

Results from the LSUHSC Wellness Inventory for Students and Employees (WISE) 2022

LSUHSC Wellness Committee

October 31, 2022

WISE Survey 2022

- Survey developed to assess and identify opportunities for improvement of the current health and wellness offerings of LSUHSC.
- Administered on July 27, 2022 to the faculty, staff, residents, and students of LSUHSC.
- This presentation contains a summary of results through August 17, 2022.
- Total number of respondents: 879
- Response rate: 879 /~7,000 (13 %)
- Weighted score >3.5 
- Weighted score <2.5 

Demographics of Respondents (n=879)

Age (n=463)	n, (%)	Gender (n=464)	n, (%)
<input type="checkbox"/> 18-25	216 (25%)	<input type="checkbox"/> Cisgender Female	584 (68%)
<input type="checkbox"/> 26-35	227 (26%)	<input type="checkbox"/> Cisgender Male	215 (25%)
<input type="checkbox"/> 36-45	142 (16%)	<input type="checkbox"/> Transgender Female	0 (0%)
<input type="checkbox"/> 46-55	137 (16%)	<input type="checkbox"/> Transgender Male	2 (0%)
<input type="checkbox"/> 56 or older	142 (16%)	<input type="checkbox"/> Non-binary	12 (1%)
Role (n=464)	n, (%)	<input type="checkbox"/> Gender-fluid	2 (0%)
<input type="checkbox"/> Administration	75 (9%)	<input type="checkbox"/> Other	5 (1%)
<input type="checkbox"/> Faculty member	181 (21%)	<input type="checkbox"/> Declined to Answer	43 (5%)
<input type="checkbox"/> Staff member	194 (22%)	Race (n=462)	n, (%)
<input type="checkbox"/> House Officer	64 (7%)	<input type="checkbox"/> American Indian or Alaska Native	3 (0%)
<input type="checkbox"/> Student	342 (39%)	<input type="checkbox"/> Asian	86 (10%)
<input type="checkbox"/> Other	8 (1%)	<input type="checkbox"/> Black or African American	118 (14%)
<input type="checkbox"/> Declined to Answer	14 (2%)	<input type="checkbox"/> Native Hawaiian/Pacific Islander	3 (0%)
Ethnicity (n=461)	n, (%)	<input type="checkbox"/> White	631 (72%)
<input type="checkbox"/> Hispanic or Latino or Spanish Origin	60 (7%)	<input type="checkbox"/> Other	17 (2%)
<input type="checkbox"/> Not Hispanic or Latino or Spanish Origin	745 (86%)	<input type="checkbox"/> Declined to Answer	46 (5%)
<input type="checkbox"/> Declined to Answer	61 (7%)		

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%, 47	13%, 101	18%, 136	24%, 182	8%, 64	31%, 242	772	30%, 246
The cafeteria offers nutritious options for breakfast.	5%, 41	14%, 110	24%, 189	18%, 139	6%, 50	42%, 172	773	24%, 189
The cafeteria offers affordable options for breakfast.	2%, 16	4%, 27	14%, 106	25%, 194	25%, 191	30%, 233	767	50%, 385
The cafeteria offers a wide variety of options for lunch.	7%, 52	18%, 135	13%, 99	35%, 265	13%, 88	17%, 128	767	48%, 353
The cafeteria offers nutritious options for lunch.	7%, 52	17%, 134	23%, 179	27%, 206	9%, 72	16%, 126	769	36%, 278
The cafeteria offers affordable options for lunch.	4%, 29	10%, 77	18%, 140	35%, 266	17%, 133	16%, 124	769	52%, 399
I know where to find the cafeteria's menu for meals.	10%, 80	19%, 143	7%, 55	26%, 196	26%, 199	12%, 95	768	52%, 395
The vending machines around campus have healthy options.	13%, 99	28%, 216	25%, 193	12%, 91	3%, 24	19%, 143	766	15%, 115



