

Health and Wellbeing Survey Report
IUSG Data Collection Project
Findings Compiled by Elizabeth Algeri and Madeline Garcia

Introduction:

In recent years IU has seen a significant decrease in the use of gym facilities offered to students. This survey was conducted on behalf of IUSG's health and wellbeing committee for the purpose of evaluating the physical activity of students on Indiana University's campus.

Methodology:

The survey was run on the web-based platform of Google Forms for four days, November 4-7th, 2019. Over the course of these four days, the survey received 379 responses. The survey was advertised by sharing electronically over group messages, GroupMe chats, personal social media, and in-person through tabling. On Wednesday, November 6, at the 10th and Fee Ln intersections, as well as Thursday, November 7, at the Ballantine Hall intersection and at the First Thursdays festival, IUSG members passed out small sheets of paper with the QR code linked to the survey.

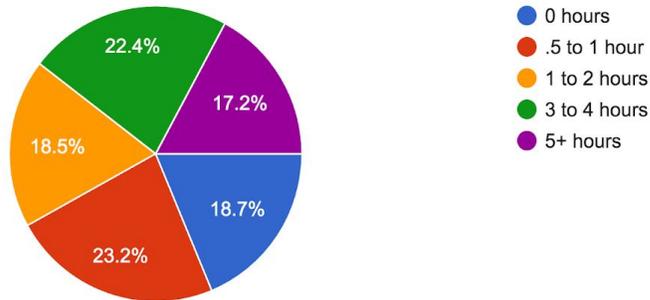
Due to the nature of the survey's distribution, the survey was targeted toward IU students. One flaw in the survey was that it did not include a section for a student to report their student status or affiliation with the University.

Overview of Key Findings:

1. Time for Exercise
 - a. 23.2%, the largest percentage of respondents report exercising 0.5-1 hour per week. Coming in second with 22.4% of respondents is 3-4 hours per week. All of the responses were within a 6 percentage point range of each other, showing that time exercised varies heavily among students. The Department of Health and Human Services recommends people get at least 150 minutes (2.5 hours) of moderate to vigorous exercise each week. An alarming 60.4% of IU students are not getting that recommended time in each week. The chart is as follows:

How many hours a week do you workout on average (cardio, lift, play sports, etc.)?

379 responses



- b. This survey also reported 'lack of time' being the number one explanation for students not working out. Over 82% of respondents answered 'lack of time' as reasoning for not working out. On a college campus, students may have many other commitments in a day, but greater efforts to prioritize exercise for students may be a critical step in promoting greater use of the exercise facilities on campus.

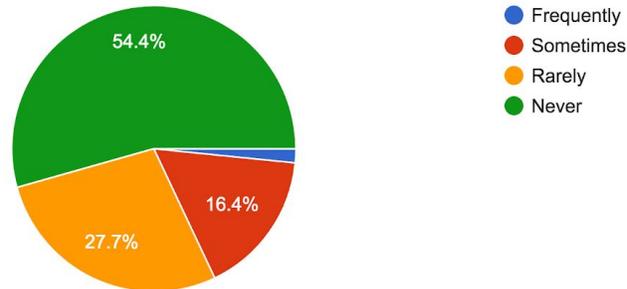
2. Location for Exercise

- a. When asking students where they work out, or would work out, 55% of students replied that they used the SRSC. 75% of respondents answered with one type of on-campus facility, including the SRSC, the IC, Intramural Sports, and dorm rooms. The Intramural Center (IC) only received a 16.9% response rate. Coming in second with 28.2% was the outdoors. Students could check all that applied to them for this question.
- b. 25.2% of respondents said that one reason they did not exercise was "No convenient bus route to exercise facilities (ie. SRSC)," and 11.1% reported that a lack of parking prevented them from working out.

