

Wellness Network

Committee and Leadership Updates, Spring 2015

Executive Board

- Welcomed new members and partners, including staff from the Dell Medical School.
- Applied for the Active Minds Healthy Campus Award and recently learned that UT Austin is one of 20 schools that have been selected to move on to Phase II of the application process. If UT Austin advances past the next round, a panel of judges will visit the campus and conduct interviews with key stakeholders in late summer.
- Continuing to build partnerships to advance health promoting policies on campus.

Assessment Chair Updates

- Implemented the 2015 National College Health Assessment (NCHA) in March to assess student health and health behaviors, to be used in the Report on Student Health.
 - Sent email and text message reminders to sample of 8,000 students; received a 19% response rate.
- Launched a new Healthy Campus 2020 Work Group tasked with identifying, prioritizing, and working to achieve the national Healthy Campus 2020 goals and objectives. Visit acha.org/healthycampus for more information about Healthy Campus 2020.
 - To join this work group, email Susan Kirtz at s.kirtz@uhs.utexas.edu.

BeVocal Committee

- Trained 80 Campus Facilitators since the Fall of 2014.
- Collaborating with New Student Services to incorporate BeVocal content during summer orientation.
- Conducting second large cross-sectional survey at the end of April for comparative data.
- Gathering data to measure impressions at studentvoice.com/utaustin/bevocalgrowthchartsurvey.
- Launching a new BeVocal Student Organization.
- Celebrating one year since the launch at our 1st Birthday Party, Weds April 29th 11am-1pm in SAC 1.118.
- To join this committee, contact Erin Burrows or Marilyn Russell at BeVocal@austin.utexas.edu.

Hazing Prevention Committee

- Dr. Denny Bubrig, new Associate Dean of Student Life, is now the committee chair and excited to bring leadership and a fresh lens to hazing prevention efforts on campus.
- The next meeting will be Wednesday, April 22 at 1pm in SSB G1.104.
- To join this committee, contact denny.bubrig@austin.utexas.edu.

Communications Chair Updates

- Worked with the Member Engagement Committee and Sara Scott to develop a monthly newsletter. First newsletter was distributed in January 2015 to 330 members and received a 45% open rate; open rates for subsequent issues averaged at 39%, above the industry average.
- Worked with the Member Engagement Committee to create new member materials, including a New Member Guide and a Prospective/Future Member Guide.
- Worked with Assessment Committee to draft the 2014-2015 Wellness Network Report on Student Health to be published in summer 2015.
- Currently have 173 Facebook likes. Top posts from fall 2014 through present:
 - October 2014 post: Brown Bag Lunch with Michelle Habeck, Professor of Lighting Design at Department of Theatre and Dance (196 people reached, 13 likes/comments/shares)
 - November 2014 post: Huffington Post article called "Sitting All Day Can Make Everything Hurt, But There's A Way To Fix It" (85 people reached, 10 likes/comments/shares)
 - November 2014 post: Brown Bag Lunch with Healthyhorns Peer Educators, "Healthy Eating On and Off Campus: A Student Perspective" (57 people reached, 2 likes/comments/shares)

Healthy Dining Committee

- Participated in advising the RFP process to finalize provision of healthy snacks in vending machines.
- Created an optional program session concentrating on nutrition and health for Freshman Orientation.
- Recruited nine restaurants to offer students and student organizations discounts and to spotlight healthy items.
- Worked to finalize Healthy Meeting Guidelines, including healthy food choices, sustainability, and physical activity.
- The next meeting will be Tuesday, May 5, at 1pm in POB 2.444.
- To join this committee, contact wellnessnetwork@uhs.utexas.edu.

High-Risk Drinking Committee

- Developed and distributed an infographic about high-risk drinking and prevention efforts at UT Austin.
- Conducted an observational study of tailgating locations and behaviors at over 200 tailgates on and around campus.
- Connected with off-campus partners at a Responsible Retailing Forum hosted by Miller-Coors.
- To join this committee, contact Matthew Olson at m.olson@uhs.utexas.edu or Jessica Duncan Cance at jdance@austin.utexas.edu.

Member Engagement Committee

- Worked with the Communications Chair to launch a monthly Wellness Network newsletter which is distributed to the Wellness Network listserv.
- Hosted two Brown Bag lunches: Dr. Cassandre Alvarado on student decision making and Dr. Lawrence Speck on architecture and its effect on wellness.
- Planning more wellness-related membership events, including member meet-and-greets and walking groups.
- To join this committee, contact wellnessnetwork@uhs.utexas.edu.

Mental Health Promotion Committee

- Anna Beal, Insurance Advisor for the International Office, is the new committee co-chair.
- Continued to work on a project mapping out relaxation areas on campus.
- Distributed a student survey that received over 370 responses. Students indicated places on campus that are conducive to relaxing and attributes they look for in locations to relax (such as comfortable seating and views).
- Began working with a student group to conduct field surveys of 25 initial campus relaxation locations. Students are rating the locations based on noise, accessibility, seating, and other characteristics.
- The committee continues to meet bimonthly.
- To join this committee, contact Katy Redd at kredd@austin.utexas.edu or Anna Beal at abeal@austin.utexas.edu.

Faculty and Staff

- Check out the new HealthPoint Wellness website, your guide to wellness on campus for faculty and staff: sites.utexas.edu/wellness
- LifeCare can connect you with resources and referrals for childcare, eldercare, and legal and financial concerns. www.utexas.edu/hr/current/services/wl_services.html.
- Join us for “Cooking Seasonally with the Farm to Work Box.” Please register on TXClass PN808. Learn how to prepare what is in the box, watch a cooking demo and have a taste!
- Poker Walk registration is open! www.utrecsports.org/about/poker-walk
- Sample select Texercise Classes the week of May 4. Please register on TXClass. sites.utexas.edu/wellness/?p=490.
- Keep up the great work on the Physical Activity Challenge! Remember to log your steps.

