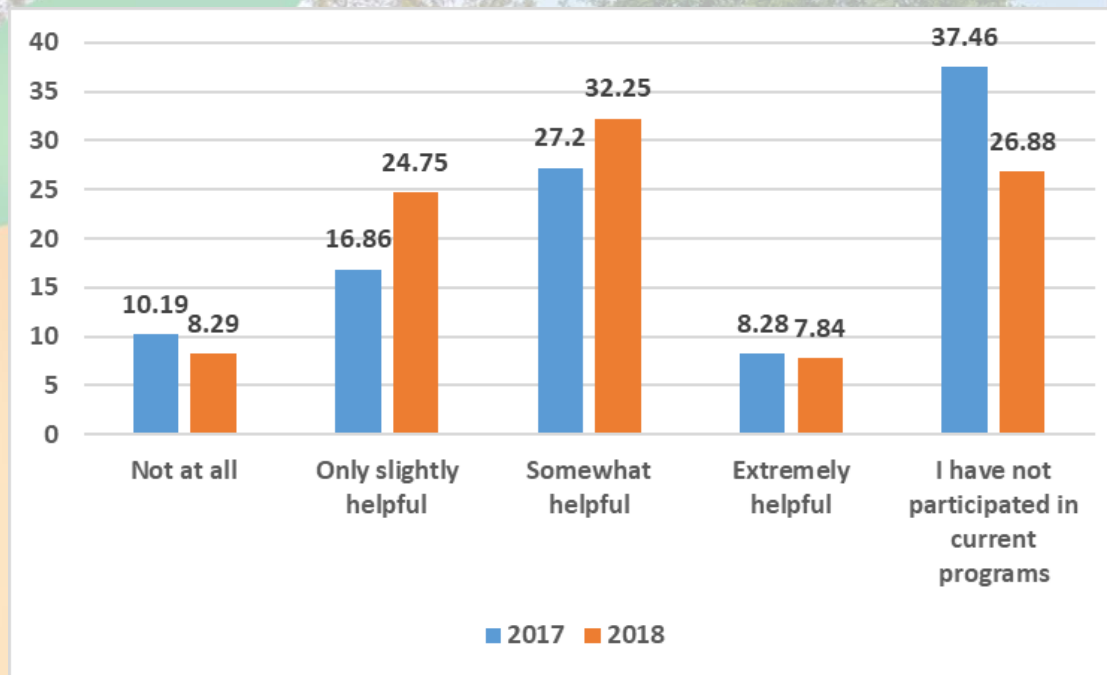
Q3: Which barriers, if any, prevent you from participating in UCR's campus health and wellness programs? *(Check all that apply)*

	Percentage		Chi-square Test p-value	Significant difference between years?
	2017	2018		
Unable to attend due to work/school schedule	61.36	63.98	0.218	No
Lack of time	47.18	56.45	0.000	Yes
Inconvenient time or location	31.98	36.02	0.049	Yes
I'm not interested in what is offered	10.85	22.58	0.000	Yes
Confidentiality: concern about others knowing of my personal health	13.39	12.47	0.564	No

Q3: Which barriers, if any, prevent you from participating in UCR's campus health and wellness programs? (*Check all that apply*)

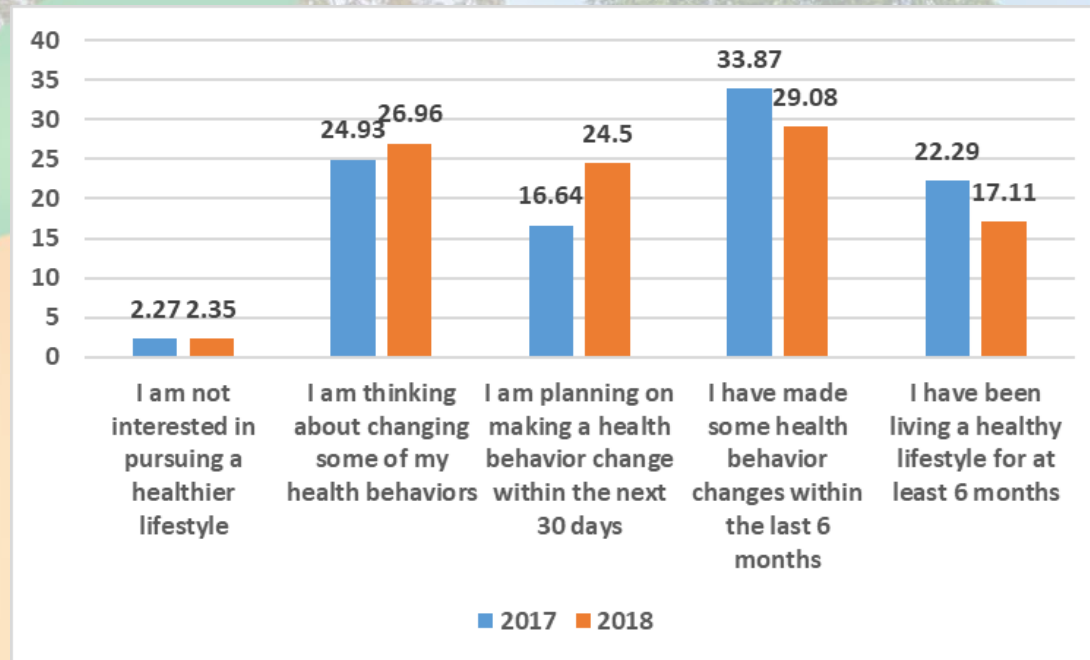
- Among the top five barriers, lack of time, inconvenient time or location, not being interested in what is offered increased significantly in 2018 compared to 2017.

Q4: How helpful have current wellness programs been in helping you reach your wellness goals?



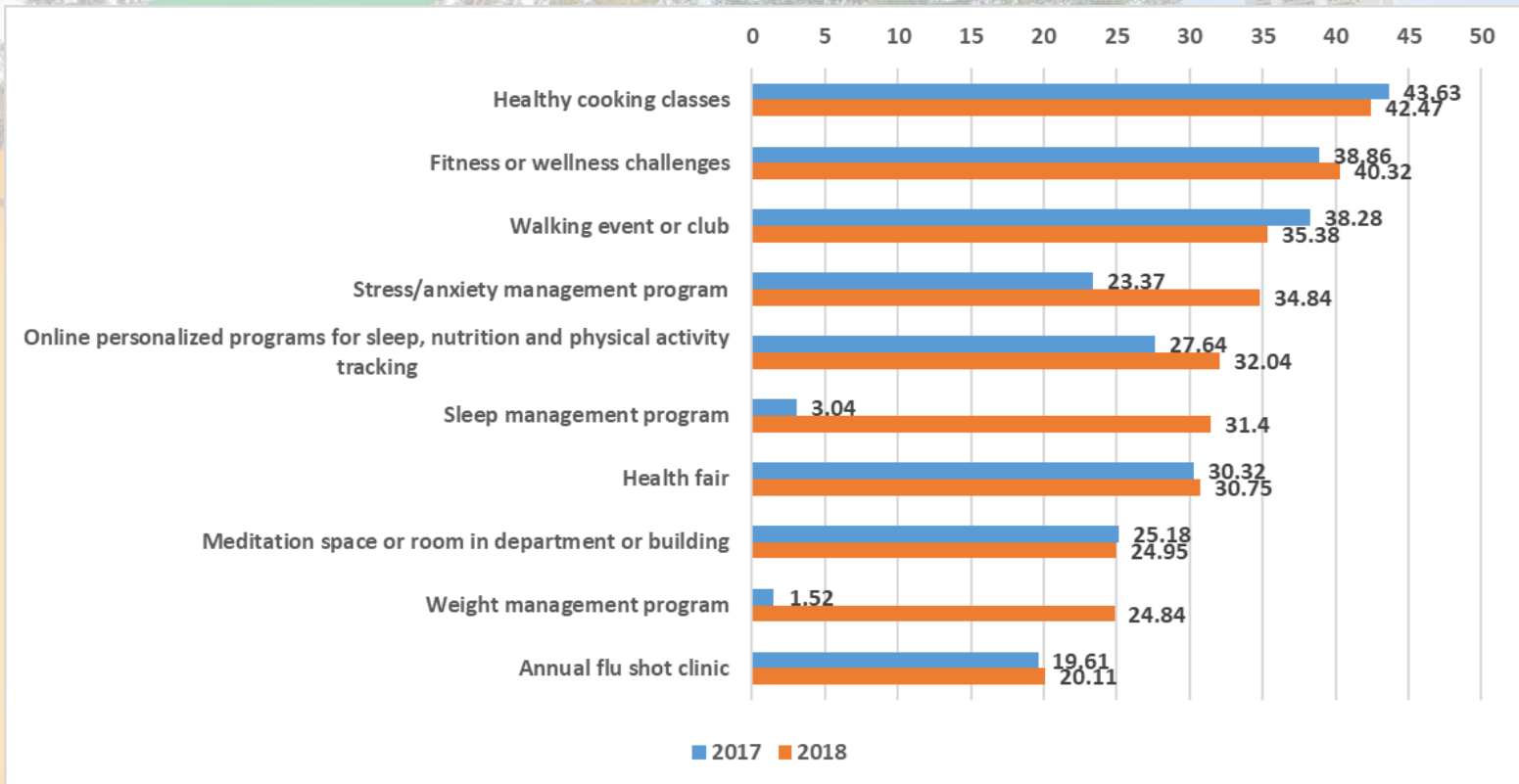
Frequency distributions are significantly different between 2017 and 2018 (chi-square test p -value $< .0001$). More people participated in wellness programs and thought the programs are at least slightly or somewhat helpful in 2018.

