



Results from the LSUHSC Wellness Inventory for Students and Employees (WISE) 2024

LSUHSC Wellness Committee

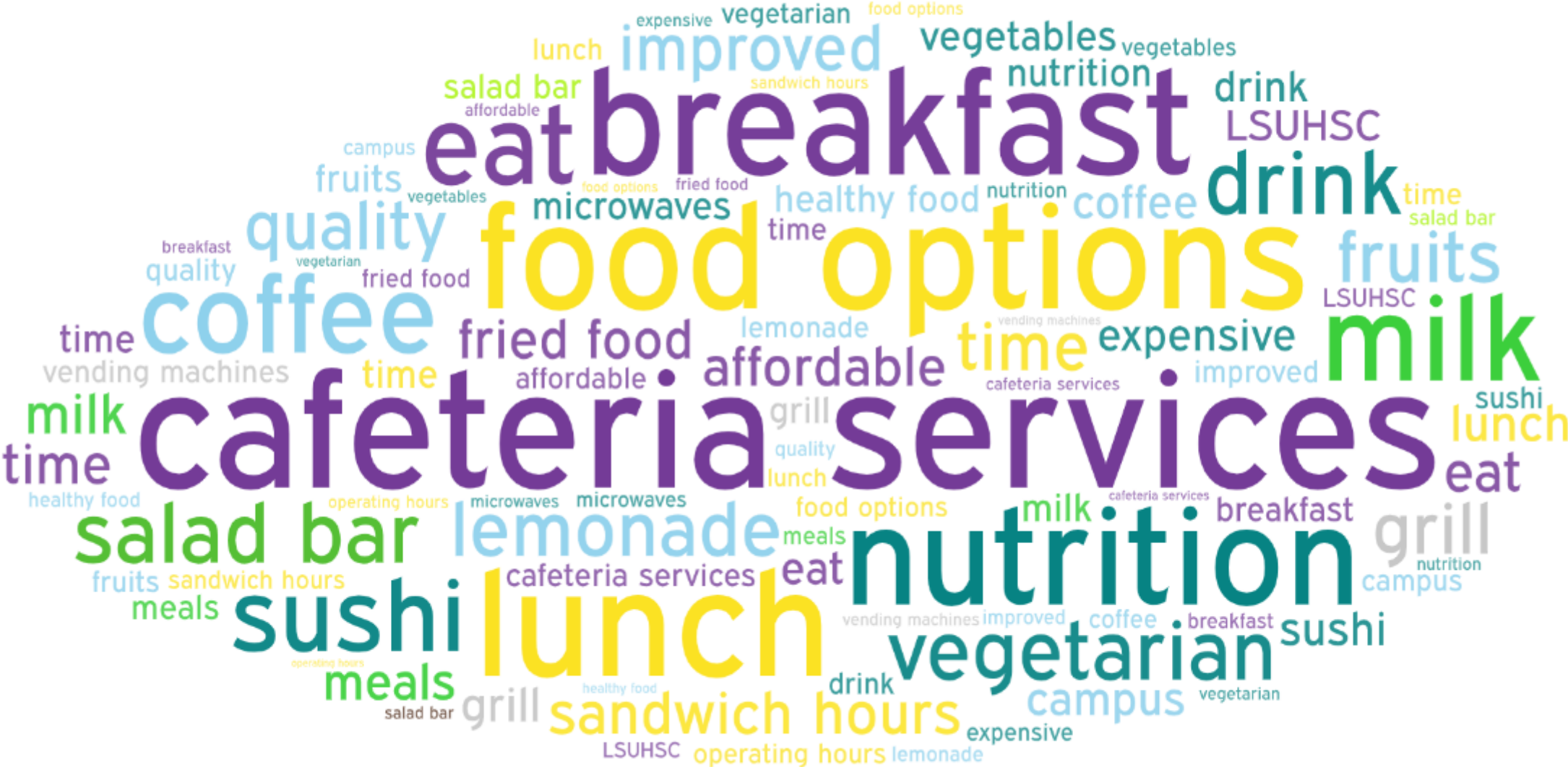
August 15, 2024

WISE Survey 2024






- Survey developed to assess and identify opportunities for improvement of the current health and wellness offerings of LSUHSC.
- Administered from April 16 to Mai 22, 2024 to the faculty, staff, residents, and students of LSUHSC.
- This presentation contains a summary of results from 42 questions.
- Total number of respondents: 439
- Response rate: 439 /~7,000 (6 %)
- Weighted score >3.5 
- Weighted score <2.5 

Demographics of Respondents

Age (n=439)			Gender (n=438)		
	n	(%)		n	(%)
<input type="checkbox"/> 18-25	68	(15%)	<input type="checkbox"/> Cisgender Female	304	(69%)
<input type="checkbox"/> 26-35	105	(24%)	<input type="checkbox"/> Cisgender Male	102	(23%)
<input type="checkbox"/> 36-45	87	(20%)	<input type="checkbox"/> Transgender Female	1	(0%)
<input type="checkbox"/> 46-55	81	(18%)	<input type="checkbox"/> Transgender Male	2	(0%)
<input type="checkbox"/> 56 or older	80	(21%)	<input type="checkbox"/> Non-binary	4	(1%)
Role (n=439)			Race (n=436)		
	n	(%)		n	(%)
<input type="checkbox"/> Administration	38	(9%)	<input type="checkbox"/> American Indian or Alaska Native	3	(1%)
<input type="checkbox"/> Faculty member	110	(25%)	<input type="checkbox"/> Asian	36	(8%)
<input type="checkbox"/> Staff member	145	(33%)	<input type="checkbox"/> Black or African American	63	(14%)
<input type="checkbox"/> House Officer	30	(7%)	<input type="checkbox"/> Native Hawaiian/Pacific Islander	2	(0%)
<input type="checkbox"/> Student	110	(25%)	<input type="checkbox"/> White	313	(72%)
<input type="checkbox"/> Other	4	(1%)	<input type="checkbox"/> Other	7	(2%)
<input type="checkbox"/> Declined to Answer	2	(0%)	<input type="checkbox"/> Declined to Answer	25	(6%)
Ethnicity (n=432)					
	n	(%)		n	(%)
<input type="checkbox"/> Hispanic or Latino or Spanish Origin	26	(7%)			
<input type="checkbox"/> Not Hispanic or Latino or Spanish Origin	364	(84%)			
<input type="checkbox"/> Declined to Answer	39	(9%)			



Cafeteria Services (Quantitative)

