

**Strategic Plan Goal 1; Initiative 10**

**Sycamore Wellness – Outline of Proposed Work**

**1. Distribute survey to assess employee readiness and interest in wellness/fitness initiatives – March, 2011**

Survey will be used to obtain baseline assessment of ISU employee interest and preparedness for wellness initiatives. The survey results will serve as a baseline to guide future effort and also as a statistical tool as wellness involvement of faculty and staff evolves in the coming months.

**Funding Request: \$0**

**2. Student Health Promotion program enhancement – Fall, 2011 and Spring, 2012**

ISU Student Health Promotion works to create a health-promoting environment by advocating for effective policy development. The Health Promotion team presently consists of one full-time master's level outreach educator and one graduate assistant. Health Promotion is very heavily dependent on volunteer students to work as peer educators and assist with other programming. During the 2009-2010 academic year, Student Health Promotion offered 85 programs to students. The highest profile programs included the Wellness Bash, SoberRide and No Woman Left Behind. All have been funded with donations from other ISU departments, organizations or through mini-grants.

- *The SoberRide program, an unbudgeted program in 2010 that offers safe transportation to students who over-indulge in alcohol during homecoming activities. The primary expense is the cost of transportation.*

**\$4,900 in funding will be granted to support program expansion**

- *The 2011 No Woman Left Behind, a program that raises awareness about sexual assault by teaching students to recognize situations that could lead to sexual violence, operated with an \$850 mini-grant and an emergency funding request from ISU Student Affairs.*

**\$4,000 in funding will be granted to support program expansion**

- *The annual Wellness Bash health fair gives nearly 30 campus and community vendors the opportunity to share their information and encourage students to live healthier lives. The annual budget for the event is limited to \$500. Increasing that budget to \$3,000 would enable Health Promotions to expand advertising and offer refreshments and t-shirts to 600 participants.*

**\$2,500 in funding will be granted to support program expansion**

**Funding granted to expand these programs: \$11,400**

**3. Graduate Assistant funding – Fall, 2011 and Spring, 2012**

One Graduate Assistant will be hired to support the Student Health Promotion outreach educator by analyzing data, including the monitoring of faculty, staff and student participation, and helping in the expansion of Student Health Promotions.

Expansion will include additional services for students – including expansion of the already successful Wellness Bash event – with program and services administration provided by students resulting in increased experiential learning opportunities on campus. The Graduate Assistant will work to expand the website to provide more tools for individual and classroom use. This Graduate Assistant will also work to develop a text messaging system for wellness tips and reminders about programs and services.

**Funding granted: \$10,100 – (\$9,600 salary without benefits; \$500 for one laptop computer for this position. Dr. Tillery is working to secure tuition subsidy for this position.)**

4. **Begin research on funding opportunities for wellness programming and education – Fall, 2011 and Spring, 2012**

Engage a faculty research associate to infuse academic work with campus wellness challenges, assist with distribution of wellness grant funding, provide a comprehensive study of student wellness needs, examine broad-based obstacles to student wellness, and identify ISU students and student groups with the greatest level of need.

**Funding granted: \$3,500 –One-course buyout for either Fall, 2011 or Spring, 2012 semester**

5. **Campus wellness grant funding – Fall, 2011 and Spring, 2012**

The goal of Sycamore Wellness is to enrich the lives of Indiana State University students, faculty and staff by bringing about opportunities for the ISU community to engage in programmed activities and education opportunities that will reinforce healthy lifestyles. Because a variety of campus organizations and academic units can play a role in carrying out this mission, but few have the financial resources to carry forward those ideas, it is the desire of the wellness initiative team to create and administer a funding stream that will assist campus groups in implementing and funding wellness programming.

**Funding granted: \$10,000**

**Total budget: \$35,000**