













1. On which campuses did you receive wellness services during the last academic year?

		Response Percent	Response Count
Boca Raton Campus		99.2%	117
Jupiter/MacArthur Campuses		0.8%	1
Broward Campuses		0.0%	0
answered question			118
skipped question			0

2. How often did you use a wellness program of service at FAU?

		Response Percent	Response Count
0		22.9%	27
1-3 times per semester		60.2%	71
4-6 times per semester		8.5%	10
7-9 times per semester		5.1%	6
10+ times per semester		3.4%	4
answered question			118
skipped question			0



3. Which wellness services did you use? (select all that apply)

		Response Percent	Response Count
HIV Testing		24.1%	21
Free Condoms		65.5%	57
Campus Event		62.1%	54
Smoking Cessation		1.1%	1
I did not use any of these services		10.3%	9

Other (please specify) 9

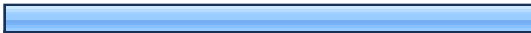

answered question	87
skipped question	31

4. Did you attend any wellness presentations/workshops?

		Response Percent	Response Count
Yes		65.5%	57
No		34.5%	30

answered question	87
skipped question	31

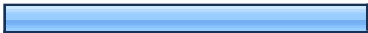

5. Did you attend a presentation/workshop about sexual health?

		Response Percent	Response Count
Yes		79.3%	46
No		20.7%	12
answered question			58
skipped question			60

6. As a result of attending a sexual health presentation I am more likely to:

	Strongly Agree	Agree	Disagree	Strongly Disagree	Rating Count
Get tested every 6 months and between partners	60.0% (27)	35.6% (16)	4.4% (2)	0.0% (0)	45
Use Condoms	82.2% (37)	15.6% (7)	0.0% (0)	2.2% (1)	45
Engage in high risk sexual behaviors without protection	13.3% (6)	2.2% (1)	8.9% (4)	75.6% (34)	45
Use Dental Dams	27.9% (12)	23.3% (10)	32.6% (14)	16.3% (7)	43
Remain abstinent	37.0% (17)	8.7% (4)	32.6% (15)	21.7% (10)	46
Use the pull-out method for birth control	13.3% (6)	13.3% (6)	20.0% (9)	53.3% (24)	45
Ask for consent before engaging in sexual activities	82.2% (37)	13.3% (6)	4.4% (2)	0.0% (0)	45
answered question					46
skipped question					72



7. Did you attend a presentation/workshop about nutrition?

		Response Percent	Response Count
Yes		54.5%	30
No		45.5%	25
answered question			55
skipped question			63

8. As a result of attending a nutrition presentation/workshop I am more likely to:

	Strongly Agree	Agree	Disagree	Strongly Disagree	Rating Count
Consider the USDA's MyPlate when choosing foods and planning meals	56.3% (18)	40.6% (13)	3.1% (1)	0.0% (0)	32
Choose foods that can help prevent against chronic illness & undesired weight gain	71.0% (22)	25.8% (8)	3.2% (1)	0.0% (0)	31
Choose foods that support brain function and immunity	75.0% (24)	25.0% (8)	0.0% (0)	0.0% (0)	32
Eat foods high in saturated fat	12.5% (4)	15.6% (5)	34.4% (11)	37.5% (12)	32
Engage in physical activity at least 3-5 times per week	65.6% (21)	34.4% (11)	0.0% (0)	0.0% (0)	32
Review nutrition information for restaurants before selecting a menu item	62.5% (20)	25.0% (8)	12.5% (4)	0.0% (0)	32
Read food labels when purchasing food from the grocery store	62.5% (20)	34.4% (11)	3.1% (1)	0.0% (0)	32
answered question					32
skipped question					86



9. Did you attend a presentation/workshop about stress management?

		Response Percent	Response Count
Yes		61.1%	33
No		38.9%	21
answered question			54
skipped question			64

10. As a result of attending a stress management presentation/workshop I am more likely to:

	Strongly Agree	Agree	Disagree	Strongly Disagree	Rating Count
Recognize the signs and symptoms of stress	77.1% (27)	22.9% (8)	0.0% (0)	0.0% (0)	35
Utilize stress management techniques	74.3% (26)	25.7% (9)	0.0% (0)	0.0% (0)	35
Use alcohol and other drugs to relieve stress	8.8% (3)	5.9% (2)	26.5% (9)	58.8% (20)	34
Seek out more information or help from others to manage stress	51.4% (18)	42.9% (15)	5.7% (2)	0.0% (0)	35
answered question					35
skipped question					83

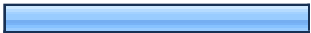

11. Did you attend a presentation/workshop about healthy relationships?

		Response Percent	Response Count
Yes		26.8%	15
No		73.2%	41
answered question			56
skipped question			62

12. As a result of attending a presentation/workshop about relationships I am more likely to:

	Strongly Agree	Agree	Disagree	Strongly Disagree	Rating Count
Correctly identify signs of an unhealthy relationship	71.4% (10)	28.6% (4)	0.0% (0)	0.0% (0)	14
Engage in assertive communication	35.7% (5)	35.7% (5)	28.6% (4)	0.0% (0)	14
Utilize or refer a friend to resources and services for victims of abuse (if necessary)	64.3% (9)	28.6% (4)	0.0% (0)	7.1% (1)	14
Engage in passive aggressive communication	7.1% (1)	28.6% (4)	35.7% (5)	28.6% (4)	14
answered question					14
skipped question					104

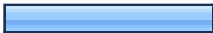

13. Did you attend a presentation/workshop about alcohol?

		Response Percent	Response Count
Yes		45.5%	25
No		54.5%	30
answered question			55
skipped question			63

