



Results from the LSUHSC Wellness Inventory for Students and Employees (WISE) 2021

LSUHSC Wellness Committee

October 17, 2021

WISE Survey 2021

- Survey developed to assess and identify opportunities for improvement of the current health and wellness offerings of LSUHSC.
- Administered on September 22, 2021 to the faculty, staff, residents, and students of LSUHSC.
- This presentation contains a summary of results through October 13, 2021.
- Total number of respondents: 465
- Response rate: 465/~7,000 (7%)
- Weighted score >3.5 
- Weighted score <2.5 

Demographics of Respondents (n=464)

Age (n=463)	n, (%)	Gender (n=464)	n, (%)
<input type="checkbox"/> 18-25	129 (27%)	<input type="checkbox"/> Cisgender Female	330 (71%)
<input type="checkbox"/> 26-35	118 (25%)	<input type="checkbox"/> Cisgender Male	105 (23%)
<input type="checkbox"/> 36-45	73 (16%)	<input type="checkbox"/> Transgender Female	1 (0%)
<input type="checkbox"/> 46-55	59 (13%)	<input type="checkbox"/> Transgender Male	0 (0%)
<input type="checkbox"/> 56 or older	76 (16%)	<input type="checkbox"/> Non-binary	2 (0%)
Role (n=464)	n, (%)	<input type="checkbox"/> Gender-fluid	2 (0%)
<input type="checkbox"/> Administration	37 (8%)	<input type="checkbox"/> Other	2 (0%)
<input type="checkbox"/> Faculty member	88 (19%)	<input type="checkbox"/> Declined to Answer	22 (5%)
<input type="checkbox"/> Staff member	109 (23%)	Race (n=462)	n, (%)
<input type="checkbox"/> House Officer	34 (7%)	<input type="checkbox"/> American Indian or Alaska Native	4 (1%)
<input type="checkbox"/> Student	185 (40%)	<input type="checkbox"/> Asian	39 (8%)
<input type="checkbox"/> Other	3 (1%)	<input type="checkbox"/> Black or African American	44 (10%)
<input type="checkbox"/> Declined to Answer	8 (2%)	<input type="checkbox"/> Native Hawaiian/Pacific Islander	0 (0%)
Ethnicity (n=461)	n, (%)	<input type="checkbox"/> White	356 (77%)
<input type="checkbox"/> Hispanic or Latino or Spanish Origin	28 (6%)	<input type="checkbox"/> Other	10 (2%)
<input type="checkbox"/> Not Hispanic or Latino or Spanish Origin	410 (89%)	<input type="checkbox"/> Declined to Answer	22 (5%)
<input type="checkbox"/> Declined to Answer	23 (5%)		

Cafeteria Services (Quantitative)

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	N/A	Total	Respondent Agreement
The cafeteria offers a wide variety of options for breakfast.	6%, 23	10%, 40	18%, 72	19%, 75	6%, 25	42%, 170	405	25%, 100
The cafeteria offers nutritious options for breakfast.	5%, 21	12%, 50	17%, 68	18%, 72	6%, 23	42%, 172	406	24%, 95
The cafeteria offers affordable options for breakfast.	1%, 6	3%, 12	15%, 59	22%, 89	19%, 77	40%, 159	402	41%, 166
The cafeteria offers a wide variety of options for lunch.	7%, 30	15%, 61	13%, 53	33%, 127	11%, 44	22%, 88	403	42%, 171
The cafeteria offers nutritious options for lunch.	6%, 26	9%, 35	19%, 78	29%, 118	8%, 34	23%, 92	405	38%, 152
The cafeteria offers affordable options for lunch.	3%, 13	9%, 35	20%, 78	32%, 129	15%, 59	22%, 89	403	47%, 188
I know where to find the cafeteria's menu for meals.	9%, 37	19%, 75	8%, 32	26%, 107	24%, 98	14%, 55	404	51%, 205
The vending machines around campus have healthy options.	13%, 51	33%, 131	21%, 83	11%, 43	3%, 11	21%, 81	400	14%, 54