Q5: In which of the following categories do you place yourself?



Frequency distributions are significantly different between 2017 and 2018 (chi-square test p -value $< .0001$). Less people thought they have made some health behavior changes or been living a healthy lifestyle in 2018, but more people are planning on making a health behavior change.

Q6: In which of the following health and wellness activities would you participate in at UCR? *(Check all that apply)*



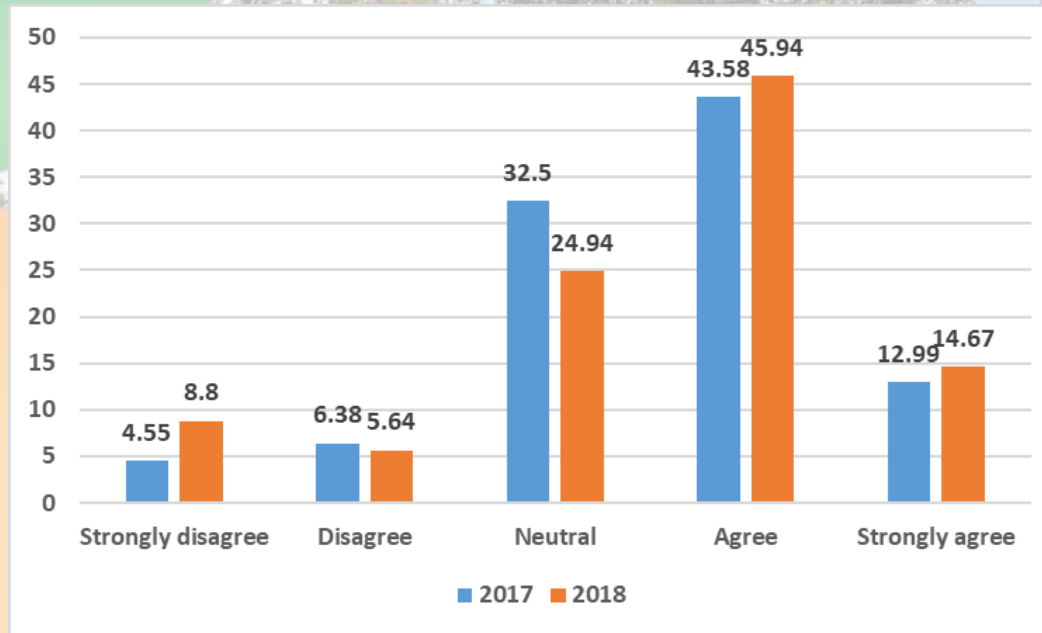
Q6: In which of the following health and wellness activities would you participate in at UCR? *(Check all that apply)*

	Percentage		Chi-square Test p-value	Significant difference between years?
	2017	2018		
Healthy cooking classes	43.63	42.47	0.611	No
Fitness or wellness challenges	38.86	40.32	0.507	No
Walking event or club	38.28	35.38	0.170	No
Stress/anxiety management program	23.37	34.84	0.000	Yes
Online personalized programs	27.64	32.04	0.026	Yes
Sleep management program	3.04	31.4	0.000	Yes
Health fair	30.32	30.75	0.860	No
Meditation space or room in department or building	25.18	24.95	0.937	No
Weight management program	1.52	24.84	0.000	Yes
Annual flu shot clinic	19.61	20.11	0.809	No

Q6: In which of the following health and wellness activities would you participate in at UCR? *(Check all that apply)*

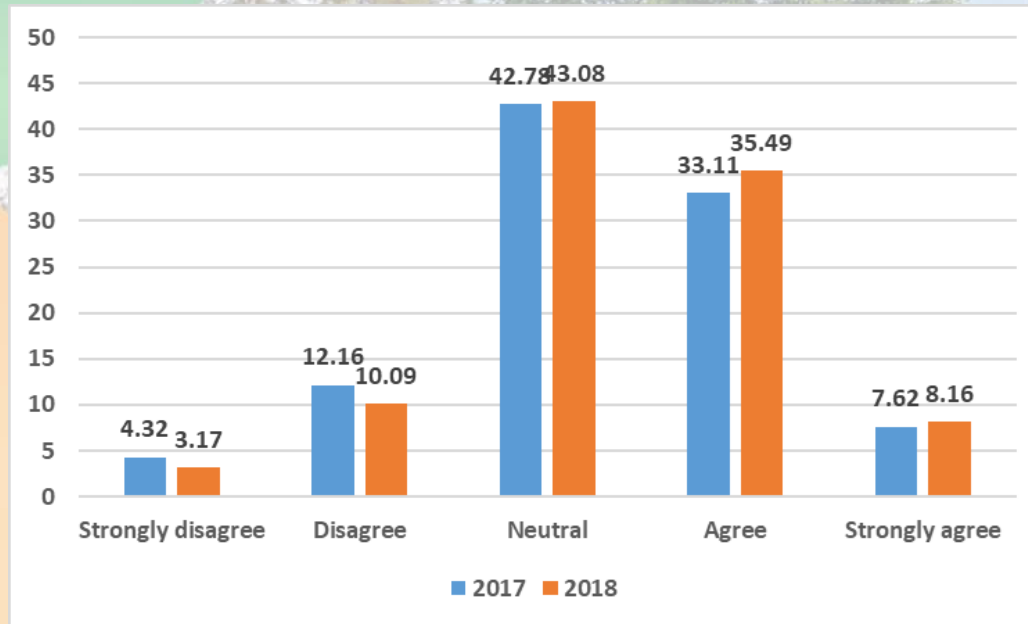
- Among the top health and wellness activities, the interest in stress/anxiety management program, online personalized programs, sleep management program, and weight management program increase significantly in 2018.

Q7: UCR has a culture and environment that promotes and supports health and well-being for its faculty, staff and students.



