

## **Spring 2023 Health & Wellness Survey Results Summary**

- Approximately 50% of the students who responded to the survey reported that they visited the Student Health Center at least once this past year, up from 40% in 2022.
- Over 25% of the students who responded scheduled at least one session with Counseling Services, up from approximately 20% in 2022.
- Approximately 12% of the students who responded to the survey reported that they have utilized the Virtual Care telehealth service, up from 7% in 2022.
- Over 80% of the students who visited the Student Health Center were either very or somewhat satisfied with their experience, up from 68% in 2022.
- 72% of the students who utilized Counseling Services were either very or somewhat satisfied with their experience, up from 65% in 2022.
- The majority of the students who did not use the Health Center or Counseling Services reported that they either did not need the support or that they received their healthcare elsewhere.
- 72% of the students reported that they prefer in-person physical health support, up from 65% in 2022, and 60% reported that they prefer in-person mental health support, up from 47% in 2022.
- 61% of responding students reported that they are either very happy or somewhat happy with their current physical health, up slightly from 60% in 2022, and 41% of responding students reported that they are either very happy or somewhat happy with their current mental health, down from 48% in 2022.
- Several students who responded to the survey shared comments that ranged from the staffing levels in Counseling Services to concerns about telehealth support, hours of operation at the Health Center and health concerns related to Dining Services. All comments are helpful and are being reviewed by University leadership.
- Approximately 14% of the students who received the survey submitted responses.