

Comprehensive Recommendations for Group to Move Forward: Health and Wellness Strategic Initiative

1. Set up a health and wellness consortium that will review the recommendations suggested in the final report and craft a 3-5 year action plan suggesting steps for implementation.
2. Continue with the model for the consortium that supports continued faculty and staff co-chairs to facilitate this process.
3. Set up a health and wellness consortium that is broadly representative of all campus constituents by seeking members from each union and student leadership to participate. Allow those presently on the strategic initiative to participate in the consortium if they choose to continue. This will provide continuity and a smooth transition.
4. Conduct a campus marketing campaign to inform the campus community of existing health and wellness initiatives and how they link with student retention, academic success, and faculty and staff professional growth and performance.
5. Identify research and grant funding opportunities to assist in defraying the cost of current and proposed health and wellness initiatives.
6. Encourage campus leadership to continue to provide a voice and vision for University-wide health and wellness.
7. Create a Campus Health and Wellness Professional Development Day.
8. Continue to link all initiatives and action plans to evidence-based programs that have the potential to demonstrate success at MSU for students, faculty and staff.
9. Focus on prevention strategies as well as intervention strategies. Many of the recommendations in the report focus on campus intervention strategies.
10. Provide additional staffing and funding to optimally utilize the outstanding health and wellness facilities on campus.
11. Provide meaningful incentives for students, faculty and staff to participate in health and wellness activities to improve overall campus health and reduce campus health care costs.

Feedback from the Open Forums and Comments
President's Strategic Initiative on Health and Wellness

Preventive appointments and doctor appointments should be separated out in tracking sick time for faculty and staff.

MSU needs to improve ergonomics in the classroom for the student.

Need a mechanism to determine what health/wellness programming the students, faculty, and staff will attend so we can make sure that Minnesota State Mankato is offering health/wellness programming effectively?

We need to include the definition of wellness in the report – It is included now and on the web site.

One resource to share is “America on the Move”. This site can be found at:
<http://aom.americaonthemove.org>

Recreation center fees issues need to be looked at - paying for, cost of, forms, separate areas for student and faculty, paying online, etc.

Utilize peer education programs – more students pay attend. This would be more influential.

The President's attitude by campus that health is important has been a positive factor in the campus taking this important issue seriously.

There should be a curriculum requirement of more activity classes –attendance should be encouraged by the advisors.

Mental Health recommendations seem more responsive instead of preventative; need to focus more on preventive behavioral changes.

Holbrook Assessment Center is a great resource.

Offer programs that collaborate with students in particular health fields. Offer student health fairs, BP screenings, etc.

Add a health and wellness track to Professional Development Day

Craft a public relations message about health and wellness for the campus that provides a vision to aspire to.

Wellness Committee should have a National Health/Wellness Day. There should be incentives for staff and faculty to attend.

Keep current the Campus Wellness website as resource for everybody.

Grass roots initiatives sometimes take root the best.

Look at financial health as well as physical, mental, and the other areas.

One suggestion for a resource that deals with financial health is: Everything You Know About Kids and Money is Wrong

http://money.cnn.com/magazines/moneymag/moneymag_archive/2006/08/01/8382223/index.htm

Alcohol and depression are very important issues to student. These should not get lost in all the other objectives.

Provide more evidence-based education on behavior change

The mental health link between exercise and stress management is strong.

Facilitating faculty/staff physical activity online registration or signing up for equipment

We have beautiful facilities and very proactive health programs on campus. Use our institution as a model.

Getting people to exercise initially requires incentives but will make for a healthier campus.

There should be more curriculum requirements for health related programs – not just physical health. Need to balance a strong body and strong mind for students, faculty and staff.

“Release” time for staff to exercise - pay employees.

Faculty / Staff could work with students to create joint programs that everyone could benefit from. (nursing to do BP checks, ECT.)

We need incentives to lower health care costs for the university?

Get ideas from faculty/staff/students and reward them and use as a model.

The nutrition talk on professional development day was great and was packed! Utilize these type programs to get to bargaining units. Create a Health and Wellness Professional Development Day

We are blessed with tremendous facilities. Human Performance has great resources to do various assessments. They need more staff and more \$ make this happen.

The nutritionist is student funded and so staff can't use her for faculty/staff. Need to find money to expand her services to staff.

Instead of blocking out time for faculty/staff at Recreation Center, what if there was a separate workout section for student and faculty/staff?

As an academic advisor, I encourage students to sign up for Human Performance class each semester but they have a hard time getting in. We need more HP classes for students to take.

We need to advertise services available to students - counseling center, psychiatrist, etc. We are being reactive instead of proactive and students are already drunk and already threatening suicide.

Over the last few years we have seen a tremendous increase in abuse of alcohol- other schools see us as a party school. We need to work with RSO'S and peer education groups to offer peer programs by students rather than lectures by faculty.

After security writes reports, are students getting the help they need? (counseling, education, etc.) We need a mechanism for follow-up. Residential Life indicated that they pay a lot of attention to students in crisis. Alcohol and depression issue are "right on" with what Residential Life sees also.

Acknowledge hard work of task force members. Thank you to Chris and Mary.

It would be nice to have health and wellness offerings for students, faculty and staff.

Comment: As a promotional idea to faculty: is there a way that we can open the rec. center to faculty from December 18-Jan 15 when classes aren't in session for an "introductory fee" that is enticingly reasonable? I assume the rec. center is already open and staffed during this time and the cost would be negligible. Faculty members are dressed more casually during these weeks and may be open to shedding the few pounds they may have gained over the holidays.

Comment: This came up several times at the forum – faculty not needing the rec. center in the summer. I would love to see the availability to purchase a faculty pass to the rec. center for the 4 months of November to the end of February instead of a semester at a time. Why not give this a trial run?

Comment: I would also like to see MSU provide more HP classes to allow more freshmen the possibility to register for a class. If HP offerings were expanded the advisors on campus would be able to promote students taking more than the 2 required for gen ed's (I currently advise my fulltime students to take an HP class each semester). Since we have banded tuition a student can take an HP class each semester without additional cost and benefit from the additional activity,

especially during the winter weather here in MN. However it is not an idea that can be promoted broadly by all advisors until additional courses are expanded.

Comment: Thanks for the wonderful forum!

Comment: Children are very perceptive and are influenced very heavily by parents. Parents are very much the model of behavior. Education of certain things back when one is a child is very influential I believe, so somehow the message of health, nutrition, physical activity needs to be influenced by parents/guardians, etc when a child is very young. It would be an interesting study of (or maybe it has been done) nutrition/health/emotional/mental styles of parents and how that has influenced their children and how that is correlated to how they are in high school/college....interesting questions that could be asked - if parents abused alcohol/ate McDonalds everyday how were they affected by this, etc.

Comment: Need to involve public relations and marketing to make programming exciting and inspire people.

Comment: I'm hoping that you don't neglect the spiritual aspect of wellness in the next survey. I'm sure that students have been helped through the chapels on campus and their related groups and organizations. As successful Dave Anderson (Famous Dave's) told students when he spoke on campus last year, "A spiritual life is important for well-being."

Comment: Your committee is undertaking a very worthwhile cause in encouraging positive habits in students! Thanks!

Comment: Part of a healthy employee is having a healthy environment. Our offices are not cleaned well or often.

Comment: Need to continue on with a consortium to identify action plans for the next 3-5 years

Comment: Should have leadership (co-chairs) from both faculty and staff for the consortium. This was a great group –very functional – should continue to do the work they have identified as needed. Group needs to continue to represent students, faculty and staff working together.

Comment: Lori Marti is campus health educator –she should be integrally involved in health education initiatives.