



The Concept of Wellness

A University's commitment to better health and well-being.

Jae Westfall, M.S.
Program Manager, Sport, Fitness, and Health Program
School of Physical Activity and Educational Services
College of Education and Human Ecology
The Ohio State University



The 7 Dimensions of Wellness

- ❑ Physical
- ❑ Emotional
- ❑ Intellectual
- ❑ Social/Interpersonal
- ❑ Spiritual
- ❑ Environmental
- ❑ Occupational
- ❑ (Financial)





Physical Wellness



- ❑ Nutrition
- ❑ Regular Exercise/Physical Activity
- ❑ Avoiding harmful habits
- ❑ Safe Sex
- ❑ Recognizing and managing symptoms of disease
- ❑ Regular medical check ups
- ❑ Avoiding injuries
- ❑ Sleep



Emotional Wellness

- ❑ Optimism
- ❑ Trust
- ❑ Self-esteem
- ❑ Self-acceptance
- ❑ Self-confidence
- ❑ Understanding and accepting feelings
- ❑ Sharing feelings with others





Intellectual Wellness



- ❑ Open to new ideas
- ❑ Capacity to question
- ❑ Critical thinking
- ❑ Motivation to master new skills
- ❑ Sense of humor
- ❑ Creativity
- ❑ Curiosity
- ❑ Lifelong learning



Interpersonal Wellness



- ❑ Communication skills
- ❑ Capacity for intimacy
- ❑ Satisfying relationships
- ❑ Ability to cultivate support system of friends and family



Spiritual Wellness

- Capacity for love
- Compassion
- Forgiveness
- Altruism
- Joy
- Fulfillment
- Caring for others
- Sense of meaning and purpose
- Sense of belong to something greater than oneself



Environmental Wellness



- Having abundant, clean, natural resources
- Maintaining sustainable development
- Recycling whenever possible
- Reducing pollution and waste



Occupational Wellness

- ❑ Happiness and fulfillment through your work
- ❑ Feel connections with others in the workplace
- ❑ Opportunities to learn and be challenged
- ❑ Enjoyable work
- ❑ Job satisfaction
- ❑ Recognition from managers and colleagues
- ❑ Draws on interests and passions, as well as professional skills
- ❑ Contributing to society



Putting Wellness Into Action

**THE SPORT,
FITNESS, AND
HEALTH
PROGRAM**



The Sport, Fitness, and Health Program

- ❑ Offers 149 different courses that focus on sport skills, physical activity and exercise, and health-related topics.
- ❑ Courses are open to the entire university community, but we target undergraduate freshman and sophomores.
- ❑ Annual enrollment is approximately 12,000 students.
- ❑ Due to the popularity of the program, the waitlist to enroll in a yoga class may be as long as 3 years!
- ❑ What sets this program apart from recreation or intramurals is that students are able to take these



The Sport, Fitness, and Health Program

- ❑ The program has 2 co-directors.
- ❑ Courses are taught by graduate students and community instructors. Total number of instructors is usually around 60.
- ❑ Instructors are recruited based on his/her skill set and are required to attend an extensive annual orientation that emphasizes teaching skills and strategies.
- ❑ Most activity courses take place in the Recreation and Physical Activity Center on campus. However, our Outdoor Pursuits and Equestrian courses are offered at sites appropriate to the activity.
- ❑ Annual budget for the program is approximately \$500,000 (¥44,397,000).



The Sport, Fitness, and Health Program

- First Aid
- Health in Society
- Sport for the Spectator
- Scuba
- Whitewater Rafting
- Backpacking
- Skiing
- Caving
- Rock Climbing
- Sport Fishing
- Skydiving
- Small Boat Sailing
- Windsurfing
- Badminton
- Basketball
- Boxing
- Jogging
- Circuit Training
- Weight Training
- Aerobics
- Pilates
- Kickboxing
- Social Dance
- Fencing
- Flag Football
- Golf
- Tumbling
- Horseback Riding
- Ice Skating
- Ice Hockey
- Martial Arts
- Racquetball
- Self Defense
- Soccer
- Softball
- Swimming
- Table Tennis
- Tennis
- Volleyball
- Yoga
- Sexuality and Health
- Cancer Prevention
- Issues in Drugs and Alcohol
- AIDS Awareness



Putting Wellness Into Action

THE STUDENT WELLNESS CENTER



OSU Student Wellness

Mission: To promote the wellness of OSU students and their communities.

Wellness is an active, ongoing process that involves becoming aware of and taking steps towards a healthy, happy, successful life.



OSU Student Wellness Center Services

- ❑ Nutrition Counseling & Education
- ❑ BASICS: alcohol assessment & feedback
- ❑ E-Chug and E-Toke
- ❑ Condom Club
- ❑ Free Anonymous HIV Antibody Testing
- ❑ Sexual Violence, Education & Support
- ❑ It's Abuse.
- ❑ Financial Counseling & Education
- ❑ Wellness Workshops
- ❑ Recovery Programming



Trends in Student Wellness 2010

- ❑ Increased interest in sexual violence issues
- ❑ More questions about financial aid
- ❑ More students are comfortable with giving names when being tested for HIV
- ❑ Weeks 4-7 are more stressful than finals week
- ❑ Lack of knowledge about sexual wellness
- ❑ Students needing higher level of care for eating disorders and other related issues is increasing



Campus Issues

- ❑ Alcohol abuse is considered by college presidents as their number one campus life problem
- ❑ In 1996, OSU President Gee said, "We must work together to bring the problem out into the open, change the campus culture and improve the quality of life for all of our students."





