

Indicator Definition:

3i. % Responses of the research staff included in the census.

Party in Charge:	Start Date:	Associated to Action:
Rector's Delegation and Office of Healthy Campus and Sports.	July 2025	33 ACT.- Implementation of a UMH Healthy Campus Plan to optimize work performance and healthy habits among university staff.

Way of Obtaining the Data:

Percentage of responses of the research staff included in the census.

Unit of Measure:	Data Collection Frequency:
Percentage	Annually

MONITORING DATE	No. EXPECTED	No. OBTAINED	COMMENTS, PROPOSALS FOR IMPROVEMENT
December 2025_a	1	1	Launch of the Spazio #UMHsaluAble Altea , establishing the first facility on this UMH campus dedicated to health promotion. https://deportes.umh.es/2025/05/13/inauguracion-del-spazio-umhsaludable-en-el-campus-de-altea/ https://deportes.umh.es/actividades-2/spazio-umhsaludable-%C2%B7-campus-de-altea/
December 2025_b	100	N/A	The ISN-UMH Virtual Gym has been set up as a virtual training space; a report on this is attached (according to the provider, it is not possible to obtain absolute figures): https://acrobat.adobe.com/id/urn:aaid:sc:EU:2042817c-3906-4fff-943c-cd831c493253
December 2025_c	20	26	Workshop on the impact of physical exercise on emotional well-being and cognitive function: https://deportes.umh.es/unidad-de-asesoramiento-psicologico/talleres/curso-2025-2026/actividad-fisica-y-salud-mental/