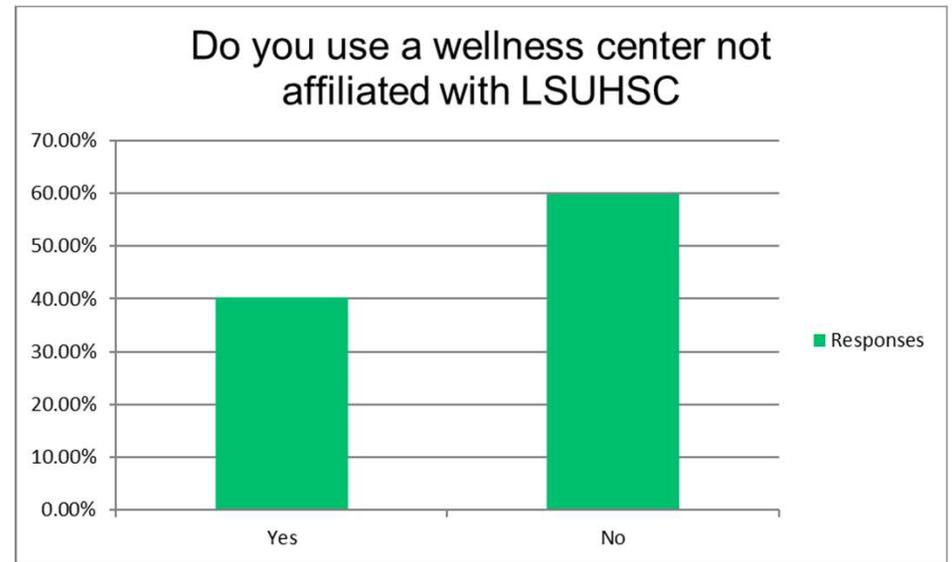
Cafeteria Services (2021-2022 Comparison)

	2021 Agreement	2022 Agreement	Shift in Opinion ($\Delta\%$ weighted by number of respondents)
The cafeteria offers a wide variety of options for breakfast.	25%	30%	1.2%
The cafeteria offers nutritious options for breakfast.	23%	24%	0.2%
The cafeteria offers affordable options for breakfast.	41%	50%	2.2%
The cafeteria offers a wide variety of options for lunch.	42%	48%	1.4%
The cafeteria offers nutritious options for lunch.	38%	36%	-0.5%
The cafeteria offers affordable options for lunch.	47%	52%	1.2%
I know where to find the cafeteria's menu for meals.	51%	52%	0.2%
The vending machines around campus have healthy options.	14%	15%	0.2%

Cafeteria Services (Qualitative)

Positive Comments		Opportunities for Improvement	
Theme	Example Quotes	Theme	Example Quotes
Quality of Staff	- Like the cafeteria overall.	Alternative/Healthier Food Options*	- Would enjoy having more fruit and healthy snacks.
	- Please bring sushi lady back to the dental school.		
	- The staff is super friendly and super helpful!		
Quality/Variety of Food	- The cafeteria often has great veggie options that are nutritious and tasty	Costs	- Food is way overpriced. Healthy options like a salad will cost over \$10.
		Hours of Operation**	- Extended hours would be appreciated for those on night shift - dinner service would be nice for when I have to stay on campus late.
		Transparency	- The staff can be unfriendly if you come too close to closing. They seem to break things down before closing so the open hours are not accurate
Cost	- The healthy lunch options are often the most expensive	Environmental Consciousness	- I question the cleanliness of the dental school cafeteria
		Quality of Food*	- It's not just the options, it's the quality of the food. Unhealthy portion sizes. I bet most of it is high in salt too. Few vegan and vegetarian options.
		Most common theme	- Healthier food options is a common theme - Salad bar - Bring back the grill

