2013-2014

Annual Report for the Division of Student Affairs

Departmental Report: Healthy Campus Initiatives

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Department Information: Mission, Vision, Values, Highlights

Mission

To promote health and well-being for students, faculty, and staff at OSU. Through collective action and input from the OSU community, we identify health priorities and advocate for policies, services, and environments that systemically support health and wellness.

Vision

By emphasizing a culture of well-being, we support individuals and our community in adopting and maintaining healthy behaviors to improve quality of life. A healthy campus provides added value, beyond what individuals provide for themselves. The Oregon State University campus will be known around the world for cultivating an environment of well-being where positive health choices are a part of everyday life. HCI supports a campus environment that fosters health and well-being for all community members to learn, grow, and achieve.

Values

Consistent with OSU and Student Affairs values.

Other

Philosophy: The Healthy Campus Initiative: --Fosters a culture of health and well-being for all community members to learn, grow and achieve --Is evidenced in our physical environment, curriculum, practices, policies, and educational opportunities --Serves as a comprehensive health and wellness framework for Oregon State University --Allows the freedom to address personal, academic and professional needs and goals

Departmental Highlights

1. Completion of data analysis, executive and formal report writing and presentations to faculty, staff, students and work groups about results of OSU Smoke Free evaluation project for OSU Corvallis and OSU Cascades.
2. Integration of Healthy Campus messages and importance through HHS231 curriculum, New Student Picnic, Be Well Walk/Run, National Nutrition Month and Earth Day activities.
3. Be Well Walk/Run had 706 registrants including a broad representation of faculty, staff, students and community members.
4. Bias Incidence Assessment and Response Protocol used successfully in UHDS to capture consistent information and provide consistent outreach and resources to students impacted by bias.
5. Completed process to acquire Co-Ops to build the Student Community Center and finalized financial resources to begin work with architect.

**Student Engagement & Success**

**Access to Oregon State University**

Healthy Campus Initiatives works across disciplines and "user groups" to improve accessibility and retention in higher education.

1. Specific support for health behaviors is critical for students who may be at risk (messaging about services students receive across campus);
2. Community and environmental support measures assist with identification of students at risk and refers to appropriate resources (Student Care Team, Community Care Team, Bias Education and Response).
3. Targeting specific populations who have additional barriers or unique circumstances that impact direct academic success (Human Services Resource Center - poverty/homelessness; Childcare and Family Resources)

**Community & Involvement**

**Student Organizations**

Convened "Student Organization Summit" in winter 2014 to link broad health and well-being initiatives (including social groups, academic groups, pharmacy interns, etc.). Outcomes were increased communication amongst groups, shared knowledge of goals and collaborative programming.

Be Well Walk/Run involves faculty, staff, students, families and community members with an intentional goal of being active together and supporting community health and well-being. Evaluation summary indicated participants perceived that the Walk/Run helps build community and contributed to a perception that OSU cares about health and well-being.

Work with International students to develop positive social connections (provide alternate social activities to smoking on breaks)

"Mini-Grant" program received 14 requests from Student Groups to collaboratively support health and well-being activities (11k was requested; 7k was dispersed)\
**Student Employment**

Students are welcomed to working in Student Affairs, oriented to SA values and goals; provided with training and educational opportunities to learn about health and well-being across campus and encouraged to apply work within the department to transferrable skills in their academic pursuits.

**Healthy Students & Campus**

Healthy Campus Initiatives (HCI) is a catalyst to support others in direct action for students (and faculty/staff). HCI is operationalized through Work groups in 4 health and wellness topic areas listed below. Also, HCI facilitates the Community Care Team, the Bias Response Team and oversees the student-fee funded areas of Childcare and Family Resources and Human Services Resource Center. As a member of the Student Life and Student Care Team, my work also involves supporting communities impacted by bias, death and other disruptions of positive functioning.

Healthy Campus Workgroups: (partially funded through a grant from Pacific Source Health Plans)

- **Healthy Eating** - Co-Chaired by SHS dietitian and UHDS dietitian and having members from CPHHS, Extension, Student Clubs, MU Retail Food Service, University Marketing and HCI. Primary goals are to:
  - Increase knowledge about Healthy Eating,
  - To increase consumption of fruits, vegetables and whole grains,
  - Increase choice of water over sugar-sweetened beverages.

  Report of specific committee goals and activities is attached.

