2014-2015 Deans for Wellness Report

This initiative was championed by the Associate Vice President for Academic Affairs Steve Light in 2012, to foster top-down leadership support for healthy living via the eight academic Deans at the University of North Dakota. The hope for the Initiative is three-fold to:

- Outreach to university faculty and staff with leadership-inspired multi-dimensional wellness efforts;
- Develop an innovative health and wellness initiative as part of the Exceptional UND strategic priority to enhance the quality of life for faculty and staff; and
- Invoke more faculty participation in worksite wellness.

School of Law, Dean Kathryn Rand

- Wellness Dimensions: physical (nutrition) and social wellness
- Dean Rand engaged staff, faculty, students and family members to participate in the Green Gallop Homecoming Race (October 2014) and the School also organized a nutrition presentation and demonstration from Dining Services with a healthy catered lunch and a stretch break in November 2014.
- Dean’s comments: “The lunch was a great way for us to involve even more law school folks, including some who might not run a 5K but were happy to get up and stretch and sample a black-bean brownie! Not only was the food delicious, but the event helped us maintain a strong sense of community during the School of Law’s temporary relocation due to construction.”

College of Engineering and Mines, Dean Hesham El-Rewini

- Wellness Dimensions: occupational and intellectual wellness
- The Dean collaborated with the department of Human Resource & Payroll for the presentation: “Tips for Successful Staff Employees” to help employees learn about tuition waivers, career paths, and grievance procedures. A lunch and awards were given (December 2014).
- Dean’s comments: “This was an opportunity for staff to be reminded and learn more about opportunities that are available to them at UND – this is an excellent way to grow intellectually.”
College of Nursing and Professional Disciplines (CNPD), Dean Gayle Roux

- Wellness Dimensions: physical, social and emotional wellness
- Dean Roux engaged the students to create three 10 minute walking routes near each of the departments in the College. She then led 10 walks (April 2015). Dean Roux also supported the 2nd “Think F.A.S.T. Stroke Prevention 5k” for all students, staff, faculty and community members to focus on stroke awareness (May 2015).
- Dean’s Comments: “Staff and faculty liked getting out of the office and ‘away from the screen’ to enjoy the fresh air, walking, and friendship. The first few walking events were supported by staff without any faculty walkers, so that resulted in a healthy competition to get more faculty involved. UND has a beautiful campus for walking. The walking routes were varied around campus and we enjoyed experiencing spring on campus while we walked.

College of Education and Human Development, Dean Bob Hill

- Wellness Dimensions: emotional and physical wellness
- The Dean garnered support and organized a time with Work Well to have chair massage to help alleviate stress during finals week this spring (May 2015). This was provided for any staff and faculty. This is a very popular option and allows people to leave their offices only briefly but go back feeling more relaxed and less tense.
College of Business & Public Administration, Dean Margaret Williams

- Wellness Dimensions: physical (nutrition), social, intellectual and emotional wellness
- The Dean’s office repeated a very popular program of having Dining Services provide a demonstration of healthier food options and a healthy box lunch for all who attended (March 2015). Dean Williams also focused on increasing physical activity by having a personal trainer provide demonstrations and handouts on what muscle-strengthening activities could be done at the office (April 2015).

College of Arts and Sciences, Dean Debbie Storrs

- Wellness Dimensions: intellectual, occupational, social, and emotional wellness
- Dean Storrs hosted a Dean’s healthy brunch for administrative staff to have casual communication about what the college can do to support intellectual, occupational, social, and emotional wellness (Oct. 2014). A social and free performance of the fall show at the Burtness Theatre was provided to faculty, staff and their guests to support social and emotional wellness (Nov. 2014). The college also hosted a social and networking gathering for faculty and staff at the Empire Arts Center (October, 2014).
- Dean’s comments: “In general, our commitment is to create a culture of wellness within the college. I do so in various ways including encouraging ‘walking meetings’ when possible, providing healthier food options at events on and off campus, and providing more gathering opportunities for students, staff, and faculty for emotional, occupational, and social well-being.”
School of Aerospace, Dean Bruce Smith

- Wellness Dimensions: All dimensions
- The Dean changed the entire Spring Picnic to have a wellness focus as the new Dean’s Wellness Picnic (May 2015). There were health vendors from each wellness dimension and a completely changed food offering of healthier choices including water instead of pop, veggie burgers as options, only baked chips, and fruit replaced cookies. All past junk food as door prizes were changed to healthy snacks. The Dean personally shared about his health struggles and encouraged all employees to start healthier living as early as possible.
- Dean’s Comments: “Four years ago, I could barely walk around the block. It was a factor of age, arthritis and inactivity. I started slowly. I am still aging, but became active, and the effects of arthritis have almost completely diminished. I shared my story at the Deans for Wellness picnic and encourage all Aerospace employees to take care of their health whether it be walking through the skyways, eating a healthier meal or using their wellness benefits.”
School of Medicine and Health Sciences, Dean Joshua Wynne

- Wellness Dimensions: physical, emotional, and social wellness
- Students, faculty, staff and community members joined for the annual “Joggin’ with Josh” event, an informal 5K or 10K walk, jog or run. Dean Wynne also led a second annual “Walk with the Dean” (April 2015). He led staff and faculty along a beautiful path around University Park. All participants were eligible for prizes and one lucky winner received a pair of new tennis shoes.
- Dean’s Comments: “Medical and health sciences professionals not only treat disease, but also prevent disease. We want to encourage healthy behaviors for our faculty, staff and students, and practice what we preach.”

For more information, visit the University of North Dakota’s Work Well program at: [www.und.edu/workwell](http://www.und.edu/workwell) or contact: 701-777-0210.

- **2012-2013**: More faculty than staff participated in wellness activities (48% faculty vs. 45% staff). The success was mostly due to Deans for Wellness initiative.
- **2013-2014**: More staff than faculty participated in wellness activities (30% faculty vs. 67% staff). This result is representative of our population as 31.6% are faculty and 68.4% are staff, but didn’t increase faculty participation as in the past year.
- **2014-2015**: More staff than faculty participated in wellness activities (14.8% faculty vs. 83.2% staff), however the culture of wellness grows as each Dean leads by example such as having walking meetings, which is not captured in this data.