

RECWELL: ELEVATION #2

HEALTH PROMOTION PLAN

2019/20

Subject

Health Promotion

Chair & Members

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Health Promotion Waypoints:

Health promotion is critical for student success and RecWell will facilitate initiatives that enhance our healthy community so students can reach their fullest potential.

1. Serve as a “central organization” for the Healthy Campus framework (provided by American College Health Association) implemented by the Vandal Health Coalition. Provide high-quality initiatives that promote health based on best practices, research, and assessment.
2. Provide opportunities to practice self-reflection and mindfulness.
3. Collaborate with a variety of partners to enhance the physical spaces on campus to support well-being.
4. Promote service opportunities that are inclusive of and benefit the greater community.

	Topic	Timing
Fall	Waypoint 1: Review current initiatives and identify ways to be more collaborative and/or integrative. Waypoint 2: Implement ACHA National College Health Assessment at the U of I Waypoint 2: Review ACHA, NIRSA, AORE, NASPA best practices regarding health promotion. Waypoint 4: Review research regarding physical space and well-being.	October/November Launch October October/November/December October/November/December
Winter	Waypoint 2: Receive NCHA results, begin to analyze Waypoint 3: Connect with mindfulness facilitator/s on campus to identify services/needs	January December/January
Spring	Waypoint 3: Identify strategies to enhance self-reflection and mindfulness, consider how to better utilize the Arb.	February/March
Summer	Waypoint 2: Examine necessary program modifications based on assessment from NCHA and best practices review	June/July

Topic

Timing

NOTES:

- After initial research/assessment, group will move forward with a select number of initiatives to move our waypoints forward and these will be added to the timeline.
- Consider how faculty can provide opportunities for self-reflection
- How do we define culture of health and how do we provide evidence that we are moving that forward?
- In our environment, how can we provide opportunities for mindfulness?
- We edited “create opportunities” to “promote opportunities” in area five; to promote initiatives that give back as the Center for Volunteerism and Social Action already has a mechanism for creating opportunities. As a department perhaps we can participate in those opportunities and promote opportunities to students (as a way to enhance their personal well-being, too).