

## **Healthy UND**

Healthy UND is a coalition of students, faculty and staff interested in promoting health and wellness on campus. The coalition serves as a communication and coordination network for health and wellness issues.

### **Vision**

Healthier UND Students, Faculty, and Staff

### **Mission**

Work in partnership to promote healthy lifestyle choices by enhancing awareness, building skills, changing social norms, and creating a healthier environment.

### **7 Dimensions of Wellness**

Healthy UND's overarching principle is to emphasize all 7 dimensions of wellness including: physical, emotional, social, spiritual, occupational, intellectual, and environmental.

### **2009-10 Healthy UND Projects**

#### **Create a Tobacco-free UND**

Healthy UND has strived to reduce tobacco use rates and exposure to second-hand smoke by supporting comprehensive campus and community prevention, policy and cessation initiatives. UND residence halls became tobacco-free in 2003 and on-campus apartments became tobacco-free in 2004. UND officially became a tobacco-free campus, both indoors and out, in October of 2007. All faculty, staff, and students are encouraged to help enhance awareness and respect for the policy. For information, go to [www.tobaccofree.und.edu](http://www.tobaccofree.und.edu)

#### **Promote Walking Opportunities**

Creation of indoor/outdoor walking trails and maps at UND have supported Healthy UND efforts to enhance opportunities for physical activity on campus. The Campus Walking Guide, available at several campus locations, includes a list of indoor and outdoor walking options, a trail map, walking and safety tips. Walking promotions organized by the Wellness Center and WORK WELL programs have complemented Healthy UND's efforts.

#### **Encourage Healthy Eating**

Healthy food options have expanded in various locations at UND, including the Dining Centers, U-Snack Convenience Store, Old Main Marketplace Food Court, Stomping Grounds, and Campus Catering, through an ongoing partnership with Residence Services. On-line analysis of nutrition content of all dining options is available at <http://www.nutrition.und.edu/foodpro/> Campus Catering has also enhanced the availability of nutritious foods and promotes them through an attractive brochure and web based materials (<http://www.dining.und.edu/cateringguidebook.pdf>). Healthful options in vending machines have been expanded as well.

#### **Support the Wellness Living and Learning Community**

Students who live in UND's Wellness Living and Learning Community, sponsored by Residence Services, receive support in living a healthy lifestyle from their peers, housing staff, and an

advisory group comprised of Healthy UND members. Activities designed to engage residents in all 7 dimensions of wellness are offered throughout the year. For more information go to [http://www.housing.und.edu/reshalls/learning\\_communities.html](http://www.housing.und.edu/reshalls/learning_communities.html) ).

### Support UND's "Go Green" Environmental Initiatives

Campus Earth Day activities receive regular support from Healthy UND. Members have also helped promote recycling efforts, including Recyclemania, and have participated in conversations about UND's sustainability initiatives. For more information about UND's environmental initiatives, go to <http://www.und.edu/greenandclean/>.

### Speaker's Bureau

Healthy UND members volunteer to provide on-campus presentations on a variety of health and wellness topics. <http://healthy.und.edu/?page=sb>

### Enhance Mental Health and Promote Life Balance

Efforts to enhance awareness of mental health services and reduce stigma associated with seeking help have been an ongoing priority for Healthy UND for several years. Materials have been disseminated to faculty and staff to provide them with the tools they need to support students. Assisting students in coping more effectively with the stresses in their lives has also been a focus of considerable attention as well, since stress is the leading health and wellness issue impacting the academic performance of students.

### Embrace Diversity

UND offers a variety of diversity activities throughout the year which have been promoted through the Healthy UND Listserv and member communication channels. For more information, go to <http://www.und.edu/dept/diversity/> .

### Promote Spiritual Wellness

Spiritual wellness has been an important priority for Healthy UND since its inception. The spirituality subcommittee worked with the emotional wellness subcommittee to create a quilt of hope after 9/11. They also develop a spirituality walking map, conducted presentations and encouraged campus conversations on spiritual diversity, and initiated the development of the Wellness Living and Learning Community.

### **Meetings**

Coalition meetings are held monthly throughout the academic year.

### **Listserv**

Regular updates on health and wellness issues are available through the Healthy UND Listserv. Requests to join the listserv may be directed to [phyllis.norgren@und.edu](mailto:phyllis.norgren@und.edu). Members are invited to submit Listserv messages to [HEALTHY-UND@LISTSERV.NODAK.EDU](mailto:HEALTHY-UND@LISTSERV.NODAK.EDU)

### **Membership**

Coalition membership is open to all UND students, faculty and staff.

## **Contact Information**

Contact Jane Croeker, staff co-chair at [janecroeker@mail.und.edu](mailto:janecroeker@mail.und.edu), or Corissa Norton, student co-chair, at [corissa.norton@und.edu](mailto:corissa.norton@und.edu) for additional information or to join the coalition.

## **Healthy UND 2020**

President Robert Kelley and Vice President for Student and Outreach Services Robert Boyd launched the Healthy UND 2020 initiative in April of 2009 with a series of presentations by Jim Grizzell, MBA, MA, CHES, Healthy Campus Promoter. His sessions explored the links between health and wellness and academic performance. A health and wellness opinion survey was conducted to obtain input from faculty, staff and administrators and seven student focus groups were organized. The president has appointed a broad based steering committee to develop a Healthy UND 2020 Action Plan and recommendations.