

**Project** Goal 1 Initiative 10

**Start Date** Aug. 20, 2012

**Client** \_\_\_\_\_

**Program Manager** Aimee Janssen-Robinson

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**Thesis Statement** Develop a comprehensive Student Wellness Program

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## **Introduction/Background – What?:**

The vision behind a comprehensive wellness program is to have vibrant healthy students who are ready to learn. This initiative reflects a preventative college health agenda as opposed to a treatment agenda since health is much more than the absence of disease and there are proven strategies for promoting health and preventing disease. The outcomes of this initiative will allow students to participate successfully in the University mission to prepare productive citizens for Indiana and the world in all disciplines, and to prepare them for lifelong learning, leadership and careers in a changing multicultural world. Students will more effectively be educated and motivated with best practices for developing and achieving a healthy lifestyle. The techniques in a comprehensive wellness program are from sources such as the American College Health Association, Healthy Campus 2020, and American College of Sports Medicine.

## **Proposal/Purpose/Justification – Why?:**

According to the National College Health Assessment, students report the top three impediments to academic performance are stress, alcohol use, and internet use/computer games, which are responsible for 40% of students' poor academic performance. Indiana State University students report that stress, sleep difficulties, and anxiety are their top three impediments to academic performance from preliminary data from the needs assessment conducted in January 2012. The comprehensive wellness program will work to address these impediments to academic performance following the Ecological Model and Healthy Campus 2020. This model will allow for greater experiential learning opportunities on campus for students, as they will be able to provide health screenings, programs, and other services to their peers.

The audit team for Goal 1 recommended that the comprehensive wellness program be expanded to faculty and staff. To meet this recommendation Initiative 10 will pilot an employee wellness program within the division of Student Affairs. This pilot will use the Ecological Mode and follow the faculty / staff objectives in Healthy Campus 2020. The framework for serving faculty and staff as part of Healthy Campus 2020 is built upon 3FOUR50. This user-driven connect, collaborate, and create approach involves many different disciplines to reduce the global epidemic of chronic disease. There are 3 risk factors — tobacco use, poor diet (including the harmful use of alcohol) and lack of physical activity — which contribute to four chronic diseases — heart disease, type 2 diabetes, lung disease and some cancers — which, in turn, contribute to more than 50% of preventable deaths in the world.

Therefore, the Healthy Campus Faculty/Staff Objectives focus on nutrition/weight status, physical activity/fitness, and stress management.

## **Work Plan – Action Steps – Process – How?:**

Below is objectives from Healthy Campus 2020 that fit data reported by ISU Students. Following the Ecological Model, programs and services are listed under their respective level.

### **Student Objectives:**

Reduce the proportion of students who report that their academic performance was adversely affected by stress in the past 12 months. (AI-1.1)

<u>Intrapersonal</u>	<u>Interpersonal</u>	<u>Institutional</u>	<u>Community</u>	<u>Public Policy</u>
Small Group Programs	Small Group Programs		Wellness Bash	
MyStudentBody.com	Social Marketing	MyStudentBody.com		

Reduce the proportion of students who report that their academic performance was adversely affected by sleep difficulties in the past 12 months. (AI-1.2)

<u>Intrapersonal</u>	<u>Interpersonal</u>	<u>Institutional</u>	<u>Community</u>	<u>Public Policy</u>
Small Group Programs	Small Group Programs		Wellness Bash	
MyStudentBody.com	Social Marketing	MyStudentBody.com		

Reduce the proportion of students who report that their academic performance was adversely affected by anxiety difficulties in the past 12 months. (AI-1.3)

<u>Intrapersonal</u>	<u>Interpersonal</u>	<u>Institutional</u>	<u>Community</u>	<u>Public Policy</u>
Small Group Programs	Small Group Programs		Wellness Bash	
MyStudentBody.com	Social Marketing	MyStudentBody.com		

Reduce the proportion of students who report that their academic performance was adversely affected by cold/flu/sore throat in the past 12 months. (AI-1.5)

