

CREATING A CULTURE OF WELLNESS: ASSESSING CAMPUS NEEDS

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Fitness “A state of complete physical, mental, and social well being, and not merely the absence of disease or infirmity.” Preventable health disparities through lack of physical activity continue to be a burden in predominantly African-American communities (CDC, 2011). Preventative wellness programming has been shown to be successful for students, as well as employees, as long as it is culturally relevant, especially when working within a predominantly African-American population (Ballentine, 2010).

Wellness An active process of becoming aware of and learning to make healthy choices that lead toward a longer and more successful existence. Wellness is something that needs to be taught, encouraged, and valued within a community for it to be obtainable (Bogar, 2008). Wellness categories that were assessed included exercise, nutrition, safety, stress and tobacco usage. Exercise has important physiological and psychological health benefits for all individuals, with research showing that an increase of physical activity leads to overall improvement of one’s health (Warburton, 2006).

Fitness “The ability to carry out daily tasks (work and play) with vigor and alertness, without undue fatigue and with ample energy to enjoy leisure-time pursuits and to meet unforeseen emergencies” (Clarke, 1976). Throughout prehistoric time, man’s quest for fitness has been driven by a desire to survive through hunting and gathering. Today, though no longer driven by subsistence requirements, fitness remains paramount to health and well-being. The research conducted focus on blood pressure, resting heart rate, waist/hip ratio, body fat, height, weight, aerobic capacity, 1-minute max push-ups and curl-ups,

WHAT IS WELLNESS?

“Wellness is a multidimensional state of being describing the existence of positive health in an individual as exemplified by quality of life and a sense of well-being.”

Corbin, Pangrazi, & Franks, 2000

INTRODUCTION

Reports from 2010 indicate that in Charlotte approximately 64% of adults were overweight or obese, 24% reported no physical exercise in the past month, and 17% were current smokers. Minority populations reported rates seven times higher than Caucasians in the areas of smoking, obesity, and lack of physical activity. Even higher rates of these behaviors were found among residents with an annual income of less than \$50,000 (Mecklenburg County Health Department, 2011). Preventable health disparities through lack of physical activity continue to be a burden in predominantly African-American communities (CDC, 2011). Preventative wellness programming has been shown to be successful for students, as well as employees, as long as it is culturally relevant, especially when working within a predominantly African-American population (Ballentine, 2010). African Americans need to find and utilize preventative wellness programming that is designed specifically to match the cultural wants and needs of the community (Lewis-Moss, 2009).

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Setting This study was conducted in Charlotte, NC on the campus of Johnson C. Smith University. A total 2,339 individuals were eligible for participation with the HealthPlex (active full-time and part-time students, staff, and faculty). 648 individuals took part in the study, with the average age of 24. This study was able to secure 28% of the total campus population, a strong representation of the underlying total population.

Software The HealthPlex utilizes a software package designed by MicroFit called Health Wizard. This software package was chosen because it is already utilized in over 300 universities and because of its ease of use. The Wellness Profile section is a 46-question questionnaire that focuses on the areas of exercise, nutrition, alcohol drinking, safety, tobacco use, and stress. The Health History program is an electronic version of the Physical Activity Readiness Questionnaire (PAR-Q). In this section the questionnaire was modified to add two additional questions.

Methods Data collection utilized printed forms of the Health History and Wellness Profile so that it could be mailed, emailed, or handed to the client upon arrival without waiting for an available computer. A ‘quick entry’ feature allowed the research team to rapidly enter data from the answer sheet into the MicroFit database. A paper template was also utilized for conducting the Fitness Profile. The primary investigator and student research assistants then entered the data into the software for each individual. The data was then reviewed for manual input errors by the primary investigator on two separate occasions. Reports were then pulled from the software in the areas of health, wellness, and fitness: Group Report, Group Summary Report, and Group Comparison Report.