3. Insecurities and Gym Culture

- a. Taking into consideration verbal or sexual harassment as a deterrent for exercising in certain locations, we asked: "How often do you experience unwanted attention and/or comments while working out?". The responses reveal 18% of respondents "sometimes" or "frequently" experience unwanted attention/comments while working out. Meanwhile, the majority answer is "never" with 54.4%. The responses are as follows:

How often do you experience unwanted attention and/or comments while working out?
379 responses



- b. In question 3, “When you don’t exercise, what are the reasons why?” was asked. For 23% of respondents, “Feeling like you don’t belong there/Insecurities” was a response. This is crucial to address, alongside the finding that question 6 revealed, where 44% of respondents reported that physical insecurities had prevented them from working out or caused them to work out excessively. See the chart below:

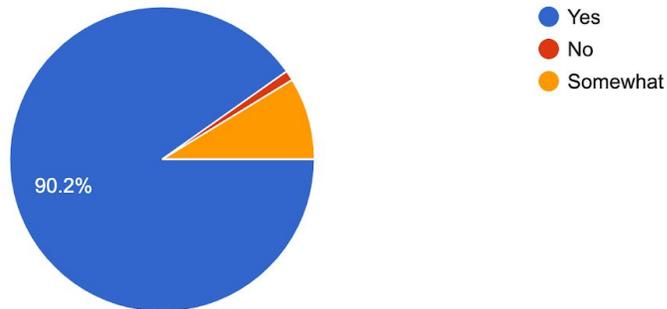
Have your physical insecurities prevented you from working out OR caused you to work out excessively?
379 responses



- c. With respect to the overarching relationship between mental and physical health, we also asked, “Do you feel that exercise is important to your mental wellbeing?” 99% of respondents replied “yes” or “somewhat.” This may be crucial to understanding how exercise is addressed and prioritized among students. When students are not making time for exercise, they may be jeopardizing their mental health as well. The chart is attached:

Do you feel that exercise is important to your mental wellbeing?

378 responses

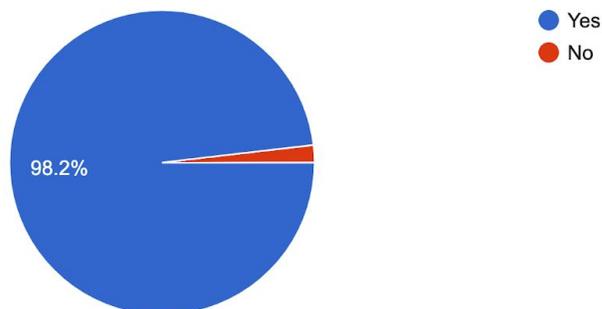


4. Awareness of the Activity Fee

- a. Nearly all students (98.2%) are aware of the Activity Fee and that they have access to the campus workout facilities. Lack of awareness is not a significant reason for students to not work out. The SRSA and other entities should be commended for publicizing this fee and making students aware of it.

Did you know that you already have access to the SRSC (Student RecreationalSports Center) and the Intramural Center paid for through your stud...bership-and-Day-Passes/student-activity-fee.php

379 responses



Conclusion/ Recommendations:

1. One of the most notable findings is that 82% of students report a lack of exercise because they don't have the time. This is a gradual and long-term change, but the IUSG Data Collection Team advocates for a continued push in marketing and rhetoric to encourage students to make time for exercise. Possibly increasing marketing of the weekly schedule of workout classes and advertising the value of even 30 minute workout sessions could be valuable for this change.
2. With 99% of students reporting that exercise affects their mental health at least somewhat, it may also be helpful to highlight exercise and its value in other avenues of campus life. Many university departments and student efforts should be commended for making increases in mental health accessibility a reality. However, there are still many areas where progress is needed. Physical health is one area of overall health that many students may forfeit to work on schoolwork or other commitments.
3. Physical insecurities are a barrier to exercise for 23% of students. Ensuring that gym spaces are inclusive and welcoming to students of all sizes, backgrounds, abilities, and activity levels is a critical piece in helping students use the workout spaces. Campaigns such as the "EveryBODY Week" are positive efforts to ensure that people of all bodies can enjoy and feel welcomed at the gym spaces.
4. The IUSG Data Collection team would be happy to discuss further recommendations and encourages all relevant parties to review the data and survey findings to create feasible and positive policy recommendations in their area of expertise. Any further questions should be directed to iusgsurvey@gmail.com.