



GVSU Wellness Task Force Recommendations 2016-2021

GVSU Wellness Task Force

▶ Representation from:

- ▶ Allied Health Sciences
- ▶ Campus Dining
- ▶ Campus Recreation
- ▶ University Counseling Center
- ▶ Department of Public Health-GVSU
- ▶ Facilities Services
- ▶ Housing and Residence Life
- ▶ Human Resources
- ▶ Division of Inclusion and Equity
- ▶ Institutional Marketing
- ▶ KCON/GVSU Family Health Center
- ▶ Metro Health
- ▶ Department of Movement Science
- ▶ Pew Campus-Student Services
- ▶ Pew Campus Operations
- ▶ Public Safety
- ▶ Student Senate
- ▶ Sustainability
- ▶ Women's Center

Good health is vital to the success of students, faculty and staff at Grand Valley State University. Our task force is an interdepartmental collaboration working together to assess, recommend and implement strategies to support total well-being of students, faculty, and staff.

VISION

Our vision is to be the healthiest campus in Michigan.

MISSION

Our mission is to increase collaboration and awareness among campus partners to identify wellness opportunities for GVSU students, faculty, and staff and act on those opportunities to develop a campus culture that supports good health and well-being.

www.gvsu.edu/bewellgv

STRATEGIC PRIORITY 3, OBJECTIVE 3.E.E:

Ensure the alignment of institutional structures and functions.

- ▶ **INSTITUTIONAL OUTCOME E:** Grand Valley strategically allocates its fiscal, human, and other institutional resources.
OBJECTIVE 3.E.3: GVSU has a well-established reputation for the wellness of students, faculty, and staff at all levels, for example, earning and/or maintaining recognition as one of America's Healthiest Employers. BASELINE: GVSU has not received national recognition in this area. Received recognition by state of MI.
 - ▶ *The GVSU Wellness Task Force recommends the university consider, at a minimum, utilizing the following initiatives for benchmarking wellness efforts during the 2016-2021 strategic plan:*
 1. *Follow and maintain Healthy Campus 2020 guidelines for faculty, staff, and students.*
 2. *Recognized as a partner with Partnership for a Healthier America-Healthy Campus Initiative.*



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STRATEGIC PRIORITY 3, OBJECTIVE 3.E.3

Healthy Campus 2020

- ▶ Healthy Campus 2020 provides a framework for improving the overall health status on campuses nationwide. Strategies suggested in Healthy Campus 2020 extend beyond traditional interventions of education, diagnosis, treatment, and health care at clinical levels. Through the collaborative efforts of health, academic, student affairs, and administrative colleagues, institutions of higher education can foster healthy environments and behaviors.
- ▶ Healthy Campus 2020 has evolved to include national health objectives for students and faculty/staff, to promote an action model using an ecological approach, and to provide a toolkit for implementation based on the [MAP-IT \(Mobilize, Assess, Plan, Implement and Track\) framework](#). These tools and resources will help institutions of higher education determine which objectives are relevant, achievable, and a priority on their campus.
- ▶ Currently, GVSU faculty, staff, and student data are being matched with the Healthy Campus 2020 objective benchmarks:
 - ▶ [Faculty and staff benchmarks at GVSU](#)
 - ▶ [Student benchmarks at GVSU](#)
- ▶ Website: www.acha.org/healthycampus



STRATEGIC PRIORITY 3, OBJECTIVE 3.E.3

Partnership for a Healthier America-Healthy Campus Initiative

- ▶ GVSU Wellness Task Force selects 23 of 29 guidelines to meet in a three-year period.
- ▶ Verified by a third party*
- ▶ National recognition at national summit in Washington, D.C., in May.
- ▶ The program has six founding organizations:
 - ▶ Alliance for a Healthier Generation
 - ▶ Kaiser Permanente
 - ▶ Nemours
 - ▶ The California Endowment
 - ▶ The Robert Wood Johnson Foundation
 - ▶ The W.K. Kellogg Foundation
- ▶ Website: ahealthieramerica.org/campuses/



*Up to \$850 cost for verification process each year submitted.

STRATEGIC PRIORITY 3, OBJECTIVE 3.E.3

Additional Awards and Recognition Opportunities Identified by the Task Force:

- ▶ American Heart Association Fit Friendly Worksite
 - ▶ Maintain gold status. Attempt to reach platinum level again. New requirements in 2016 require a smoke-free campus to earn platinum designation.
- ▶ Exercise is Medicine (EIM) On Campus
 - ▶ Get registered and earn recognition for gold status
- ▶ League of American Bicyclists Bike Friendly University
 - ▶ Achieve bronze or silver level status
- ▶ WELCOA Well Workplace Award
 - ▶ Achieve silver or gold status