# GatorWell Snapshot: 2016-2017 Academic Year

## Healthy Gators 2016: Top Impediments to Academic Performance

<table>
<thead>
<tr>
<th>ACHA-NCHA (n = 80,139)</th>
<th>UF Healthy Gators (n = 1511)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Stress (33.8%)</td>
<td>1. Stress (32.8%)</td>
</tr>
<tr>
<td>2. Anxiety (24.4%)</td>
<td>2. Anxiety (27.6%)</td>
</tr>
<tr>
<td>3. Sleep Difficulties (22.2%)</td>
<td>3. Cold, Flu, Sore Throat (21.1%)</td>
</tr>
<tr>
<td>4. Depression (16.2%)</td>
<td>4. Internet Use/Computer Games (19.0%)</td>
</tr>
<tr>
<td>5. Cold, Flu, Sore Throat (15.7%)</td>
<td>5. Participation in Extracurricular Activities (17.7%)</td>
</tr>
<tr>
<td>6. Work (14.9%)</td>
<td>6. Sleep Difficulties (17.5%)</td>
</tr>
<tr>
<td>7. Internet Use/Computer Games (11.8%)</td>
<td>7. Depression (14.7%)</td>
</tr>
<tr>
<td>8. Concern for Friend or Family Member (11.7%)</td>
<td>8. Relationship Difficulties (11.5%)</td>
</tr>
<tr>
<td>9. Participation in Extracurricular Activities (10.2%)</td>
<td>9. Finances (11.4%)</td>
</tr>
<tr>
<td>10. Relationship Difficulties (9.8%)</td>
<td>10. Work (11.1%)</td>
</tr>
</tbody>
</table>
Year in Review: Increased Access

AY 15-16
AY 16-17

Individual Appointments
Office Walk-ins
Health Hut Outings
Health Hut Contacts

AY 16-17: Signature Services by College

Wellness Coaching
Tobacco Cessation
HIV Testing

<table>
<thead>
<tr>
<th>College</th>
<th>Wellness Coaching</th>
<th>Tobacco Cessation</th>
<th>HIV Testing</th>
</tr>
</thead>
<tbody>
<tr>
<td>CALS</td>
<td>41</td>
<td>4</td>
<td>13</td>
</tr>
<tr>
<td>ART</td>
<td>3</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>BUS</td>
<td>30</td>
<td>13</td>
<td>6</td>
</tr>
<tr>
<td>DEN</td>
<td>3</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>DCP</td>
<td>15</td>
<td>13</td>
<td>3</td>
</tr>
<tr>
<td>EDU</td>
<td>7</td>
<td>3</td>
<td>6</td>
</tr>
<tr>
<td>ENGN</td>
<td>88</td>
<td>10</td>
<td>5</td>
</tr>
<tr>
<td>HHIP</td>
<td>21</td>
<td>9</td>
<td>4</td>
</tr>
<tr>
<td>CJIC</td>
<td>14</td>
<td>9</td>
<td>11</td>
</tr>
<tr>
<td>LAW</td>
<td>168</td>
<td>11</td>
<td>2</td>
</tr>
<tr>
<td>CLAS</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MED</td>
<td>9</td>
<td></td>
<td></td>
</tr>
<tr>
<td>NUR</td>
<td>9</td>
<td></td>
<td></td>
</tr>
<tr>
<td>PHRM</td>
<td>11</td>
<td></td>
<td></td>
</tr>
<tr>
<td>PHHP</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>VET</td>
<td>13</td>
<td></td>
<td></td>
</tr>
<tr>
<td>UND</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
AY 16-17: Wellness Coaching for Academic Success

**Areas Identified for Growth**

- Relaxation: 76.12%
- Time Management: 40.48%
- Sleep: 40.14%
- Eating Habits: 30.80%
- Exercise: 17.99%
- Study Skills: 13.49%
- Test Taking: 10.03%
- Career/Major: 10.00%
- Other: 0.00%

**AY 16-17: Skills Learned During WC Session**

- How to better set priorities: 68.86%
- How to better manage your time: 55.36%
- How to deal with procrastination: 41.18%
- Techniques to organize your schedule: 30.80%
- Strategies for healthy eating: 24.57%
- Strategies for exercise: 20.76%
- More effective ways to study: 12.11%
- Stress management/relaxation techniques: 28.03%
- Strategies for improving sleep: 15.92%
- Where to go on campus for further assistance: 0.00%
AY 16-17: Wellness Coaching for Academic Success

I was satisfied with this session

- Strongly Agree: 80.51%
- Agree: 18.41%
- Neither Agree nor Disagree: 1.08%

I would recommend this program to other UF students who need help.

- Strongly Agree: 80.14%
- Agree: 18.77%
- Neither Agree nor Disagree: 0.72%

Be Well. Do Well.

