

Indicator Definition:

4i. % of research staff participative in the Healthy Pauses.

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:

Number of staff participative in the Healthy Pauses.

Unit of Measure:	Data Collection Frequency:
Number of Persons	Annually

MONITORING DATE	No. EXPECTED	No. OBTAINED	COMMENTS, PROPOSALS FOR IMPROVEMENT
December 2025	300	197	Face-to-face sessions are currently only held at the Elche and Sant Joan d'Alacant campuses. A system of self-managed, online break-time activities is expected to be introduced in 2026. 123 university workers (PDI, PI and PTGAS) completed a cross-sectional questionnaire including the Perceived Stress Scale (PSS-10) and a self-report of physical activity. The results reflect significant improvements in the positive affective state and vitality on the days with pause, without relevant changes in the negative affective state. Regarding perceived stress, although no notable differences were found between those who took the break or not, lower

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			stress trends were observed in those who combined it with additional physical activity, especially of moderate or vigorous intensity.
December 2026			
December 2027			