Overview
The CU Anschutz Medical Campus Student Health Promotion Wellness Needs & Interests Survey was created by the Office of Student Health Promotion in collaboration with the Healthy Campus Steering Committee. The goal of the survey was to obtain core data to drive decisions around student health promotion at the University of Colorado Anschutz Medical Campus. Specifically, the survey was designed to determine the health and wellness needs of students and identify programs and initiatives that students are most likely to participate in. The topics showing the greatest interest are identified as priorities for possible Campus Health Improvement Plans (CHIPs) and inclusion into the Healthy Campus Strategic Plan.

Health & Well-being Areas of Interest
The results of the survey identified four major health promotion areas of interest: physical activity, health services, mental health and nutrition. The priority sub-topics for each health promotion area have been highlighted and identified as possible Campus Health Improvement Plans (CHIPs) for the Student Health Promotion Committee and Healthy Campus Steering Committee to implement.

Physical Activity
“Recreation leagues would be a VERY good way to foster community on the Anschutz Campus.”

Health Services

<table>
<thead>
<tr>
<th>Service</th>
<th>% Extremely likely or likely to participate</th>
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<tbody>
<tr>
<td>Immunizations</td>
<td>80%</td>
</tr>
<tr>
<td>Screening Services</td>
<td>69%</td>
</tr>
<tr>
<td>Chair Massages</td>
<td>66%</td>
</tr>
<tr>
<td>Blood Donation drives</td>
<td>58%</td>
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</table>
**Mental Health**

58% Students expressed interest in Anxiety and Stress Reduction Programs

46% Students expressed interest in an Online Program or App for 24/7 Stress Reduction

49% Students expressed interest in Mental Health First Aid Training

42% Students expressed interest in Programs and Therapy Options for Depression

**Nutrition**

78% Students interested in a campus farmer’s market

48% Students interested in a community garden

56% Students interested in healthy vending machine options

46% Students interested in a student food pantry

**Health & Wellness Program Preferences**

The survey identified when and where students prefer health and well-being programs to be held on campus, as well as students’ willingness to support such programs.

**CU Anschutz students prefer:**

- Single session wellness workshops
- Well-being programs during the hours of 12-1pm or 5-6pm on Mondays, Wednesdays & Fridays
- 45 minute well-being activities
- Activities to be held in the Anschutz Health and Wellness Center & Boettcher Commons

73% of students are willing to spend $10 a year to support health promotion activities.

**Self-Assessment of Health Behaviors**

71% of all CU Anschutz students reported having a healthy lifestyle for years or made health behavior changes in the last year & 29% have been thinking about changing their health behavior or plan to in the next month.