



National Consortium for Building Healthy Academic Communities

Building Cultures of Well-Being

4th National Summit

Building Cultures & Environments of Wellness in Academic Institutions: What Works!
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#BHAC2019

Conference Poll Participation

Text **julieedwards655**
to **22333** to join
and respond throughout
today's session

What is one major issue on your campus that you are trying to address?

Defining a Culture of Wellness

U.S. health care and health promotion – “culture of health”

Organizations seek best self, exceptional business performance, employee health and well-being

WHO (2014) shifted from definition of health to well-being

SAMSA eight dimensions of wellness

What does the literature say?

No common definition

Primarily business and industry driven (Madison, 2016; Robert Wood Johnson, 2017)

Higher education primarily focused on students

57% of colleges and universities offering an employee wellness program (College and University Professional association for Human Resources)

Wellness Culture & Support of Health & Wellness

The top 3 strategies that help create a culture of wellness in academic institutions were:

- Leadership and management support, which include verbally supportive messaging about why the university invests in wellness programming, role modeling healthy behaviors and allowing for wellness to take place during the work day (67%)
- A systemic approach with a shared vision, mission and framework to guide (41%)
- A sense of community in which people participate in programs and services (34%)

Wellness Culture & Support of Health & Wellness

The top 3 best implemented strategies at your institution that help create a culture of wellness were:

- Effective communication about wellness opportunities and resources (39%)
- Partnerships and collaborations between groups within and outside the organization to further the cause (38%)
- Grassroots efforts and peer support, such as student and employee wellness champion teams (36%)

D'Youville College

Buffalo, NY

D'Youville College is a private college located in an urban area on the west side of Buffalo.

Founded in 1908 by the Grey Nuns and named after Patron Saint Marguerite d'Youville, the college has a long Catholic history.

Offers 50 majors in undergraduate, graduate and doctoral studies

The majority of programs are in the health professions



	Students		Faculty		Staff	
	Undergrad	Grad	FT Fac	PT Fac	FT Staff	PT Staff
Health Professions	1113	1064	115	96	25	6
Chiropractic	0	107	7	11	4	2
Dietetics	98	0	6	7	1	
Nursing	715	384	47	49	5	4
Occupational Therapy	132	155	12	9	3	
Pharmacy	9	243	25	3	8	
Physical Therapy	0	175	10	15	2	
Physician Assistant	159	0	8	2	2	
All Other Programs	587	282	81	50	13	10
TOTAL	1700	1346	196	146	38	16



The Ohio State University

Columbus, Ohio

Public, land grant university

\$875 m in research expenditures

3rd largest enrollment (2017)

Accredited by Higher Learning Commission

- 36,956 FTE
- 6627 faculty
- 20,715 staff
- 5,084 civil service

68,110 total enrollment

46,820 undergraduates

>200 undergraduate majors

168 masters degrees

114 doctoral & 9 professional degrees



The University of Texas at Tyler Tyler, Texas



- Accredited by the Commission on Colleges of the Southern Association of Colleges and Schools
- The University of Texas at Tyler is part of the prestigious University of Texas System that includes 14 institutions located throughout the state.
- Founded in 1971, UT Tyler consists of six colleges.
 - >80 undergraduate and graduate degree programs
 - 4 doctoral degree programs.
 - One in five UT Tyler graduates pursue graduate studies or attend professional school
- 10,206 total enrollment
- 609 faculty
- 999 full time employees



The University of Chicago Chicago, IL

- Private institution
- Urban research university
- Quarter system
- Located in Chicago's Hyde Park neighborhood near Lake Michigan
- 217 acres; designated a botanic garden in 1997

Student Enrollment*

- 16,484 total students
 - 6,595 undergraduates
 - 5,803 masters
 - 956 professional
 - 3,130 doctoral
- Ethnicity/race
 - American Indian/Alaskan Native: 0.1%
 - Asian: 14.2%
 - Black: 4.4%
 - Hispanic: 9.2%
 - Multiracial: 4.1%
 - White: 40.2%
- International: 25.3% **Autumn quarter 2018 enrollment, UChicago Registrar*

Academics

- 52 majors and 41 minors in the undergraduate College
- 5 divisions and 6 professional schools for graduate study

Faculty and Other Academic Appointees

- 2,377 full-time faculty
- 482 academic appointees

Staff

- 8,644 non-faculty
- 7,810 medical center employees
- 4,749 national labs employees

Total Faculty and Staff: 24,062

What is a resource you use to help you create a wellness culture?

What action item do you want to implement on your campus?

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