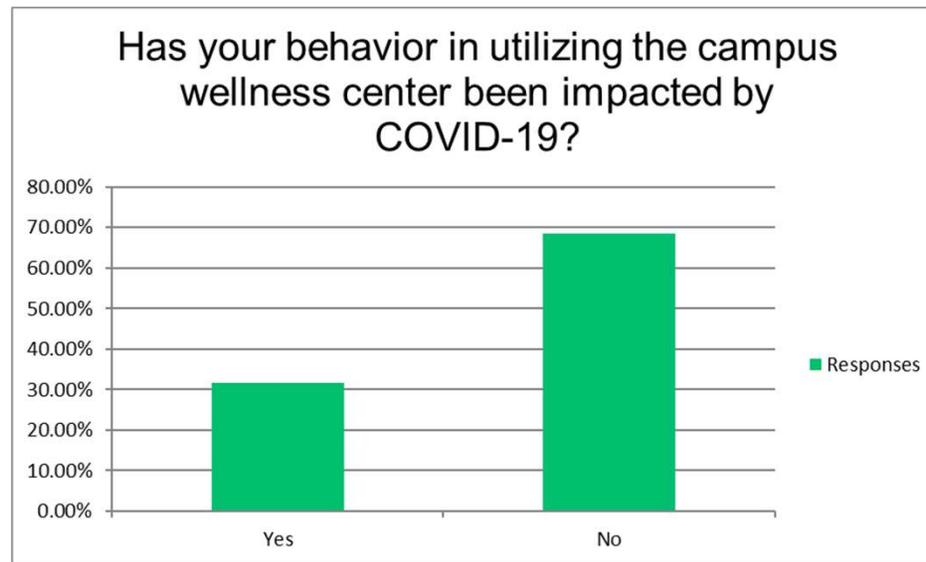
Wellness Center (Quantitative)



Total: 725 593 58 31 16 27

Total: 721 290 431

Wellness Center (Quantitative)



Total: 713

125

488

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.	15%, 105	26%, 186	8%, 58	29%, 206	14%, 103	8%, 58	716	43%, 309
I know that the campus wellness center offers free fitness assessments.	15%, 104	30%, 218	8%, 54	25%, 182	14%, 99	8%, 60	717	39%, 281
I know that the campus wellness center offers gym equipment for use.	5%, 34	6%, 42	5%, 37	43%, 307	33%, 239	8%, 55	714	76%,546 
The campus wellness center offers enough fitness classes	9%, 67	14%, 96	31%, 219	10%, 73	5%, 34	31%, 222	711	15%, 107
The campus wellness center offers classes at convenient times	11%, 76	17%, 121	29%, 208	7%, 49	3%, 23	33%, 235	712	10%, 72
The equipment at the campus wellness center is in good condition.	5%, 34	11%, 75	26%, 188	17%, 118	8%, 60	36%, 238	713	25%, 178
I have used the free fitness assessment at the wellness center and have found it to help my physical health.	15%, 104	17%, 118	17%, 119	6%, 42	5%, 36	41%, 290	709	11%, 78 
I know that the wellness center offers Mindful/Yoga classes around campus.	18%, 125	24%, 171	14%, 96	18%, 126	8%, 56	19%, 135	709	26%, 182

Wellness Center (2021-2022 Comparison)

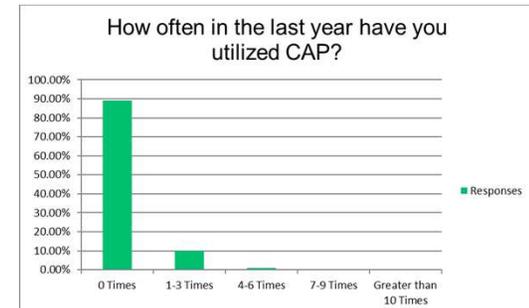
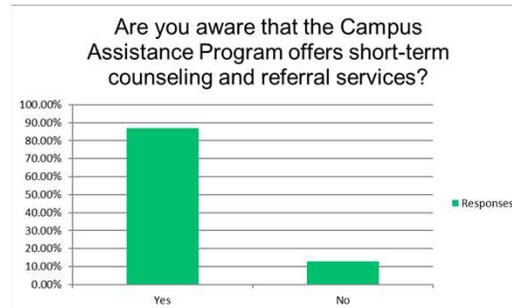
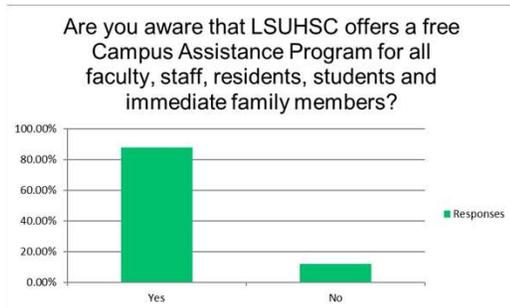
	2021 Agreement	2022 Agreement	Shift in Opinion ($\Delta\%$ weighted by number of respondents)
I know that the campus wellness center offers fitness classes.	51%	43%	-1.9%
I know that the campus wellness center offers free fitness assessments.	42%	39%	-0.7%
I know that the campus wellness center offers gym equipment for use.	79%	76%	-0.7%
The campus wellness center offers enough fitness classes	15%	15%	0%
The campus wellness center offers classes at convenient times	12%	10%	-0.4%
The equipment at the campus wellness center is in good condition.	28%	25%	-0.7%
I have used the free fitness assessment at the wellness center and have found it to help my physical health.	13%	11%	-0.4%
I know that the wellness center offers Mindful/Yoga classes around campus.	27%	26%	-0.2%