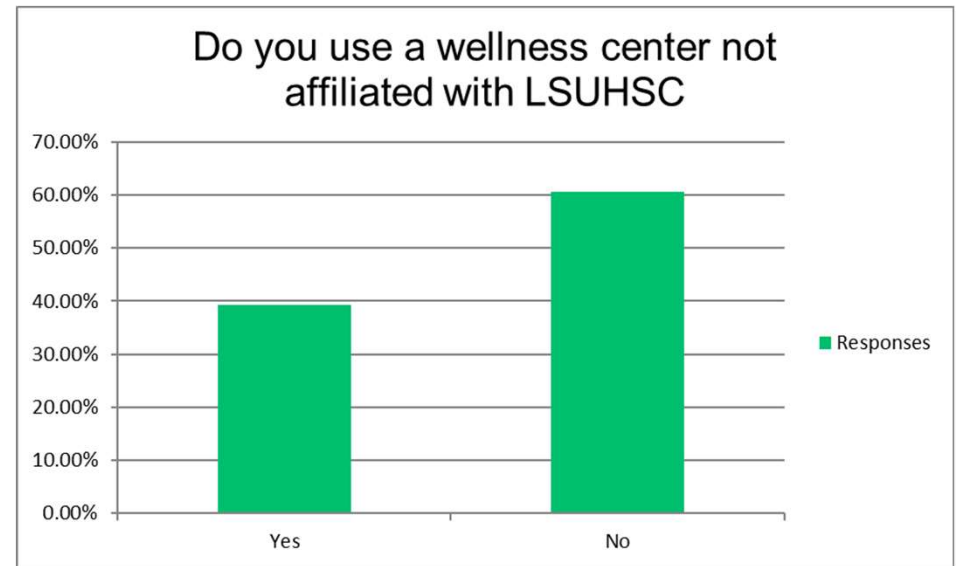
Cafeteria Services (2020 Comparison)

	2020 Agreement	2021 Agreement	Shift in Opinion ($\Delta\%$ weighted by number of respondents)
The cafeteria offers a wide variety of options for breakfast.	37%	10%	-33%
The cafeteria offers nutritious options for breakfast.	30%	12%	-23%
The cafeteria offers affordable options for breakfast.	53%	3%	-23%
The cafeteria offers a wide variety of options for lunch.	49%	15%	-14%
The cafeteria offers nutritious options for lunch.	40%	9%	-8%
The cafeteria offers affordable options for lunch.	52%	9%	-12%
I know where to find the cafeteria's menu for meals.	50%	19%	0%
The vending machines around campus have healthy options.	N/A	33%	N/A

Cafeteria Services (Qualitative)

Positive Comments		Opportunities for Improvement	
Theme	Example Quotes	Theme	Example Quotes
Quality of Staff	<ul style="list-style-type: none"> - the staff are so nice, especially the grill person - I love the check out staff! - Great staff and the food is good. - The director is open to feedback and tries hard to make sure the food is of good quality. 	Alternative/Healthier Food Options*	<ul style="list-style-type: none"> - More vegetarian/vegan options needed - Please consider more plant based options for entrees and sides. - We should have a salad bar where we can make our own choices. - Need more variety. A salad bar where someone adds selected toppings and dressing and tosses is much preferred to the prepackaged salads. - More vegetarian offerings would be very welcome. - Fruit and veggie options - Healthier Options would be nice! Rice Bowls. Salads. Spinach.
		Costs	<ul style="list-style-type: none"> - [Action Stations] have been replaced with some other vendor that is ridiculously priced.
Quality/Variety of Food	<ul style="list-style-type: none"> - The sushi station is great! Paul and his staff are always very friendly and open to suggestions. 	Hours of Operation**	<ul style="list-style-type: none"> - It would be nice if it was open a little longer. - Would enjoy if the cafeteria opened a little earlier for breakfast (~6:30a) and lunch (~10:30a). Otherwise, I enjoy the offerings. - A dinner crew would be nice since most of us try to stay and study on campus..
		Transparency	<ul style="list-style-type: none"> - Very hard to figure out what is being served. Impossible to socially distance
		Environmental Consciousness	<ul style="list-style-type: none"> - "The cafeteria contributes tons of Styrofoam containers to area landfills. A biodegradable option should be made available.
Cost	<ul style="list-style-type: none"> - Good affordable options 	Quality of Food*	<ul style="list-style-type: none"> - Not many available options, 2 hot meal choices that usually runs out of At least one of the choices. No fresh sandwiches or wraps anymore, the grill is never available. - The actual cafeteria space is beautiful and updated. I just wish there was more produce, whole grains and healthy fats. Especially more fresh veggies/fruit, cooked veggies. fiber-rich foods. Red beans are good but I am pescetarian, I don't eat red meat. It'd be amazing to have more choices for different diets.
Convenience	<ul style="list-style-type: none"> - good maintenance and they keep it clean and hygienic 	Most common theme	<ul style="list-style-type: none"> - Many would like to see healthier food options - Many would like to see longer hours to include dinner and weekend - * A combined 53% of comments expressed dissatisfaction with the food. - ** 15% of comments were regarding hours of operation.