<u>Intrapersonal</u>	<u>Interpersonal</u>	<u>Institutional</u>	<u>Community</u>	<u>Public Policy</u>
Small Group Programs	Small Group Programs	Flu Shot Clinics	Wellness Bash	
	Social Marketing		Family Day	

Increase the proportion of students who report receiving information on violence prevention from their institution. (ECBP-7.3)

<u>Intrapersonal</u>	<u>Interpersonal</u>	<u>Institutional</u>	<u>Community</u>	<u>Public Policy</u>
MyStudentBody.com	Small Group Programs	MyStudentBody.com		
Small Group Programs				

Increase the proportion of students who report receiving information on suicide prevention from their institution. (ECBP-7.4)

<u>Intrapersonal</u>	<u>Interpersonal</u>	<u>Institutional</u>	<u>Community</u>	<u>Public Policy</u>
Small Group Programs	Small Group Programs			
	Social Marketing			

Increase the proportion of students who report receiving information on alcohol and other drug use from their institution. (ECBP-7.6)

<u>Intrapersonal</u>	<u>Interpersonal</u>	<u>Institutional</u>	<u>Community</u>	<u>Public Policy</u>
MyStudentBody.com	Parent/Student Guide	MyStudentBody.com		

Increase the proportion of students who report having exercised for 30 minutes or more on the majority of the days of the week.

<u>Intrapersonal</u>	<u>Interpersonal</u>	<u>Institutional</u>	<u>Community</u>	<u>Public Policy</u>
Small Group Programs	Small Group Programs	Wellness Bash	Exercise is Medicine	
	Exercise is Medicine			

Reduce the proportion of students who report engaging in high-risk drinking of alcoholic beverages within the last two weeks.

<u>Intrapersonal</u>	<u>Interpersonal</u>	<u>Institutional</u>	<u>Community</u>	<u>Public Policy</u>
MyStudentBody.com	Parent/Student Guide	MyStudentBody.com		

Reduce the number of alcohol related incidents involving students during homecoming weekend.

<u>Intrapersonal</u>	<u>Interpersonal</u>	<u>Institutional</u>	<u>Community</u>	<u>Public Policy</u>
Designated Walker	Designated Walker	SoberRide	SoberRide	

Increase the proportion of students who reported receiving influenza vaccine in the last 12 months.

<u>Intrapersonal</u>	<u>Interpersonal</u>	<u>Institutional</u>	<u>Community</u>	<u>Public Policy</u>
Small Group Programs	Small Group Programs	Flu Shot Clinics	Wellness Bash	
	Social Marketing		Family Day	

### **Faculty / Staff Objectives:**

Increase the proportion of faculty/staff who have had their blood pressure measured within the preceding 2 years and can state whether their blood pressure was normal or high.

<u>Intrapersonal</u>	<u>Interpersonal</u>	<u>Institutional</u>	<u>Community</u>	<u>Public Policy</u>
Small Group Programs	Small Group Programs	Wellness Bash	Exercise is Medicine	
	Exercise is Medicine			

Increase the proportion of faculty/staff who have had their blood cholesterol checked within the preceding 5 years.

<u>Intrapersonal</u>	<u>Interpersonal</u>	<u>Institutional</u>	<u>Community</u>	<u>Public Policy</u>
Small Group Programs	Small Group Programs	Wellness Bash	Exercise is Medicine	
	Exercise is Medicine			

Increase the proportion of faculty/staff who report having exercised for 30 minutes or more on the majority of the days of the week.

<u>Intrapersonal</u>	<u>Interpersonal</u>	<u>Institutional</u>	<u>Community</u>	<u>Public Policy</u>
Small Group Programs	Small Group Programs	Wellness Bash	Exercise is Medicine	
	Exercise is Medicine			

Increase the proportion of faculty/staff who are vaccinated annually against seasonal influenza.

<u>Intrapersonal</u>	<u>Interpersonal</u>	<u>Institutional</u>	<u>Community</u>	<u>Public Policy</u>
Small Group Programs	Small Group Programs	Wellness Bash	Exercise is Medicine	
	Exercise is Medicine			

Increase the proportion of faculty/staff who have access to workplace programs that prevent or reduce employee stress.