Wellness Center (Qualitative)

Positive Comments		Opportunities for Improvement	
Theme	Example Quotes	Theme	Example Quotes
Fitness Classes	<ul style="list-style-type: none"> - I haven't seen a schedule for fitness classes but would be interested. - Please, please, please bring back group classes!!!! 	Location	- There is nothing for dental students!!!! Downtown gym and centers are way too far!!
Staff	<ul style="list-style-type: none"> - Staff is friendly. - The Wellness Center is a helpful resource. - Nigel is great. Facilities are good. Appreciate having it very much. More classes would be great. Types and sessions. - Rolf VanAnders' outreach program to the HSC schools is the best thing going at TWC. 	Hours of Operation	<ul style="list-style-type: none"> - There have not been group classes available since the beginning of covid. - I am a new employee and have checked the website about yoga and fitness classes. There is no new information since COVID closed the fitness center. I was not aware of what classes are available and when. - I like the gym but the hours are only convenient for people who are morning people. I cannot exercise in the mornings, and by the time I finish work the gym is already closing. Also it is closed on weekends, so I can't use it at all.
Fitness Assessments	<ul style="list-style-type: none"> - I have participated in the mindfulness class with Rolf Van Anders . This class is amazing and always leaves me feeling refreshed and energized to face any issues in my workplace. The campus needs to be aware of this offering, it needs to be publicized so more people can attend, it is via Zoom and you can do it anywhere. It is convenient. 	Gym Environment /Facilities	- The wellness center is NOT properly maintained. It's common to see the same trash in the men's locker room (especially within the showers) for weeks or months at a time. Anyone who uses the men's locker room showers can tell that they are not regularly cleaned. And the sauna in the men's locker room has been broken since 2020. Also, the limited hours (closing at 6 PM) make it difficult to use.
		Limited/Outdated Equipment	- Needs more space and better equipment. Lockerrooms and showers should be remodeled as well.
		Awareness	- I know nothing about the wellness center
		Common Themes	<ul style="list-style-type: none"> - Wellness center at the dental school - Longer hours – weekends - Return of exercise classes

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%, 16	6%, 38	12%, 82	46%, 312	29%, 196	5%, 33	677	75%, 508
I know that the CAP has a 24-hour crisis line in the event I am in a crisis after hours.	6%, 39	15%, 103	10%, 66	38%, 256	27%, 181	4%, 28	673	65%, 437
I know that the CAP has an anonymous stress and depression screening tool on their website.	7%, 46	23%, 157	12%, 82	31%, 207	22%, 150	5%, 32	674	53%, 357
I know my contact with the CAP is confidential.	4%, 29	9%, 59	14%, 96	36%, 245	33%, 220	4%, 26	675	69%, 465