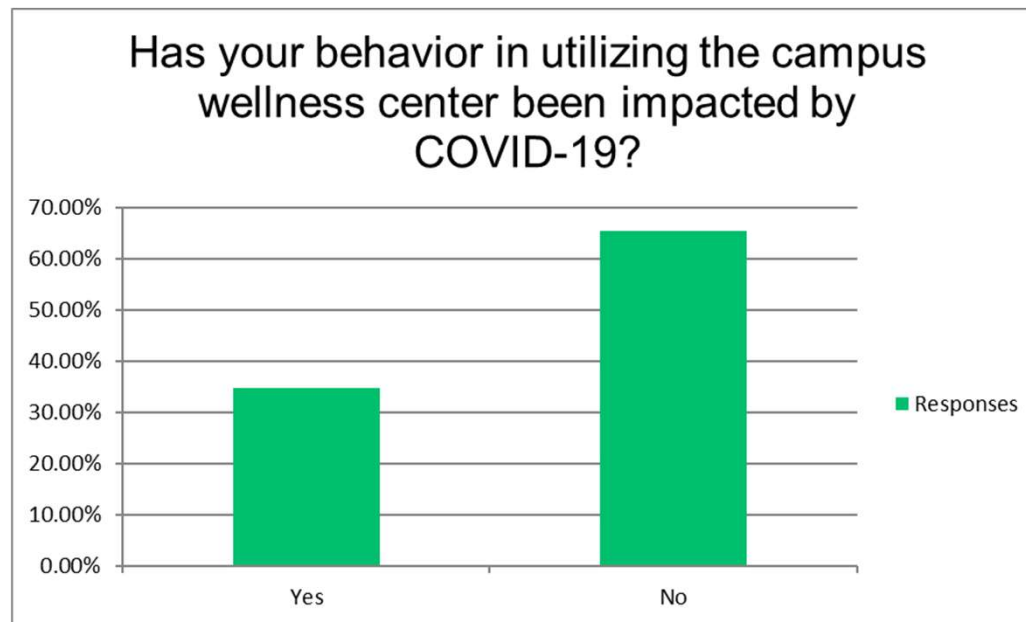
Wellness Center (Quantitative)



Total: 376 308 23 14 7 24

Total: 374 147 227

Wellness Center (Quantitative)



Total: 374

129

247

Wellness Center (Quantitative)

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	N/A	Total	Respondent Agreement
I know that the campus wellness center offers fitness classes.	12%, 46	22%, 83	7%, 28	31%, 116	20%, 73	7%, 27	373	51%, 189
I know that the campus wellness center offers free fitness assessments.	14%, 52	29%, 108	8%, 29	26%, 95	17%, 62	7%, 26	372	42%, 157
I know that the campus wellness center offers gym equipment for use.	5%, 17	8%, 30	2%, 9	39%, 144	41%, 152	6%, 21	373	79%, 296
The campus wellness center offers enough fitness classes	7%, 26	16%, 60	26%, 96	10%, 36	5%, 18	36%, 135	371	15%, 54
The campus wellness center offers classes at convenient times	9%, 32	16%, 58	25%, 94	7%, 28	4%, 16	38%, 142	370	12%, 44
The equipment at the campus wellness center is in good condition.	3%, 11	9%, 33	24%, 89	20%, 74	8%, 29	36%, 133	369	10%, 36
I have used the free fitness assessment at the wellness center and have found it to help my physical health.	12%, 44	13%, 49	13%, 47	7%, 27	6%, 21	49%, 184	372	13%, 48
I know that the wellness center offers Mindful/Yoga classes around campus.	15%, 57	27%, 102	10%, 37	16%, 61	10%, 38	21%, 77	372	27%, 99



Wellness Center (2020 Comparison)