<u>Intrapersonal</u>	<u>Interpersonal</u>	<u>Institutional</u>	<u>Community</u>	<u>Public Policy</u>
Small Group Programs	Small Group Programs	Wellness Bash	Exercise is Medicine	
	Exercise is Medicine			

## **Graduate Assistant**

To expand the quantity and quality of the programs and services provided to ISU Students through the Student Health Promotion (SHP) office additional assistance is needed. A graduate assistant working 20 hours per week can provide the additional support needed to expand the programs and services of the SHP office. The graduate student who was in this role for FY12 will continue in this role for FY13. This will provide continuity of programs and services.

## **MyStudentBody.com**

MyStudentBody is designed to reduce risky student behavior using strategies that research has shown are most effective—motivational, attitudinal, and skill-training interventions. More than a one-time-through prevention course, MyStudentBody is available 24/7, all semester long, for information on drugs, alcohol, sexual violence, and other health and wellness issues that can affect their academic success. MyStudentBody also gives parents tools they can use to reinforce your school's prevention message. In addition, it provides you with data and strategies to support their overall prevention program. The committee will work with First Year Programs and the University College to have new

students complete the Essentials Course of MyStudentBody.com. *Essentials* is a prevention education course intended for incoming students. It covers the three most significant behavioral risks new college students face: alcohol, illicit and prescription drugs, and sexual violence. Structured around a motivational self-assessment in each area, *Essentials* incorporates audio, video, and interactive tools and lessons to teach students key concepts and skills. Follow-up assessment gives administrators a window on student risks and consequences throughout the term. Through the administrative section of MyStudentBody.com, the committee also will be able to gather data about student behaviors related to wellness. MyStudentBody.com previously has been funded by the Vice President for Student Affairs, Student Health Promotion and the Student Counseling Center.

### **Wellness Bash**

The Wellness Bash is the campus health fair for faculty, staff, and student featuring exhibitors from campus and the Wabash Valley community. Blood pressure, glucose, and cholesterol screenings are available as well as a flu shot clinic and much more. The event is hosted in the Student Rec Center and is free for all ISU community members who wish to participate. In 2010, there were 600 participants and 800 in 2011. The committee hopes to increase this to 1000 participants for 2012. A run/walk will be added to the Wellness Bash activities during the late afternoon/evening on Oct. 17, 2012.

### **SoberRide**

SoberRide is a designated driver service provided during ISU's Homecoming. In 2010, 600 rides were provided to ISU students and in 2011, 800 rides were provided. The committee hopes to expand this to 1000 rides for 2012. The Designated Walker program to address alcohol violations during ISU's Homecoming accompanies SoberRide.

### **Exercise is Medicine on Campus**

Exercise is Medicine on Campus is a program of the American College of Sports Medicine to promote physical activity on campuses. Two speakers were brought to campus during the 2011-2012 academic year to promote physical activity about 150 students attended these speakers. The committee plans to bring one speaker per semester as well as develop a social marketing campaign to promote physical activity across campus.

### **Mini-Grant Program**

The mini-grant program for student wellness programs developed by students for students provides opportunity for small group activities/events to educate students as well as provide experiential learning for students planning, implementing, and evaluating the event. Nine programs were funded in 2011-2012, the committee plans to expand this and fund 12 programs for 2012-2013. The funded programs must focus on stress, sleep difficulties, anxiety, and physical activity for 2012-2013.

### **No One Left Behind**

No One Left Behind (formerly No Women Left Behind) is an annual event in April. The program raises awareness about sexual assault by teaching students to recognize situations that could lead to sexual violence. Just over 100 students attend this event in 2012 and another 250 participated in the picture day about one month prior to the event.

