

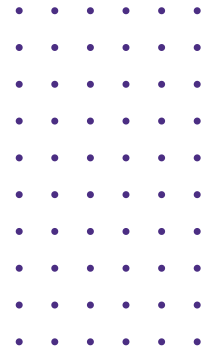


2023-2024

STUDENT HEALTH AND WELLNESS SURVEY DATA & RECOMMENDATIONS

PREPARED BY THE
**HEALTH AND
WELLNESS
TASKFORCE**

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INTRODUCTION

This report presents the findings from the Student Health & Wellness Survey conducted by the Associated Students of UW Tacoma (ASUWT) Health and Wellness Taskforce. The survey was open for participation from November 13th, 2023 to January 31st, 2024 and was advertised with the incentive to win a 2019 MacBook Pro and other UW Tacoma merchandise.

During this period of the university's existence, there has been a strong emphasis to increase on-campus engagement as a part administration's efforts to increase student recruitment and retention. Despite these efforts, enrollment figures have remained flat, indicating that there may be potential areas for improvement in student satisfaction and campus life. Recognizing this, ASUWT has acknowledged health and wellness to be a significant concern among the student body. This survey was created with the goal of gaining a deeper understanding of student's needs

The recommendations presented in this report have been developed by the Health and Wellness Taskforce who carefully analyzed the survey data to ensure that their advice was firmly rooted in the evidence collected.





A WORD FROM THE TASKFORCE CHAIR

I want to extend my deepest gratitude to each member of this taskforce for their unwavering commitment, hard work and setting the high standards for other student run taskforces to follow. Norah Duncan, Kalea Velasco-Cosare, Santino Wong, Enmanuel Mujica, Jayana Estacio, and Dalton Miltimore, your dedication to supporting student health and wellness has been inspiring.

I also want to express my appreciation to UW Tacoma Student Affairs and the UW Tacoma Bookstore for their generous support in providing prizes for the giveaway incentive.

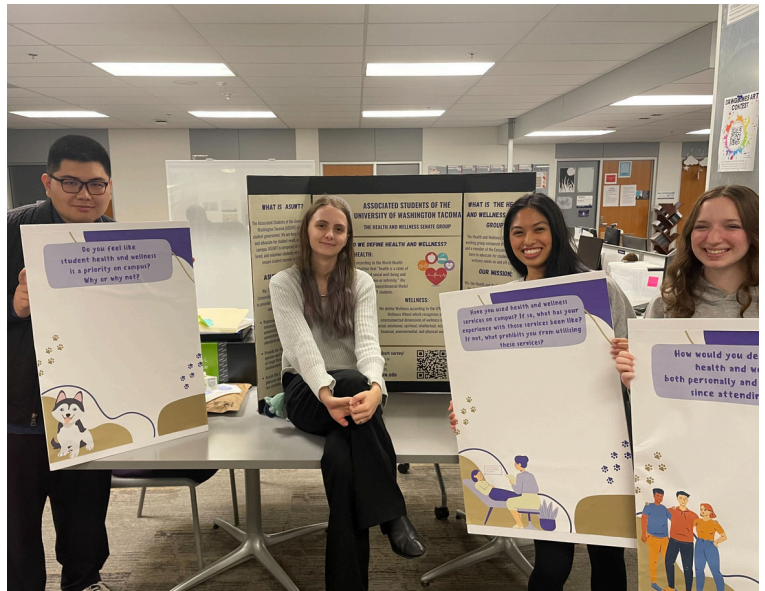
On behalf of the entire taskforce, I hope that the data presented in this report will serve as a powerful tool in advocating for the student experience. This data will not only assist ASUWT in its future advocacy efforts, but we hope to empower the broader campus community to promote the needs and interests of UW Tacoma Students as well.