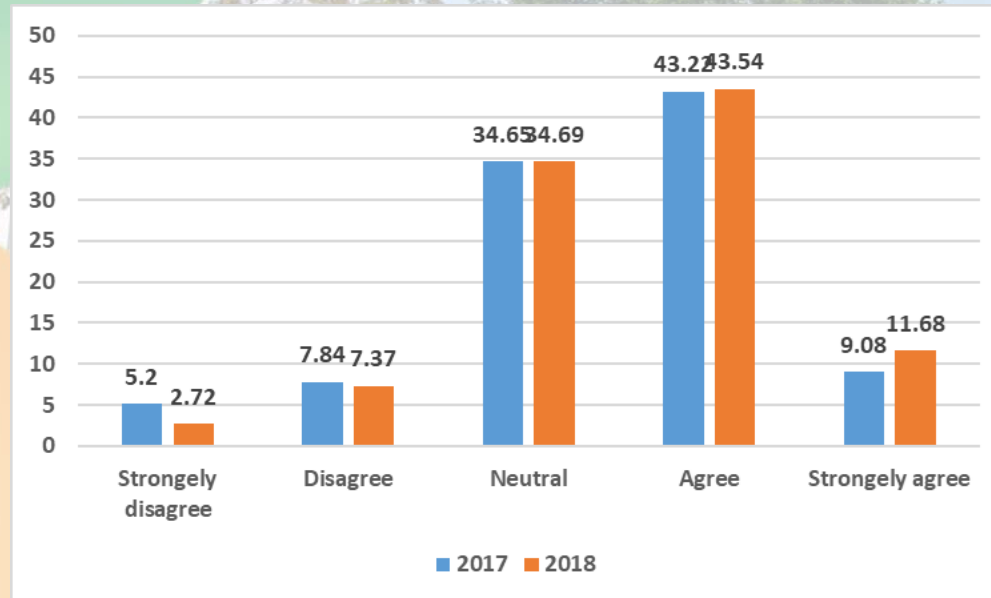
Frequency distributions are significantly different between 2017 and 2018 (chi-square test p -value $< .0001$). More people agree or strongly agree that UCR has a culture and environment that promotes and support health and well-being in 2018.

Q8: Leaders at UCR are actively engaged in promoting and role-modeling health and well-being.



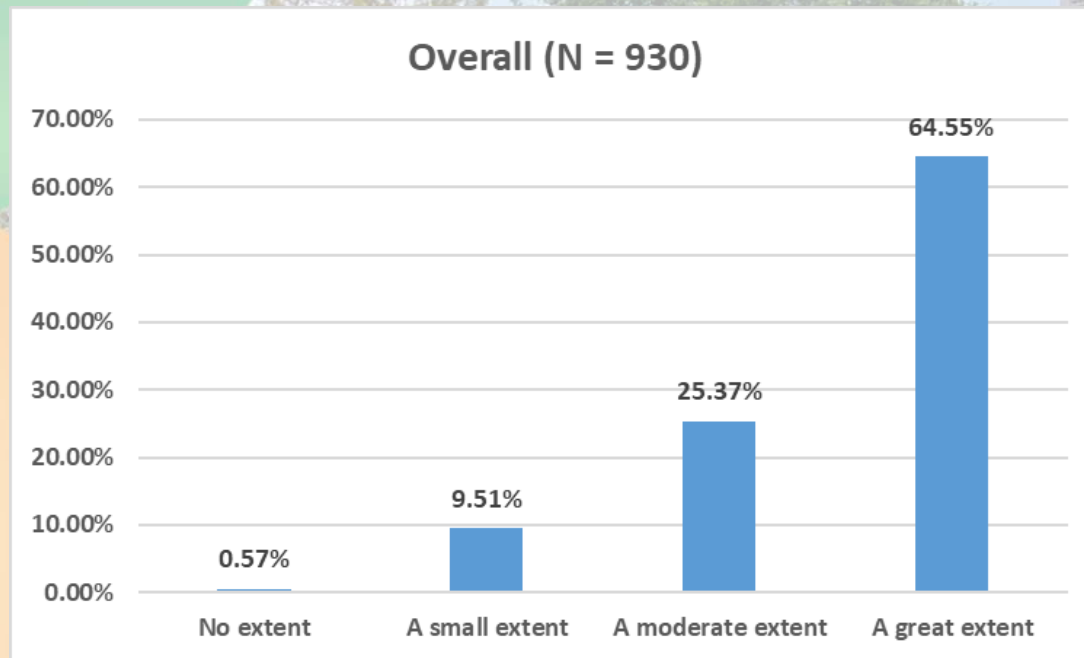
Frequency distributions are not different between 2017 and 2018 (chi-square test p-value =0.2927).

Q9: UCR cares about my health and personal well-being.

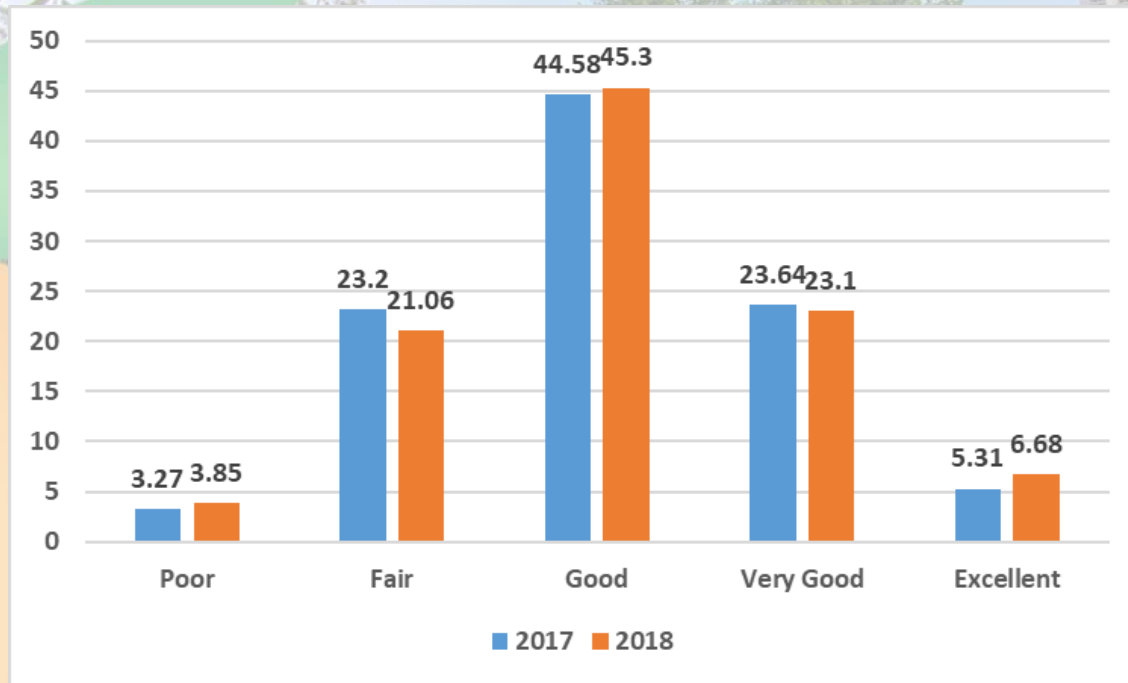


Frequency distributions are significantly different between 2017 and 2018 (chi-square test p -value = 0.021). Slightly more people agreed that UCR cares about their health and personal well-being in 2018.

Q10: To what extent is health a value to you?



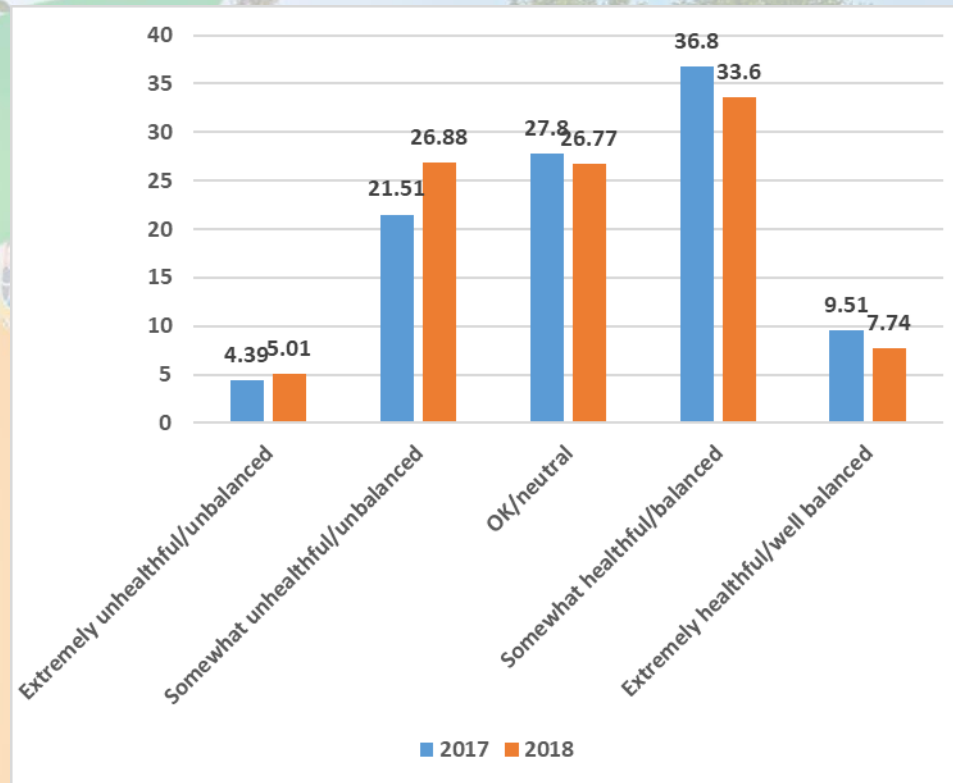
Q11: In general, how would you describe your overall health?



