GA-ASUC Wellness Work Group

Background: ASUC and GA voted unanimously to establish a weekly wellness group to better understand gaps in wellness and inspire a cross campus wellness initiative.

Defined: Wellness is a transdisciplinary process of becoming aware of and making choices toward a healthy and fulfilling life. "...a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity." - The World Health Organization.
Methodology

1) Collaboration with campus partners, groups, and admins
   e.g. ASUC, GA, UHS, Rec Sports, E & I, Co-Ops, DSU, campus committees, etc.

2) Standing on the shoulders of giants; building off prior efforts

3) Best practices and scholarly research on campus wellness
   e.g. scholarly research highly complex with wide scope (will take years to compile), UCLA and UC David models, Johnson Research Foundation, WHO, etc.

4) Apply aforementioned to find needs and make recommendations
   e.g. Academic pressures, better access to health services, sustaining and improving Rec Sport facilities / programs, student mental health, disability services in the health and rec sports areas, nutritional classes and education, alternative therapies, veteran services, and spreading wellness spaces throughout campus (not just a wellness center).
Outcomes & Recommendations

• Multi-level Wellness Initiative
  - has buy-in from all members of the campus and Office of the President: **NOT JUST STUDENTS.**
    • Five Wellness Buckets of Initiative

• Access: Extend UHS hours for students

• Mental Health: Counselors in primary care, counselors / liaisons to academic departments, outreach coordinator for minority groups, and prevention programs.

• Wellness Center: Changing role of Rec Sports Department to a more wellness model (versus sports), more integration with UHS (prescribing fitness, alternative therapies, etc.), nutritional classes, disability services w/UHS, universal changing areas, larger gym facilities, climbing wall, private / universal changing areas.

• Satellite Wellness Spaces program: Incentivize the development of wellness spaces across department and campus.

• Prioritizing the Development Office Charter to Include the Student Experience: Expand the development priorities from capital projects, faculty endowments, and scholarships to also support the student experience (and related services).
WE NEED YOU!

• Make the wellness initiative an advocacy item of the GA
• Please join a sub group to help with the following
  • Extending UHS Access (hours of operation, satellite offices, etc.)
  • Mental Health Services
  • Satellite wellness locations (microspaces distributed around campus)
  • Hearst Gym Renovation Project (architecture, public health, finance, etc.)
• Develop Office (advocate with the campus fundraising office to prioritize the student experience, services, and wellness)