Holly Wetzel

**ASUWT PRESIDENT
2023-2024**

Survey Dissemination Information

The survey was conducted through DUBNET, UW Tacoma's student engagement platform, using the integrated survey feature. The decision to use this platform was strategically chosen over other platforms (ex. Qualtrics) to ensure easy accessibility for the UW Tacoma student body to use a platform they were already used to. Students could only access the survey using their UW NetID, ensuring that only students were completing the surveys. To maximize student participation, our promotional campaign combined several approaches to ensure all students were aware of the survey. Bi-weekly email blasts were sent through the PREZ-LINE to ensure regular, direct communication with students. On campus, daily tabling sessions during the survey period took place to offer



students a face-to-face opportunity to engage with ASUWT and learn about the survey. To meet students where they were, ASUWT also conducted classroom and Registered Student Organization Presentations. Finally, a social media marketing campaign was implemented to increase the survey's visibility among students.

The UW Tacoma Office of Institutional Research has confirmed that this survey's findings are generalizable to the current UW Tacoma student population.

Survey Demographics

Age

71.54% (465) | Aged 18 - 24
19.23% (125) | Aged 25 - 34
6.00% (39) | Aged 35 - 44
2.62% (17) | Aged 45 - 54
0.62% (4) | Aged 55 - 64

Class Standing

13.39% (87) | Freshman
11.85% (77) | Sophomore
32.00% (208) | Junior
31.54% (205) | Senior
11.23% (73) | Graduate

Ethnicity

32.46% (211) | Caucasian
27.38% (178) | Asian
13.38% (87) | Latino/Hispanic
10.46% (68) | Two or More
8.0% (52) | African American
2.62% (17) | Prefer Not To Say
2.62 (17) | Native American
2.0% (13) | NH/PI
1.08% (7) | Other/Unknown