There is no significant difference in frequency distributions between 2017 and 2018 (chi-square test p-value = 0.4825).

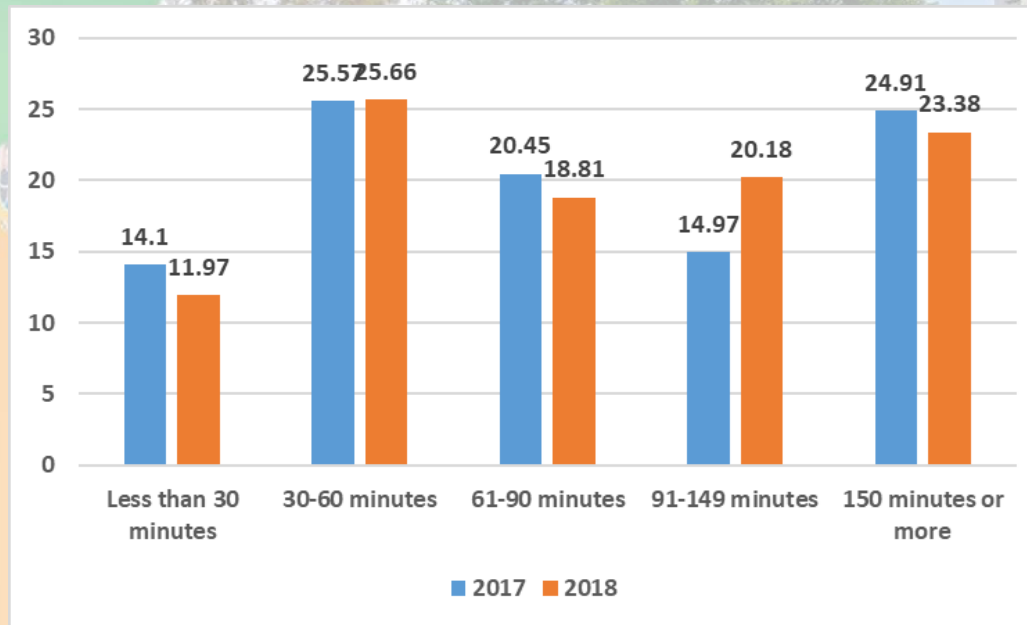
Q12: How would you rate your own dietary intake?

(Based on parameters)*



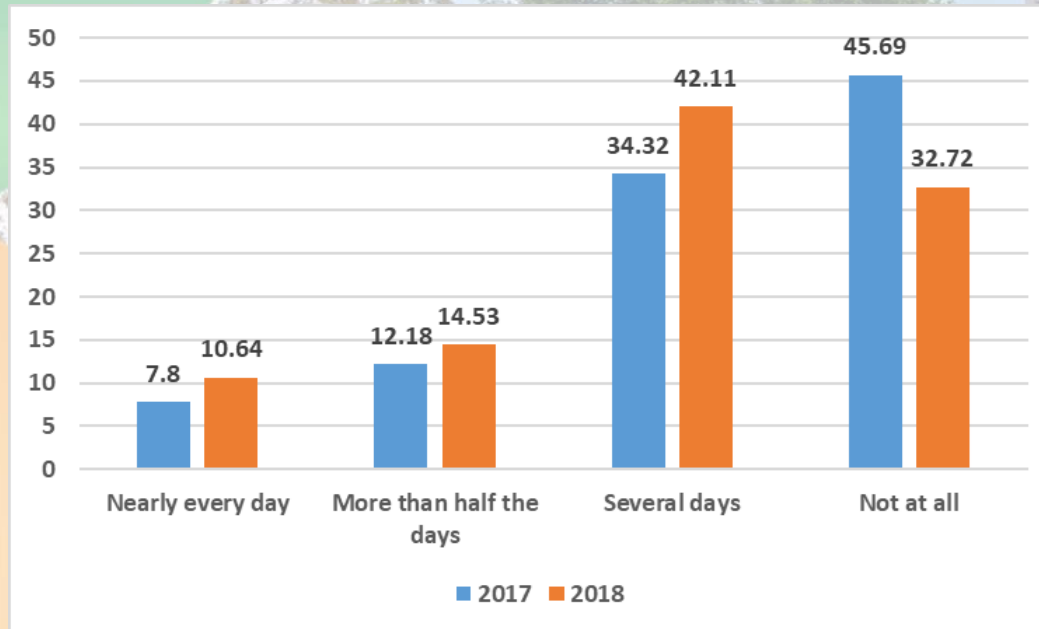
Frequency distributions are significantly different between 2017 and 2018 (chi-square test p -value = 0.031). There is a slight decrease in the percentage of people who rated their own dietary intake healthy/balanced in 2018.

Q13: How many minutes of moderate physical activity do you usually get per week?



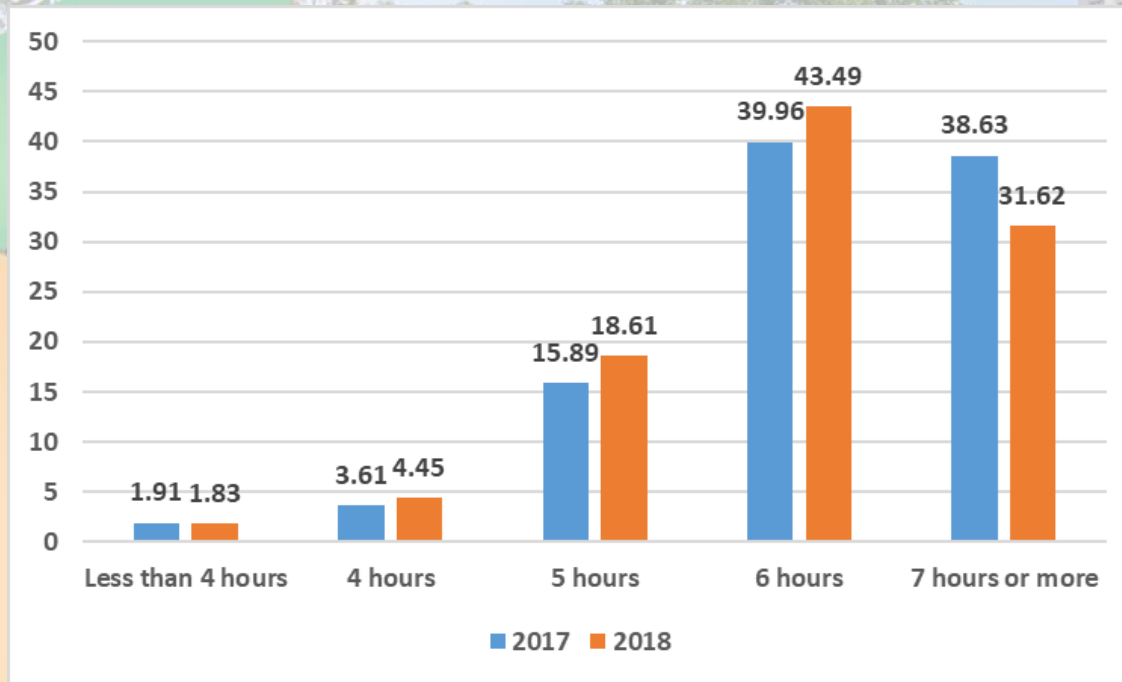
Frequency distributions are significantly different between 2017 and 2018 (chi-square test p-value =0.021)

Q14: In the past week, how much has your mood interfered with your social life and relationships?