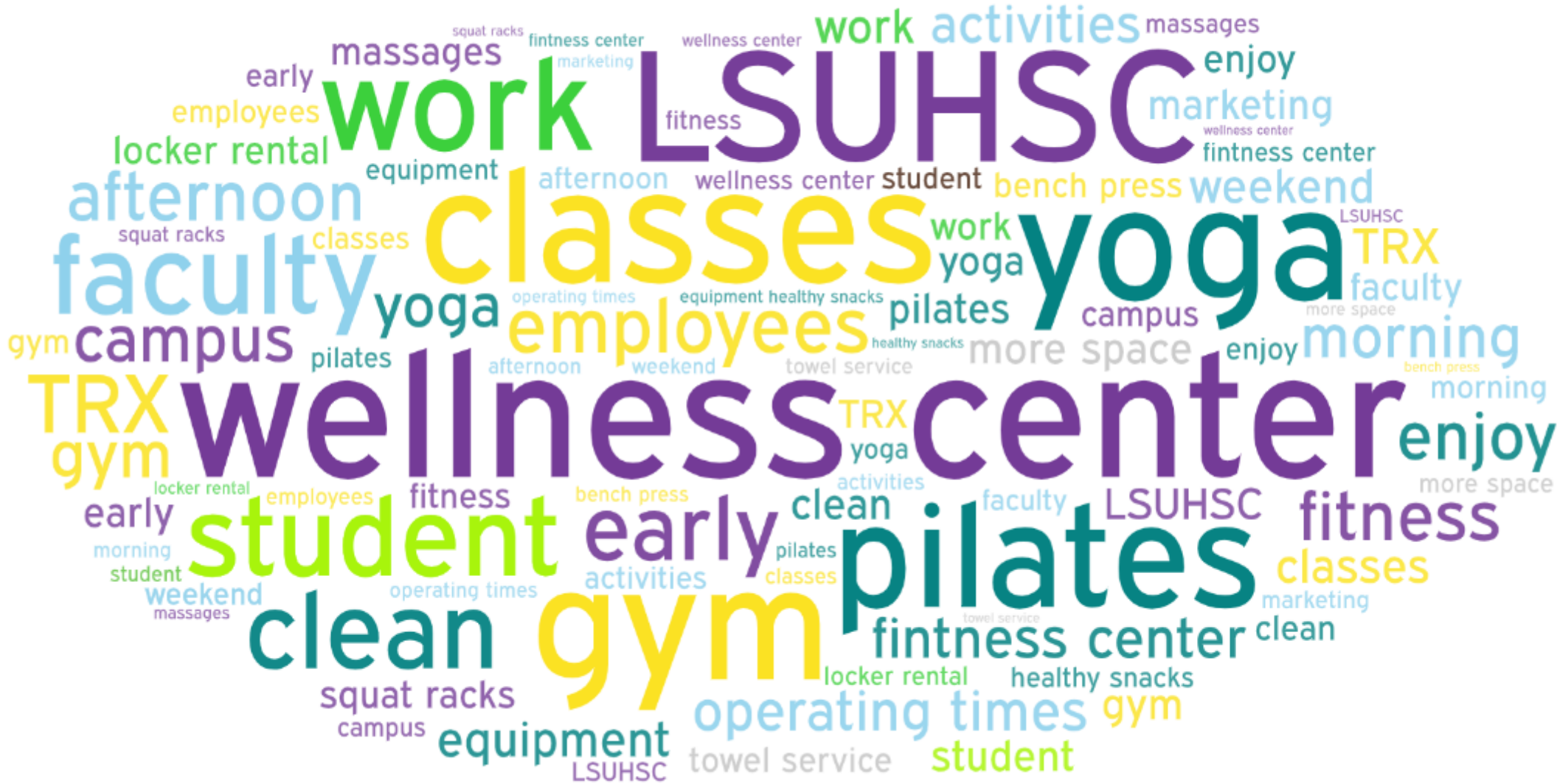
	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	N/A	Total	Respondent Agreement	Weighted Average	
The cafeteria offers a wide variety of options for breakfast.	5%, 20	13%, 53	15%, 59	25%, 98	10%, 40	32%, 127	397	35%, 138	3.31	
The cafeteria offers nutritious options for breakfast.	8%, 31	15%, 61	18%, 70	21%, 83	6%, 25	32%, 126	396	27%, 108	3.04	
The cafeteria offers affordable options for breakfast.	1%, 3	5%, 19	12%, 47	23%, 92	28%, 109	31%, 123	393	51%, 201	4.06	
The cafeteria offers a wide variety of options for lunch.	6%, 22	11%, 45	13%, 53	36%, 143	16%, 65	17%, 68	396	53%, 208	3.56	
The cafeteria offers nutritious options for lunch.	9%, 37	16%, 64	17%, 66	30%, 120	11%, 42	17%, 69	398	41%, 162	3.20	
The cafeteria offers affordable options for lunch.	3%, 10	10%, 40	16%, 62	33%, 131	22%, 88	17%, 67	398	55%, 219	3.75	
I know where to find the cafeteria's menu for meals.	6%, 24	14%, 54	5%, 21	25%, 101	36%, 141	14%, 56	397	61%, 242	3.82	
The vending machines around campus have healthy options.	18%, 71	26%, 104	21%, 83	12%, 48	4%, 14	19%, 76	396	16%, 62	2.47	

Cafeteria Services (Qualitative)

Positive Comments	
Theme	Example Quotes
Quality of Staff	<ul style="list-style-type: none"> - The staff are very friendly. - Love the staff. - The cafeteria is nicely designed, the staff is friendly and it offers a lot of warm food for lunch.
Quality/Variety of Food	<ul style="list-style-type: none"> - Love love love that they've added Indian food in the refrigerated section!! - The sushi/poke station is a great model and is a favorite of cafeteria patrons. - I think the premade salads are very good and reasonable. - I would love to see fresh fruit options for breakfast on a daily basis at the Dental School.

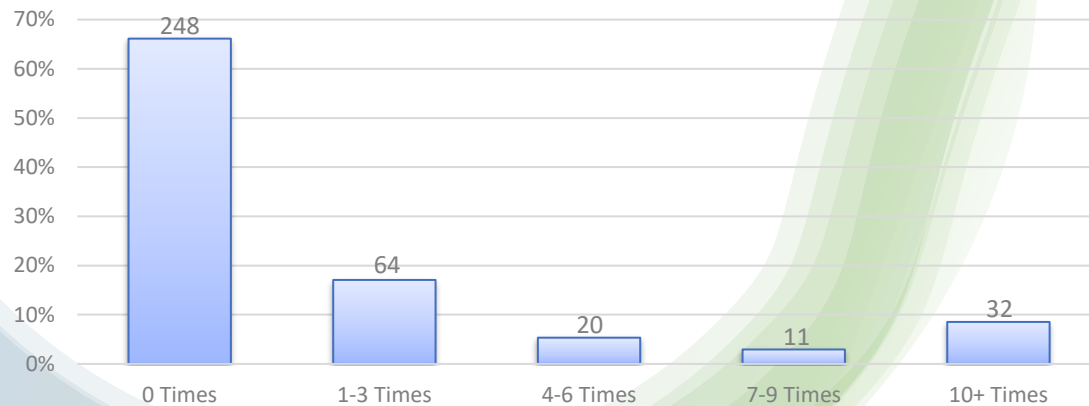
Most common themes
<ul style="list-style-type: none"> - More healthy food option is the most common theme: (salad bar / vegetarian options / fruits / sushi / Indian food) - Improve food quality - Longer opening ours

Opportunities for Improvement	
Theme	Example Quotes
Alternative/Healthier Food Options*	<ul style="list-style-type: none"> - A salad bar would be great. - Need more healthy options. - Healthier/lighter options needed for lunch. More affordable, non-fried/processed foods options needed. - I wish there could be more fresh fruits on a daily basis.
Quality of Food*	<ul style="list-style-type: none"> - The food at times are cold and lack effort. - Mostly the food is meh and not worth the price. Sorry. - The cafeteria hot food is hit and miss. - Overall quality of food in cafeteria is abysmal and inedible. It's shockingly bad.
Hours of Operation*	<ul style="list-style-type: none"> - Earlier hours would greatly increase the frequency that I get breakfast. - I think the closing hours are kind of inconvenient. - The cafeteria isn't open long enough. - It would be nice if the cafeteria could be open later/longer hours.
Costs	<ul style="list-style-type: none"> - The cafeteria is too expensive and the food is not very good. - Please stop making the salad bar pay-by-weight. It's impossible to try to eat nourishing food on our stipend (CHNOLA). - We need more affordable healthy options.
More Microwaves	<ul style="list-style-type: none"> - During Fall and Spring Semesters it is really difficult to microwave food, let it cool, and eat it within a 30 minute lunch break. - Another microwave or two would be helpful for those of us who bring our lunch to school!
Improved Menu	<ul style="list-style-type: none"> - I wish the menu would rotate rather than having the same main items on the same day of the week each week. - The menu doesn't always correspond with what is being served.



