

## Committee and Work Group Updates

### Executive Committee

- At the recommendation of the Member Engagement Committee, the Executive Committee is visiting campus organizations, councils, and departments to give a brief presentation about Wellness Network. If you would like us to visit your group, please email Susan Hochman at [s.hochman@uhs.utexas.edu](mailto:s.hochman@uhs.utexas.edu).
- Working with the Communication Committee and Member Engagement Committee to design Wellness Network promotional items and giveaways.
- With the Leadership Team and member input, beginning to draft the 2014-2017 Wellness Network strategic plan.

### Communication Committee

- Following review of two design options in spring 2013, a final design for Wellness Network was decided upon. The revised website launched in summer 2013. Ongoing content maintenance continues.
- New webpages within the website are being created for several committees/work groups to serve as a place to provide more detailed information about the work being done in those committees.
- The website received an average of 3,200 visitors per month so far this fall, which averages to about 104 visitors to the site per day. The “Resources” and “About Us” pages continue to be the most frequently visited pages.
- We reached our spring 2013 goal of 100 likes on the Facebook page. We currently have 111 likes. Our goal is 150 likes by the end of the fall 2013 semester. Posting recommendations are welcome.
- An outreach table was staffed during UHS’ Healthyhorns Fest in September 2013. Potential members were recruited and information was provided to interested students about Wellness Network.
- Partnered with the Assessment Committee and UHS to send a postcard titled “Tips for How to Support Student Success” to all UT faculty in fall 2013. The postcard utilizes data from the National College Health Assessment (NCHA) to communicate how health behaviors impact academic performance. The postcard is branded from Wellness Network and was created in partnership with a grant-funded project in the UHS Health Promotion office. The committee is currently working on ways to further promote the information contained on the card, as well as using the card as a means to drive faculty interest in Wellness Network.
- Committee chair/members are available to join other committee and work group meetings for communication-related consultation as needed.
- To join this committee, email Jessica Hughes Wagner at [j.wagner@uhs.utexas.edu](mailto:j.wagner@uhs.utexas.edu).

### Assessment Committee

- Launched National College Health Assessment survey with a division-supported social media plan to increase response rate.
- Assisted with the development of the assessment plan for the Bystander Intervention Work Group.
- To join this committee, email Guli Fager at [g.fager@uhs.utexas.edu](mailto:g.fager@uhs.utexas.edu).

### Member Engagement Committee

- Built a robust schedule of brown bag lunch sessions for the 2013-2014 academic year. Topics include: healthy eating during the holidays, managing stress, physical activity, healthy relationships and the science of attraction, health disparities, and self-compassion. The brown bag sessions will include presentations of research from UT faculty or staff and facilitated discussions. Look for a schedule of these sessions on the Wellness Network website- coming soon.
- Launching efforts to expand the diversity and inclusivity of the Wellness Network membership.
- To join this committee, email Susan Hochman at [s.hochman@uhs.utexas.edu](mailto:s.hochman@uhs.utexas.edu).

### High-Risk Drinking Prevention Committee

- Finished revising the University’s medical amnesty program and renamed it Student Amnesty for Alcohol Emergencies. The committee is educating campus stakeholders about this program and promoting it to students.
- Mapped out current strategies used to address high-risk drinking at UT and identified new prevention strategies, including partnerships with the surrounding community.
- Proposing a pilot project to outfit local bars with ID scanners to limit admittance of underage drinkers and reduce the risk of students being over served.
- Analyzed all written references to the alcohol policy on campus — now working on a clear way to communicate the policy to students.
- To join this committee, email Jessica Duncan Cance at [jdcance@austin.utexas.edu](mailto:jdcance@austin.utexas.edu).

## Bystander Intervention Committee

- Produced an orientation training video about bystander intervention that was viewed by over 7,000 incoming freshman. <http://tinyurl.com/mknzmbg>.
- Developed a facilitation guide and trained over 90 orientation advisors to facilitate discussion and reinforce concepts and bystander intervention skills from the video during orientation sessions.
- Planned and facilitated a full-day retreat in July 2013 with 24 staff members and students in attendance where we narrowed options for naming the bystander intervention initiative for UT Austin.
- Created a campus-wide survey and have solicited feedback for the name and slogan options to fully include the broader UT Austin community perspective in this process.
- Created three subcommittees with leadership from various departments.
- Content: Emily Shryock, Disabilities Services Coordinator, Services for Students with Disabilities.
- Creative: Frances Nguyen, Health Promotion Coordinator, University Health Services.
- Evaluation: Amanda Mabry, PhD Candidate in the Department of Advertising.
- Planning a January 2014 retreat for all interested participants to continue to move this initiative forward for the campus.
- To join this committee, email Marilyn Russell at [marilynr@austin.utexas.edu](mailto:marilynr@austin.utexas.edu) or Erin Burrows at [eburrows@austin.utexas.edu](mailto:eburrows@austin.utexas.edu).

## Healthy Dining Work Group

- With the success of the pilot Healthy Vending Machine initiative, seven more buildings were selected to have healthy vending machines by the end of the semester. This brings the total buildings with healthy vending options up to 10.
- Development of branding for Healthy Vending was completed over the summer by the DHFS design team. Pilot testing with faculty, staff and students led to the selection of the name "Lite Bites" for the initiative. Look for machines to be branded with Lite Bites colors and logos in the future.
- A map of Lite Bite machines has been added to the Wellness Network website.
- The Healthy Vending survey was completed in the spring and summer by over 600 faculty, students and staff. This valuable information is helping to guide the workgroup as we move forward.
- Beverage criteria are being established to address vending beverage options.
- To join this work group, email Claire Moore at [claire.moore@austin.utexas.edu](mailto:claire.moore@austin.utexas.edu).

## New Hazing Prevention Work Group:

This newly formed work group is currently recruiting members. The purpose of this work group is to:

- Identify stakeholders who have an investment in programming that addresses hazing prevention
- Develop uniform and consistent messaging and core concepts to the UT community regarding hazing
- Develop partnerships for hazing prevention education
- Provide hazing prevention education to the UT Community

To join this work group, email Phil Butler at [plbutler@austin.utexas.edu](mailto:plbutler@austin.utexas.edu).

## Faculty and Staff

- HealthPoint Work/Life Services is pleased to partner with LifeCare to provide benefits eligible employees and their family members access to an array of work-life resource and referral services. In addition, LifeCare has an expansive employee discount center called LifeMart that is replacing our existing employee discount program. LifeMart has a wide range of discounts with exclusive deals for The University of Texas benefits eligible employees. Find out more about this great new benefit on the Human Resource Services website.
- The HealthPoint Wellness Program is excited to introduce 6 Points of Health across campus. These health stations include a blood pressure machine to check and monitor your blood pressure. The machines are located at the Commons Learning Center at PRC, the Flawn Academic Center, Jester, Townes Hall at the School of Law, the Peter O'Donnell Building, and Building 1 in the Facilities Complex.
- Get fresh, local produce delivered to work through the Farm to Work program. <http://bit.ly/utf2w>.
- The UT System Office of Employee Benefits is partnering with Provant Health Solutions to offer a wellness incentive program. Members of the UT Select health insurance plan can receive a \$25 gift card for completing the online health risk assessment and a preventive screening. <http://www.livingwell.utsystem.edu/hra.htm>.

## Students

- Increased the participation of students on all Wellness Network committees and work groups.
- Student Government president Horacio Villareal and members of the Executive Committee met with campus administrators to discuss ways to incorporate more health and wellness features into digital strategies such as the UT app.

