INFRASTRUCTURE:

Wellness Coordinators (2)
  ➢ Student Wellness Coordinator – Student Health Services
  ➢ Faculty/Staff Wellness Coordinator – HR or Provost Office
    • Full-time
    • Implement/Oversee
    • Student support consisting of student hourly and graduate/pre-doctoral

On-line Website
  ➢ Web designer-full or part time
    • Have database experience
    • Links to department online services/programs

Equipment
  ➢ Computers, printers, etc.

Utilize existing office and meeting space

Wellness Committee

Expectation-student success would push plan with involved departments.

MARKETING:

Campus
  • UDK-piggyback national campaigns
  • Bathroom
  • Buses
  • Center for Campus Life – org. list serve, org. meetings
  • RA and Scholarship Hall programming and presentations
  • Faculty announce in class
  • Recruitment fairs
  • Information in Admission packets
  • New Student Orientation
  • Faculty and Staff Orientation
  • Athletic Events
  • Lied Center Sign
  • Promotional Items
  • Screen Savers
  • Link on KU home page
  • Display Cases
  • Chalking
  • Ads cars
  • Rotation of “Awareness Months”
  • “Hand” of cards as a passport – a certain number of punches provides incentives
  • Inclusion of cultural, spiritual, and emotional/mental health aspects of program
  • Oread – highlight initiatives
“Kudos” for wellness accomplishments
Student assigned to write articles-expand Health Beat.
Given space in paper for health fun fact, along with specific health behavior prevalence
“Wellness” spotlights- students, faculty, staff
“Got Health” campaign

Departments
- Reps. from Departments
- Team Challenge
- Identify students interested in health and wellness

Targeted Groups
- Newsletters
- Website
- Staff Development
- New employee orientation

EVALUATION:

Campus-Wide Ultimate Outcomes
- Contacts through specific departments -- number of students identified in Watkins with prevailing risks
- Campus-wide assessment via National College Health Assessments and Employee Health assessments.
- Healthiest campus student measures to track:
  - Obesity
  - Alcohol-related accidents
  - Tobacco
  - STD’s
  - Depression
  - Eating Disorders
  - Sexual Assault
  - Alcohol infractions
  - DUI’s
- Faculty/Staff
  - Health Screening
  - Campus Survey
  - Drop insurance costs
  - Drop in sick days
  - Money saved from health improvements

Intermediate
- Increase Watkins utilization
- Implementation of plan recommendations (campus changes) coming on board

Process
- Number of students coming into contact with wellness initiative programming and policies
- Passport/Helping Hand program