



Characteristics of the Built Environment at West Virginia University

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ABSTRACT

Background: The university environment has an impact on the health of the student population. The Healthy Campus Environmental Audit (HCEA) is a comprehensive series of objective assessments to determine the environmental supports for health promotion and obesity prevention.

Objective: As part of "Get Fruved Study", a lifestyle intervention focusing on student health, a team of West Virginia University students evaluated the healthfulness of the campus environment using the HCEA in the spring and fall of 2015.

Methods: A team of student auditors was assembled and trained to conduct the HCEA via in-person and web-based instruction. They evaluated the built and food environments of the campus, as well as health policies in place. Results were entered into an audit tool developed by the Healthy Campus Research Consortium multi-state research group. Through a focus group and questionnaires the audit team provided feedback of their experience.

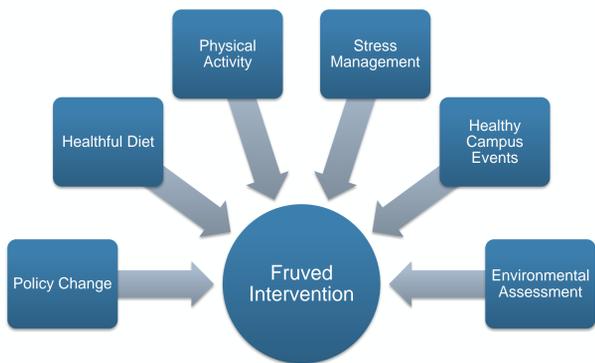
Results: The campus received scores for recreation facilities (47.00), convenience stores (12.58±5.28), vending (12.5 ±1.9), walkability (70.55±12.75) and dining halls (40.33±3.05). A thematic analysis of the focus group was conducted to evaluate the effectiveness of the audit tool, the researcher involvement, and its findings. Recurring themes included that the audit accurately assessed the campus environment and that food choices on campus were not healthy.

Conclusion: The HCEA can be used to monitor and promote health through environmental and policy supports. The HCEA is being performed yearly to understand ongoing changes in the campus environment and to further understand the influence of the campus environment on student health.

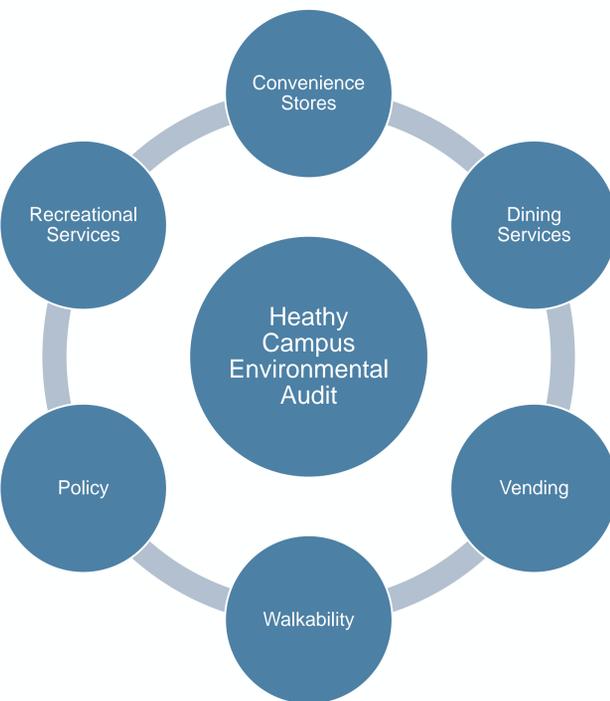
INTRODUCTION

The university environment has an impact on the health of the student population.

Intervention, GetFruved, in place to improve health on campus.



The Healthy Campus Environmental Audit (HCEA) is a comprehensive series of objective assessments to determine the environmental supports for health promotion and obesity prevention.



OBJECTIVE

To evaluate the built environment of West Virginia University using the HCEA tool.

Establish baseline measures to be used to show campus change as part of the GetFruved program.

METHODS AND MATERIALS

Training

- In-person training
- Access to web platform

Evaluation

- Teams evaluated policy on campus
- Built and food environment assessed

Data Analysis

- Data was analyzed by researchers at Syracuse University
- Data compared to average of GetFruved schools

RESULTS

The campus received scores for recreation facilities (47.00), convenience stores (12.58±5.28), vending (12.5 ±1.9), walkability (70.55±12.75) and dining halls (40.33±3.05).

Walkability

- **WVU: 70.55±12.75**
- Average: 75.95±11.63

Vending

- Snack (n=7)
 - **WVU: 12.5±1.9**
 - Average: 13.9±1.6
- Beverage (n=13)
 - **WVU: 10.2±0.9**
 - Average: 11.2±1.3

RESULTS

Dining

- Fast food/café (n=7)
 - **WVU: 21.57±3.05**
 - Average: 20.97±7.33
- Sit down restaurant (n=9)
 - **WVU: 21.89±4.01**
 - Average: 21.41±5.22
- Dining hall (n=3)
 - **WVU: 40.33±3.05**
 - Average: 42.36±10.40
- Delivery (n=1)
 - **WVU: 21.00±0**
 - Average: 16.92±4.35

Recreation

- Main facility (n=1)
 - **WVU: 47.00±0**
 - Average: 47.18±11.53
- Secondary facility (n=2)
 - **WVU: 23.50±3.54**
 - Average: 34.21±12.23

Grocery Stores

- Class 1 stores (n=12)
 - **WVU: 12.58±5.28**
 - Average: 11.8±5.75

CONCLUSIONS

The HCEA can be used to monitor and promote health through environmental and policy supports. The HCEA is being performed yearly to understand ongoing changes in the campus environment and to further understand the influence of the campus environment on student health.



CONTACT

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