Total: 689 605 84

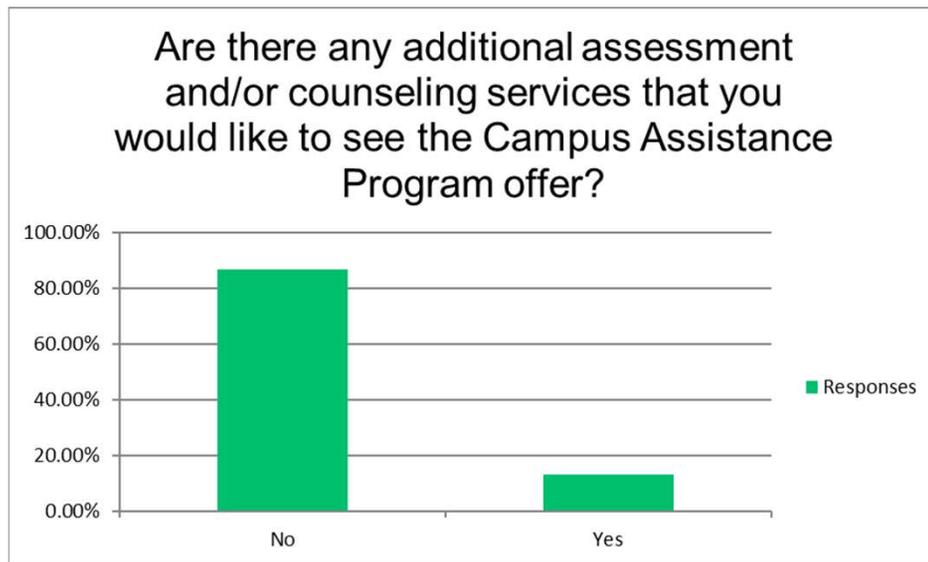
Total: 690 600 90

Total: 691 615 68 7 0 1

Campus Assistance Program (2021-2022 Comparison)

	2021 Agreement	2022 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%	75%	-0.5%
I know that the CAP has a 24-hour crisis line in the event I am in a crisis after hours.	69%	65%	-0.9%
I know that the CAP has an anonymous stress and depression screening tool on their website.	49%	53%	0.9%
I know my contact with the CAP is confidential.	74%	69%	-1.2%

Campus Assistance Program (Quantitative)



Total: 649

563

86

85 Comments:

- Group services for students
- better visibility on campus
- Financial planning advisor
- Nutrition Guidance/webinar. Healthy recipes. How many calories/Carbs should a person eat.
- A program specific to supporting employees growing their families
- On-campus counseling, possibly by grad students or psychiatry residents at a low cost.
- It would be nice if there was long term council if at times that didn't interfere with a normal work day.
- long-term counseling
- Faculty should have a quiet room where they can go for a few minutes to destress when needed.
- wellness counseling, mindfulness courses
- Tutoring referrals for struggling services
- More than 3 free visits
- Groups for students/employees for grief, relationship issues, DEI issues.
- Please lobby hard for decent mental health and health coverage for students so that they can live healthy lives, and not worry about inadequate coverage to address their needs

Campus Assistance Program (Qualitative)

Positive Comments

Theme	Example Quotes
Unity of Service	<ul style="list-style-type: none"> - I love CAP! one of our best resources. - Great staff!!! - Let's find more fun, stress free and inspiring program - Do not use, but have been made adequately aware of it as a student - I got help when I needed it at CAP and was referred to a great specialist!
Services	<ul style="list-style-type: none"> - There are a lot of concerns among residents that CAP does drug screens if they are concerned about drug use, which leads to physicians having to spend thousands of dollars to keep their license if they test positive. - It has been very helpful to me personally and I am glad that it is available. - Keep up the great work!

Opportunities for Improvement

Theme	Example Quotes
Awareness	<ul style="list-style-type: none"> - I am just getting information about these services - The is very little signage to direct an individual to the CAP. Could this be improved? As a faculty member who walked a student over for the first time, the lack of signage posed an unnecessary barrier to seeking help.
Increasing Counseling Services/Use of Alternative Services	<ul style="list-style-type: none"> - BR students and residents are told about CAP in an online module during orientation, but that is it. They feel disconnected from this process and is if they are not able to utilize the same resources available in New Orleans. - I just want options for personal mental health, not ones with people who I may work. New Orleans is dismal for psychology. - A virtual option would be great for students on away rotations
Confidentiality	<ul style="list-style-type: none"> - In the past, CAP has released personal information that was revealed during a meeting with a student that led to problematic circumstances when confidentiality was assumed. - I've heard a story of someone's CAP visit that was not kept confidential and did not have anything to do with anyone at risk for harm only about alcohol use. The alcohol use assessment was reported to the students supervisor - I am aware that CAP is supposed to be confidential, I am just skeptical of all institution-based mental health tools