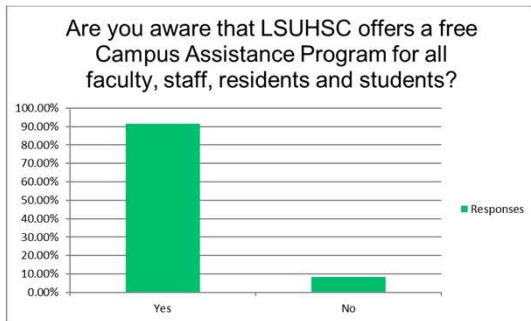
	2020 Agreement	2021 Agreement	Shift in Opinion ($\Delta\%$ weighted by number of respondents)
I know that the campus wellness center offers fitness classes.	70%	51%	-27%
I know that the campus wellness center offers free fitness assessments.	50%	42%	-16%
I know that the campus wellness center offers gym equipment for use.	81%	79%	-2%
The campus wellness center offers enough fitness classes	27%	15%	-44%
The campus wellness center offers classes at convenient times	19%	12%	-37%
The equipment at the campus wellness center is in good condition.	33%	28%	-15%
I have used the free fitness assessment at the wellness center and have found it to help my physical health.	17%	13%	-24%
I know that the wellness center offers Mindful/Yoga classes around campus.	37%	27%	-27%

Wellness Center (Qualitative)

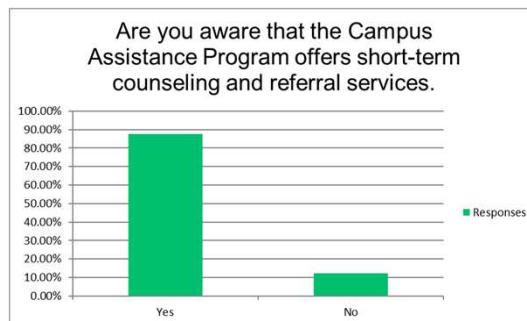
Positive Comments		Opportunities for Improvement	
Theme	Example Quotes	Theme	Example Quotes
Fitness Classes	- Love Pilates....glad to hear classes will be back soon	Location	- It is pretty far away for some employees, it takes away from the available time just to get to its location. Would love to see another option closer and available on 1 floor.
	- I love the wellness center, I use it mainly for weight lifting.		- It is difficult to find, there should be more signs in the walkways.
Staff	- The Wellness Center staff is always very friendly. Nijel and Courtney always go out of their way to help any way they can.	Hours of Operation	- Attended a cycling class in the past but then times changed and couldn't continue attending
	- Nijel and her staff are very friendly, helpful, and knowledgeable.		- The hours are too short. Closing at 6pm daily and not being open at all on weekends is prohibitory to a good workout schedule.
	- The Wednesday Mindfulness class given by Rolf Van Anders has proven to be a valuable asset.		- It would be convenient for the wellness center to extend opening hours (either opening earlier, closing later or both)
Fitness Assessments	- The staff are friendly. I had my assessment with Ms. Barron and she was knowledgeable. I like the fact that it feels non-judgmental.	Gym Environment /Facilities	- Why have the hours not been changed back to the usual schedule. The reduced hours and lack of weekend availability have prevented myself and many other students from utilizing the gym. The gym is open for only 1 hour after the business day is over, this is not enough time.
			- It needs an update
		Limited/Outdated Equipment	- please fix broken items. The seared hamstring curl machine has been broken for 1.5 years. Also the decline bench in the machine room is also broken and continues to wobble.
			- The wellness center is DIRTY. There are thick layers of dirt on some areas of the machines. The same trash will stay on the floor (and sometimes in the showers) for DAYS in the men's locker room. The men's sauna has been broken since before the pandemic, and is COVERED in MOLD.
			- "The equipment and area is not clean. There is always broken equipment."
		Awareness	- "The power tower gym equipment needs serious padding replacement."
			- "We want a stair master.."
		Common Themes	- I did not know it existed."
			- "What is/where is the wellness center?"
			- Many would like to see extended hours of operation – 29% of comments
			- Location – either hard to get there or not knowing where it's located – 40% combined

Campus Assistance Program (Quantitative)

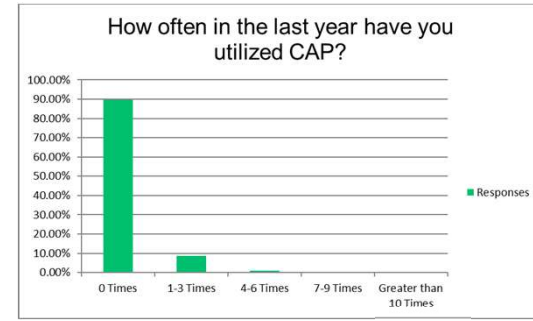
	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	N/A	Total	Respondent Agreement
I know the CAP can assist me in identifying options to resolve personal problems that may be impacting my performance at work/school.	2%, 7	5%, 19	10%, 34	41%, 146	36%, 129	6%, 22	357	77%, 275
I know that the CAP has a 24-hour crisis line in the event I am in a crisis after hours.	4%, 16	14%, 49	8%, 29	34%, 133	22%, 113	5%, 18	358	69%, 246
I know that the CAP has an anonymous stress and depression screening tool on their website.	9%, 33	25%, 90	11%, 38	25%, 89	24%, 87	6%, 20	357	49%, 176
I know my contact with the CAP is confidential.	4%, 14	7%, 24	9%, 31	35%, 126	39%, 137	6%, 23	355	74%, 263