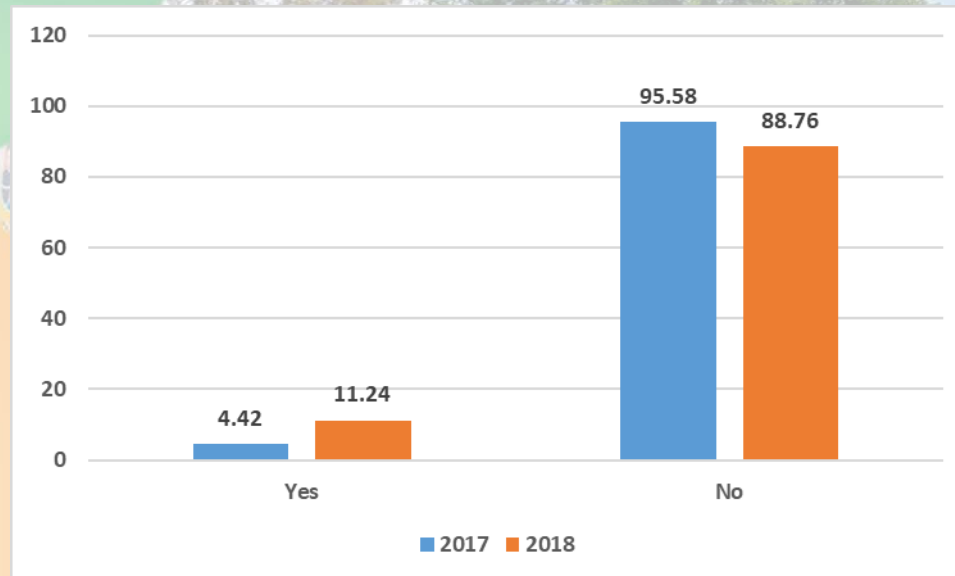
Frequency distributions are significantly different between 2017 and 2018 (chi-square test p -value $< .0001$). More people have mood interfered with their social life and relationships in 2018.

Q15: How many hours of sleep do you usually get per night?



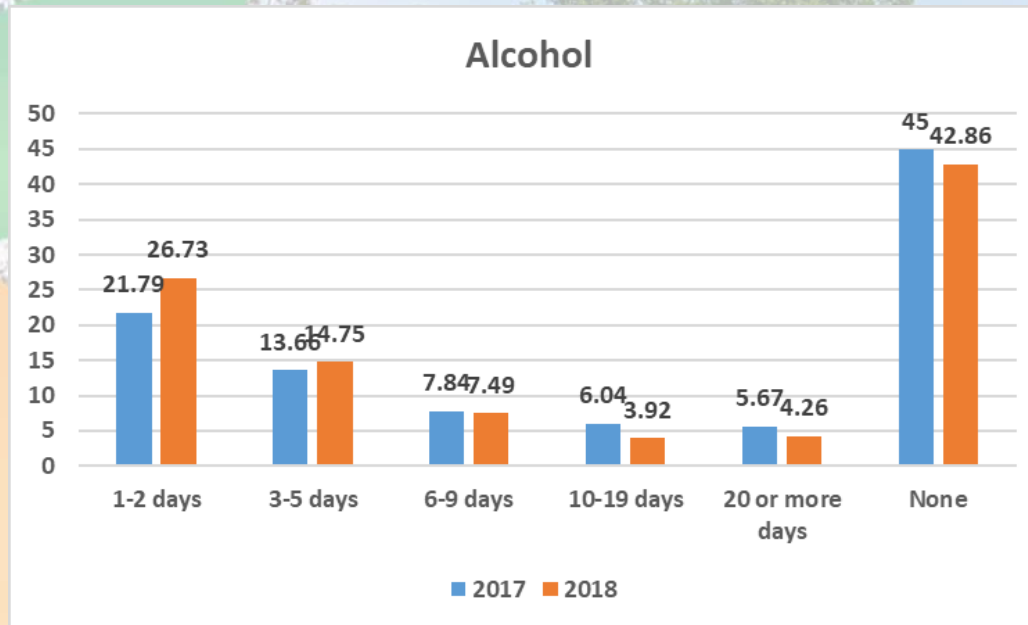
Frequency distributions are significantly different between 2017 and 2018 (chi-square test p-value = 0.016). More people sleep less than 7 hours in 2018.

Q16: Do you currently use tobacco products? (Cigarettes, smokeless tobacco, electronic nicotine device systems: e-cigs, etc.)



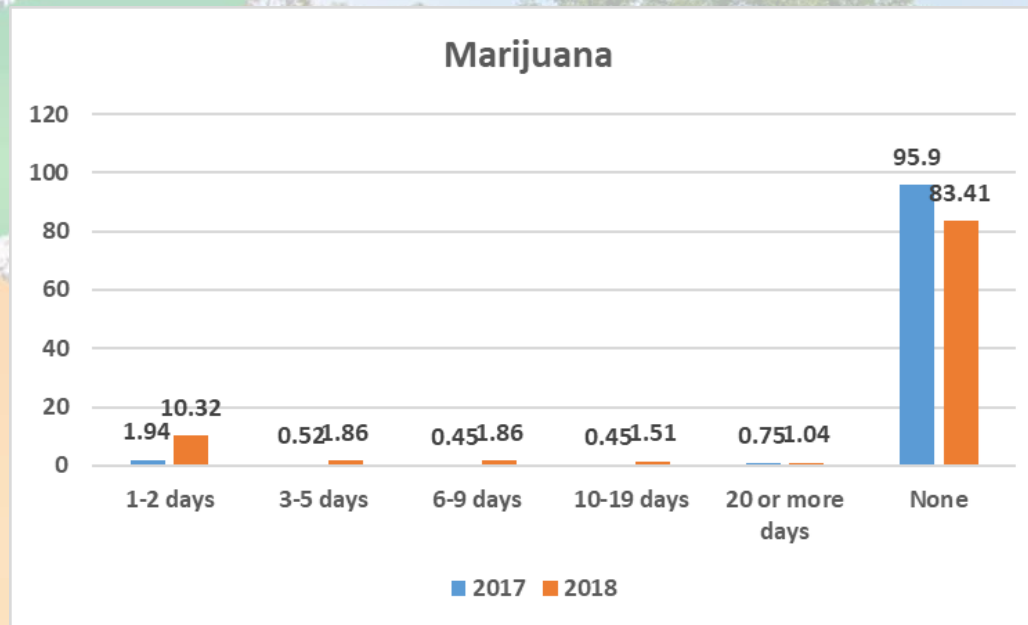
Frequency distributions are significantly different between 2017 and 2018 (chi-square test p -value $< .0001$). Less people use tobacco products in 2018.

Q17: In the past 30 days, how many days did you:



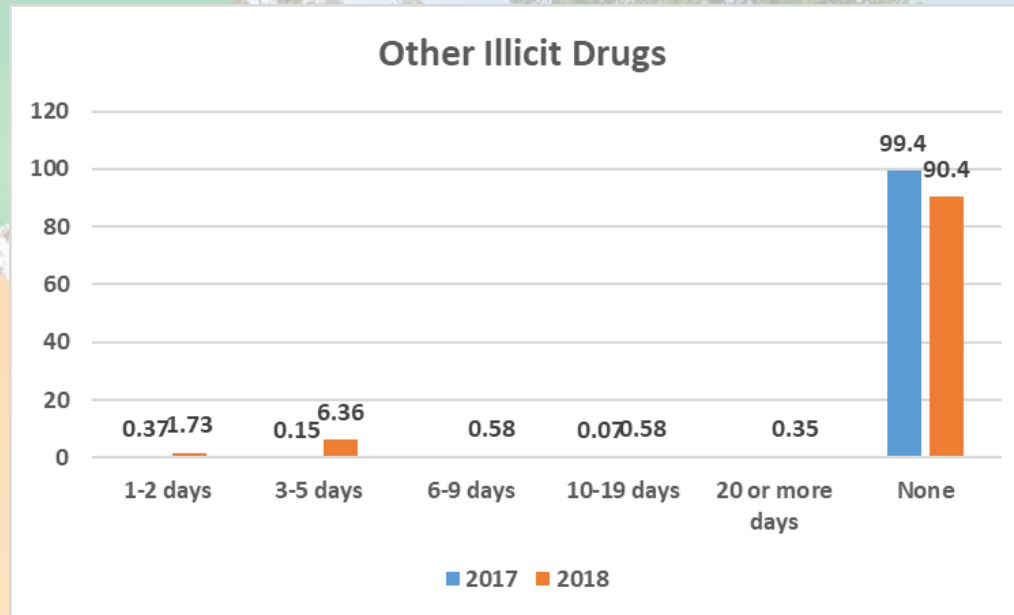
Frequency distributions are significantly different between 2017 and 2018 (chi-square test p-value 0.022).

