Building a Foundation for a Healthy Campus 2020

"The evolution of creating a Healthy UND (University of North Dakota) 2020 Action Plan"

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THE UNIVERSITY OF NORTH DAKOTA

2000
January:
UND creates the Student Health Promotion Office.

October:
UND President Kupchella officially launches the Healthy UND Coalition and $10,000 in health fee funding is provided.

2001
March:
Healthy UND appoints Steering Committees based on the seven dimensions of wellness.

Summer:
Healthy UND creates the Soaring Eagle Prairie Garden.

2002
May:
The President's Office provides funding to hire a Wellness Director.

Summer:
The Healthy UND Spirituality Subcommittee produces Spirituality Walking Maps.

2003 & 2004
Summer:
UND Residence halls and apartments become smoke-free.

2004
Summer:
Healthy UND develops walking trails on campus.

2005
August:
The Intro to Wellness class begins & the U-Life class expands.

Fall :
Healthy food options expand.

2006
September:
Wellness Center hosts its Grand Opening.

2007
January:
WORKWELL Employee Wellness Program launches.

October:
UND becomes a completely tobacco-free campus.

2010
August:
The Guiding Stars nutrition program launches.

Healthy UND Coalition
2000-PRESENT

What – Healthy UND is a coalition of students, faculty and staff interested in promoting health and wellness on the UND campus. It serves as UNDs health and wellness communication, coordination and advocacy network.

Who – Over 100 UND faculty, staff, and students are members of the Coalition.

Why – Healthy UND works in partnership to promote healthy lifestyle choices by enhancing awareness, building skills, changing social norms, and creating a healthier environment by emphasizing all seven dimensions of wellness.

When – The Coalition holds monthly meetings and task group meetings as needed from 2000 to present.

2009
April:
Jim Grizzell, MBA, MA, MCHES, ACSM-HFS visits UND to address impacts of health issues on academic success.

2009
August:
One half-time Graduate Assistant is hired as the Healthy UND 2020 Coordinator. He joins the Healthy UND leadership team consisting of a Health and Wellness administrator and promotion specialist.

2009
September/October:
University President appoints and charges Steering Committee with creating an action plan to address and identify top health and wellness issues that negatively impact students' academic performance and retention at UND. The group creates a unified vision using the ecological framework.

2009
November
December:
The Steering Committee reviews data: ACHA NCHA, CORE, student opinion surveys, focus group information and institutional data.

2010
January
February/March:
The Steering Committee uses a nominal group process to identify the top five H & W issues negatively impacting student success. The Steering Committee creates five Priority Action Groups to focus on each priority area.

2010
August:
The leadership team shares general recommendations and the Midterm Report with the President.

Healthy UND 2020 Steering Committee
2009-2010

What – The Healthy UND 2020 Steering Committee is a presidentially appointed committee focused on identifying the leading health and wellness issues that negatively impact student academic success and retention at UND.

Who – Membership consists of 25 students, faculty, and staff from diverse campus organizations, departments, and backgrounds.

When – The Steering Committee holds monthly 1.5 hour meetings from September 2009 to April 2010.

Top 5 Health & Wellness Issues Negatively Impacting Student Success and Retention at UND

Alcohol & Other Substance Use/Abuse

Learning Healthy Social/Relationship Skills

Managing Mental Health

Nutrition/Diet

Physical Activity/Exercise

2010
August:
Healthy UND hosts a campus wide "Celebrate Healthy UND/Healthy UND 2020" event. Guest Speaker, Karen Moses MS, RD, CHE, Director of Wellness and Health Promotion at ASU educates campus on the Ecological Model.

2010
October/November:
Members conduct a Problem Analysis to identify root causes of various issues. Members also share data, best practices, and available campus resources.

2011
January/February:
Members establish goals, create SMART objectives, and host a public meeting to share progress and seek input from campus partners to identify what programs, services, and policies "we have" and what "we need."

2011
March/April:
Members create strategies. Once strategies are created, members review and finalize goals, objectives, strategies, and general recommendations.

2011
Summer:
The leadership team submits Action Plan to UND President Kelley.

2011
August:
Healthy UND 2020 will share plan with campus community at the Healthy UND annual meeting.

Healthy UND 2020 Priority Action Groups
2010-2011

What – The Steering Committee forms five Priority Action Groups to address each of the five priority areas.

Who – Each Priority Action Group consists of 8 – 13 students, faculty, and staff.

When – Each Priority Actions Group holds monthly 1.5 hour meetings from August 2010 to April 2011.

Contact Information
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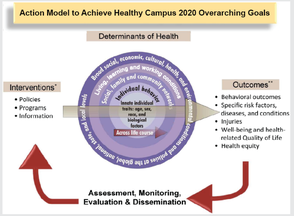
Introduction

Successful campus and community mobilization strategies designed to influence health behaviors at the personal, relationship, institutional, community, environmental, and policy levels have been employed at the University of North Dakota (UND) for 10 years. Healthy People 2010/2020 and Healthy Campus 2010 are used to build a solid foundation for the Healthy UND Coalition and to create a blueprint for the future through the Healthy UND 2020 Steering Committee and the Healthy UND 2020 Priority Action Groups.

Collaboration is crucial to the advancement of health and wellness promotion efforts. Administrative support and active engagement of students, faculty, and staff are vital to integration of health and wellness into the learning mission of higher education. A vision for the future and an institution-wide strategic plan, with broad buy-in and involvement, is needed to infuse health and wellness into the fabric of the institution. Vetting work in best practices, based on national health priorities and the ecological/action planning framework, enhances credibility and improves the likelihood of success.

UND President Robert Kelley summarized the purpose of the Healthy UND 2020 initiative, "In creating a campus-wide approach to health and wellness issues, we can increase the likelihood that students achieve academic and personal success by pursuing a high quality of life and sense of well-being."

Framework



Source:
Healthy People 2020 modified by Jim Grizzell.

Data

- ACHA National College Health Assessment
- ACHA Healthy Campus 2010
- ACHA Benchmarking Surveys
- Healthy People 2010/2020
- CORE Alcohol and Other Drug Survey
- Student Focus Groups
- Opinion Surveys
- NIRSA Recreational Benchmarking Survey
- Institutional Surveys (Freshman, Sophomore, Senior, NSSE)
- Qualitative Assessment of Connections Between Health and Wellness and Student Learning
- Institutional Data

Keys to Success

- Dedicated staff and volunteers
- Consistent and effective communication
- Diverse membership (Not just the usual health and wellness persons)
- Decisions based on best practices
- Public health/ecological approach
- Strategic planning
- Adequate resources
- Administrative and financial support
- Active engagement of members based on mutual respect
- Adequate time and resources

Outcomes

A collaborative campus strategic plan for health and wellness which includes:

- Broad buy-in from diverse campus stakeholders
- Support from top university leadership, students, faculty, and staff
- Sustained focus on the impact of health and wellness on academic success and retention

The long-term impacts of Healthy UND 2020 will not be fully understood or realized until 2020.