Total: 364 333 31



Total: 364 319 45

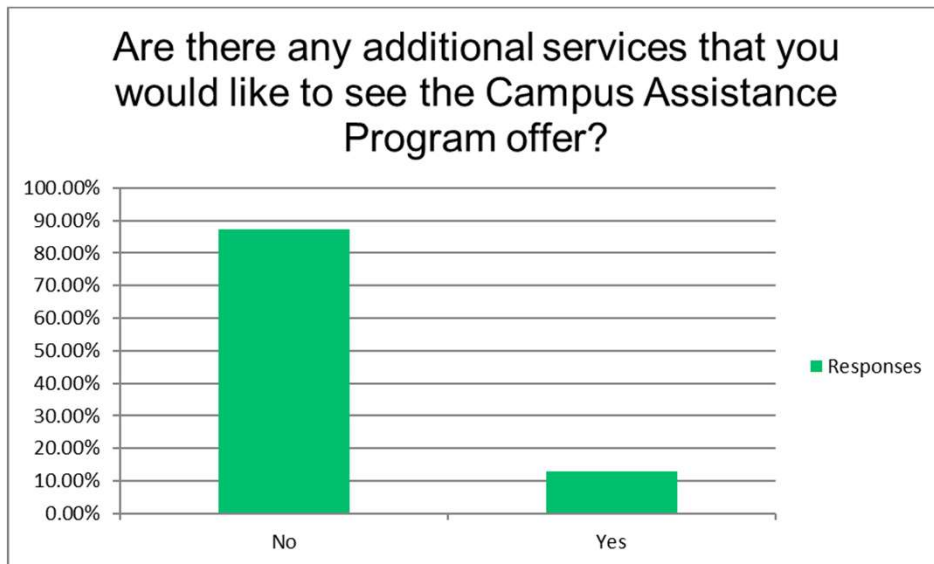


Total: 364 327 31 4 1 1

Campus Assistance Program (2020 Comparison)

	2020 Agreement	2021 Agreement	Shift in Opinion ($\Delta\%$ weighted by number of respondents)
I know the CAP can assist me in identifying options to resolve personal problems that may be impacting my performance at work/school.	77%	77%	0%
I know that the CAP has a 24-hour crisis line in the event I am in a crisis after hours.	61%	69%	13%
I know that the CAP has an anonymous stress and depression screening tool on their website.	50%	49%	-2%
I know my contact with the CAP is confidential.	75%	74%	-1%

Campus Assistance Program (Quantitative)



Total: 344

300

44

44 Comments:

- Resources for residents in Baton Rouge
- Longer term therapy*
- Self Defense Classes
- Specific outreach to faculty, students and staff with disabilities
- The referrals to counseling services are extremely limited and more so during COVID. Perhaps it would be good for LSU to offer some sort of discounted membership to online mental health resources (better help, talk space etc.)
- I wish there wasn't such a small limit to visits to CAP. Between the pandemic and now Hurricane Ida, I think there's increased need but students are hesitant to use up their limited visits.
- I've wondered many times about getting a career coach or success coach. Not so much for talking about my stress or anxiety but more for talking about financial assistance, life path planning, idea discussions and more. I don't know what this would be called but I've wondered about the benefits of something like that.
- Racial trauma and wellness

* 27% of comments mentioned longer term therapy

Campus Assistance Program (Qualitative)


Positive Comments

Theme	Example Quotes
Unity of Service	<ul style="list-style-type: none"> - I recently used the CAP for assistance finding counseling for my daughter and found it very helpful. - As Administrator, they provide helpful for advice and follow-up for student issues that I face.
Services	<ul style="list-style-type: none"> - Thank you for continuing to have this option of CAP available if needed! - One of my close friends has started using the CAP and I was happy to hear she has had a great experience with it. - CAP is a great resource, and used it once this year to deal with a stressful episode before a big exam. - Perfect, thanks for this