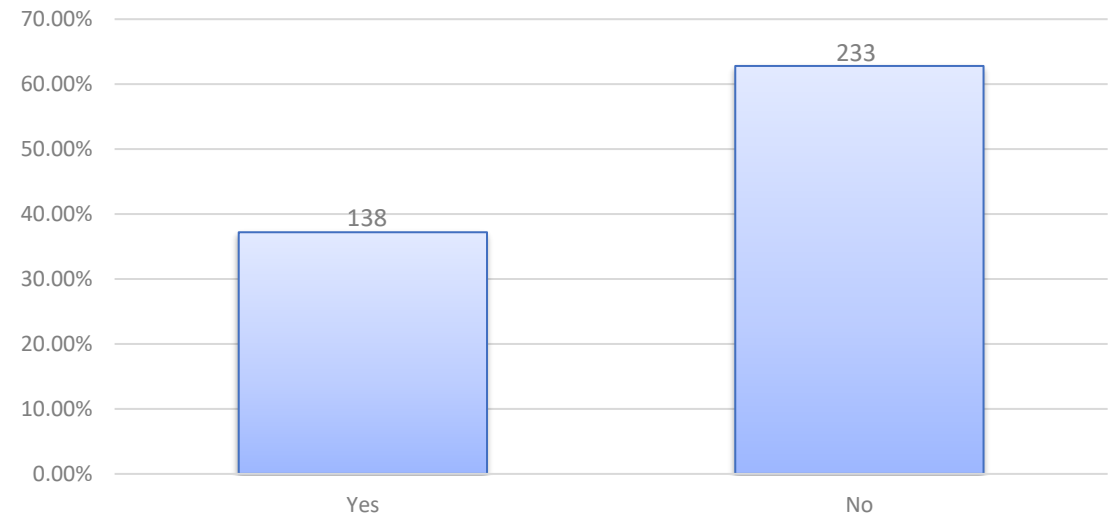
Wellness Center (Quantitative)

Reporting on your usual practices in the last 2-3 months, how often in one month do you typically go to the campus wellness center?



Total: 375

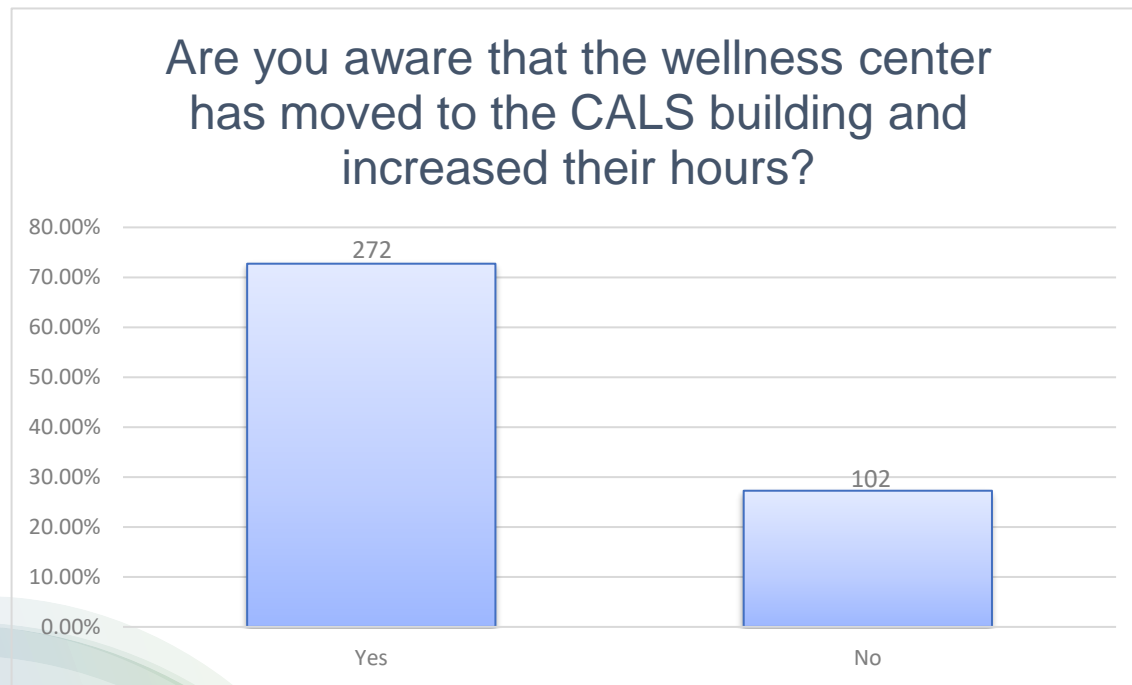
Do you use a wellness center not affiliated with LSUHSC



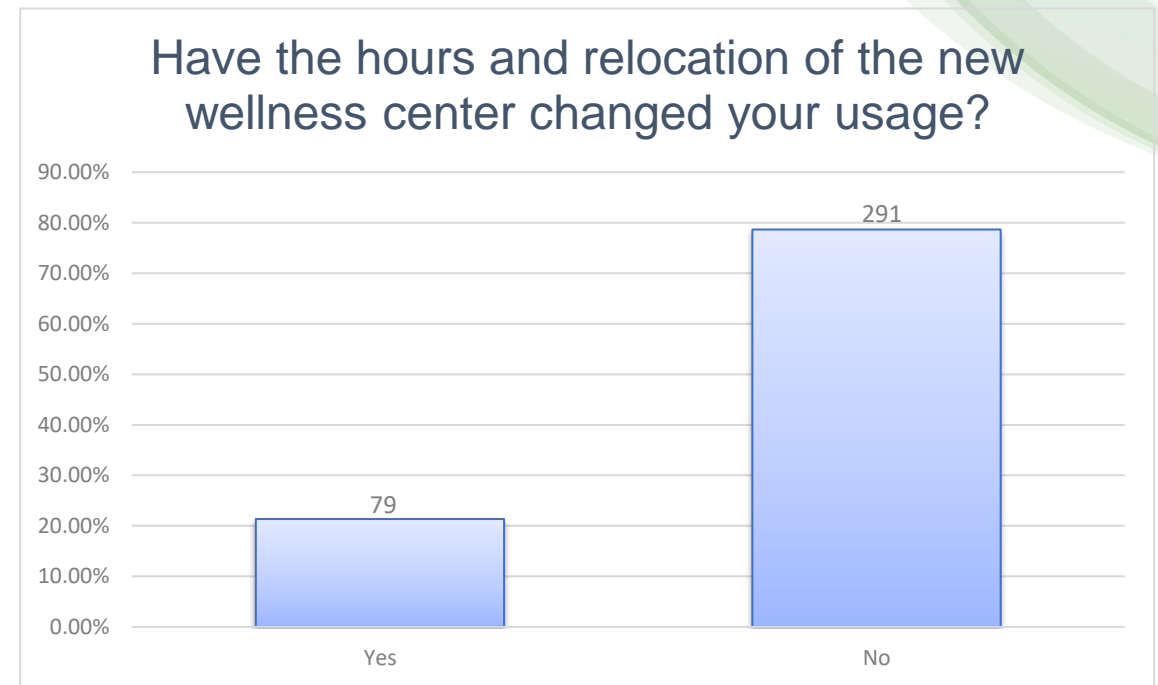
Most common reasons to use an off-campus wellness center:

- Location (close to home)
- Extended operating hours (available before / after work)
- More equipment / courses
- Parking / safety

Wellness Center (Quantitative)



Total: 374



Total: 370

Wellness Center (Quantitative)

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	N/A	Total	Respondent Agreement	Weighted Average
I know that the campus wellness center offers fitness classes.	4%, 14	10%, 37	5%, 19	35%, 129	40%, 146	6%, 23	368	75%, 275	4.03
I know the campus wellness center's membership is free to all faculty, staff, house officers, students and family members 16 years of age and over.	5%, 17	9%, 32	2% 8	29%, 108	50%, 185	5%, 19	369	79%, 293	4.18
I know that the campus wellness center offers free fitness assessments.	8%, 28	21%, 76	7%, 27	23%, 84	35%, 129	7%, 24	368	58%, 213	3.61
I know that the campus wellness center offers gym equipment for use.	4%, 13	4%, 14	2%, 9	30%, 111	54%, 197	6%, 21	365	84%, 308	4.35
The campus wellness center offers enough fitness classes.	5%, 17	14%, 51	23%, 83	19%, 70	17%, 62	22%, 81	364	36%, 132	3.39
The campus wellness center offers classes at convenient times.	7%, 25	19%, 70	25%, 90	16%, 57	9%, 34	24%, 89	365	25%, 91	3.02
The equipment at the campus wellness center is in good condition.	2%, 6	2%, 7	11%, 40	20%, 72	40%, 145	26%, 95	365	59%, 217	4.27
I have used the free fitness assessment at the wellness center and have found it to help my physical health.	12%, 42	12%, 43	9%, 34	9%, 32	11%, 38	48%, 173	362	19%, 70	2.90
I know that the wellness center offers Mindful/Yoga classes around campus.	9%, 31	15%, 54	11%, 41	28%, 100	23%, 84	15%, 53	363	51%, 184	3.49

Wellness Center (Qualitative)

Positive Comments	
Theme	Example Quotes
Overall Quality	<ul style="list-style-type: none"> - Very clean gym and comfortable to use. - Love the new Wellness Center, awesome staff. - Rolf is an excellent addition a breath of fresh air to the Wellness Center. - I just feel really lucky as a staff member to have access to the Wellness Center. I've been using it multiple times each week since I started working here. - The wellness center appears to offer great services and free is amazing.
Accessibility	<ul style="list-style-type: none"> - I wish information was posted on a website listing all of the activities at the Wellness Center. - I wish I had transportation to go there. - Access is inconvenient for Dental School employees. - Love the 6am open time. - I wish more classes were offered from the 5-6pm.

