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:
  o Stress and Anxiety
  o Nutrition
  o Sleep
  o Alcohol Abuse
  o 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:
  o Targeted poster campaign across campus, with interchangeable tips
  o Handouts at the Student Health Clinic
  o 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:
  o 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.