- **Physical Activity** - Co-Chaired by Director of Faculty/Staff Fitness and RecSports Wellness Coordinator. Members from CPHHS, CAPS, SHS, RecSports, KidSpirit and students. This group underwent transition this year. The group objective is to improve physical activity and resistance training for all segments of the OSU population. Collaborative communications assisted with acquiring fitness benefits across FSF, Beaver Strides and Dixon membership. This year the committee supported and promoted each others activities and agreed upon an activity campaign for 14-15. A completed Physical Activity Environment Scan is attached.

- **Managing Stress** - Michele Ribeiro from CAPS is providing leadership of this objective. As the "Mental Health Initiative" has grown and shifted focus to "Flourishing" the specific "Managing Stress" outcome is broadened. However, the other focus areas continue to integrate messages about how to manage or reduce stress through Healthy Eating, Physical Activity, etc. Stress Management, along with Physical Activity and Healthy Eating are experiential objectives with operational pieces in HHS231, a Bacc Core class in "Lifetime Fitness and Health".

- **Smoke Free OSU** - Lisa Hoogesteger and a student from the MPH program co-chair this group. Members include representatives from Public Safety, Student Conduct, Facilities, UHDS, International Programs, County Health Dept., SHS, CPPHS faculty and students. The evaluation report is included as an attachment with recommendations for improvement. Problem areas
continue to occur with enforcement, trash and ongoing communications and signage. The work group creatively problem solves areas needing attention, leverages systemic change, plans for future needs and debates whether additional policies are needed. For example, the Enforcement sub-committee from this group is considering whether or not to fine smokers and if Public Safety should be allowed to ticket those who break the policy.

- Mini-Grants are an additional work group under Healthy Campus that helps allocate funds to student groups who collaboratively work to improve health behaviors or wellness activities related to the four topic areas above.

Attachment (copy & paste into browser):

NOTE: Additional attachments in Healthy Campus Initiatives folder

Student Satisfaction with Services
Information on satisfaction with Smoke Free policies and the Be Well walk and run was previously reported under Healthy Student and Campus Support

Teaching & Scholarship
Teaching
U-Engage pilot project Fall 13 with three colleagues who are Advisors. We were testing methods and outcomes related to identify development, connection to community and health and wellness supports on campus.

Publications in Press, Peer Reviewed

Publications in Press, non-Peer Reviewed

Publications Submitted
Internal Reports

Professional Presentations


Grants, Contracts, Licensure, & Certifications

Grants & Contracts

In the 4th year of the Pacific Source Health Plans "Healthy Living" grant focused on four topic areas; Eating Healthy, Being Active, Managing Stress and Reducing Tobacco Use.

Licensure & Certifications

Outreach & Engagement

Submission 1: The Be Well Walk and Run had over 700 registrants, including faculty, staff, students, alumni, family and community members. The objectives are to demonstrate and connect that OSU values health and wellness, to engage and support physical activity and to build community.

Groups engaged:

- Faculty & staff at OSU, outside the Division of Student Affairs
- The Corvallis community: Leadership Corvallis
- Regional audiences: Leadership LBCC

Submission 2: Co-presentation with Veteran's services and Counseling services on working with distressed and disruptive students.

Groups engaged:

- Faculty & staff at OSU, outside the Division of Student Affairs
- Faculty & staff outside OSU, at other institutions: LBCC
Submission 3: Co-Presentation to NASPA western regional conference about best practices in working with homeless students

Groups engaged:

- Faculty & staff outside OSU, at other institutions: NASPA regional attendees
- Students at other institutions: NASPA regional attendees

Submission 4: Smoke Free data presentation to faculty senate.

Groups engaged:

- Faculty & staff at OSU, outside the Division of Student Affairs (list departments or divisions, if available),

Submission 5: Smoke Free evaluation data presentation to College of Public Health and Human Sciences

Groups engaged:

- Faculty & staff at OSU, outside the Division of Student Affairs: CPHHS; streaming available to OSU Cascades

Submission 6: Smoke Free evaluation data report to OSU Cascades campus, students and health care task force.

Groups engaged:

- Faculty & staff at OSU, outside the Division of Student Affairs: OSU Cascades faculty and staff

Submission 7: Smoke Free data presentation and discussion at American College Health Association conference; in collaboration with UO.

Groups engaged:

- Faculty & staff outside OSU, at other institutions
- Students at other institutions

Diversity

Defined by Healthy Campus Initiatives: In our work to support positive health behaviors, we work with various departments that have unique perspectives. For example, in our "Be Active planning, we partner with DAS so that language and activities are as inclusive as possible"
In efforts around "Healthy Eating" we partner with UHDS, MURFS, ISOSU and Cultural Meals programs to address diversity and inclusivity. We also partner with Human Services Resource Center to support healthy eating on a budget.

