Setting KU’s Health and Wellness Goals

Some Sources
- National College Health Assessment (N=540)
- Campus-wide alcohol survey (N=6,500)
- Student focus groups
- Chart reviews
- Focus on Healthy People 2010 --College population
- Staff Workplace Climate Survey, 2001
- Campus Employee Survey, 2003
Health Status of KU Students

Within the last 30 days:
- 22% used cigarettes
- 45% binge drank

Other statistics:
- 32% overweight or obese
- 40% did not use a condom with last intercourse
- 55% exercised only 0 to 2 days/week
- 55% slept well for only 0 to 3 days/week
- 16% diagnosed with depression
  - 36% of above diagnosed in last school year
  - 40% of those diagnosed are on depression meds
- 58% felt things were hopeless within last school year
KU Staff Wellness Concerns

**Fitness/Wellness Services Desired**
- Exercise options over lunch hour
- Healthier food options
- Stress management programs/seminars

**Alcohol and Other Drug (AOD) Use:**
- 52% knew there is an Employee Assistance Program for such problems
- 35% aware of a student whose academics have been significantly affected
- 45% wish to know more about programming/services available to students; 47% about programs for employees