Most common themes

- Extended business hours
- No wellness center at other LSUHSC campuses available
- No knowledge about the LSUHSC wellness center
- No time to go to the wellness center
- Most requested courses: pilates, yoga / power yoga, TRX

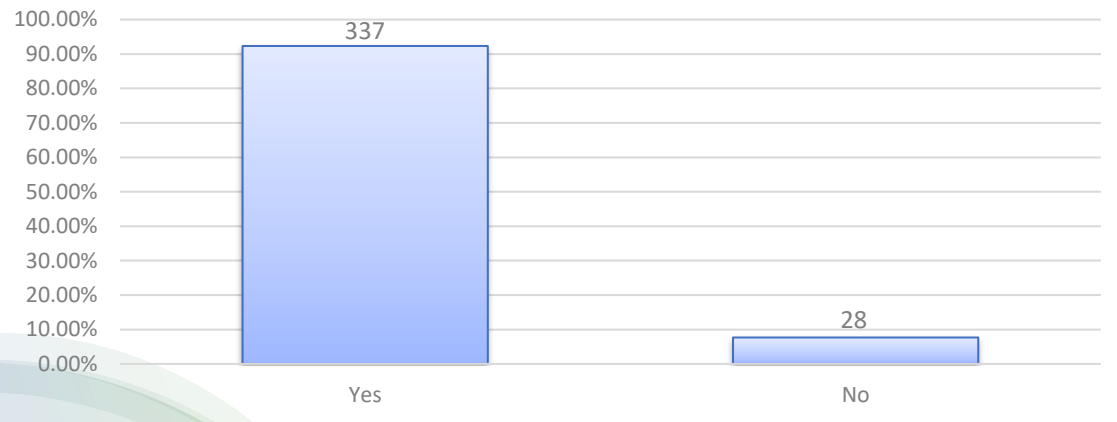
Opportunities for Improvement	
Theme	Example Quotes
Operating Hours	<ul style="list-style-type: none"> - Offer more fitness classes in evening time. - Could there be more classes during the evening between 5:00pm-7:00pm. - While I enjoy the extended hours on the weekdays, I don't understand why the gym is closed on Sunday and closes so early on Saturday. - I would like to see more yoga/power yoga classes after 4:45pm.
Location / Accessibility	<ul style="list-style-type: none"> - Will there be any machines and/or classes at the Dental School? - Scarce wellness support for baton rouge.
Awareness	<ul style="list-style-type: none"> - Did not know all the offers. Thank you - Was not aware of its existence. - I had heard there was a gym but i know nothing about it and have seen no marketing or info about it.
Equipment	<ul style="list-style-type: none"> - I'd love for the new fitness center to have more space, more equipment, more classes and more mirrors. - It'd be great to have a campus swimming pool. - There could be a few more useful machines/equipment. Such as more squat racks or a dedicated bench press.
Additional Services	<ul style="list-style-type: none"> - I would like the option to have a dedicated locker rental on a monthly basis. - Would prefer towel service. I would like to use the gym before class, but don't want to carry a wet towel around all day. - I wish there was music in the wellness center. - I like it! I think it could be cleaned more, particularly the group fitness rooms. - Can we have healthy snacks at Wellness Center? How about massage therapist? Is there exercise research going on thru our wellness center?

Special comments

- Could Nijel be honored in some way - naming the gym or garden after her?
- I think there should be a place in the wellness center that honors Nijel. The wellness center was her baby [...].

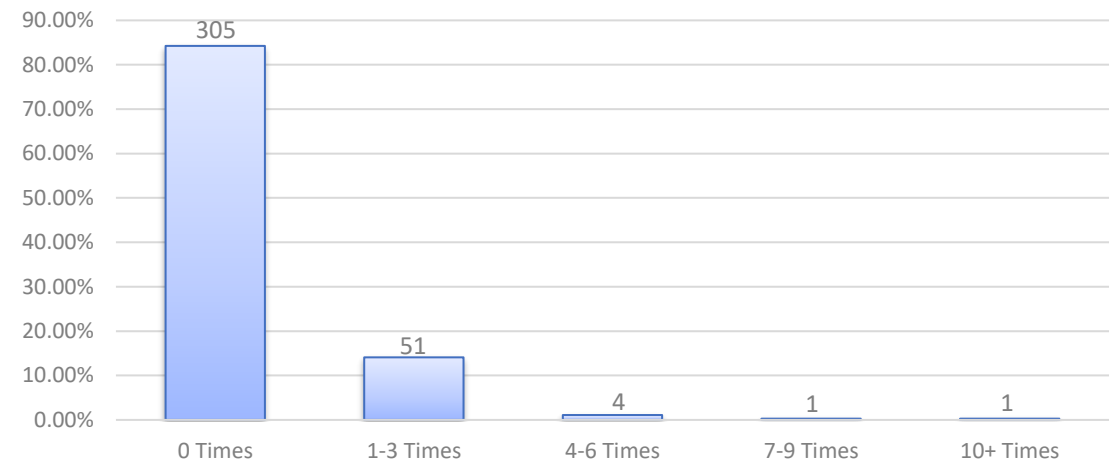
Campus Assistance Program (Quantitative)

Are you aware that LSUHSC offers a free Campus Assistance Program for all faculty, staff, residents, students and immediate family members?



Total: 365

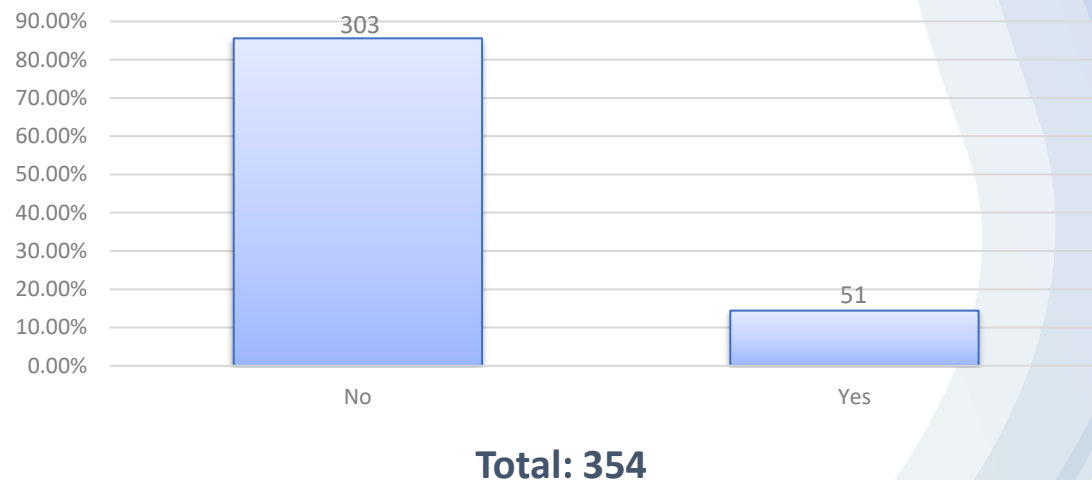
How many times in the last year have you initiated new contact with CAP (Not number of sessions)?