Q17: In the past 30 days, how many days did you:



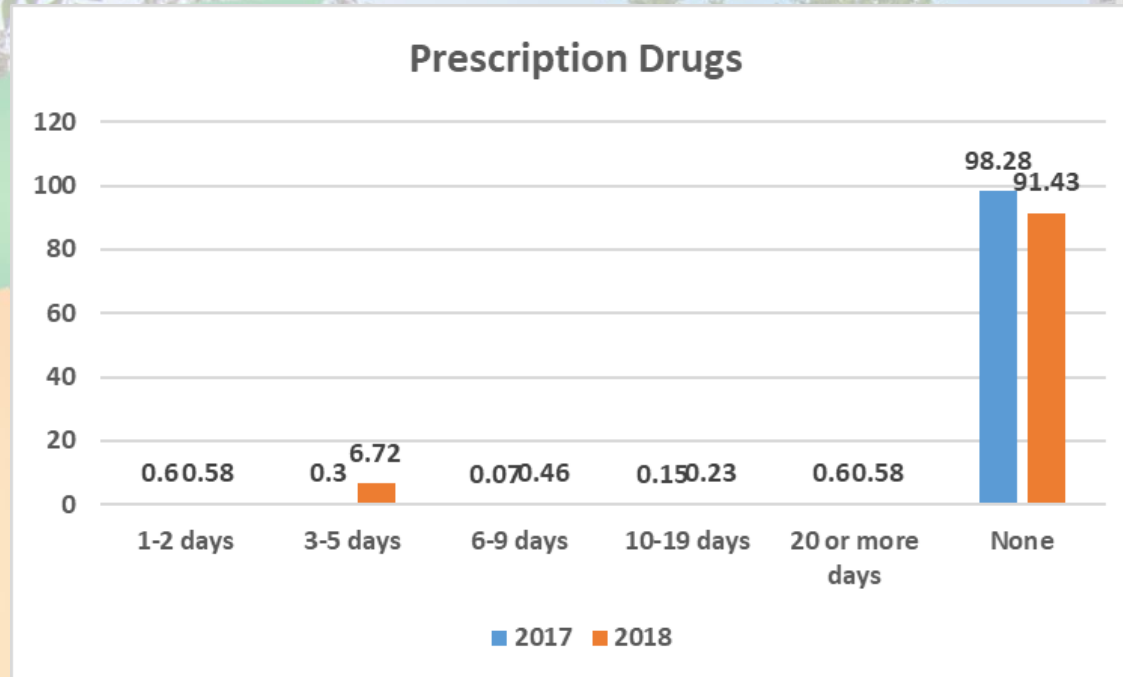
Frequency distributions are significantly different between 2017 and 2018 (chi-square test p -value $< .0001$). More people use Marijuana in 2018, especially those who use the marijuana 1-2 days in the past 30 days.

Q17: In the past 30 days, how many days did you:



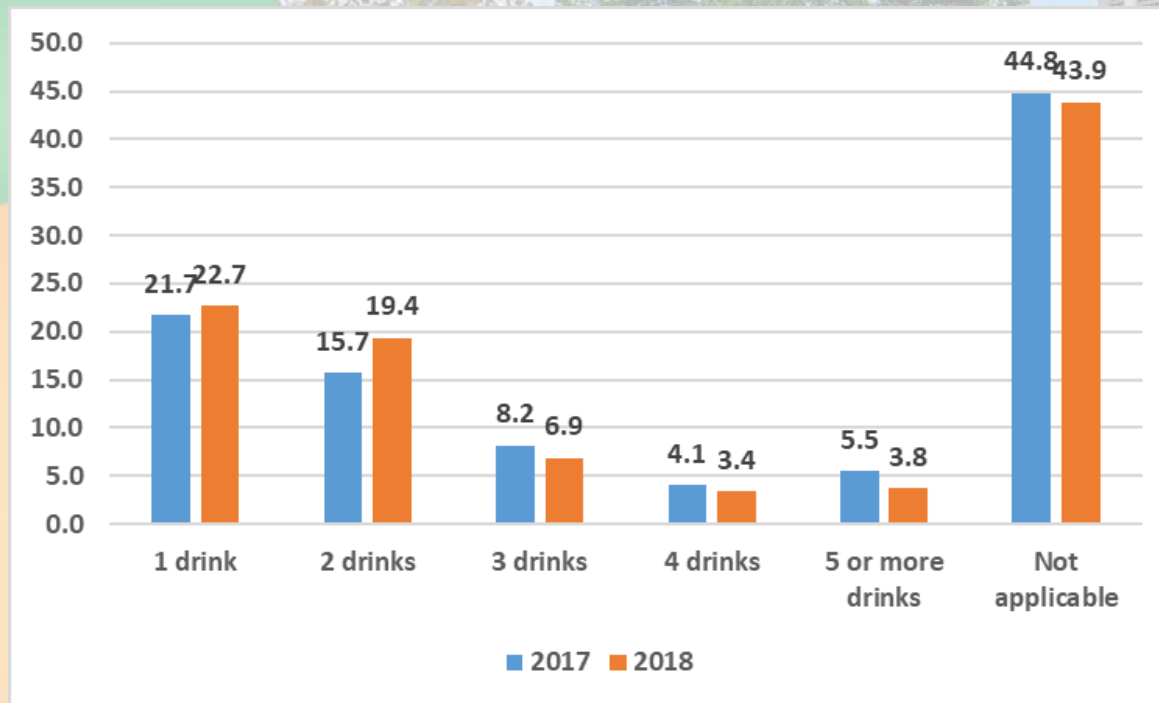
Frequency distributions are significantly different between 2017 and 2018 (chi-square test p-value < .0001). More people use illicit drugs in 2018.

Q17: In the past 30 days, how many days did you:



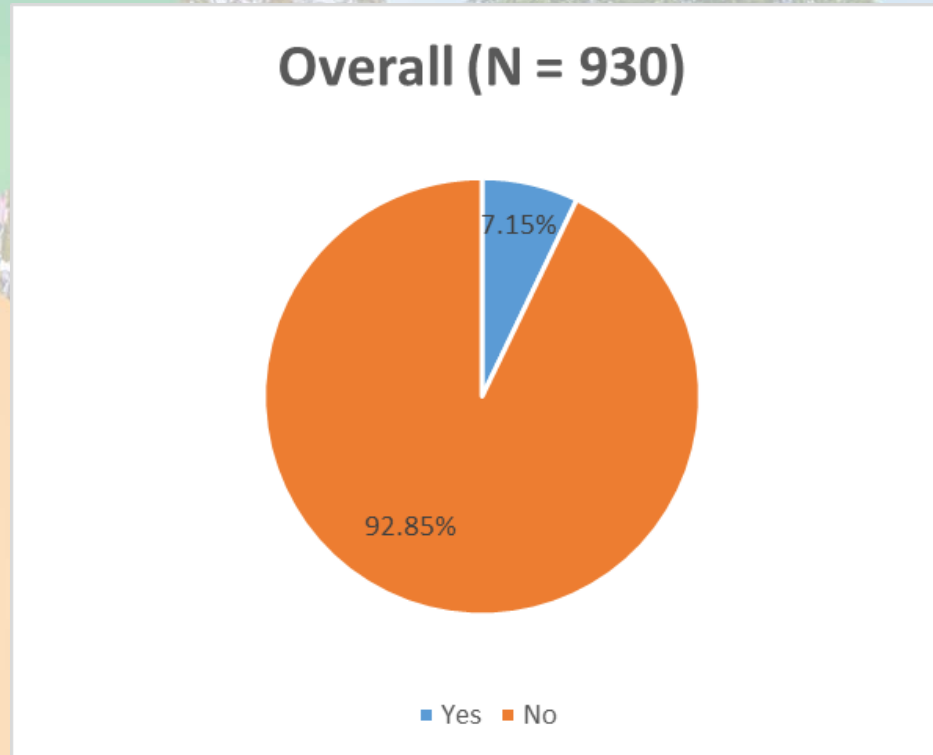
Frequency distributions are significantly different between 2017 and 2018 (chi-square test p-value < .0001). There is a significant increase in percentage of people who use prescription drugs in 2018.