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.	16%, 103	30%, 198	14%, 89	21%, 138	10%, 68	8%, 54	650	31%, 192
I know the outside professional counselor provides up to 8 sessions at no cost.	19%, 121	39%, 251	12%, 79	16%, 104	6%, 39	9%, 58	652	22%, 143
I know I can contact the outside professional counselor to assist with stress, time management, anxiety, etc.	16%, 101	33%, 217	12%, 78	19%, 126	10%, 65	10%, 64	651	29%, 191



Off-Campus Counseling (2021 Comparison)

	2021 Agreement	2022 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.	35%	31%	-0.9%
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.	30%	29%	-0.2%

Off-Campus Counseling (Qualitative)

Positive Comments

Theme	Example Quotes
Unity of Service	<ul style="list-style-type: none"> - please establish on campus solutions - Strongly believe counseling should be set up as annual check in for all house staff and opt out option. Everyone would benefit.
Awareness	<ul style="list-style-type: none"> - I was not aware of this benefit. - This is GREAT info to have that I did not know about. This sounds like a great resource for students.

Opportunities for Improvement

Theme	Example Quotes
Awareness*	<ul style="list-style-type: none"> - I did not know there was such an option - Prior to taking this survey, I was unaware of the availability of off-campus counseling via LSUHSC contracts. - I did not know these things. But I am glad to know them now. - please establish on campus solutions
Confidentiality	<ul style="list-style-type: none"> - I did not know about this but I think it would be helpful to know what the affiliation between LSU and them is. For example, CAP says they are confidential but report drug screens
Cost/Time	<ul style="list-style-type: none"> - I find the 8 sessions @ no cost is an insult and poor practice. It provides an erroneous idea that issues can be resolved in 8 sessions which most can't. In reality, it's the bureaucracy of insurance and negotiated benefits. The latter is not a positive for anyone.

*Greater than 50% of comments were related to not knowing about this service

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.	2%, 10	1%, 8	3%, 18	36%, 235	57%, 373	2%, 12	656	93%, 608 
I am aware that University Medical Center currently offers free behavioral counseling sessions towards smoking cessation for LSUHSC staff and students?	12%, 80	32%, 208	13%, 83	16%, 123	16%, 103	9%, 57	654	32%, 226
I know the phone number to the State's Tobacco Quit-line.	9%, 59	22%, 143	11%, 74	27%, 177	24%, 155	7%, 45	653	51%, 332

Smoke-Free Campus (2021-2022 Comparison)

	2021 Agreement	2022 Agreement	Shift in Opinion ($\Delta\%$ weighted by number of respondents)
I know that LSUHSC is a smoke-free campus.	96%	93%	-0.7%
I am aware that University Medical Center currently offers free behavioral counseling sessions towards smoking cessation for LSUHSC staff and students?	30%	32%	0.5%
I know the phone number to the State's Tobacco Quit-line.	45%	51%	1.4%

Smoke-Free Campus (Qualitative)

Positive Comments

Theme	Example Quotes
Supportive of Policy	<ul style="list-style-type: none"> - cigarettes are gross. Thanks for trying your best to keep them off campus. Nicotine vaporizers are bad for you (blood pressure and addiction risk come to mind). Are they allowed on campus? Are they hazardous to the user only ? I don't know but I'd like to know. - Nice to hear about this initiative even though it is not relevant to me personally. - I'm surprised anyone can afford to spend money on Tobacco with the way things are going today.

Opportunities for Improvement

Theme	Example Quotes
Enforcement	<ul style="list-style-type: none"> - I have observed numerous individuals over the years smoking outside on campus property. They commonly stand and smoke right next to the posted 'smoke-free campus' signs as if in blatant defiance. Also, sometimes the elevators in the CSRB reek of cigarettes. - I know there is a lot of vaping that occurs in campus buildings. I'm unsure if this is allowed or if it has the potential to harm people in the surrounding area. - "no smoking" is not enforced enough. Every entrance and loading dock has employees smoking nearby with no consequences.
Awareness	<ul style="list-style-type: none"> - Need more marketing to make p[people aware that the TCI exists. - I was not aware of the free behavioral counseling session or the 1800 number. - Please have a representative come speak to the Dental School (especially after D1 year). Many of my friends want to quit vaping/smokeless tobacco but are not aware of offerings.