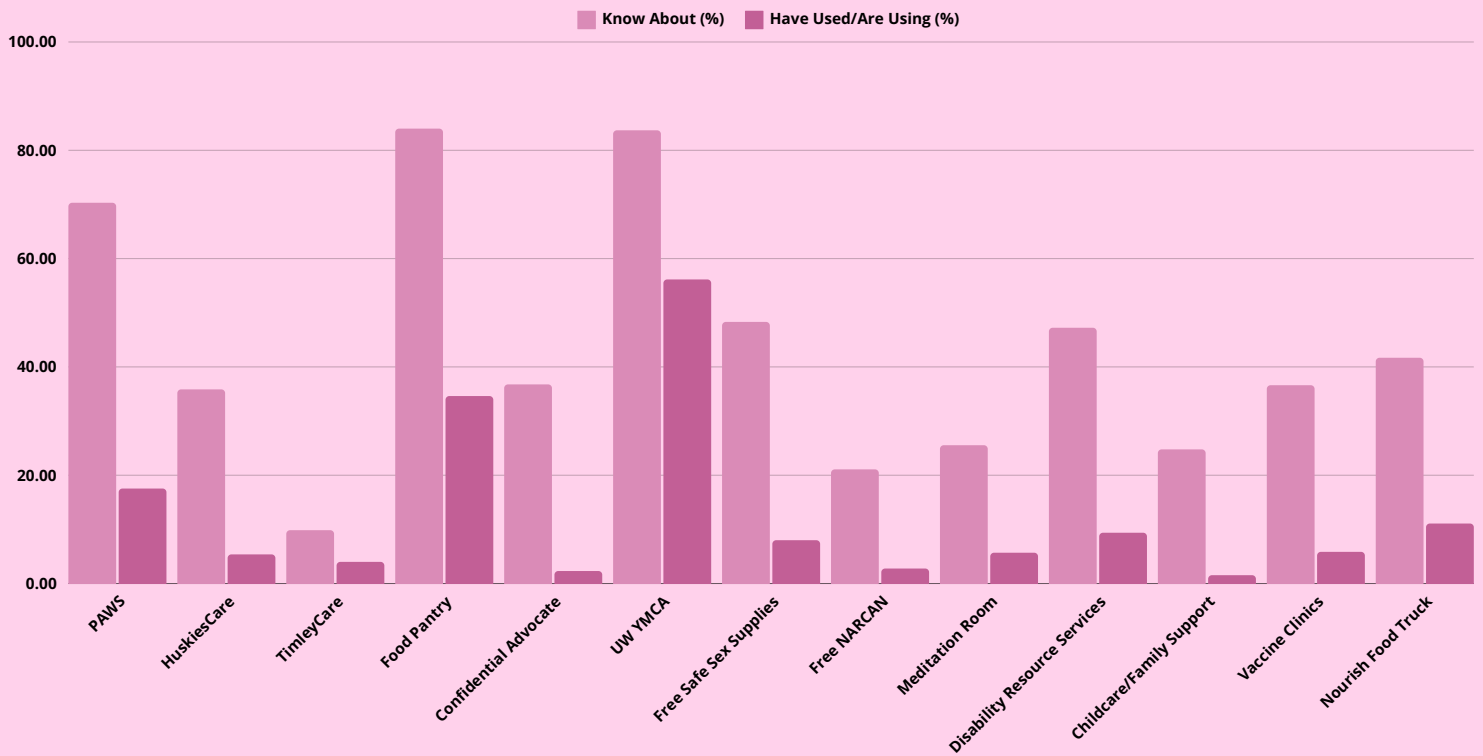
Gender Identity

53.08% (345) | Female
40.00% (260) | Male
3.38% (22) | Nonbinary
1.69% (11) | PNTS
1.08% (7) | Other
0.77% (5) | Transgender

Identify As Veteran

7.7% (50) | Yes
92.3% (600) | No

CHART 1.0 REPORTED RESOURCE KNOWLEDGE AND UTILIZATION



Areas For Further Investigation

Students were asked what resources they knew about on campus and were subsequently asked what resources they have actually used.

ASUWT has concerns regarding the amount that students know about a resource versus actually utilizing the resource. While we do anticipate the use rate to be significantly lower than the knowledge rate, we have concerns regarding whether or not students feel comfortable using a resource and/or if they genuinely know that the resource exists. TimelyCare in particular is an outlier, and we believe the number of students who actually know about TimelyCare to be inflated due to a TimelyCare giveaway promotion was going on at the same time as the survey.

ASUWT also has concerns regarding the food pantry and nourish food truck in terms of being accessible.

While students may know about those resources, a significantly low amount of students actually report using the resource. Considering that other campus resource within the last 5 years suggest that 40-45% of our students experience food insecurity, ASUWT would expect that the usage numbers to be higher than they actually are.

Supplemental research and investigative work should be done to determine the causes for why these numbers came about.

Qualitative Data Processing Methodology

Survey Questions

Students who identified using health & wellness resource on campus were asked a supplemental free-response question about their experience using the resource.

- “What was your experience like using that resource?”

Preprocessing of Responses

Before formal analysis, responses underwent several preprocessing steps:

- Normalization of Text: This involved converting all text to a consistent format to ensure it was easily readable by the software.
- Removal of Irrelevant Responses: Any responses marked as “N/A” were excluded from the analysis to ensure data quality and relevance.

Natural Language Processing (NLP)

The preprocessed data was then analyzed using Natural Language Processing using Python tools Natural Language Toolkit (NLTK) and TextBlob to do the following:

- Sentiment Analysis: Assessed the sentiments expressed in the text, categorizing them as positive, negative, or neutral.
- Keyword Extraction: Identified key words in the text that were commonly used across the responses.

Categorization Based on Themes

Finally, the responses were categorized based on common themes detected through the Natural Language Processing that created actionable categories based on the survey question and responses.

Psychological & Wellness Services Experience Data Summary*

*Asked only to those who reported using the above resource

Positive Feedback Themes (73% Responses)

- **General Satisfaction:** Students appreciated the counseling and group therapy, mentioning the staff and therapists were “amazing”, “nice”, and “very helpful”. The small group sizes in therapy were viewed to be positive, and that the resource was potentially under-advertised.
- **Beneficial for Campus Life:** Many students reported that PAWS made their university experience easier, helping with social confidence and other self-improvements.

Neutral Feedback Themes (16% Responses)

- **Mixed Experiences:** There were comments that mentioned both positive and negative experiences, or did not commit to a positive or negative opinion.

Negative Feedback Themes (11% Responses)

- **Unmet Needs:** Students reported unmet needs regarding the handling of specific conditions like autism and/or ADHD.
- **Appointment Issues:** Some students expressed disappointment, particularly with being dropped from appointments or feeling judged by therapists as not “ill enough”.
- **Service Challenges:** Criticisms included long waits for appointments, difficult scheduling processes, and a lack of follow-up for initial appointments.