Total: 362

Campus Assistance Program (Quantitative & Qualitative)

Are there any additional assessment and/or counseling services that you would like to see the Campus Assistance Program offer?

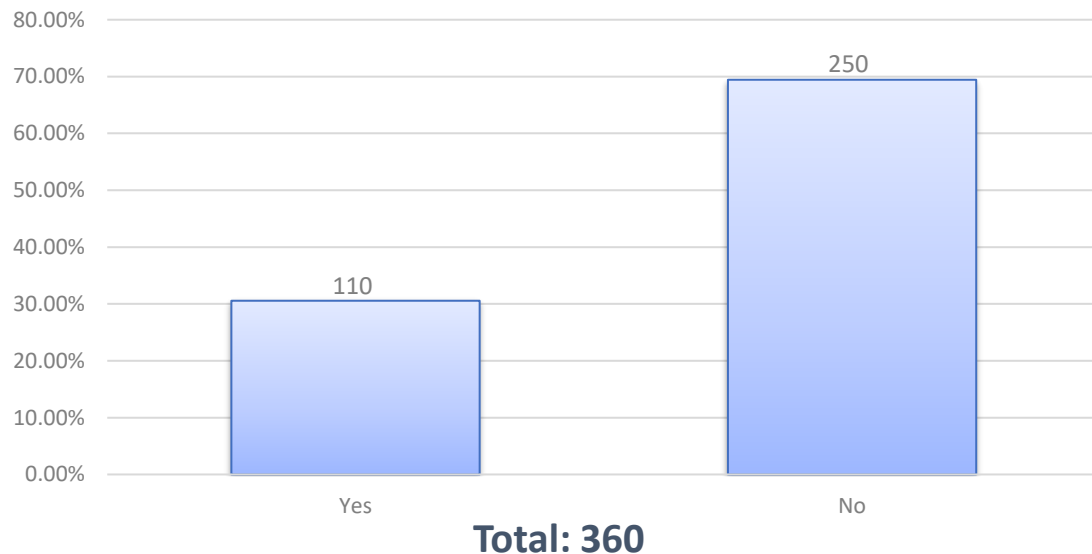


51 comments:

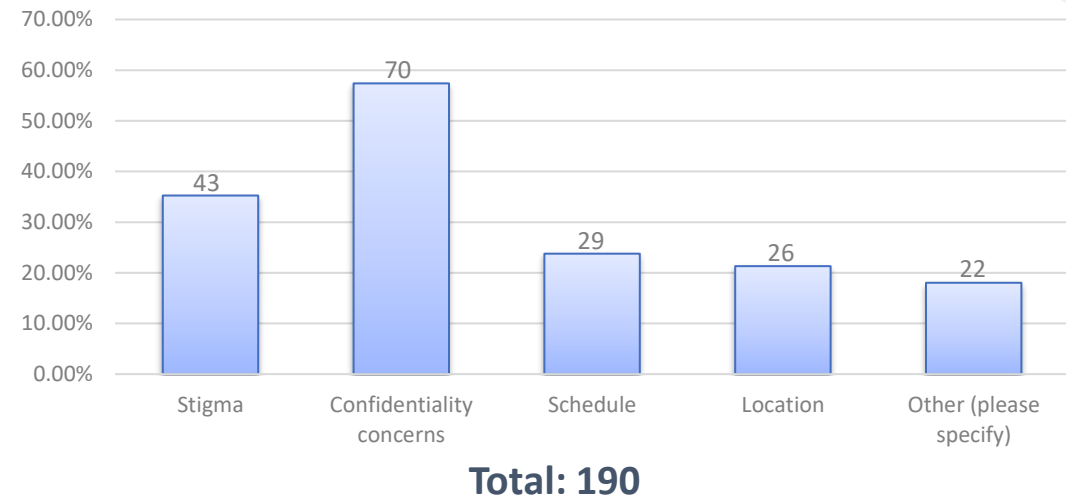
- Long-term counseling.*
- Consistent support at the branch campuses and options for long term counseling.
- Psych testing / ADD. | Testing for ADHD and academic testing.
- Group counseling for medical students - discuss emotionally challenging experiences related to School ie difficult patient encounters or experiences in cadaver labs.
- Nights/weekends services for residents.
- I would like to see something ongoing with mindfulness meditation as a group.
- More free courses like the mindfulness course.
- Add CAP personnel to the list of official Title 9 surveillance.
- Not enough people know the extent or the expertise that is available. Many still have concerns about anonymity [...].
- Services in Baton Rouge.
- I wish that the Dental school had a permanent person available to us at all times.
- I want them to follow up with people use their services to ensure their referrals were successful and that people were set up for long-term care and/or mental health services.
- Financial counseling.
- I think it may be good to make the current resources more known to students on campus. I am aware that they exist, but I do not know how to initiate getting counseling.
- Online appointment booking.
- Weight management assistance would be helpful. Dietician may be useful as we age and look for additional input.
- Tutoring, evaluations.

Campus Assistance Program (Quantitative)

Is there anything that may discourage you from utilizing CAP services?



If you answered yes to number 20, what would discourage you from utilizing CAP services? (n=122)



51 comments (summary):

- Short term services.
- Sharing personal insights at work/with the employer
- Counselors do not follow up as often.
- Uncertain when it is a informal or an administrative referral
- Doubt about the usefulness of the CAP services / the expertise of the counselors.
- Cumbersome paperwork. Online forms that are easy to complete would be helpful.
- You always hear how busy/overwhelmed they are.

Campus Assistance Program (Quantitative)

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	N/A	Total	Respondent Agreement	Weighted Average
I know the Campus Assistance Program can assist me in identifying options to resolve personal problems that may be impacting my performance at work/school.	3%, 11	4%, 13	10%, 37	44%, 158	35%, 124	4%, 16	359	79%, 282	4.08
I know that the Campus Assistance Program has a 24-hour crisis line in the event I am in a crisis after hours.	5%, 16	10%, 37	8%, 29	37%, 132	36%, 127	4%, 14	355	73%, 259	3.93
I know that the Campus Assistance Program has an anonymous stress and depression screening tool on their website.	5%, 17	20%, 71	10%, 35	30%, 109	30%, 109	5%, 18	359	61%, 218	3.65
I know my contact with the Campus Assistance Program is confidential.	4%, 16	6%, 21	9%, 34	35%, 126	41%, 146	4%, 16	359	76%, 272	4.06



Campus Assistance Program (Qualitative)

Positive Comments (n=35)	
Theme	Example Quotes
Counseling Service	<ul style="list-style-type: none"> - I think this is an important and valuable service even though I'm not comfortable using it. - I had used it in the past and found it really helpful; also got really good therapy referrals. - Thanks for your help this year. Wish you could've had more sympathy for my situation. - I've used it in the past and it was very helpful. - Fantastic offering for our campus!
Staff	<ul style="list-style-type: none"> - Great team of counselors and staff. - Great program with fantastic staff. - Love CAP! - More training for counselors seems like it may be helpful. My experience was concluded with very generic and difficult to apply advice.

Opportunities for Improvement (n=35)	
Theme	Example Quotes
Awareness	<ul style="list-style-type: none"> - I am unfamiliar with this service. - Did not know it existed. - Increase awareness and promotion internally including by our leadership. - I wasn't aware of some of these resources, they should send an email with the links. - I did not know about the depression screening tool on their website [...].
Confidentiality	<ul style="list-style-type: none"> - I believe the campus assistance program doesn't have to report to the school but does anyway or tries to intimidate students into giving consent when it would be better left out. - I've heard from a co-worker that if you go to caps for alcohol, it's no longer confidential and they make you tell your boss or they tell you boss. I used caps once, after finding that out, I refuse to use caps even being verbally harassed. - The only problem I have with the online screening tool is that you still have to log in to use it. I know it's supposed to be confidential, but whenever you log into something, it can be tracked even though it says it's not, and this causes a lot of apprehension with using it even though it may be very helpful.
Accessibility	<ul style="list-style-type: none"> - I am never on campus to make use of it. - Not very accessible for Baton Rouge.

