

University of Northern Iowa
Healthy Campus Coalition
Progress Update, Summer 2014
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Fall 2012

- ✓ Data Synthesis: benchmarking UNI ACHA-NCHA data with Healthy Campus 2020 data to determine student health and wellness needs at UNI.
- ✓ Preparation for focus groups with UNI students.

Spring 2013

- ✓ 6 focus groups conducted with a cross-section of UNI students to determine health and wellness needs.
- ✓ Data Synthesis: review of fall 2012 data and spring 2013 focus group data.
- ✓ 5 priority issues determined that impact UNI student health, wellness and student success:
 - Stress and Anxiety
 - Nutrition
 - Sleep
 - Alcohol Abuse
 - Lack of willingness to seek help

Fall 2013

- ✓ Student leader presentation created and implemented across campus with 15 different student leader groups, focusing on the 5 priority issues and how student leaders can help in fostering a campus culture of wellness.
- ✓ Priority issue of sleep determined to be focus of efforts for the remainder of the 2013-2014 academic year.
- ✓ Brainstorming conversations regarding the possibility of a large-scale “well student” campaign, as well as initial exploration of possibilities with University Relations.

Spring 2014

- ✓ Priority issue of sleep initiatives:
 - Targeted poster campaign across campus, with interchangeable tips
 - Handouts at the Student Health Clinic
 - Targeted presentations with student groups
- ✓ Concept of a “well student” campaign evolved into exploring the possibility of a Wellness mobile app that could be part of the UNI mobile app; discussions included name, icon image options and work with University Relations (still in process).
- ✓ Connected to the priority issue of a lack of willingness to seek out help and support, the Suicide Prevention Workgroup was formed and is proceeding with:
 - A presentation focused on creating a campus culture of care, belonging and connectedness, with initial outreach to faculty and staff.

Intentions for 2014-2015 Academic Year

- ✓ Focus on priority issue of stress and anxiety.
- ✓ Creating a calendar of student issues for dissemination, with particular outreach to first-year academic course faculty members.
- ✓ Continued student leader presentations.
- ✓ Continued work toward a Wellness mobile app as a part of the UNI mobile app.