Opportunities for Improvement

Theme	Example Quotes
Awareness	<ul style="list-style-type: none"> - I wish it were talked about more, and that more people attended the services so I could know what it was like and if I could benefit from it - I chose N/A because I did not know that these things existed. I did not want to say "disagree" because I was unsure if that would imply that the services are bad. - Email us more about it
Increasing Counseling Services/Use of Alternative Services	<ul style="list-style-type: none"> - Dedicated psychiatry providers for students in each school. - Group therapy - I feel like the office could be expanded to offer more counseling sessions. I believe that 3 sessions is not enough for someone looking to get comfortable with therapy. - We do need a source however for educational learning disability testing.
Confidentiality	<ul style="list-style-type: none"> - CAP is not confidential! They send information to the location where that person work. I prefer to seek help outside of my job - CAP is not confidential. Multiple classmates personal issues have been told to administration by CAP and used against them. I would never trust CAP after what they've done to my peers. - Speaking with a cap representative should be confidential but its not

Off-Campus Counseling (Quantitative)

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	N/A	Total	Respondent Agreement
I know LSUHSC contracts with an outside professional counselor to provide confidential counseling as a benefit to our students.	18%, 61	29%, 110	10%, 34	21%, 72	15%, 50	8%, 26	344	35%, 122
I know the outside professional counselor provides up to 8 sessions at no cost.	21%, 74	39%, 133	10%, 33	12%, 42	10%, 33	9%, 30	345	23%, 75 
I know I can contact the outside professional counselor to assist with stress, time management, anxiety, etc.	19%, 64	33%, 114	10%, 33	17%, 57	14%, 47	8%, 29	344	23%, 104

Off-Campus Counseling (2020 Comparison)

	2020 Agreement	2021 Agreement	Shift in Opinion (Δ % weighted by number of respondents)
I know LSUHSC contracts with an outside professional counselor to provide confidential counseling as a benefit to our students.	36%	35%	-3%
I know the outside professional counselor provides up to 8 sessions at no cost.	22%	22%	0%
I know I can contact the outside professional counselor to assist with stress, time management, anxiety, etc.	31%	30%	-3%

Off-Campus Counseling (Qualitative)

Positive Comments


Theme	Example Quotes
Unity of Service	- I did not realize this, but would be interested in the program.
Awareness	- Maybe an email or something could come out weekly reminding us that it is there for the taking. I just forgot about it once I started working with LSUHSC

Opportunities for Improvement

Theme	Example Quotes
Awareness	- I have never heard of this before, and knowing about this could have decreased my stress significantly. - I didn't know off-campus professional counseling was available to students. - This sounds great! Would love more info.
Confidentiality	- I would not use anything that has something to do with LSU given the fact regarding the health of the entire LSU. There is too many negatives regarding employment with LSU and nothing is being done about it
Cost/Time	- Don't utilize due to wait time

75% of comments expressed interest in the service, but needed more information.

Smoke-Free Campus (Quantitative)

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	N/A	Total	Respondent Agreement
I know that LSUHSC is a smoke-free campus.	1%, 3	1%, 14	1%, 5	34%, 120	61%, 215	1%, 3	350	95%, 335 
I am aware that University Medical Center currently offers free behavioral counseling sessions towards smoking cessation for LSUHSC staff and students?	14%, 48	36%, 124	11%, 37	15%, 52	15%, 53	10%, 35	349	30%, 105
I know the phone number to the State's Tobacco Quit-line.	9%, 33	26%, 89	10%, 36	23%, 79	22%, 77	10%, 35	349	45%, 156

Smoke-Free Campus (2020 Comparison)

	2020 Agreement	2021 Agreement	Shift in Opinion ($\Delta\%$ weighted by number of respondents)
I know that LSUHSC is a smoke-free campus.	96%	96%	0%
I am aware that University Medical Center currently offers free behavioral counseling sessions towards smoking cessation for LSUHSC staff and students?	37%	30%	-19%
I know the phone number to the State's Tobacco Quit-line.	16%	45%	181%

Smoke-Free Campus (Qualitative)


Positive Comments

Theme	Example Quotes
Supportive of Policy	<ul style="list-style-type: none"> - It isn't enforced as it should. People are still smoking on campus. - The construction workers need to be made aware and it needs to be enforced. I have chronic lung disease and being exposed to smoke is awful for me. I'd like to be able to walk around campus without being exposed to that.