HuskiesCare Experience Data Summary*

*Asked only to those who reported using the above resource

Positive Feedback Themes (55% Responses)

- **General Satisfaction:** Students reported that the service was helpful and supportive, with mentions of it being amazing and beneficial. Some feedback pointed to the service being fun and engaging, though one respondent wished for more interactivity.

Neutral Feedback Themes (44% Responses)

- **Mixed Experiences:** A significant portion of feedback came from users who have not used the service, highlighting a potential gap in communication or engagement with the available resources.

Negative Feedback Themes (0% Responses)

Confidential Advocate Experience Data Summary*

*Asked only to those who reported using the above resource

Positive Feedback Themes (100% Responses)

- **General Satisfaction:** Students expressed general satisfaction with terms like "Pretty good", "Nice", and "Good". The positive feedback, although limited in detail, suggests a satisfactory experience with the service.

Neutral Feedback Themes (0% Responses)

Negative Feedback Themes (0% Responses)

TimelyCare Experience Data Summary*

*Asked only to those who reported using the above resource

Positive Feedback Themes (76% Responses)

- **General Satisfaction:** Students appreciated the additional resources provided by the app, such as help with sleep schedule, study habits, and quick medical advice. The ease of scheduling appointments and the stress-free process were also noted positively.
- **Accessibility and Convenience:** Students appreciated the easy access to services, especially the ability to receive healthcare from home without cost. The quick response time and immediate access to healthcare professionals were highlighted as significant benefits.

Neutral Feedback Themes (24% Responses)

- **Mixed Experiences:** There were comments that mentioned both positive and negative experiences, or did not commit to a positive or negative opinion. Students were expecting to be able to book in-person with a medical professional or access psychiatric services through the app.

Negative Feedback Themes (0% Responses)

Food Pantry Experience Data Summary*

*Asked only to those who reported using the above resource

Positive Feedback Themes (82% Responses)

- **General Satisfaction:** Many students found the pantry to be nice, mentioning the kindness and helpfulness of the people who work there. They appreciated the food and the resource in general.
- **Impact on Student Life:** Students expressed how the pantry helped them manage financial constraints and ensured they were not hungry during classes.

Neutral Feedback Themes (8% Responses)

- **Mixed Experiences:** Students express a sentiment of gratitude for the service but frustrations with its unpredictability in stock and limitations.

Negative Feedback Themes (10% Responses)

- **Stock & Availability Issues:** Student feedback included disappointment surrounding limited stock, the pantry being nearly or completely empty, and the lack of specific food options.
- **Accessibility and Wait Times:** There were mentions of long wait times and the pantry being difficult to access, especially for those with disabilities. The unpredictability of restocking times and the inconsistency in availability were also emphasized.
- **Scheduling Conflicts:** Students expressed concerns about the timing of restocking, which often conflicted with class schedules, making it hard to access the pantry when it's fully stocked.

University YMCA Student Center Experience Data Summary*

*Asked only to those who reported using the above resource

Positive Feedback Themes (87% Responses)

- **Welcoming & Supportive Environment:** Many students described the YMCA as a great place with friendly and helpful people. The welcoming atmosphere and community feel were highly praised.
- **Variety of Activities & Resources:** Students appreciated the wide range of facilities and activities available, from gyms and recreational activities to study spaces and group events.

Neutral Feedback Themes (12% Responses)

- **Mixed Experiences:** There were comments that mentioned both positive and negative experiences, or did not commit to a positive or negative opinion.

Negative Feedback Themes (1.5% Responses)

- **Membership Costs & Facilities Expectations:** There were comments about the membership being too expensive and expectations not being met in terms of facilities, like the absence of a pool or sauna.
- **Parking Issues:** Some students reported concerns about limited parking affecting their motivation to use the center.

