2013-2014 Deans for Wellness Report (draft)

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; to 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 to invoke more faculty participation in worksite wellness.

College of Arts and Sciences, Dean Debbie Storrs
- Wellness Dimensions: social wellness
- Dean Storrs hosted an indoor family tailgating event (it was intended to be outdoors at one of the UND baseball games) but was raining heavily and moved into the Gorecki.
- Highlights: Family-friendly program to encourage gathering of staff and faculty.

School of Law, Dean Kathryn Rand
- Wellness Dimensions: physical and social wellness
- Dean Rand engaged staff, faculty, students and family members to participate in the Green Gallop Homecoming Race.
- Highlights: Great way to combine wellness and homecoming.

College of Engineering and Mines, Dean Hesham El-Rewini
- Wellness Dimensions: physical, intellectual, and emotional wellness
- The Dean provided two events. The first was a yoga session during the Dean’s retreat for faculty. The second was a holiday health presentation/stretch at the staff and department chair’s retreat.
- Highlights: It was helpful to have two separate activities to focus on the various audiences providing one focused event for faculty and another event for staff.
College of Nursing and Professional Disciplines (CNPD), Interim Dean Steven Light

- Wellness Dimensions: physical – nutrition, intellectual and physical wellness
- Dean Light and the planning committee brought in the Dining Services dietitian and chef for a nutrition program. Additionally, the CNPD students organized a stroke prevention 5K.
- Highlights: The healthy meal and demo was very popular and drew a big crowd. The 5K had a very health-conscious message about stroke prevention and included students organizing it, which removed some pressure from staff and faculty.

School of Aerospace, Dean Bruce Smith

- Wellness Dimensions: environmental and physical wellness
- The Dean’s office provided: Make-Your-Own-Herb container garden, which was offered during the employee appreciation meal in the spring. Additionally, the dean led a walk for the grand opening of the aerospace skywalk indoor path.
- Highlights: This was an amazing opportunity with huge turnout to reach staff and faculty. This is the first dean to provide environmental specific programming.

College of Education and Human Development, Dean Bob Hill

- Wellness Dimensions: emotional and physical wellness
- The Dean of the College of Education and Human Development and their wellness team coordinated a 2 week trim campaign as part of their wellness theme: Walk + Breathe + Hydrate = A Healthy You! Staff and faculty participated in a 2 week pedometer challenge and employees that recruited another staff or faculty member received a pedometer.
- Highlights: A wonderful theme developed and nice short challenge to encouraged activity. It was very nice that the Dean offered pedometers to those who referred other staff/faculty.
College of Business & Public Administration, Dean Dennis Elbert
- Wellness Dimensions: physical – nutrition and intellectual wellness
- The Dean’s office planned a Healthy Lifestyles Workshop and lunch with the Dining Services dietitian and chef.
- Highlights: This was a very well received event that was simple and easy to plan.

School of Medicine and Health Sciences, Dean Josh Wynne
- Wellness Dimensions: physical and social wellness
- Students, faculty, staff and community members joined the Dean for “Joggin’ with Josh”, an informal 5K or 10K walk, jog or run. Dean Wynne also led “Walk with Wynne” through the indoor walking path of the Medical School to showcase the grand opening.
- Highlights: The Walking with Wynne was easier for more staff/faculty to participate.

For more information, visit the University of North Dakota’s Work Well program at: 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.