BeYOUtiful Health and Wellness Fair: 2015 vs 2017

Total Number of Event Participants

Undergraduate vs Graduate

I learned something new that I intend to implement in the future

Overall, I was satisfied with this event.

I learned where to find resources or help with body image and/or eating concerns.
Sexual Consent Campaign: Professional Partner Feedback

**Campaign Phase Used**
- Phase 1: Knowledge
- Phase 2: Beliefs
- Phase 3: Behavioral Intent
- All 3 Phases

**Campaign Exposure**
- RTS: 4,903,756
- Gotcha Ride: 512,000
- Alligator: 142,341
- Odyssey: 153,480
- STRIVE Facebook: 25,350
- GatorWell Facebook: 21,680
- GatorWell Instagram: 5,192
- Presentations & Tabling Outreach: 1,012

**Campaign Theme Used**
- Theme 1: Sleep Well
- Theme 2: Decaffeinate
- Theme 3: Turn it Off
- Theme 4: Reduce the Noise
- All 4 Themes

**How did you use the Consent Campaign materials?**

Sleep.Dream.Thrive.
Student Partner Feedback

**Campaign Theme Used**
- Theme 1: Sleep Well
- Theme 2: Decaffeinate
- Theme 3: Turn it Off
- Theme 4: Reduce the Noise
- All 4 Themes

**Campaign Format Used**
- Requested an interactive sleep presentation: 33.33%
- Powerpoint Slides: 36.36%
- Bulletin Board Kits: 52.94%
- Table Tents: 54.55%
- 8”x10” Flyers: 14.71%
- 11”x17” Posters: 14.71%
- 22”x30” Portrait Posters: 17.65%
- 30”x22” Landscape Posters: 18.24%
- Web Images: 60%
- TV Monitor Images: 60%
- Social Media Images: 60%

"In this time while we were relaxing together as a community, they really opened up about their other stressors and even "vented" (for lack of a better word) to each other and myself alleviating some of that stress and enhancing relaxation. I heard nothing but positive feedback and how relatable this campaign is!"

– Murphree Hall RA
Social Media: Facebook

- Posts: 549 (549)
- Fans: 2.1K (2.1K)
- Engagement: 3.8K (3.8K)
- Traffic: 39 (39)

Social Media: Twitter

- Tweets: 504 (504)
- Followers: 1.6K (1.6K)
- Engagement: 1.8K (1.8K)
- Traffic: 176 (176)
**Social Media: Instagram**

- Posts: 216 (+216)
- Followers: 958 (+958)
- Engagement: 3.3K (+3.3K)

**Student Development Leadership and Engagement**

- 30 students employed during AY 2016-2017
  - 4% increase from previous academic year
- Developing skills for post-graduate student employment
  - Customer service skills
  - Professional communication skills
  - Career experience for
    - Graphic Design
    - Marketing and Communication
    - Public Health and Health Education
    - Health Science Professionals

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**GATORWELL STUDENT EMPLOYEES BY COLLEGE**

<table>
<thead>
<tr>
<th>College</th>
<th>Employees</th>
</tr>
</thead>
<tbody>
<tr>
<td>Agriculture and Life Sciences</td>
<td>1</td>
</tr>
<tr>
<td>Arts</td>
<td>3</td>
</tr>
<tr>
<td>Business</td>
<td>7</td>
</tr>
<tr>
<td>Education</td>
<td>2</td>
</tr>
<tr>
<td>Health and Human Performance</td>
<td>9</td>
</tr>
<tr>
<td>Journalism and Communication</td>
<td>1</td>
</tr>
<tr>
<td>Liberal Arts and Sciences</td>
<td>6</td>
</tr>
<tr>
<td>Public Health and Health Professions</td>
<td>1</td>
</tr>
</tbody>
</table>
National Recognition

- The National Eating Disorders Association recognized GatorWell’s National Eating Disorder Awareness Week events and social media with a feature on their website and a 2017 partner designation: http://nedawareness.org/get-involved/partners
- GatorWell’s 2015-2016 Annual Report was featured as a “Top Flipbook of the Month” for November 2016 on Flipbook’s website, Twitter, and Facebook accounts: https://www.flipsnack.com/blog/top-flipbooks-november-2016/

National Conference Presentations

- “An eHealth intervention to affect attitudes, perceived behavioral control, and intent in college students: A pilot study.” Poster presented by Natalie Rella at the Society for Public Health Education (SOPHE) Annual Conference
- “Addressing College Mental Health Concerns Through Wellness Coaching for Academic Success.” Concurrent session presented by Alicia Baker and Monica Webb at the National Consortium for Building Healthy Academic Communities (BHAC) 2017 National Summit
- “We Are Where You Are: Health and Wellness as an Innovative Living Learning Community.” Concurrent session presented by Alicia Baker and MC Jordan at the American College Health Association Conference (ACHA) Annual Conference
Thank You!