Putting Wellness Into Action

YOUR PLAN FOR HEALTH (YP4H)



Wellness for Faculty and Staff:
YP4H

- Launched in 2006, Your Plan for Health (YP4H) is OSU's approach to providing benefits-eligible faculty and staff with the tools and resources that will empower them to become proactive in managing their own health. YP4H's primary focus is on helping faculty, staff and their families reach the healthiest state possible by offering a variety of programs and incentives for identifying and acting on health care conditions, promoting cost-efficient choices based on individual needs, and taking control of health care spending.



The Process

- ❑ Employee registers with the program website
- ❑ Employee obtains vital health information such as blood pressure, cholesterol, blood glucose, height and weight during an annual physical exam by the employee's physician or by participating in a Biometric Health Screening.
- ❑ The employee completes the Personal Health Assessment
- ❑ The employee then can earn incentive points by participating in various health-supporting activities.



YP4H Tools

- ❑ Biometric Health Campus Screenings
- ❑ Personal Health Assessment
- ❑ Health Coaching
- ❑ Care Coordination





Incentives for Employees

- ❑ Medical Insurance Premium Reductions
- ❑ Incentive Points
- ❑ Inclusion of spouses and significant others covered under the insurance plan



YP4H Recourses

- ❑ Biometric Health Campus Screenings
- ❑ Spouse and Domestic Partner Eligibility
- ❑ Fitness Center Discounts
- ❑ Tobacco Cessation Programs
- ❑ Weight Watchers





Putting Wellness Into Action

THE WELLNESS COLLABORATI VE



Wellness Collaborative

- ❑ The mission of the **Wellness Collaborative** is to create a wellness culture that fosters optimal individual and community wellness that enhances learning and promotes success of OSU students, staff, and faculty throughout all stages of their lives.
- ❑ The vision of the collaborative is to create and live in a collaborative, seamless, dynamic, university community that models total wellness, celebrates diversity, promotes respect, and establishes life-long commitment to good health and well-being.



Goals of the Wellness Collaborative

- ❑ **Educate** and **promote** continual learning by collaborating in the development of innovative and effective wellness systems that are research-based and can be delivered via the many venues of instruction and service throughout the OSU community.
- ❑ **Work together** to promote a comprehensive wellness calendar.
- ❑ **Share** among all units on campus concerned with wellness, programs and information sources to be located on the **Wellness Collaborative** web site.
- ❑ **Influence** OSU policy to support and enhance effective comprehensive wellness systems.
- ❑ **Foster** interdisciplinary research.



Interdisciplinary Partnerships

Teaching

- ❑ Wellness Collaborative members including staff from Counseling and Consultation Services, Student Wellness, University Interfaith Association, the Multicultural Center, Body Image and Health Task Force, and Recreational Sports offer over 300 first year success series presentations to students during fall quarters.
- ❑ The School of Physical Activity and Educational Services' Sport, Fitness, and Health Program provides 60 sport, fitness, and health classes for more than 12,000 OSU students each year.



Interdisciplinary Partnerships

- ❑ The School of Allied Medical Professions' students apply knowledge and skills in structured internships within Student Wellness and within the OSU Faculty and Staff Wellness Program.
- ❑ The School of Allied Medical Professions along with Residence Life have a living-learning program in Canfield Hall that offers their majors the opportunity to network and study together and to participate in activities that contribute to academic success and social interaction.



Interdisciplinary Partnerships

Research

- ❑ Recreational Sports has developed an assessment/research area that will provide all their Graduate Administrative Associates research opportunities.
- ❑ Student Wellness in combination with Student Life Research and Assessment and the American College Health Association conducts empirical research studies such as the National College Health Assessment to identify effective strategies to support wellness and to identify specific high-risk populations.



Interdisciplinary Partnerships

Services

- ❑ Body Image Task Force has targeted prevention and treatment efforts toward OSU student athletes.
- ❑ Locations for Body Image Bizarres are provided by Recreational Sports.
- ❑ The School of Physical Activity and Educational Services provides a body composition evaluation to faculty, staff, and students. The School of Physical Activity and Educational Services, Student Health Services, and Student Wellness jointly purchased the Bod Pod to make one of the newest evaluation methods available.
- ❑ Student Wellness provides the Brief Alcohol Screening and Intervention for College Students (BASICS) as suggested by the NIAAA report to students referred by the courts, Judicial Affairs, and Residence Life.



Interdisciplinary Partnerships

Outreach Programming

- ❑ Body Image Task Force members provide the campus with body image, healthy nutrition, and eating disorder resources including a student support group.
- ❑ The Annual Body Image Bazaar, a collaborative effort of the Body Image Task Force, raises awareness in over 1000 students, faculty, and staff each year.
- ❑ Faculty and Staff Wellness recruits and trains over 40 Wellness Ambassadors who coordinate health promotion programs for their departments/colleges/units.