Opportunities for Improvement

Theme	Example Quotes
Enforcement	<ul style="list-style-type: none"> - It does not seem well enforced. See people daily smoking on campus right outside of the buildings. - Don't think the smoke-free is enforced. Quite often I see staff still smoking within the school's footprint as well as in their cars in the garage - Whether this is offered or not, people still smoke outside of the doors in the parking lot. 2nd hand smoke can harm you as well. - The majority of the smoking issues on campus arise from contractors smoking whenever and wherever they wish. I have no issues with tobacco use. My issue is that students are blamed for transgressing against these rules when it is the outside contractors and some of the employees that are actively breaking this rule
Awareness	<ul style="list-style-type: none"> - I was not aware of the free cessation program through UMC. This is great news...that should be better advertised. - I am unsure how to get the smoking cessation tools through campus. - I haven't seen much about this since I joined the campus in May.
	<p>35% of comments are related to enforcement of smoke-free campus policy.</p> <p>22% of comments are wanting more information regarding quitting smoking programs</p>

Campus Lactation Rooms (Quantitative)

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	N/A	Total	Respondent Agreement
I am aware that LSUHSC offers lactation rooms on campus.	14%, 47	29%, 100	10%, 34	20%, 70	14%, 48	14%, 47	346	34% 118
I am currently breastfeeding and feel comfortable using the lactation rooms.	9%, 32	6%, 20	4%, 14	2%, 6	1%, 5	78%, 270	347	3%, 11 
I am not currently breastfeeding but would feel comfortable using the lactation rooms.	5%, 17	6%, 20	14%, 49	16%, 55	12%, 40	48%, 165	346	28%, 95

Campus Lactation Rooms (2020 Comparison)

	2020 Agreement	2021 Agreement	Shift in Opinion ($\Delta\%$ weighted by number of respondents)
I am aware that LSUHSC offers lactation rooms on campus.	34%	34%	0%
I am currently breastfeeding and feel comfortable using the lactation rooms.	2%	3%	50%
I am not currently breastfeeding but would feel comfortable using the lactation rooms.	29%	27%	-7%

Campus Lactation Rooms (Qualitative)

Positive Comments

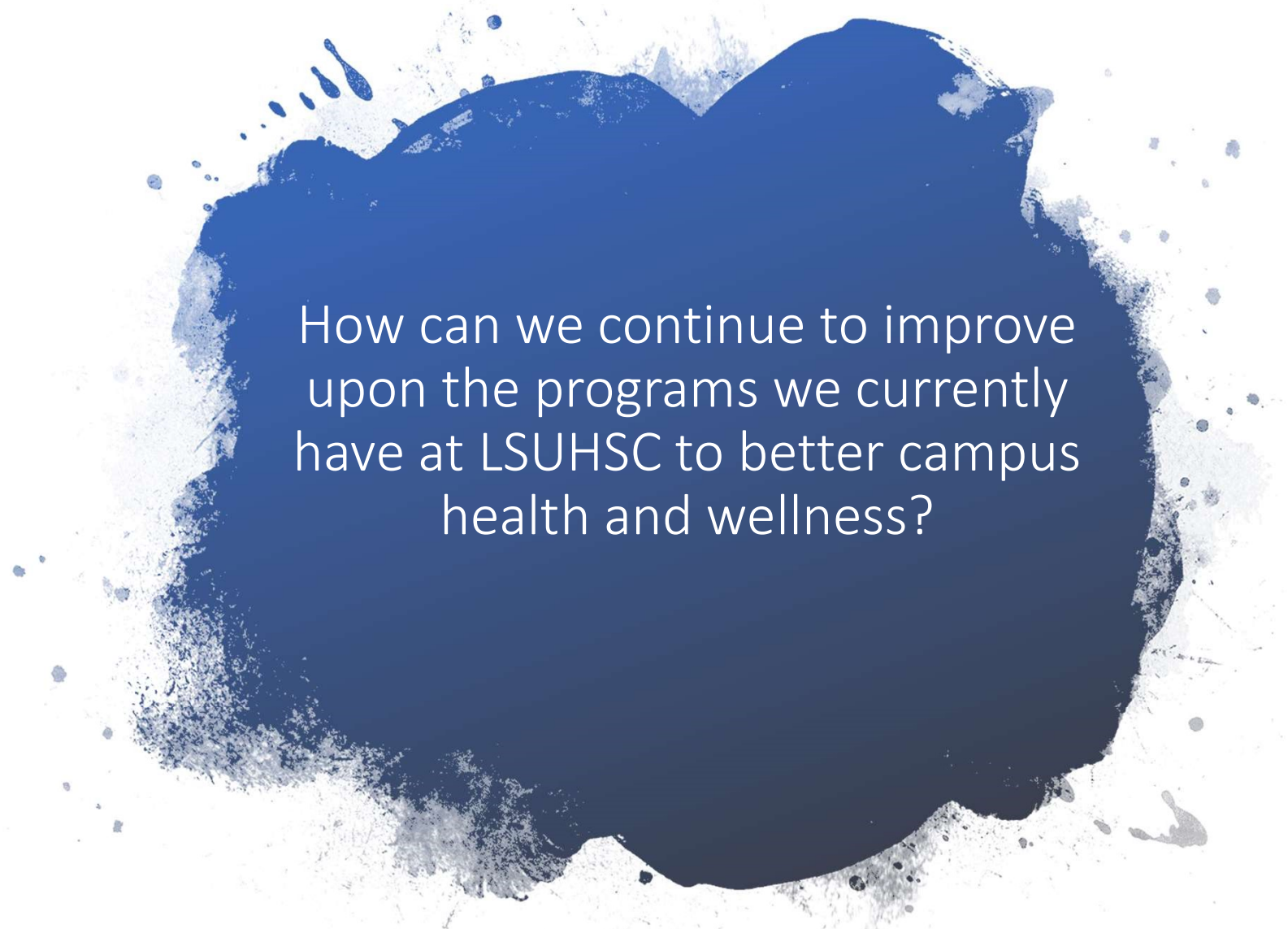
Theme	Example Quotes
Utility of Program	<ul style="list-style-type: none"> - Good for us for offering lactation rooms. - I have used a campus lactation room on campus and appreciate it. - I think that's a great idea to have a lactation room.