In Bias Response work as well as Student Care Team and Community Care Team, diversity is intentional in who is represented at the table and how we fairly and equitably address issues that come up. The impact on an individual and community is never the same and there is a need to be attentive to expressed needs and community well-being.

**International Activities & Accomplishments**

Work with International programs to collaboratively address perceived problems associated with smokers outside of the ILLC. Work proactively with INTO and ISAS for bias response, community care and education and information related to health and wellness services and opportunities on campus.

**Other Initiatives**

Community Care and Bias Response teams worked on training, reporting and communication related to campus incidents impacting our community.

**Awards**

**Program Review**

Has Healthy Campus Initiatives completed a review since July 1, 2013? No

Next scheduled review: It depends on how you define it. HCI is "under review" for how and where it fits within OSU's structure. The definition and clarity around the body of work for HCI will help give boundaries to a program review. Related, when Recreational Sports did a f

**Professional Involvement**

NASPA - Building Healthy Academic Communities Consortium

**Committee Involvement**

- Faculty Senate
- Faculty Senate - Faculty Economic Welfare and Retirement Committee
- Several search committees (do these need to be listed?)
- Smoke Free Committee
- Northwest Consortium for Smoke Free campuses
- American College Health Association
Key Performance Indicators

Photos & Videos
Assessment Report

Departmental Goals

1. Goal 1: The Healthy Campus Initiative will build a broad framework to promote a health-in-all-policies approach that creates environments where the healthy choice is the easy choice.
2. Goal 2: Healthy Campus Initiatives will complete financing and approvals needed to begin construction of Student Community Center
3. Goal 3: Healthy Campus Initiatives will create a proposal for the future vision of "Our Healthy Campus"

Goal 1:
The Healthy Campus Initiative will build a broad framework to promote a health-in-all-policies approach that creates environments where the healthy choice is the easy choice.

Outcome 1.1

Outcome:

HCI engage multiple departments: The Healthy Campus Initiative will engage multiple departments with jurisdiction and expertise to work toward action plans to strengthen policies and improve practices.

Learning Goals for Graduates: Competency and Knowledge in Multiple Fields; Collaboration; Communication; Communication; Self-Awareness & Life-Long Learning

Methods: HCI staff and current collaborators will research structure of wellness policy boards at other institutions and compare those to board structure. HCI staff and current collaborators will create a conceptual model of influence showing links between missions, goals and sphere of influence for various departments

Implementation: Discussion through workgroups and leadership teams of practices, goals and outcomes across departments to then develop more consistent messaging and information to students.

Results: Joint messaging and marketing materials were developed and utilized across campus to broadly link "health and well-being" to academic success.

Websites and facebook accounts regularly referred to "others" information.

At New Student Picnic and

Decisions Made, Shared With:

One Guidebook App for 14-15 academic year.

Continue producing one "your health and wellness" document for new students.
Create a separate health and wellness calendar for students.

Continue to strengthen the collaboration through intention.

Which other department(s) might find value in this data (in its entirety or in part)? Career Services (Student Life); Counseling & Psychological Services; Dean of Student Life; Healthy Campus Initiatives (Student Life); Memorial Union; New Student Programs & Family Outreach (Student Life); Recreational Sports; Student Health Services; Student Leadership & Involvement (Memorial Union); University Housing & Dining Services; Veteran Services (Healthy Campus, Student Life)
Assessment Plan
My department eagerly awaits the opportunity to submit an Assessment Plan. <strong>We will be completing an Assessment Plan this year.</strong>

Departmental Goals
- Goal 1 (edited): Goal 1: The Healthy Campus Initiative will build a broad framework to promote a health-in-all-policies approach that creates environments where the healthy choice is the easy choice.
- Additional new goal 1: HCI will facilitate training, reporting and educational resources for bias incidents on campus (in collaboration with ISS, OEI and UHDS)
- Additional new goal 2: Healthy Campus subcommittees will have support from across Student Affairs units (Healthy Eating - UHDS; Be Active - RecSports, etc.)

New Goal 4a:

Outcome NG4a.1
Outcome: Stakeholders across campus (students, faculty, Student Affairs, Academic and Administrative units) will discuss and determine structure for future Healthy Campus work

Methods: A developmental evaluation is being completed and will be included in part of a formal proposal to resituate Healthy Campus offices.

The method will be meeting with stakeholders

Implementation: None listed.

Peer Review Process
Are you interested in participating in the Assessment Council's Assessment Report & Plan Peer Review process? Yes