Most common themes
<ul style="list-style-type: none"> - No Knowledge about CAP - Confidentiality concerns



Off-Campus Counseling (Quantitative)

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	N/A	Total	Respondent Agreement	Weighted Average
I know LSUHSC contracts with an outside professional counselor to provide confidential counseling as a benefit to our students.	13%, 44	26%, 91	13%, 44	26%, 90	17%, 59	6%, 22	350	43%, 149	3.09
I know the outside professional counselor provides up to 6 sessions at no cost.	15%, 51	30%, 106	14%, 49	21%, 72	14%, 50	6%, 22	350	35%, 122	2.89
I know I can contact the outside professional counselor to assist with stress, time management, anxiety, etc.	15%, 51	28%, 96	12%, 42	24%, 82	16%, 57	6%, 21	349	40%, 139	2.99

Off-Campus Counseling (Qualitative)

Opportunities for Improvement (n=34)	
Theme	Example Quotes
Awareness	<ul style="list-style-type: none"> - I never know we had the opportunity to for off campus free counseling. - I had no idea about this assistance. - Need more PR about this service. - I did not know there were this many free sessions. - Is this only available to students? What about residents? - I don't know how to contact this person. - I had no idea about this. this is for students only?
Misinformation	<ul style="list-style-type: none"> - Provide this help for employee as well. Mental health is not just student issues. Also be mindful in having BIPOC therapist as well as another option. - I wasn't aware of this service for students. This type of service may also be beneficial for staff/faculty.
Long-term counseling	<ul style="list-style-type: none"> - What are 6 free sessions if a person needs more than that? Students cannot afford counseling, most universities provide free counseling to students, without limiting the number of sessions. I believe that even LSU Baton Rouge does. The HSC should provide free unlimited counseling to their students as well. - 6 free sessions is not sufficient.
Most common themes	
<ul style="list-style-type: none"> - No Knowledge about CAP - Confidentiality concerns 	

Smoke-Free Campus (Quantitative)

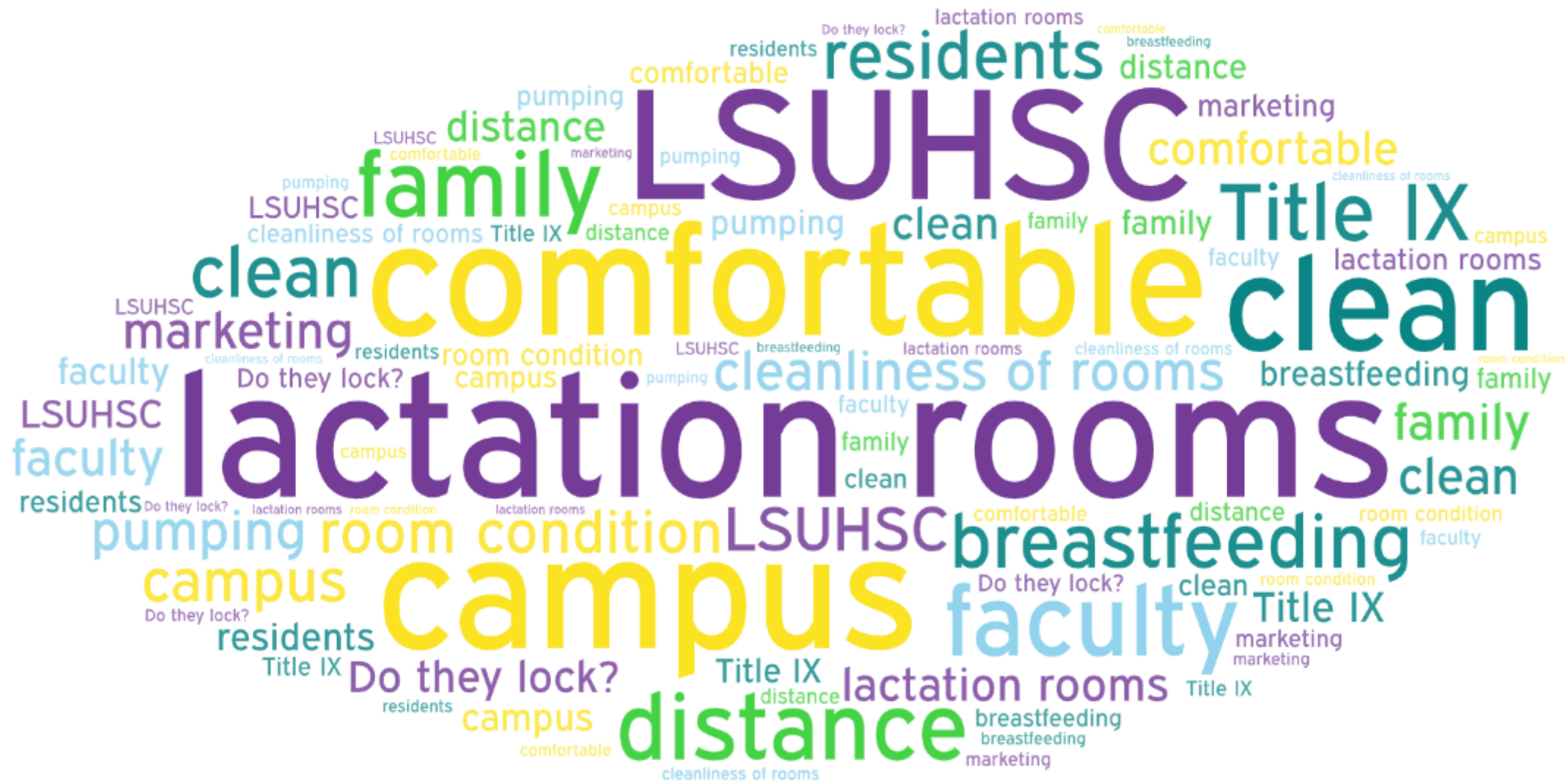
	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	N/A	Total	Respondent Agreement	Weighted Average
I know that LSUHSC is a smoke-free campus.	1%, 5	3%, 9	1%, 5	33%, 117	60%, 213	1%, 4	353	93%, 330	4.50
I am aware that University Medical Center currently offers free behavioral counseling sessions towards smoking cessation for LSUHSC staff and students?	11%, 40	29%, 103	12%, 41	21%, 75	17%, 59	9%, 33	351	38%, 134	3.03
I know that the State has a Tobacco Quit-line phone number. 1-800-QUIT-NOW	9%, 30	19%, 66	9%, 31	29%, 101	27%, 93	9%, 30	351	55%, 194	3.50





Smoke-Free Campus (Qualitative)

Positive Comments (n=22)	
Theme	Example Quotes
Counseling Service	<ul style="list-style-type: none"> - Great program, friendly staff. - Love it.
Most common themes	
<ul style="list-style-type: none"> - "No smoking" is not enforced enough. - The program needs more promotion 	

Opportunities for Improvement (n=22)	
Theme	Example Quotes
Enforcement	<ul style="list-style-type: none"> - The smoke-free standards are not really enforced - people just stand on the sidewalk, walk across the street, smoke in the parking garage and/or go to a parking lot to smoke. - Many faculty, staff and students are vaping despite the ban on campus. It is very hard to police as there is no harsh smell or smoke created. - I see homeless people smoking all the time at LSU? - I see people smoking on campus all the time so not sure the smoke free campus thing is working... although smokers I see may not be from LSU as there are a lot of homeless people walking on campus.....did not know about the quit line... - I have heard that there are faculty and students who vape on campus. Perhaps more attention should be placed on that practice. - I do not smoke but I still see people smoking outside so that is why I put disagree for it being a smoke-free campus. - People vape in laboratories. It's a joke to think campus is smoke free. - Lack of enforcement of no smoking on campus. - We don't have this initiatives at the BR campus building.
Awareness	<ul style="list-style-type: none"> - I was not aware of this program. - There should be more advertising in our campus about Campus Tobacco Control Initiative and smoking cessation program. - Please make sure that contractors know they can't smoke when working on our campus.
Other	<ul style="list-style-type: none"> - Does campus participate in annual smoke out ? - It'd be nice to promote national smoke out day annually.



