



The State of Wellbeing in Collegiate Recreation

In July 2019, NIRSA's Health & Wellbeing Task Force conducted a survey of NIRSA members.

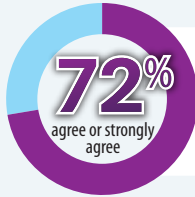
This survey sought to: identify a baseline of members' understanding and work in wellbeing, better understand the landscape of wellbeing on US and Canadian campuses, better understand members' needs, and inform the future work of the Task Force.

Over 600 individuals participated in the survey; some of the resulting data is highlighted below. A discussion of the full results will be presented in an Executive Summary, authored by the Task Force and distributed through the NIRSA Know.

Wellbeing as a priority within NIRSA, in the institution, and in the campus recreation department



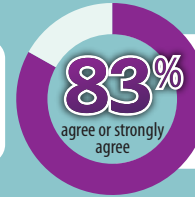
Health and wellbeing is a **top priority** for NIRSA.



NIRSA clearly **communicates progress** towards the goal of being a driving force for integrated health and wellbeing in higher education.



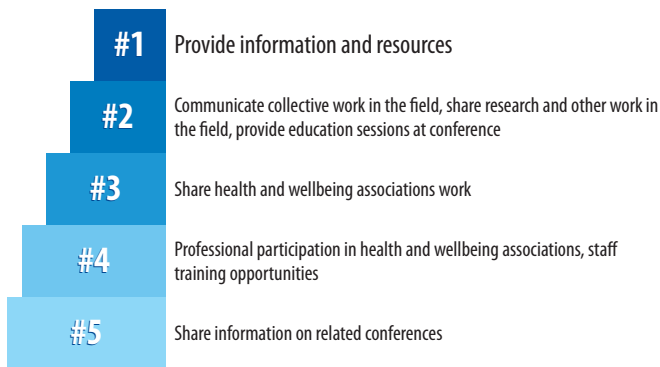
Health and wellbeing is a **top priority of my institution.**



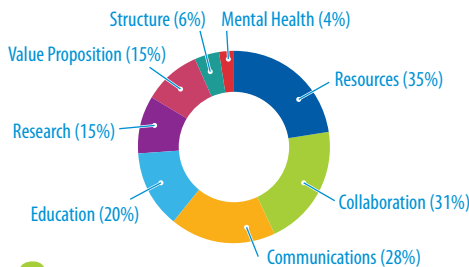
Health and wellbeing is a **top priority in my campus recreation department.**

NIRSA's role with wellbeing

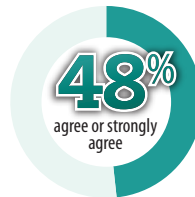
What do you see as NIRSA's role in the health and wellbeing space?



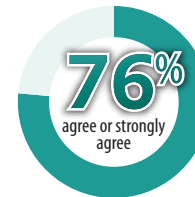
How can NIRSA assist with addressing the top health and wellbeing concerns on your campus?



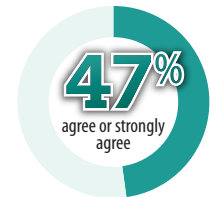
Challenges toward advancing wellbeing



My campus recreation department has sufficient resources (people, training, support) to advance the health and wellbeing of our campus community.

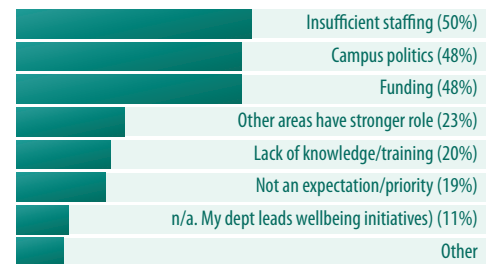


My campus recreation department can clearly articulate why the campus recreation profession is essential in advancing health and wellbeing.



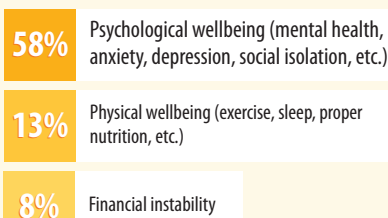
There is **sufficient training** available to meet my department's needs regarding its knowledge and understanding of wellbeing.

What barriers does your recreation department face in leading wellbeing initiatives?



Student Wellbeing Concerns

What are the top three wellbeing concerns for students on your campus?



*members' perception

National College Health Assessment conducted by the American College Health Association, Fall 2018
**student reported data*