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.	15%, 97	25%, 160	11%, 72	23%, 150	13%, 83	14%, 88	650	36% 223
I am currently breastfeeding and feel comfortable using the lactation rooms.	8%, 52	6%, 39	9%, 57	2%, 7	1%, 5	75%, 488	648	3%, 12 
I am not currently breastfeeding but would feel comfortable using the lactation rooms.	4%, 23	4%, 27	17%, 113	17%, 107	11%, 71	47%, 307	648	28%, 178

Campus Lactation Rooms (2021 Comparison)

	2021 Agreement	2022 Agreement	Shift in Opinion ($\Delta\%$ weighted by number of respondents)
I am aware that LSUHSC offers lactation rooms on campus.	34%	36%	0.5%
I am currently breastfeeding and feel comfortable using the lactation rooms.	3%	12%	2.2%
I am not currently breastfeeding but would feel comfortable using the lactation rooms.	27%	178%	36.5%

Campus Lactation Rooms (Qualitative)

Positive Comments

Theme	Example Quotes
Utility of Program	<ul style="list-style-type: none"> - This is a nice addition. when I was breastfeeding 8 years and 13 years ago, I used either an old storage room/closet or an unused office and had people walk in on me several times. It made pumping very uncomfortable. - I would also feel comfortable breastfeeding anywhere on campus (if I were breastfeeding) but would use the lactation rooms for pumping - Thank you for this service.

