Developing a Culture of Wellness: what’s happening, what’s coming and how you can be involved

Presented by Karen Calfas and Jerry Phelps on behalf of the Wellness Cluster

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Overview

- Introductions
- Why student wellness?
- Principles of our approach
- Update on wellness programs and LiveWell
- New building
College students need wellness

- 15% get enough sleep 6 d/wk
- 43% are physically active
- 8% eat 5+ Fruits/Veg each day
- 33% stress impediment to academic success
- ~9% seriously considered suicide
How do we impact wellness?

Not just glitter and glue stick anymore
Why won’t this work?

BIG HUGS!

I FEEL BETTER

UCSD Guardian
Field of College Health Promotion is informed by

- American College Health Association
  "Standards of Practice for Health Promotion in Higher Education"
- AAAHC requirements
- CAS Standards: stmt on health promotion in Higher Education
- Healthy People 2010; Healthy Campus, 2010
USDHHS, Healthy People 2010

1. Mental and Physical Impairment and Disability
2. Chronic Diseases
   - Heart Disease
   - Cancer
   - Stroke
   - Lung Disease
   - Diabetes
3. Physical Activity
4. Nutrition
5. Sexual Health
   - HIV Infection
   - STDs
6. Unintentional Injuries
7. Tobacco
8. Substance Abuse
9. Food and Drug Safety
10. Environmental Health
11. Occupational Health
12. Infectious Diseases
13. Health Services
   - Clinical Preventive Services (including immunizations)
   - Emergency Medicine
   - Long Term Care
14. Mental Health Services
15. Oral Health
16. Family Planning
17. Maternal, Infant and Child Health
18. Public Health Infrastructure
   - Surveillance and Data Systems
   - Training
   - Research
19. Educational and Community-Based Programs
20. Violent and Abusive Behavior

FOCUS AREAS

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ENABLING GOALS

HEALTH FOR ALL

GOALS FOR THE NATION

- Low Income
- Race/Ethnicity
- Gender
- Age
- People with Disabilities

* Special population groups need to be considered as objectives are developed in all focus areas.
Ways to reach students

- Individual
- Targeted Intervention
- Community wide Primary Prevention
Principles

- Student centered
- Community based
- Comprehensive
- Multidisciplinary
- Evidence-based
What’s happening?

- **CAPS:**
  - After hours help line – ProtoCall
  - Red Folder Training

- **Recreation:**
  - FitLife
  - Outback Adventures Store

- **Sexual Assault Resource Center**
  - New grant proposals

- **Student Health Service:**
  - After hours nurse line

- **Student Wellness:**
  - Prescription for Wellness Voucher Program
8 Dimensions of Wellness

- Physical
- Social
- Emotional
- Occupational
- Financial
- Environmental
- Intellectual
- Spiritual
LiveWell UCSD Affiliates

Cross Cultural Center
Career Services Center
Center for Student Involvement
Center for Ethics and Spirituality
Continuity & Emergency Services
Express to Success
Housing Dining Hospitality
Intergroup Relations Program
LGBT Center
OASIS
Office for Students with Disabilities
Women’s Center
wellness.ucsd.edu
LiveWell UCSD Resources

- Courses on Wellness
- National Wellness Days
- Promoting Wellness in Your Student Org
- Resources for RA's
- Student Wellness Listserv
- LiveWell Blog, Twitter & Facebook Group
- Student Health 101
- Calendar of events
What’s coming?
How staff can promote Student Wellness

- UC San Diego Student Affairs promotes healthy living in body, mind, spirit and relationships.

- We know that a healthy and happy student performs well academically and also strives for meaning and purpose in their life.

- We want you to encourage students to LiveWell at UCSD.
Advisory Committee

• Matt Adams  Recreation
• Jessica Heredia, M.A.  Sexual Assault Resource Center
• Becky McDivitt, R.D.  Housing Dining Hospitality
• Tiffany O'Meara, Ph.D.  Counseling & Psychological Services
• Debbie Pino-Saballett, MPH  Student Health Service
• Jerry Phelps, Ph.D.  Wellness Center
• Maria Ramirez, MPH  Student Health Service
• Patti Seyfert  Facility Planning
• Jan Stamm  Recreation
• Torrey Trust  Wellness Center
WE KEEP TRITONS

WELL!