Free Safer Sex Supplies Experience Data Summary*

*Asked only to those who reported using the above resource

Positive Feedback Themes (77% Responses)

- **Accessibility & Convenience:** The majority of responses praised the service for being easy to access, discreet, and convenient. Students appreciated the availability of free condoms and felt the service was straightforward and shame-free.
- **Good Selection & Quality:** Although there were some requests for more variety, the overall sentiment was that the supplies provided were good and met users' needs.

Neutral Feedback Themes (34% Responses)

- **Functional but Unremarkable:** Some students indicated the resource was functional and met basic needs but did not stand out in any significant way. This included feedback about the items working as expected and saving money on condoms.

Negative Feedback Themes (0% Responses)

Free NARCAN Training & Distribution Experience Data Summary*

*Asked only to those who reported using the above resource

Positive Feedback Themes (66% Responses)

- **Ease of Access & Speed:** Students found the service easy to access and were pleased with the quick pickup and response times. The process of ordering and receiving NARCAN was described as straightforward and simple.
- **Effective Training:** Students appreciated the training that came with the NARCAN request form, noting it as effective and useful.

Neutral Feedback Themes (33% Responses)

- **Lack of Awareness:** Some students expressed a lack of knowledge about the service's existence or how to access it.

Negative Feedback Themes (0% Responses)

Campus Meditation Room Experience Data Summary*

*Asked only to those who reported using the above resource

Positive Feedback Themes (66% Responses)

- **Appreciation for the Space:** Students appreciated the meditation room as a quiet space, mentioning that its a clean, peaceful environment and provides a mental break.
- **Effective Training:** Students appreciated the training that came with the NARCAN request form, noting it as effective and useful.

Neutral Feedback Themes (33% Responses)

- **Mixed Experiences:** There were comments that mentioned both positive and negative experiences, or did not commit to a positive or negative opinion. Students recommended for the space to be larger.

Negative Feedback Themes (0% Responses)

Disability Resource Services Experience Data Summary*

*Asked only to those who reported using the above resource

Positive Feedback Themes (72% Responses)

- **Supportive & Accommodating Staff:** Many students found the DRS staff to be helpful and accommodating and the system's ease of use for requesting DRS accommodations.

Neutral Feedback Themes (22% Responses)

- **Mixed Experiences:** There were comments that mentioned both positive and negative experiences, or did not commit to a positive or negative opinion.

Negative Feedback Themes (5.5% Responses)

- **Funding & Resource Concerns:** One student criticized the service as being poorly funded and inadequate compared to what's available at UW Seattle, highlighting a need for better resources and accommodations.
- **Reapplication Process:** One student expressed dissatisfaction with having to reapply for services every quarter.
- **Unsafe Staff Interaction:** A student reported feeling unsafe after interacting with a staff member in DRS, leading to avoidance of the service.

Family Support Services Experience Data Summary*

*Asked only to those who reported using the above resource

Positive Feedback Themes (71% Responses)

- **Financial Support Appreciation:** Students expressed gratitude for the financial support provided for childcare costs.
- **Helpful Staff:** The staff, one particularly mentioned as Kelly, was highlighted as being very friendly and helpful.

Neutral Feedback Themes (29% Responses)

- **Desire for More Resources:** Although expressing positive views, some users wished for more child-friendly spaces on campus and additional resources for childcare.

Negative Feedback Themes (0% Responses)

COVID-19/Flu Vaccine Clinics Experience Data Summary*

*Asked only to those who reported using the above resource

Positive Feedback Themes (92% Responses)

- **Accessibility and Convenience:** Many students found the vaccine clinics to be convenient and accessible, especially appreciating that these services were available on campus.
- **Appreciation for the Free Service:** Students appreciated the resource being free, as it helped students meet immunization requirements and stay healthy without financial burden.

Neutral Feedback Themes (4% Responses)

- **Mixed Experiences:** There were comments that mentioned both positive and negative experiences, or did not commit to a positive or negative opinion.

Negative Feedback Themes (4% Responses)

- **Location and Communication Issues:** One student highlighted issues with locating the clinic despite receiving multiple emails, leading to missed flu shots.

