

Strategic Plan – Initiative Work Plan FY2014

Initiative Name Student Wellness Initiative

Date May 31, 2013

Goal # 1 **Goal Chair(s)** John Beacon, Josh Powers, and Carmen Tillery

Initiative # 10 **Initiative Chair(s)** Aimee Janssen-Robinson and David Stowe

Thesis Statement: Develop a comprehensive student wellness program.

1. 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.

2. 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 as reported in the needs assessment conducted in January 2012, the Indiana Collegiate Substance Use Survey funded by the Indiana Collegiate Action Network (ICAN). The comprehensive wellness program will work to address these impediments to academic performance following the Social 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.

3. Discussion of Past Years Results – Benchmark Successes?

Graduate Assistant

Through funding from the Student Wellness Initiative the Student Health Promotion Office (SHP) was able to employ an additional graduate assistant. With the additional staff SHP was able to provide 253 programs/events during the past year with an attendance of 19,844. Of those programs 35 were provided in the Residence Halls. The graduate assistant provided 57 nutrition consultations. Over the course of the year 34 undergraduate students completed experiential learning through the SHP office, the graduate assistant assisted in the supervision of these students. He also served as an advisor for two student organizations

Strategic Plan – Initiative Work Plan FY2014

PHACT (Promoting Health Across Campus Together) and Advocates for Equality the LGBTQ student organization.

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. First year students were encouraged to complete the Essentials Course of MyStudentBody through New Student Orientation and a few courses such as PE 101. Student Conduct and Integrity requires students to complete the Conduct Course of MyStudentBody for minor alcohol and drug violations on campus. During the past year 2343 students used MyStudentBody with 813 unique visits.

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. The Wellness Bash was held on October 16, 2012 from 10 a.m. to 2 p.m. in the Student Rec Center. The event had an attendance of 600 ISU students, faculty, and staff and 32 exhibitors. Of the 32 exhibitors 15 were ISU departments with students providing screenings and information in an effort to increase experiential learning opportunities. Flu shots were provided by the UAP Student Health Center 153 flu shots were administered at the Wellness Bash only 17 of those were for students. A glow run/walk was added to the Wellness Bash activities during the late evening on Oct. 17, 2012 with 80 participants and 35 volunteers.

SoberRide

SoberRide is a designated driver service provided during ISU's Homecoming. In 2012, 500 rides were provided to ISU students. The Designated Walker program, which was created to address alcohol violations during ISU's Homecoming, accompanies SoberRide and had a record 157 participants for 2012. The safe homecoming efforts also were evident in the Police reports: 7 = Public Intoxications, 1 = Minor Consuming Alcohol and 0 = OVWI's.

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 with about 250 students attending each speaker. This was coordinated by Dr. Derek Kingsley.

Mini-Grant Program

The mini-grant program for student wellness is an opportunity Indiana State students to develop and implement small group educational activities/events for other students. The program provides experiential learning for students through the planning, implementation, and evaluation of the event. Of the 16 proposals submitted this year six were funded.

Strategic Plan – Initiative Work Plan FY2014

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. There was record attendance of 378 this year for No One Left Behind which was a Spring Week event. In addition to the event 103 students participated in the photo day and clothesline project leading up to the event.

4. Work Plan, Next Fiscal Year – Action Steps – Process – How?

Below are the objectives from Healthy Campus 2020 which is guiding the work of the Student Wellness Initiative. The data was gathered from the Indiana Collegiate Substance Use Survey, MyStudentBody.com, University Police, and UAP Clinic. Those objectives marked with an * will be assessed next year. The final two objectives are not Healthy Campus 2020 objectives, but rather objectives developed to address areas of concern at ISU.

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)

ISU 2012	Healthy Campus Baseline	Healthy Campus Target
58%	27.4%	24.7%

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)

ISU 2012	Healthy Campus Baseline	Healthy Campus Target
42%	20%	18%

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)

ISU 2012	Healthy Campus Baseline	Healthy Campus Target
36%	18%	16.5%

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)

ISU 2012	Healthy Campus Baseline	Healthy Campus Target
33.6%	13.7%	12.3%

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

ISU 2012	Healthy Campus Baseline	Healthy Campus Target
	36%	39.6%

Strategic Plan – Initiative Work Plan FY2014

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

ISU 2012	Healthy Campus Baseline	Healthy Campus Target
	30.1%	33.1%

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

ISU 2012	Healthy Campus Baseline	Healthy Campus Target
	64.8%	71.3%

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

ISU 2012	Healthy Campus Baseline	Healthy Campus Target
	48.7%	53.5%

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

ISU 2012	Healthy Campus Baseline	Healthy Campus Target
(397 shots)	39.9%	43.9%

397 – is the number of vaccinations give to students through the UAP Student Health Clinic.