## **Pilot Employee Wellness Program**

The Goal 1 audit team recommended that this initiative be expanded to faculty and staff. The committee realizes the value of healthy employees and eagerly accepts this challenge. A comprehensive employee wellness program will be developed following the Ecological Model and Healthy Campus 2020 and the program will be piloted in the Division of Student Affairs with the potential of expansion to the entire campus in the future. Human Resources and Staff Benefits will be key partners for this program. A student worker will be employed to assist with the management of this program.

## **Reporting and Deliverable Schedule – When?:**

Each event will be evaluated following that event. Card readers will be purchased to track student/employee participation at each event. The Indiana Campus Substance Use Survey will be conducted in January 2013 as a free service of the Indiana Collegiate Action Network with data available the following September.

### **Graduate Assistant**

- Has been hired and will begin working August 6, 2012

### **MyStudentBody**

- Is currently available to all ISU students and parents
- New students and parents are notified during New Student Orientation
- Incorporation with University College will occur during summer and fall 2012

### **Wellness Bash**

- October 17, 2012

### **SoberRide**

- October 6, 2012

### **No One Left Behind**

- April 11, 2013

### **Exercise is Medicine on Campus**

- Throughout the academic year with one speaker each semester

### **Mini-Grant Program**

- Proposals must be submitted by September 30<sup>th</sup> and January 30<sup>th</sup> with the funds to be used during the current academic year

### **Attendance Tracking**

- Technology to scan student identification cards will be purchased before the start of the fall 2012 semester to track student participation at events. The technology purchased will be consistent with what other departments in the Division of Student Affairs use.

### **Pilot Employee Wellness**

- Will begin September 3, 2012 and continue through May 1, 2013 with events and programs throughout the year.

### **Budget – How Much?:**

<u>Item</u>	<u>Carry Forward</u>	<u>New Funds Requested</u>
Graduate Assistant Stipend	\$ 7,500	
MyStudentBody.com	\$ 5,500	
SoberRide	\$ 4,000	
Wellness Bash	\$ 6,000	
No One Left Behind	\$ 2,759	
Exercise is Medicine on Campus		\$ 3,000
Mini-Grant Program		\$ 3,000
Attendance tracking for co-curricular record		\$ 4,000
Pilot Student Affairs Employee Wellness Program		\$ 3,000
Student Worker for Employee Wellness Program		\$ 5,280
<b>Total</b>	<b>\$ 25,759</b>	<b>\$ 18,280</b>

### **Stakeholders and Management Plan – Who?:**

#### **Committee:**

Aimee Janssen-Robinson, Chair	David Stowe, Co-Chair
Holly Arnett	Barbara Barton
Valerie Craig	Kathy Ginter
Derek Kingsley	Christine Knight
Thomas Nesser	Jessica Robinson

#### **Partners:**

##### **Campus:**

- African American Cultural Center
- Commuter Student Services
- Department of Applied Health Sciences
- Department of Kinesiology, Recreation, & Sport
- First Year Programs

- Hulman Memorial Student Union
- Human Resources / Staff Benefits
- International Programs and Services
- Recreational Sports
- Residential Life
- Sodexo
- Student Counseling Center
- Student Government Association (SGA)
- Student Health Promotion
- UAP Student Health Clinic
- University College

**Community:**

- City of Terre Haute
- Indiana Collegiate Action Network – Mental Health America – Indiana
- Indiana State Excise Police
- Indiana State Police
- Refreshment Services of Pepsi
- Terre Haute City Police
- Vigo County Sheriff Department

## **Outcome Assessment & Future Testing – How Well?:**

### **Data Collection**

\*See Excel Worksheet – ISUWell Data Collection\_2012\_2013

Data will be collected through the Indiana Campus Substance Use Survey provided by the Indiana Collegiate Action Network (ICAN) a division of Mental Health America – Indiana, the MyStudentBody.com website, which is provided free to all ISU Students, Parents, Faculty, and Staff and is funded by ISU Well. Data also will be collected at the Wellness Bash, an annual health fair sponsored by ISU Well. Other sources of data include MAP-Works, PE 101 and HLTH 111 courses, and Police reports and incident reports from ISU Office of Student Conduct and Integrity.