Nourish Food Truck Experience Data Summary*

*Asked only to those who reported using the above resource

Positive Feedback Themes (78% Responses)

- **General Satisfaction:** People generally appreciated the service, describing it as "pretty cool", "helpful", and "kind-hearted". They also appreciated the variety of food, especially fresh foods and meat.
- **Helpfulness:** Many found the food truck to be a crucial resource, helpful for supplementing groceries and being a reliable source of food compared to the pantry. Comments mentioned the friendliness and encouragement of the staff.
- **Appreciation for Campus Resource:** Students expressed gratitude for having such a resource on campus, highlighting its ease of use, good selection, and the positive impact it has had on their lives.

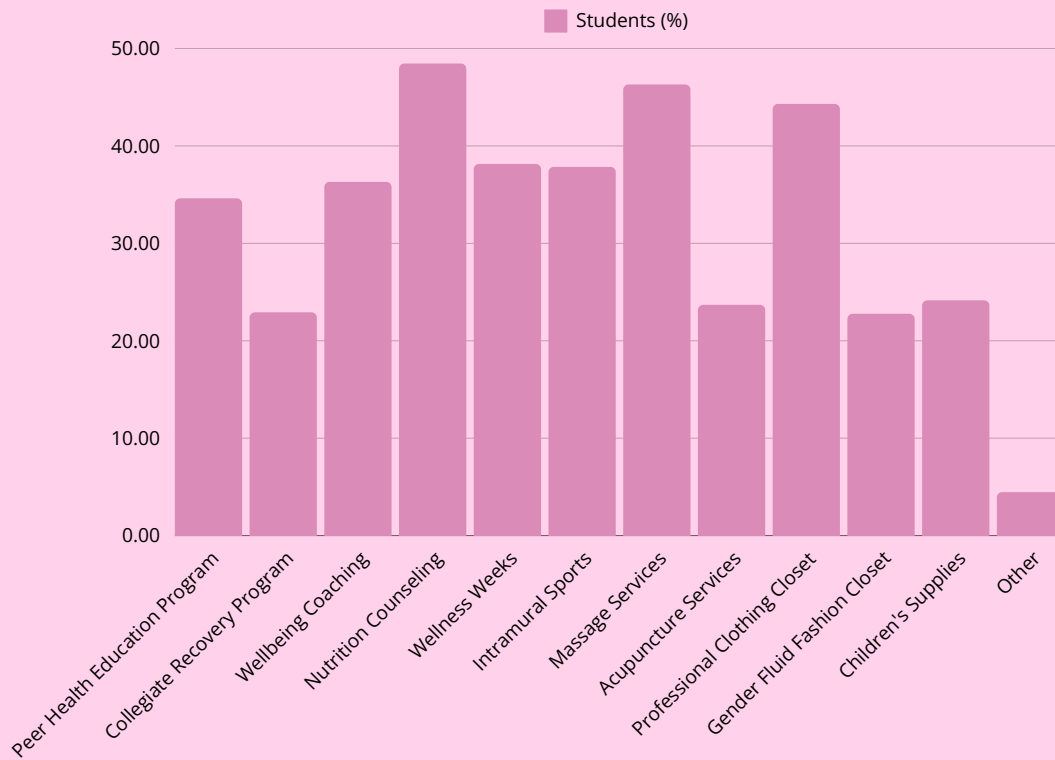
Neutral Feedback Themes (15% Responses)

- **Limited Usage:** Some students reported having limited interaction with the food truck due to personal circumstances or lack of information available, mentioning they used it only once or not at all but found it useful or plan to use it.
- **Mixed Experiences:** There were comments that mentioned both positive and negative experiences, like finding helpful supplies but also encountering expired food.

Negative Feedback Themes (4.5% Responses)

- **Quality Concerns:** Students raised concerns regarding the freshness and quality of the food, particularly the vegetables and meat. Students shared experiences of receiving expired or nearly expired food, one student citing having food poisoning due to the food.

