Volunteer Wellness

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VOLWellness: Survey

- Health Risks based on Behavioral Risk Factor Surveillance System (BRFSS)
- Interest in Wellness Activities
- Interest in Employee Clinic
Methods

- Institutional Board Approval
- Online & Paper Survey
- 3480 respondents, 32% response rate
  - 747 (25%) Faculty
  - 381 (13%) Executive/Administration
  - 2352 (62%) Staff
- Incentive, drawing for an iPad mini
- Descriptive Statistics
- Explored Relationships with Risks and Services/Programs
Demographics

- **Gender**
  - 40% male,
  - 60% female

- **Age**
  - Mean 46.4 years
  - Range 19-84

- **Marital Status**
  - 69% married
  - 10% divorced
  - 2% widowed
  - 1% separated
  - 14% never married
  - 4% member of unmarried couple

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**Race**

- White
- Black
- Asian
- NHPI
- AIAN

**Hispanic/Latino**

- YES
- NO
Risks: Global Mental Health

- Thinking about your mental health, which includes stress, depression, and problems with emotions, how many days in the last 30 days was your mental health not good?

![Pie chart showing distribution of days with poor mental health.]

- 55% reported no days with poor mental health.
- 22% reported 1-3 days with poor mental health.
- 11% reported 4-6 days with poor mental health.
- 12% reported 7+ days with poor mental health.
Poor Mental Health Days & Likelihood of Attending on Campus Stress Reduction Programs

Chi Square = 252.861, p = .000
Poor Mental Health Days & Likelihood of Attending Anxiety/Stress Reducing Counseling

Chi Square = 150.554, p = .000
Poor Mental Health Days & Likelihood of Attending Mental Health Counseling

Chi Square = 121.081, p = .000
Risks: Smoking

- **Current-everyday**
  - 4%

- **Current-some days**
  - 22%

- **Former Smoker**
  - 2%

- **Never smoked**
  - 72%
Likelihood of Attending Smoking Cessation by Smoker Category

![Bar graph showing the likelihood of attending smoking cessation by smoker category. The x-axis represents the smoker category as extremely, likely, somewhat, and unlikely, while the y-axis represents the percentage. The graph compares everyday smokers and some days smokers.](image-url)
Risks: Weight

UT Knoxville

- Normal: 28%
- Overweight: 38%
- Obese: 34%

US 2011

- Normal: 32%
- Overweight: 34%
- Obese: 34%
Risks: Weight by Job Category

Chi Sq=65.6, p<.001
Likelihood of Attending Weight Management Program On-Campus

- Extremely Likely
- Somewhat Likely
- Unlikely

Percentage

- Obese
- Overweight
- Normal
Likelihood of Attending Walking Programs On-Campus

- Extremely Likely
- Somewhat Likely
- Unlikely

Percentage

- Obese
- Overweight
- Normal
Likelihood of Attending Faculty/Staff Fitness Programs On-Campus

Percentage

- Extremely
- Likely
- Somewhat
- Unlikely

Categories:
- Obese
- Overweight
- Normal
Likelihood of Participating in Healthy Cooking Programs On-Campus

![Chart showing the likelihood of participating in healthy cooking programs on-campus by percentage, with categories: Extremely Likely, Likely, Somewhat Likely, and Unlikely. The chart includes bars for Obese, Overweight, and Normal categories.](chart_image)
Likelihood to use On-Campus Health Services by Weight Category

- **Blood Sugar Screening**
  - Obese: 70%
  - Overweight: 60%
  - Normal: 50%

- **Cholesterol Checks**
  - Obese: 80%
  - Overweight: 70%
  - Normal: 60%
Next Steps

- Complete Data Analysis
- Develop Business Plan and Make Programmatic Recommendations based on Findings
Questions?