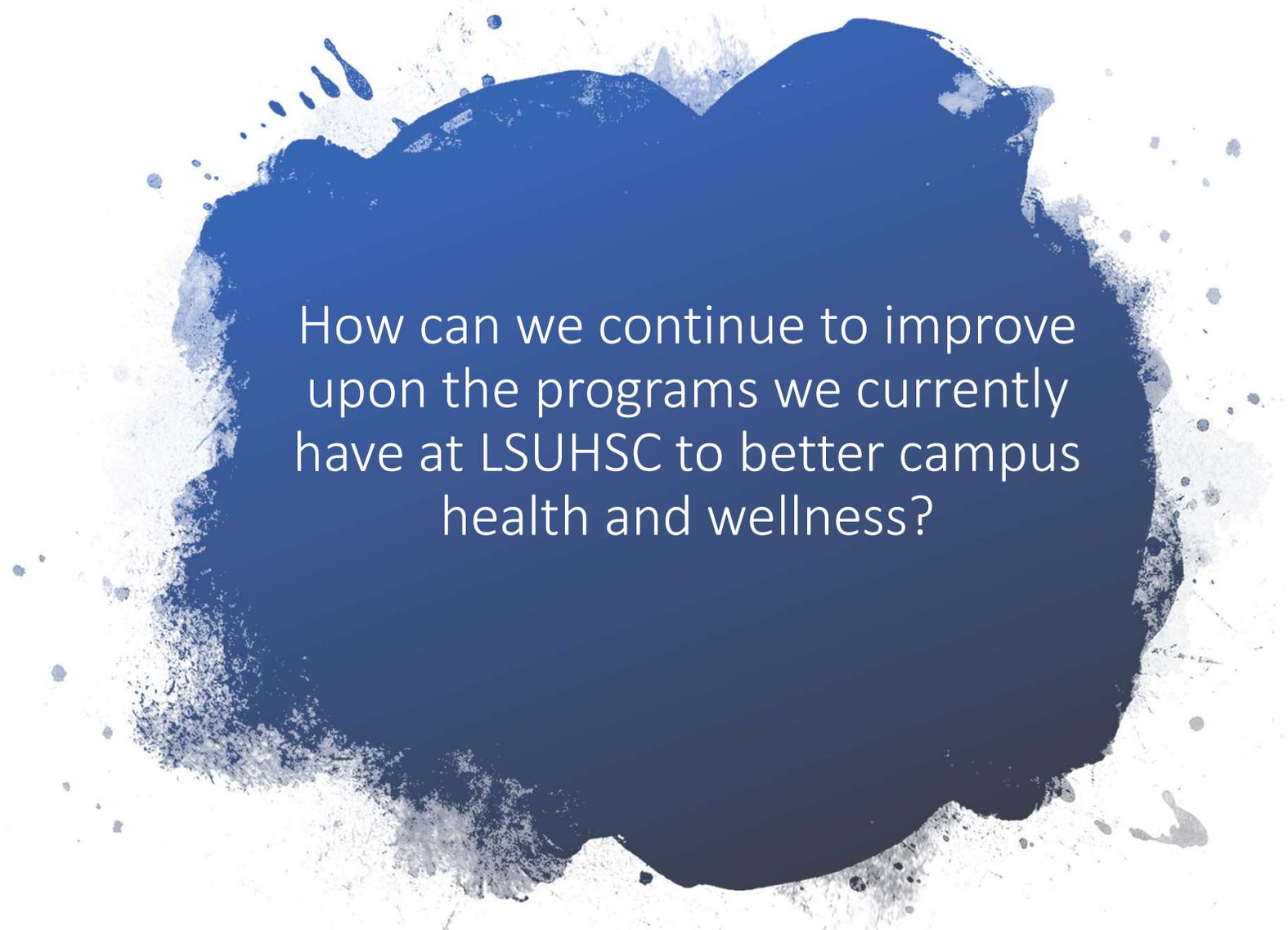
Opportunities for Improvement

Theme	Example Quotes
Awareness	<ul style="list-style-type: none"> - I am aware that they are on campus, but have NO IDEA where. - I may be breastfeeding in the future, and I don't know where to get information about rooms. Additionally, it would not be convenient for breastfeeding rooms to be far from places where I work. - Is there a map or list somewhere?
Availability on Campus	<ul style="list-style-type: none"> - Where are the lactation rooms in general, and specifically at 1542 Tulane Avenue? - LSUHSC does not make it easy for breastfeeding mothers to use lactation rooms. They are definitely lacking in communication regarding this topic. Communication can definitely improve.
Utility of Rooms/Quality of Rooms	<ul style="list-style-type: none"> - The lactation room in Lion's building on the 7th floor is not cleaned and not maintained for housekeeping. - More lactation rooms should be available across the campus.

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?

- Better quality and variety of food in the cafeteria that is also plant-based and/or gluten free
- Healthier options in vending machines! Granola bars with 10 grams of added sugar are not healthy :(Fruit, nuts, seed crackers, light popcorn.... these things would be better and I would actually use them!
- Diversity specific outreach specifically issues affecting minority students/staff/faculty. Possibly support group sessions?
- We really need more healthy options in the cafeteria. More vegetables, maybe a make your own salad station. More vegetarian and vegan options. Also need more snacks in the resident lounge, ideally some of them healthier.
- There needs to be more gender neutral bathrooms in all buildings and main areas of campus
- The way that students are supported throughout the matriculation process. I don't feel supported at all since being here. I feel as though the medical school faculty talk about mental health as a formality, but they don't actually care. They don't make it easy for us to seek help when we need it.
- Make a campaign (quarterly?) to increase awareness about all wellness services available that you've mentioned in this survey. (including what, who, where and when)
- Thank you for doing this survey. It would be great if you would promote even more wellness. Like health screenings according USPSTF guidelines. Whatever you could do remove stigma around mental health care and self care. Make sure supervisors understand and support health of employees.
- improved Signage on the walkway to denote a mile or steps . Encouragement health bits as you walk on signage .
- Mental health for minorities. Having more information about resources for Mental health.



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.
- Quarterly wellness campaigns promoting the wellspot initiative.
- Add signage near the entrances of buildings or near elevators with list of lactation rooms in each building.

A 3D rendering of a white puzzle with one red piece in the center. The puzzle pieces are arranged in a grid, and the red piece is the central focus. The lighting creates soft shadows on the surface.

Action Plans

- Create groups to address concerns
- Most comments are something that can be addressed
- Comments that are already addressed need messaging.