Q18: During the past 30 days, on the days when you drank, about how many drinks did you drink on average?



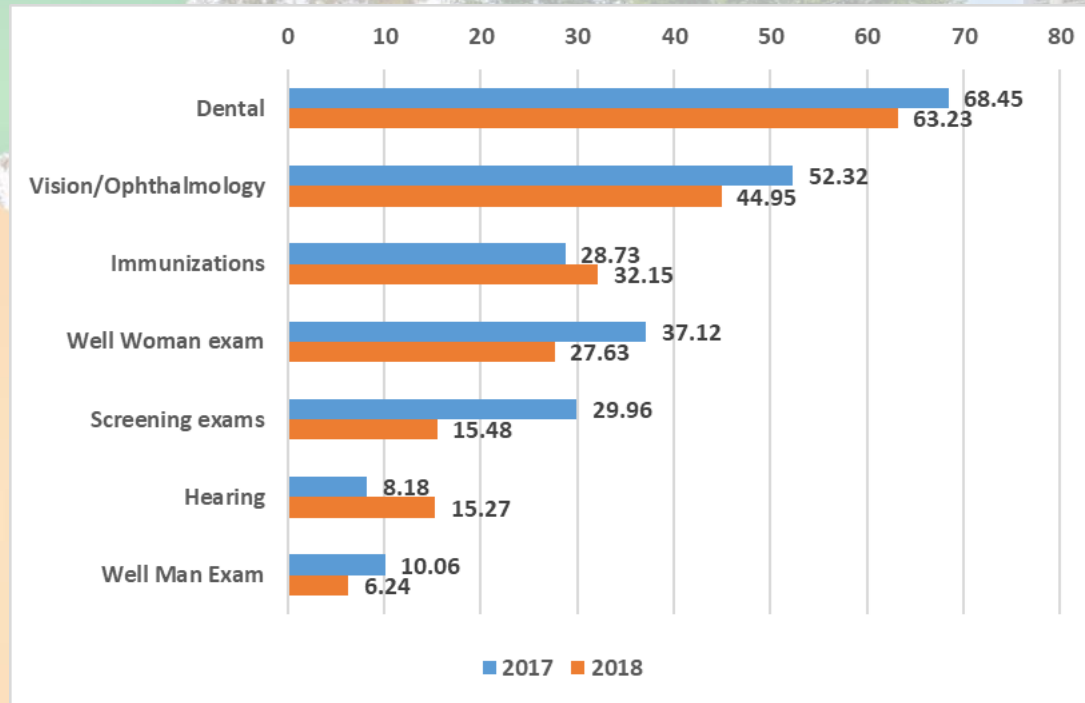
There is no significant difference in frequency distributions between 2017 and 2018 (chi-square test p -value = 0.073).

Q19: Are you currently in recovery from substance use?



There is no 2017 data for this question.

Q20: Which of the following preventive exams do you do annually? *(Check all that apply)*



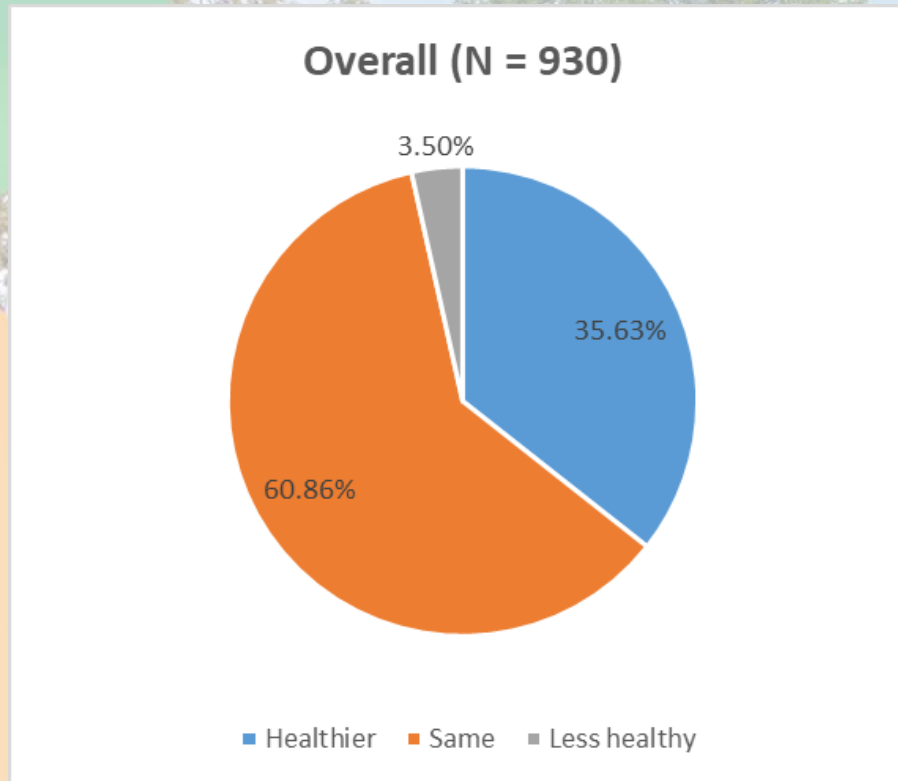
Q20: Which of the following preventive exams do you do annually? *(Check all that apply)*

	Percentage		Chi-square Test p-value	Significant difference between years?
	2017	2018		
Dental	68.45	63.23	0.010	Yes
Vision/Ophthalmology	52.32	44.95	0.001	Yes
Immunizations	28.73	32.15	0.087	No
Well Woman exam	37.12	27.63	0.000	Yes
Screening exams	29.96	15.48	0.000	Yes
Hearing	8.18	15.27	0.000	Yes
Well Man Exam	10.06	6.24	0.002	Yes

Q20: Which of the following preventive exams do you do annually? *(Check all that apply)*

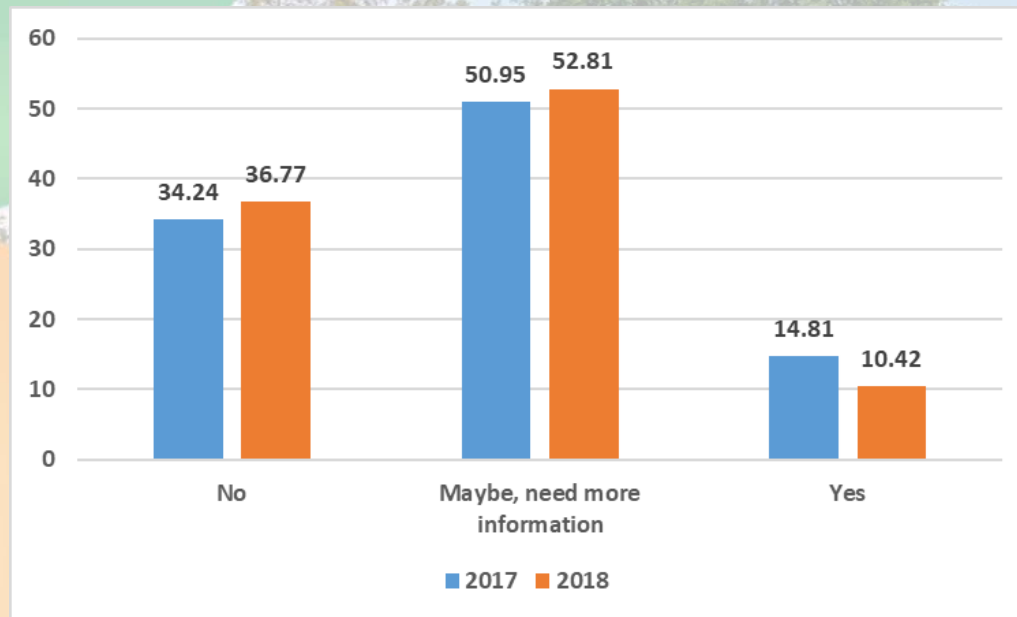
- Except immunization, which has no change in two years, and hearing test, which has significant increased in 2018, the rates of taking all other preventive exams decreased in 2018.