Campus Lactation Rooms (Quantitative)

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	N/A	Total	Respondent Agreement	Weighted Average
I am aware that LSUHSC offers lactation rooms on campus.	9%, 33	20%, 69	11%, 38	28%, 98	20%, 71	12%, 41	350	48%, 169	3.34
I am currently breastfeeding and feel comfortable using the lactation rooms.	6%, 22	3%, 11	4%, 14	2%, 6	1%, 5	83%, 290	348	3%, 11	2.33 
I am not currently breastfeeding but would feel comfortable using the lactation rooms.	2%, 8	5%, 16	12%, 43	22%, 76	11%, 40	47%, 165	348	33%, 116	3.68 
I know I can find a list of all lactation rooms on the LSUHSC Title IX webpage.	15%, 51	27%, 95	11%, 40	9%, 33	8%, 28	29%, 102	349	17%, 61	2.56

Campus Lactation Rooms (Qualitative)

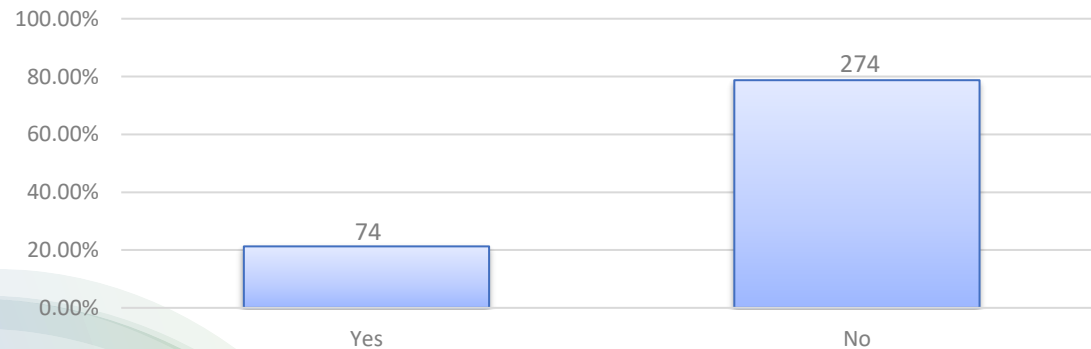
Positive Comments (n=25)	
Theme	Example Quotes
Counseling Service	<ul style="list-style-type: none"> - NIIICE. - This is a great service! - I have used these and was so glad they were offered on campus. - Thanks for that. - Thank for providing these rooms for your campus. - The lactation rooms at CALS are very nice.

Most common themes
<ul style="list-style-type: none"> - Location unknown - Distance to lactation rooms - Condition and cleanliness of the rooms

Opportunities for Improvement (n=25)	
Theme	Example Quotes
Awareness	<ul style="list-style-type: none"> - Did not know about the listing of them on the Title IX page. - No idea they were available. - I was not aware that these areas existed. - I didn't know where to find the list of locations of lactation rooms. - Can we please list the rooms somewhere more prominently: posters, campus maps, etc. Having it on the Title IX page makes it sound like the university is only doing it because its a legal obligation. - Well kept secret! I have no need but also have no idea where these are. - Is there a map for lactation rooms at branch campuses? OLOL? OLOL-Children's hospital?
Location of the rooms	<ul style="list-style-type: none"> - I wish there was a lactation room in every building. It sucks that I have to walk so far to a lactation room. - Lactation rooms are not available in all buildings, and they are not available in the building that my office is in making these spaces difficult to utilize. Women do not want to have to haul their pumping equipment across campus/to other buildings. There's also no guidance for their use. Do they lock? Do you have to schedule time? This is very important for breastfeeding moms, and I believe the website/program could improve.
Condition of the rooms	<ul style="list-style-type: none"> - The lactation room on the 8th floor of SAHP building is not maintained by any custodian. It is dirty. I do not believe that SAHP students and faculty understand that it exists. - The rooms are never cleaned. The room is constantly dirty [...]. So it'd be nice if it was wiped down daily. - I can't speak to all of the lactation rooms, only the one on the 3rd floor of the Lion's Building. The lactation room double as the library. There were times when I was in there pumping or needed to store my milk and was constantly disrupted by students needing something out of the library. Eventually I began just pumping in my office. For those who don't have their own offices, this can be very uncomfortable. I'd suggest a place just for lactation, even if its a tiny closet. - It would be nice to have fridges in the lactation rooms (or at least a few).

Hunger Free Campus

While an employee or student with LSUHSC - NO did you ever eat less than you felt you should or skipped meals because there wasn't enough money for food?



Total: 348

While an employee or student with LSUHSC - NO have you ever eliminated more nutritional foods (fruits and vegetables) because you could not afford them?

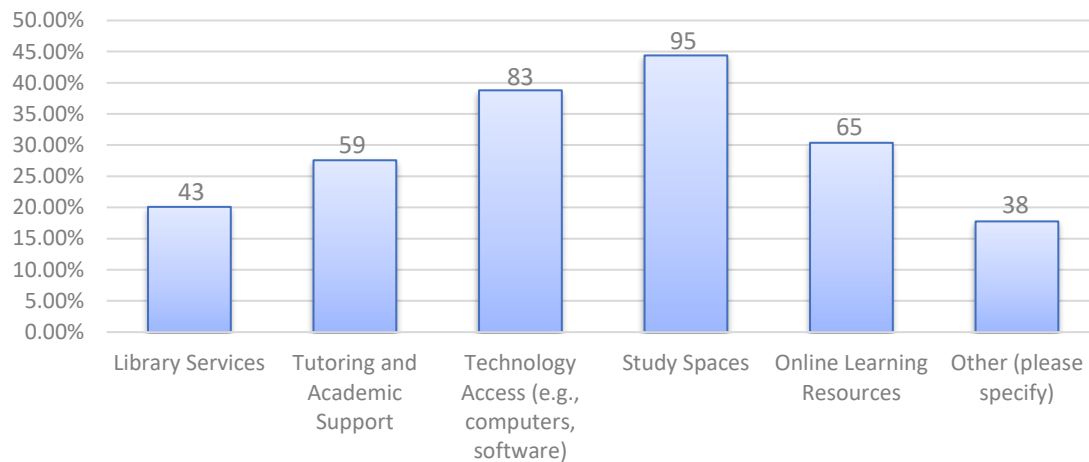


Total: 347



Student Success (Quantitative & Qualitative)

What academic resources do you believe need improvement? (Select all that apply; n=214)



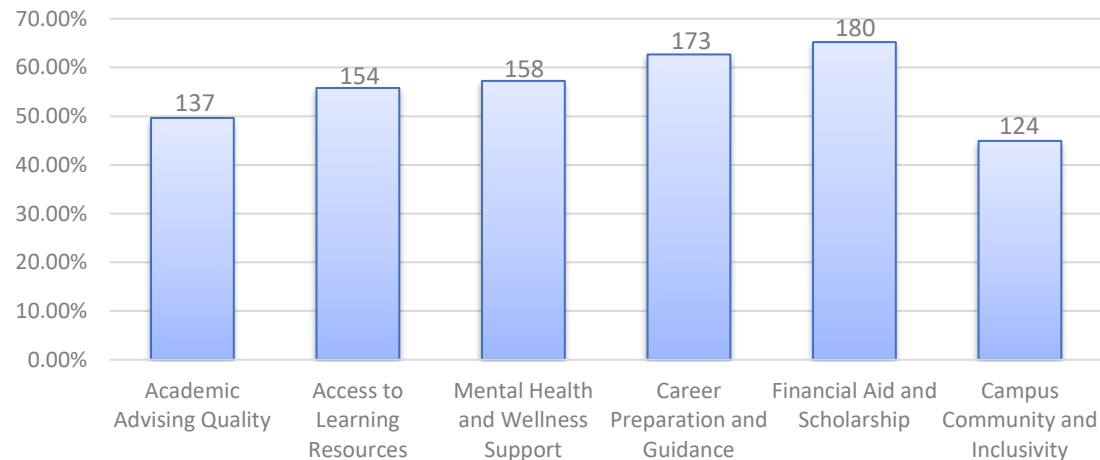
Total: 214

38 comments:

- Better discounts on study aids. They're very expensive.
- Technology (IT) assistance. Slow to respond.
- Financial planning / information.
- Board exam preparation assistance.
- Career development services and support.
- Resume assistance.
- Additional tutoring and academic support for teaching test-taking skills.
- The design of the school is so gray and unappealing. It impacts my desire to be there and my inspiration to think. We need art, better lighting, and other attention to design to improve the vibe. There is evidence/research to show how architecture and design contribute to wellness and productivity. LSU has a long way to go.
- Many students and faculty/staff have expressed a need for writing assistance.
- CHNO doesn't have a library! We need one!
- BR location has none of these.
- Increase number of study spaces.