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

ISU 2012	Indiana
23.4%	46.0%

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

Violation	2012	2011
Public Intoxication	7	6
Minor Consuming Alcohol	1	5
OVWI	0	1

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. Funds were requested and approved in February, 2013 for the hiring of a graduate assistant for this initiative. Cali Moore, who will be a graduate student in Exercise Science, was hired. This is a two-year assistantship and the funds allocated in February, 2013 cover both years of the assistantship (\$40,000).

Strategic Plan – Initiative Work Plan FY2014

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 a student's academic success.

MyStudentBody also gives parents tools they can use to reinforce your school's prevention message. In addition, the website provides data and strategies to support the 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. The Essentials Course 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. The current cost of MyStudentBody.com is \$5,500 annually. This will be the fifth and final year of our contract with Hazelden, so the committee will be evaluating MyStudentBody.com and exploring other programs to meet this need over the course of the next year.

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 2012, there were 600 participants. The committee hopes to increase this to 800 participants for 2013. The Wellness Bash is scheduled for Wednesday, October 16, 2013 from 10 a.m. to 2 p.m. in the Student Rec Center.

SoberRide

SoberRide is a designated driver service provided during ISU's Homecoming. In 2012, 500 rides were provided to ISU. For 2013 the committee is looking to provide 600 rides. The Designated Walker program to address alcohol violations during ISU's Homecoming, accompanies SoberRide and is looking to have 175 Designated Walkers for 2013. This is a collaborative effort between Student Health Promotion, the Student Wellness Initiative, University Police, and the Campus Community Alcohol Coalition.

Mini-Grant Programs

Mini-Grants for Student events/programs

The mini-grant program for student wellness programs is an opportunity for Indiana State students to develop and implement small group educational activities/events for other students. The program provides experiential learning for students through the planning, implementation, and evaluation of the event. The funded programs in 2013-2014 must focus on stress, sleep difficulties, anxiety, and physical activity. The committee plans to fund 15 programs for next year.

Strategic Plan – Initiative Work Plan FY2014

Stairwell Art Projects

The Stairwell Campaign's goal is to increase physical activity of all faculty, staff, students and visitors of Indiana State University by promoting the use of the stairs. It is hoped that by, installing visually stimulating art in the campus building stairwells, it will enhance a person's desire to use the stairs rather than the elevator. Departments/buildings will need to apply for funding and work collaboratively with the initiative committee. An example of a recent article supporting this project is: Hill, J. O. (2012). *Opinion: Active lifestyle key to good health, weight control*. Unpublished manuscript, School of Public Affairs, University of Colorado Denver, Denver, CO, Retrieved from <http://www.healthpolicysolutions.org/2012/09/17/opinion-active-lifestyle-key-to-good-health-weight-control/>.

Matching Funds for Treadmill Desks for Students

ISU students report that stress is one of the top five health impediments to their academic performance (ICSUS survey, 2012). This is consistent with data from the American College Health Association's National College Health Assessment. The Surgeon General recommends a minimum of 10, 000 steps each day, which is achievable in three hours on the treadmill desk. Additional benefits from the treadmill desk include:

- Enhances mental well being
- Makes exercise automatic and habit forming
- Increases levels of self-satisfaction and wellness

The Student Wellness Initiative will provide up to \$650 in matching funds to a department applying for funding. The treadmill desk must be used primarily by students and the department must be willing to track use of the desk and report back to the initiative committee.

Initiatives/Events

No One Left Behind

No One 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. The event is organized by a student committee.

Choose Blue

Choose Blue is a new initiative from Student Wellness Initiative, Employee Wellness and Sodexo to promote healthy eating in the commons of HMSU. Blue leaves will be attached to items that meet specific nutrition criteria. This will make it simpler for individuals to choose healthy options.

Maria Falzone

Maria Falzone is a comedian "sexpert" who has presented her program "Sex Rules" on the ISU campus for the past 15 years. Approximately 1000 students attend this annual event. The Student Wellness Initiative will support this program in collaboration with the Programming Council. This event is scheduled for August 27, 2013 at 7 p.m. in Hulman Center.