COMBINED CAMPUS RESULTS

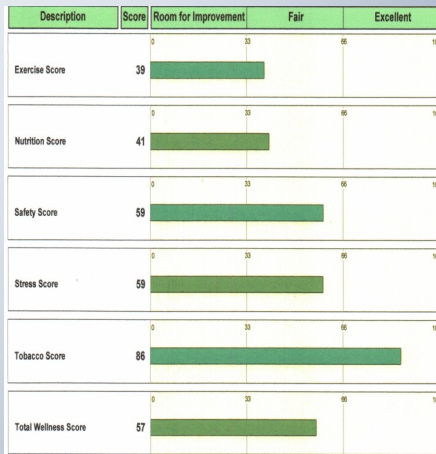
EMPLOYEES & STUDENTS

HEALTH HISTORY

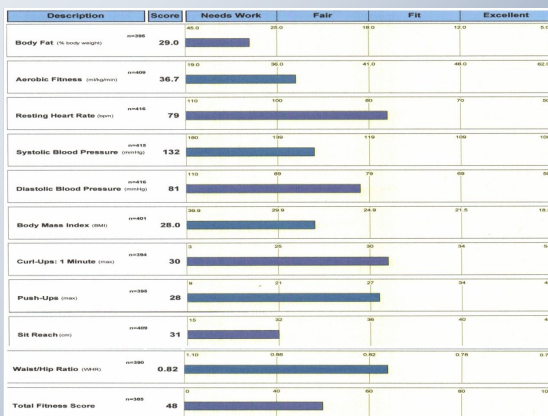
*Health History Questions
Combined Scores of Students, Staff, and Faculty*

Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?	0.5%
Do you feel pain in your chest when you do physical activity?	5.4%
In the past month, have you had chest pain when you were not doing physical activity?	4.5%
Do you lose balance because of dizziness or do you ever lose consciousness?	3.5%
Do you have a bone or joint problem that could be made worse by a change in your physical activity?	5.4%
Is your doctor currently prescribing drugs (for example, water pills) you're your blood pressure or heart condition?	4.8%
Do you know of any other reason why you should not do physical activity?	1.1%
Do you currently have, or getting treatment for Diabetes?	1.2%
Do you currently have, or getting treatment for High Cholesterol	2.6%

WELLNESS PROFILE



FITNESS PROFILE



COMPARISON RESULTS

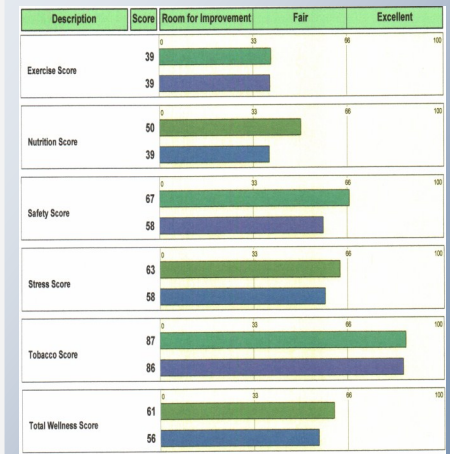
EMPLOYEES VS. STUDENTS

HEALTH HISTORY

*Health History Questions
JCSU Employees vs. Students*

Health History Questions	Percentage of Respondents Answering "Yes"		Difference
	JCSU Employees	Students	
Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?	0.0%	0.6%	0.6
Do you feel pain in your chest when you do physical activity?	0.9%	6.4%	5.5
In the past month, have you had chest pain when you were not doing physical activity?	2.6%	4.9%	2.3
Do you lose balance because of dizziness or do you ever lose consciousness?	2.6%	3.8%	1.2
Do you have a bone or joint problem that could be made worse by a change in your physical activity?	7.0%	5.1%	1.9
Is your doctor currently prescribing drugs (for example, water pills) you're your blood pressure or heart condition?	18.3%	1.9%	16.4
Do you know of any other reason why you should not do physical activity?	0.9%	1.1%	0.2
Do you currently have, or getting treatment for Diabetes?	4.3%	0.6%	3.7
Do you currently have, or getting treatment for High Cholesterol?	10.4%	0.9%	9.5

WELLNESS PROFILE



FITNESS PROFILE