Student Success (Quantitative & Qualitative)

What factors do you believe most significantly impact student success?
(Select all that apply; n=276)



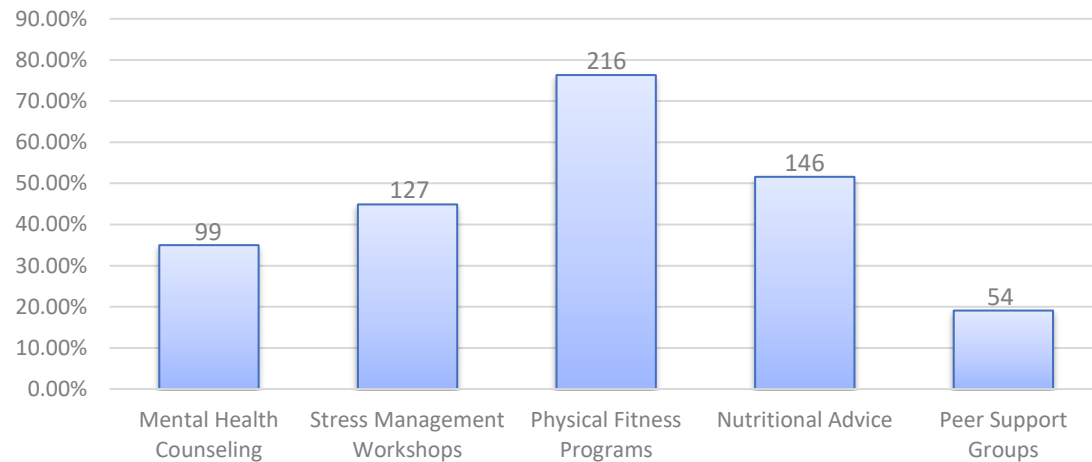
Total: 276

11 comments:

- Students who arrive with strong science backgrounds, including a foundation in anatomy, seem to do better. A good pre-enrollment offering for nursing students would be an anatomy or other science workshop or class that helps students who do not have a strong science foundation coming in.
- Some students who have to work or who are trying to raise a family while going to school struggle. Providing an alternative track that allows students to take fewer classes at a time would be good. Consider the non-traditional block schedules like the one at Cornell College or Colorado College. Having fewer classes to focus on at a time might be more productive and lead to deeper learning for some students.
- More free community activities / meals / family afternoons.
- Very poor hires of recent chairs by Dean.
- Personal finance training.
- Money/mentorship.
- Especially in surgical subspecialties. Disappointed in the lack of changes seen with general surgery in particular even after one of their residents committed suicide. Always going over duty hours.

Wellness Programs (Quantitative & Qualitative)

What wellness programs are you most interested in? (Select all that apply; n=283)



Total: 283

5 comments:

- I'm interested in Mental Health Counseling, but I don't feel comfortable doing it here.
- I enjoy the seasonal CAP events that promote wellness.
- Better administrative support so I can do my job more effectively.
- Academic support for students.
- Self Defense Classes, there is a lot of crime near campus.

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

Opportunities for Improvement (n=25)	
Theme	Example Quotes
Physical Health / Wellness Center	<ul style="list-style-type: none"> - More activities to bring the LSUHSC community together from a wellness perspective. - I think we should do a 5k or 10k! - Continue to offer self-defense training classes. - The wellness center is great, but I am unable to use it much due to work duties throughout the day and commute times. Allowing employees to carve out 30-45 minutes of their workday while still being paid would be extremely beneficial. - More promotionals with prizes / fitness Friday = free smoothies , massages on campus.
Healthy Food	<ul style="list-style-type: none"> - Healthier options in the cafeteria. Please add fruit. - Safety, healthier food options grab and go style, preventative health. - Wellness is not just about exercise and mentality. Food is huge. We need healthier options in general. In the cafeteria, in the vending machines. Promote a healthy learning environment not a "buy what you can because it's cheaper than the alternative" environment.
Mental Health	<ul style="list-style-type: none"> - I would like to see more outside seating areas that are safe for students to study or eat lunch at. - Dr. Rao mindfulness course was wonderful. - Openly addressing the toxicity that is at the root of many of our wellness issues. Fix the problems (get rid of the toxic people and environment as soon as possible). - More activities to bring the LSUHSC community together from a wellness perspective. - Taking outdoor breaks in the sun at least once a day. Having a green space dedicated to that. Change of scenery from a windowless class room.
Safety	<ul style="list-style-type: none"> - Walking around campus or to off-campus restaurants safety issues. - There are no visible crosswalks on the ground which I think is a safety concern. - Improve campus safety and security in and around both campuses. - Safety, healthier food options grab and go style, preventative health.
Other	<ul style="list-style-type: none"> - Please make certain all are aware of wellness activities offered by LSUHSC-NO. - Anonymous evaluations of programs within LSUHSC should be offered at least twice a year to ensure students are supported and treated with respect within programs and that the core values are being held to standard across the board. - More single stall restrooms or spaces designed for use by a single individual where one could go when they just need a minute to refocus, decompress, recenter, etc. - How to get pediatric residents a free work out space at the hospital they spend 3 years at. - More offerings at the SoD.

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

Possible Actions

CAFETERIA

Increase hours of operation for cafeteria and offer more healthy food options such as a salad bar, vegetarian food and/or fruits.

WELLNESS CENTER

Increase hours of operation of the wellness center and run a campaign to remind people about where and when the wellness center is available, what classes can be taken and where to park.

ON- AND OFF-CAMPUS COUNSELING

Run campaigns via email and social media to inform about the existence and services of on- and off-campus counseling options and emphasize confidentiality particularly on the website and in presentations.

SMOKE-FREE CAMPUS

Install more noticeable signs indicating the smoke-free campus and initiate an event on the Great American Smoke-out day (Nov. 16, 2024) together with the ATC.

Possible Actions

LACTATION ROOMS

Add signage near the entrances of buildings or create a digital signage which list the locations of lactation rooms in each building and add a list with instructions about how to use the rooms.

WELLNESS

Offer more physical fitness programs such as Pilates, yoga and TRX after 5 PM and provide free nutrition classes to teach how to prepare healthy meals (on a budget).

STUDENT SUCCESS

Provide more student spaces to study and inform the LSUHSC community about these new options. Also, offer workshops and online tutorials about essential software, tools and platforms and a 24/7 technical support.

Conduct workshops on how to apply for scholarships, grants, and federal aid programs like FAFSA. Moreover, establish a career center with advisors for personalized career counseling and guidance, workshops (i. e. resume or application writing) and that hosts job fairs where students can meet potential employers.

HUNGER FREE CAMPUS

Establish on-campus food pantries and/or provide meal vouchers or dining hall credits to students in need. Also, offer affordable food in the cafeteria, partner with local food banks, nonprofits, and community organizations and provide financial aid counseling. Run awareness campaigns to inform students about resources and reduce the stigma associated with seeking help.

Action Plan

1. Define SMART Objectives
2. Break Down Goal Into Manageable Tasks
3. Prioritize and Sequence Tasks (incl. Milestones and Deadlines)
4. Identify Resources and Assign Roles
5. Implement the Plan
6. Monitor and Adjust the Progress
7. Evaluate and Reflect

<https://www.linkedin.com/advice/0/what-steps-creating-action-plan-implementing>

<https://asana.com/de/resources/action-plan>

<https://creately.com/guides/how-to-write-an-action-plan/>