Strategic Plan – Initiative Work Plan FY2014

Bike Share Feasibility Study

The Student Wellness Initiative, in collaboration with Recreational Sports and The Institute for Community Sustainability, will study the feasibility of a bike share program for the ISU Campus. A faculty research associate will be hired to conduct the study. The Institute for Community Sustainability and Recreational Sports will be piloting a bike share program at ISU during the 2013-2014 academic year which will be included in this study.

Professional Development

Funds to support Student Wellness Committee member(s) attendance at a professional development event such as a regional or national conference, i.e. the American College Health Association annual meeting.

5. Reporting and Deliverable Schedule – When?

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

Graduate Assistant

- Has been hired and will begin working August 5, 2013

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 2013
- Evaluation and selection of program for next year completed by April, 2014

Mini-Grant Program

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

Stairwell Art Projects

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

Matching Funds for Treadmill Desks

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

Safe Homecoming – SoberRide and Designated Walker

- October 5, 2013
- March, 2014 SoberRide pilot study month

Strategic Plan – Initiative Work Plan FY2014

Wellness Bash

- October 16, 2012

No One Left Behind

- April 9, 2014

Choose Blue

- Close of fall semester December 20, 2013

Maria Falzone

- August 27, 2013

Professional Development

- Mid-America College Health Association Conference November 6-8, 2013
- American College Health Association Annual Meeting May 27-31, 2014

6. Budget – How Much, a General Discussion of Funds Use?

<u>Student Wellness Initiative</u>		
<u>Item</u>	<u>Carry Forward</u>	<u>New Funds Requested</u>
Graduate Assistant (2 year appointment)	\$ 40,000.00	
Mini-grants		\$ 5,000.00
Stairwell Art Projects		\$ 2,500.00
Matching Funds for treadmill desks (5 x \$650)		\$ 3,250.00
Safe Homecoming (SoberRide & Designated Walker)		\$ 4,000.00
Wellness Bash		\$ 3,000.00
Choose Blue (healthy eating marketing)		\$ 1,000.00
SoberRide 1 month pilot		\$ 7,000.00
Initiatives/Events		\$ 8,500.00
Professional Development		\$ 2,000.00
Totals	\$ 40,000.00	\$ 36,250.00
Total		\$ 76,250.00

Strategic Plan – Initiative Work Plan FY2014

7. Stakeholders and Management Plan – Who?

Committee:

Please note there have been several committee member changes

Aimee Janssen-Robinson, Chair	David Stowe, Co-Chair
Thomas Nesser	Kathy Ginter
Kathryn Berlin	Jessica Robinson
Freda Luers	Eliezer Bermudez
Erin Miliken	

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
- Institute for Community Sustainability
- International Programs and Services
- Parent and Family 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

Strategic Plan – Initiative Work Plan FY2014

8. Outcome Assessment & Future Testing

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.

9. Line Item Budget Discussion that tracks Budget Templates ...

Staff Total

Graduate Assistant (2 year appointment)

In February, 2013 the Student Wellness Initiative requested funds for a graduate assistant for the academic years of 2013-2015. The funding was approved and an in-state student was hired. The student will begin work August 5, 2013. The carry forward funds will be used for the funding of this graduate assistantship over the next 2 years. (\$40,000.00)

Supplies and Expenses

Mini-grants		\$	5,000.00
Stairwell Art Projects		\$	2,500.00
Matching Funds for treadmill desks (5 x \$650)		\$	3,250.00
Safe Homecoming (SoberRide & Designated Walker)		\$	4,000.00
Wellness Bash		\$	3,000.00
Choose Blue (healthy eating marketing)		\$	1,000.00
SoberRide 1 month pilot		\$	7,000.00
Initiatives/Events		\$	8,500.00
Total		\$	34,250.00

Supplies and expenses includes all of the above mentioned events, initiatives and programs of the Student Wellness Initiative. The Initiatives/Events category includes No One Left Behind, Maria Falzone, and the Bike Share feasibility study. Expenses will include speaker fees, marketing of events, refreshments and promotional items for events and room rental fees.

SoberRide 1 month pilot

The Student Wellness Initiative will conduct a one-month pilot study of expanding the SoberRide program to every weekend in March (excluding spring break) to determine potential needs, use, and expenses related to expanding the program. The pilot study will provide information and data necessary to expand the SoberRide service to most weekends of the academic year. This will be in collaboration with the Campus and Community Alcohol Coalition.