Opportunities for Improvement

Theme	Example Quotes
Awareness	<ul style="list-style-type: none"> - Does anyone reach out to expectant mothers to advise them of on-campus support such as the location of lactation rooms? - I'm not sure where the lactation rooms are located in each building. I had a student recently ask me about 1542 and I ended up letting her utilize an empty office. - I am only aware of the lactation room on the 4th floor of the allied health/SON building but only because I walk past it at work. I have not seen it advertised anywhere, and would not know of it otherwise.
Availability on Campus	<ul style="list-style-type: none"> - A co-worker struggled to find access to a lactation room on campus when she was breast feeding. This information isn't well know at all. - i know we offer them, but WHERE ARE THEY?
Utility of Rooms/Quality of Rooms	<ul style="list-style-type: none"> - Some of the rooms do not have sinks. This is incredibly important and needs to be provided in all lactation rooms. - A lactation room in Lions building would be great - When I was breastfeeding (2-3 years ago) the designated room was in a small library Lions eye building. It was constantly being used by others for other purposes. I did not feel comfortable asking people to leave. I had to breastfeed in my shared office.
65% of comments are regarding the lack of availability or not knowing where the lactation rooms are.	

Is there anything you would like LSUHSC to address on campus as it related to wellness?

- I would use the on campus wellness center more if it had updated hours. Long term the center needs an update.
- I would like it if distances were painted on the elevated walkway (e.g. mark every quarter mile so people know how far they have walked).
- Can't stress enough how important it is for students to have access to counseling services. I mean, at other institutions, it's all part of paying tuition.
- I wish some of the these services would be provided at the dental school campus.
- LSUHSC should encourage a cohesive wellness plan for the University to eat better and move more. Annual weekend "race walks", friendly competitions, health insurance incentives, etc. For a Health Institution, not much is done to ensure everyone remains healthy.
- The work environment is unhealthy. The MEB has insulation spewing from air vents. Mold is on doors, tiles, walls, etc.
- I would like the Wellness Center back up and running with full fitness programs, including Pilates and Mindfull Yoga. I was receiving one on one Pilates instruction and it made a difference in my health to the good.
- Healthy options provided in vending machines and changing the water bottle filler filters would be much appreciated



How can we continue to improve upon the programs we currently have at LSUHSC to better campus health and wellness?

Possible actions

- Increase hours of operation for cafeteria and/or offer a limited service after current hours.
- Run ad campaign on screens around campus and through email reminding people about where and when the Wellness center is available and what classes can be taken.
- Improve knowledge and access to off-campus and other counseling options. Inform students during yearly orientations regarding processes for accessing.
- On signs for smoke-free campus program, add a secondary sign that gives the number to call for enforcement. Personnel training for smoke-free campus enforcement.
- Add signage near the entrances of buildings or near elevators with list of lactation rooms in each building.