CHART 2.0 REQUESTED HEALTH & WELLNESS SERVICES



Other:

- In-Person Health Clinic (3x)
- School Provided Health Insurance (1x)
- Chiropractor (1x)
- Dentist (1x)
- Language Courses (1x)
- Veteran to Civilian Peer Advising (1x)
- Immigrant Student Services Center (1x)
- Cyclist Resources (1x)
- In-Person Mental Health Counseling (1x)
- Napping Spots (1x)
- Couples Counseling (1x)
- Personal Training (1x)
- Canteen/Meal Hall (1x)
- Support Group for Mothers (1x)
- Support for Formerly Incarcerated Students (1x)
- Taxes & Housing Investments (1x)
- Trauma Survivors Support Group (1x)
- Childcare Watch Space (1x)
- Student Lounge (1x)
- Stuffed Animals From Event (1x)

CHART 3.0 RATED MENTAL HEALTH CULTURE AT UW TACOMA

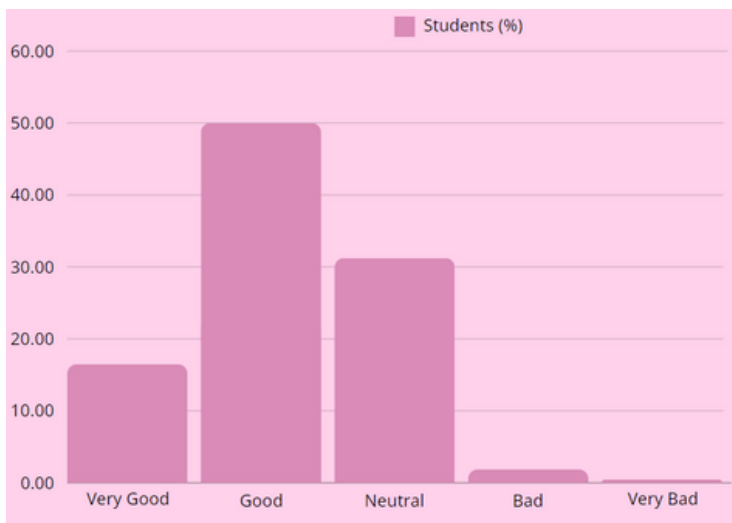


CHART 4.0 RATED MENTAL HEALTH SINCE ATTENDING UW TACOMA

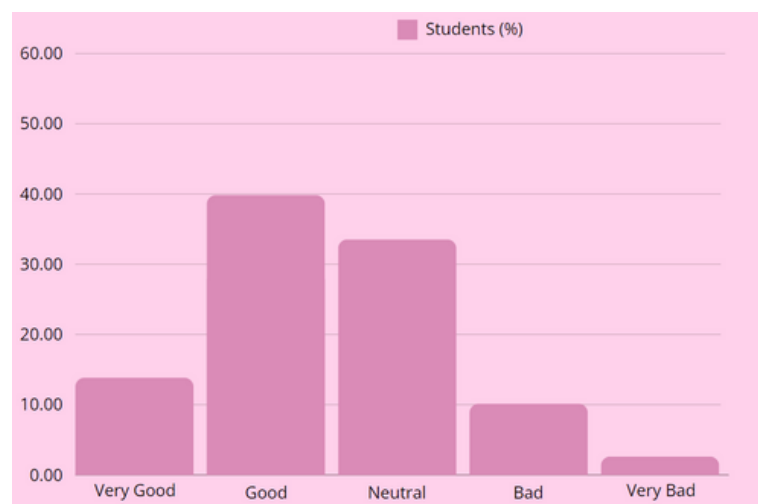
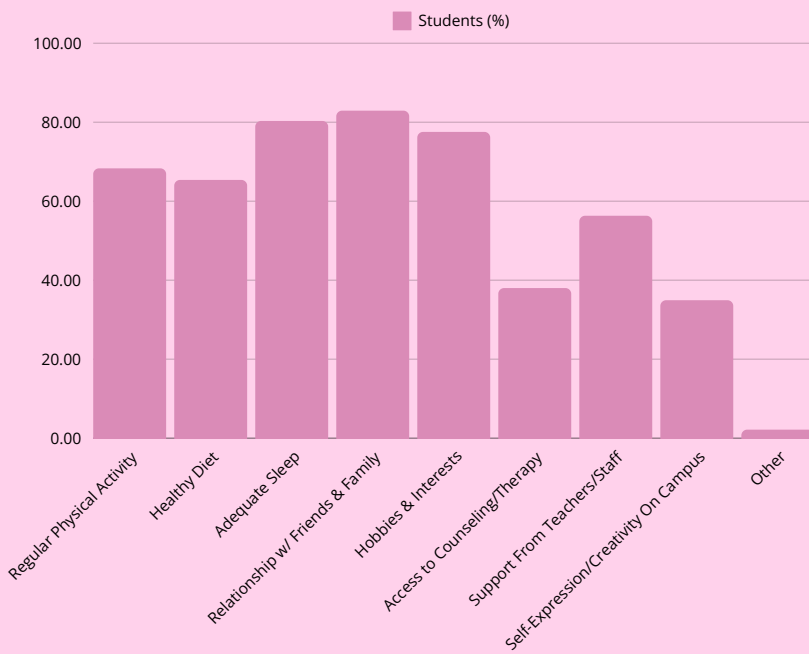