14. As a result of attending an alcohol presentation/workshop I am more likely to:

	Strongly Agree	Agree	Disagree	Strongly Disagree	Rating Count
Correctly identify the signs and symptoms of alcohol poisoning	76.0% (19)	20.0% (5)	4.0% (1)	0.0% (0)	25
Limit alcohol consumption to 4 or fewer drinks per occasion (men) or 3 or fewer per occasion (women)	60.9% (14)	30.4% (7)	8.7% (2)	0.0% (0)	23
Eat before and while drinking	66.7% (16)	33.3% (8)	0.0% (0)	0.0% (0)	24
Alternate alcoholic and non-alcoholic beverages	68.2% (15)	18.2% (4)	9.1% (2)	4.5% (1)	22
Abstain from drinking alcohol	50.0% (12)	25.0% (6)	20.8% (5)	4.2% (1)	24
Seek help for a friend who is exhibiting signs of alcohol poisoning (Call 911)	80.0% (20)	20.0% (5)	0.0% (0)	0.0% (0)	25
Consider what constitutes a "standard drink" when drinking alcohol	47.8% (11)	52.2% (12)	0.0% (0)	0.0% (0)	23
Drink to the point of intoxication more frequently	8.3% (2)	0.0% (0)	25.0% (6)	66.7% (16)	24
answered question					25
skipped question					93



15. Did you attend a presentation/workshop about drugs?

		Response Percent	Response Count
Yes		30.9%	17
No		69.1%	38
answered question			55
skipped question			63

16. As a result of attending a drugs presentation/workshop I am:

	Strongly Agree	Agree	Disagree	Strongly Disagree	Rating Count
More aware of legal issues surrounding drug use	76.5% (13)	17.6% (3)	5.9% (1)	0.0% (0)	17
More aware of drug policies on campus	82.4% (14)	17.6% (3)	0.0% (0)	0.0% (0)	17
More aware of FAU's smoking/tobacco policies	87.5% (14)	12.5% (2)	0.0% (0)	0.0% (0)	16
More aware of the potentially harmful effects and risks involved with drug use	82.4% (14)	11.8% (2)	5.9% (1)	0.0% (0)	17
More likely to use illegal drugs	11.8% (2)	11.8% (2)	5.9% (1)	70.6% (12)	17
answered question					17
skipped question					101



17. Did you attend any other presentations?

		Response Percent	Response Count
Yes		9.1%	5
No		90.9%	50
answered question			55
skipped question			63



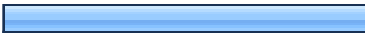

18. Please list a brief description of what knowledge you gained or a positive change you made in your life as a result of attending a presentation not listed above and indicate the topic

	Response Count
	5
answered question	5
skipped question	113





19. Did you attend a wellness consultation?

		Response Percent	Response Count
Yes		12.0%	10
No		88.0%	73
answered question			83
skipped question			35



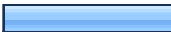
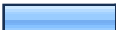
20. I attended a wellness consultation to discuss (select all that apply):

		Response Percent	Response Count
Sexual Health		63.6%	7
Nutrition		36.4%	4
Stress Management		54.5%	6
Other (please specify)		9.1%	1
answered question			11
skipped question			107



21. As a result of attending a wellness consultation I have made changes that supports a healthy lifestyle

		Response Percent	Response Count
Strongly Disagree		8.3%	1
Disagree		0.0%	0
Neutral		41.7%	5
Agree		41.7%	5
Strongly Agree		8.3%	1
answered question			12
skipped question			106






22. The personal changes I made as a result of attending a wellness consultation have lasted

		Response Percent	Response Count
Less than 1 month		16.7%	2
More tan 1 month		41.7%	5
More than 6 months		25.0%	3
I have not made any changes		16.7%	2
answered question			12
skipped question			106





23. Did you attend any wellness events on campus?

		Response Percent	Response Count
Yes		63.1%	53
No		36.9%	31
answered question			84
skipped question			34







24. As a result of attending a wellness event I have made personal changes that support a healthy lifestyle

		Response Percent	Response Count
Strongly Disagree		5.6%	3
Disagree		1.9%	1
Neutral		33.3%	18
Agree		38.9%	21
Strongly Agree		20.4%	11
answered question			54
skipped question			64




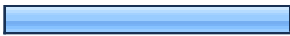
25. The personal change(s) I made as a result of attending a wellness event have lasted

		Response Percent	Response Count
Less than 1 month		17.0%	9
More than 1 month		41.5%	22
More than 6 months		18.9%	10
I have not made changes		22.6%	12
answered question			53
skipped question			65

26. How did you hear about the programs/services provided?

		Response Percent	Response Count
website		24.1%	20
email		45.8%	38
print advertising		34.9%	29
friend		33.7%	28
walk in		31.3%	26
Other (please specify)		12.0%	10
answered question			83
skipped question			35

27. I am satisfied with the wellness services provided by FAU

		Response Percent	Response Count
Strongly Disagree		9.5%	8
Disagree		0.0%	0
Neutral		11.9%	10
Agree		35.7%	30
Strongly Agree		42.9%	36
answered question			84
skipped question			34

28. What other wellness services should FAU provide?

Response
Count

12

answered question

12

skipped question

106

29. Additional Comments and Suggestions

Response
Count

9

answered question

9

skipped question

109

30. If you are interested in an opportunity that would provide a chance to learn more about health and wellness, educate fellow students, & strengthen your public speaking skills please provide your email address below

Response
Count

15

answered question

15

skipped question

103

31. If you would like to be entered into a random drawing to win an iPod, enter your email address below. Please note, you must pick it up from the Health and Wellness Education Office on the Boca Raton Campus. Drawing will be held Wednesday, May 1 at 12 p.m.

Response Count	
57	
answered question	57
skipped question	61