The following presentation was delivered to the Healthy Campus Initiative Steering Committee in 2018. Please note that the slides may not provide the full context of the content presented. More information can be provided upon request.

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2017 Graduate Student Survey Data Snapshots
Survey Context

- All currently enrolled graduate & professional students invited
- Administered online during Spring/Summer 2017
- 26% Response Rate
- Covers a variety of topics, including wellness
Rating: Overall Physical Health

- Poor: 2
- Fair: 14
- Good: 34
- Very good: 34
- Excellent: 16
Percent NOT meeting AHA Exercise Recommendations

- Moderate exercise for at least 30 min (5+ days): 73%
- Vigorous exercise for at least 20 minutes (3+ days): 90%
- Exercise to strengthen muscles (2+ days): 93%
<table>
<thead>
<tr>
<th>Average hours per week spent commuting</th>
<th>Up to 5</th>
<th>6-10</th>
<th>None</th>
</tr>
</thead>
<tbody>
<tr>
<td>46%</td>
<td>31%</td>
<td>11+</td>
<td>17%</td>
</tr>
<tr>
<td></td>
<td>6%</td>
<td></td>
<td>6%</td>
</tr>
</tbody>
</table>
Rating: Overall Mental Health

- Poor: 6
- Fair: 19
- Good: 33
- Very good: 28
- Excellent: 14
Rating: Average Stress Level
Since the beginning of the academic year

Very low stress: 39
Low stress: 38
Moderate stress: 14
High stress: 17
Very high stress: 1

52% High Stress or Very High Stress
General comfort with accessing mental health services

<table>
<thead>
<tr>
<th>Perception</th>
<th>% Agree and Strongly Agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mental health issues are stigmatized on campus</td>
<td>32.4</td>
</tr>
<tr>
<td>I would be able to direct a friend in crisis to sources of support at UCLA</td>
<td>79.7</td>
</tr>
<tr>
<td>I would feel comfortable reaching out to mental health services if I needed</td>
<td>77.0</td>
</tr>
<tr>
<td>them</td>
<td></td>
</tr>
<tr>
<td>I know how to access mental health services on campus</td>
<td>81.4</td>
</tr>
</tbody>
</table>
Engage Well
Snapshots
Overall good levels of connection; but room for improvement

% reporting "agree" or "strongly agree"

- I feel a sense of belonging on campus, overall: 71%
- I feel a sense of belonging with my department or program: 77%
- I would like to meet more people outside of UCLA but am not sure how to do so: 54%
- I have a social network outside of UCLA that supports me: 85%
More satisfaction with opportunities to interact within department than outside

% reporting "agree" or "strongly agree" that they have "sufficient opportunity to"

<table>
<thead>
<tr>
<th>Interaction Type</th>
<th>Within Department/Program</th>
<th>Outside Department/Program</th>
</tr>
</thead>
<tbody>
<tr>
<td>Academically and make connections</td>
<td>87</td>
<td>47</td>
</tr>
<tr>
<td>Socially and make connections</td>
<td>84</td>
<td>49</td>
</tr>
</tbody>
</table>

With people at UCLA outside of my department/program

With people in my department/program
Eat Well
Snapshots
Rating: Overall Diet

- Poor: 6
- Fair: 23
- Good: 37
- Very good: 26
- Excellent: 8
I was worried whether my food would run out before I got money to buy more. In the past 12 months

- Never true: 71
- Sometimes true: 22
- Often true: 7
The food that I bought just didn't last, and I didn't have money to get more.

In the past 12 months:

- Never true: 80
- Sometimes true: 15
- Often true: 4
Aggregate Food Security Measure

- Food Insecure: 30%
- Food Secure: 70%
BE Well Snapshots
Quality of Housing

55% “Satisfied” or “Very Satisfied”
The costs associated with your current housing situation.

81% “Satisfied” or “Very Satisfied”
The location and condition of your current housing situation.
Commuting

77%
“Satisfied” or “Very Satisfied” with their current commuting options.

37%
Commuting/Transportation “somewhat” or “significantly” slowed academic progress

Commuting Methods
% who use "almost every day"

<table>
<thead>
<tr>
<th>Method</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Car</td>
<td>32.0</td>
</tr>
<tr>
<td>Bus/metro</td>
<td>26.3</td>
</tr>
<tr>
<td>Walk</td>
<td>24.3</td>
</tr>
<tr>
<td>Bike</td>
<td>5.6</td>
</tr>
<tr>
<td>Carpool</td>
<td>3.7</td>
</tr>
<tr>
<td>Uber/Lyft</td>
<td>.6</td>
</tr>
</tbody>
</table>
Financial Concern

53%

“Disagree” or “Strongly Disagree”

The cost to attend UCLA is manageable.

47%

Report that their total income is not sufficient to cover expenses.
Methods for resolving the gap between income and expenses
% reporting

- Gifts from family, relatives, etc.: 53%
- Federal Student Loans: 42%
- Saving accounts, trust funds, stocks: 41%
- Credit cards: 39%
- Private Student Loans: 14%
- Public assistance (e.g. Cal Fresh): 4%
26% "most of the time" or "always" carry a balance on credit card month to month
What’s Next?

**SKILLS**
Dashboards
By school/ division

**SUMMARY TABLES**
All items

**MENTORING**
Relationship to climate.
Variations across campus?

**GSA Q’s**
Parking Health Insurance

**FINANCIAL WELLNESS**
ID areas for focus.