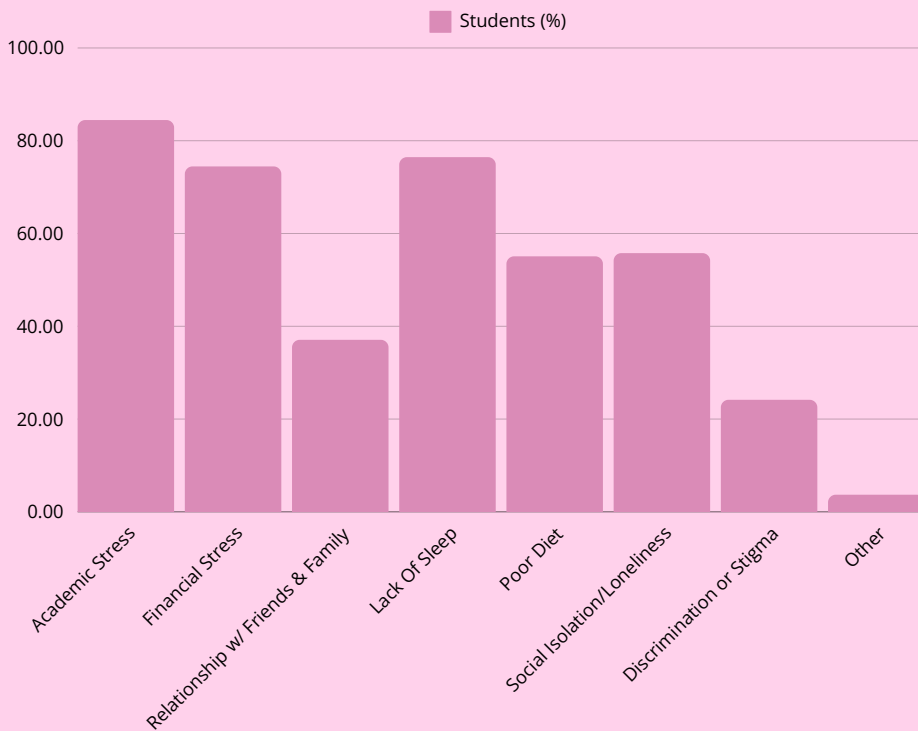
CHART 5.0 REPORTED FACTORS THAT POSITIVELY INFLUENCE MENTAL HEALTH/WELLNESS



Other:

Prayer/Church (2x), Emotional Support Animal (1x), Candy (1x), Medication (1x), Job (1x), Competent Professors (1x), ADHD (1x), Autism Support (1x), Emotional Support Animal (1x), Opportunities for Self-Expression (1x) & Creativity at Home (1x)

CHART 6.0 REPORTED FACTORS THAT NEGATIVELY INFLUENCE MENTAL HEALTH/WELLNESS



Other:

Mental Health/Disorder (3x), Grief and/or Loss (3x), Work (2x), Stress From Everything (1x), Poor Mental Health Campus Culture (1x), Trauma, General Emotional Stress (1x), Minimal Time For Hobbies (1x), Lack Of Faculty Support (1x), Disrespecting Pronouns (1x), Not Meeting Fitness Goals (1x).