Q21: Have you noticed any changes in the campus culture and environment?



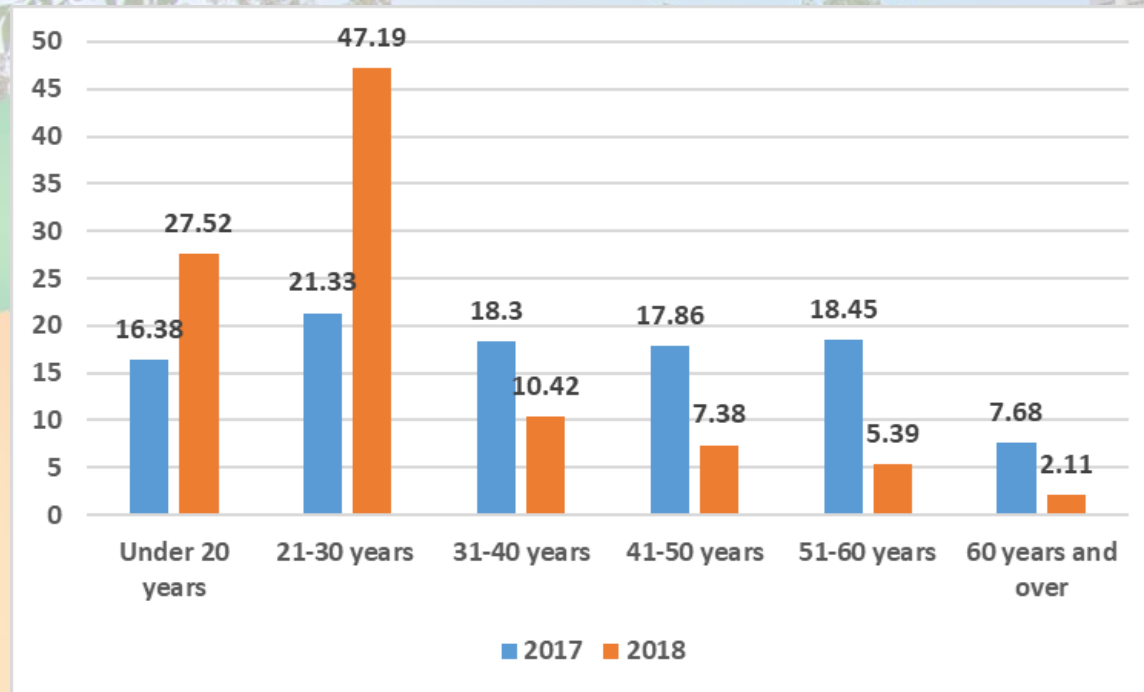
There is no 2017 data for this question.

Q24: Are you interested in participating in the Healthy Campus Initiative Resource Network?



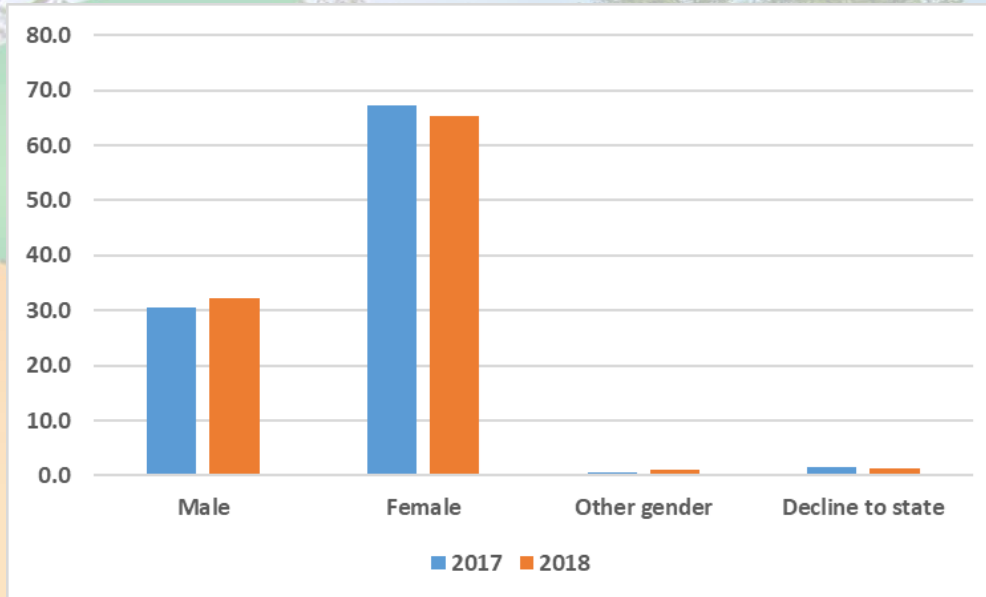
Frequency distributions are significantly different between 2017 and 2018 (chi-square test p -value = 0.012). Slightly less people are interested in participating in the HCI resource network in 2018.

Q25: What is your age?



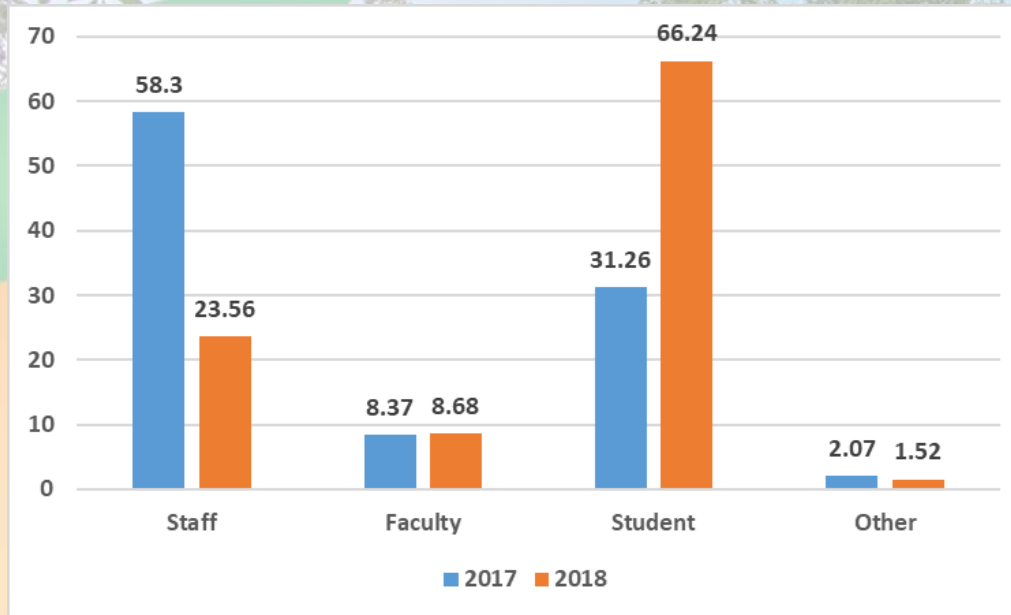
Frequency distributions are significantly different between 2017 and 2018 (chi-square test p -value $<.0001$). There are more participants younger than 30 years old in 2018.

Q31: What is your gender?



There is no significant difference in frequency distributions between 2017 and 2018 (chi-square test p-value = 0.506).

Q32: What is your UCR Affiliation?



Frequency distributions are significantly different between 2017 and 2018 (chi-square test p -value $<.0001$). There are more students and less staff participating the survey in 2018.