Agenda

• Welcome
• Campus Tobacco Policy, Adrienne Howarth-Moore
• Remarks by Gage Paine, Vice President for Student Affairs
• Committee Updates
• Faculty and Staff Wellness Update, Claire Moore
• Student Update, Wills Brown
• Member Announcements
Campus Tobacco Policy

• Speaker: Adrienne Howarth-Moore
Gage Paine

Vice President for Student Affairs
Committee Updates
Program and Policy Committee

Bethany Dario
Program and Policy Committee

• Update on committee activity
• Program Guidelines
• Recruiting new leadership
Communication Committee

Jessica Hughes Wagner
Communication Committee

- Facebook page
- Website update
- What is Wellness Network?
  - PowerPoint
  - Video
- Photo project
- New logo
Secondary Mark
Wellness Programming Guidelines

The Wellness Network is a campus wide coalition with the common goal of creating and sustaining a healthy campus community. The following guidelines were created by the Wellness Network to serve as a reference for individuals creating wellness programs to ensure consistency of messages. The guidelines below are meant to assist you and your organization with the program planning process by providing you with engaging questions and considerations.

General Planning

- Consult the University Calendar (utexas.edu/calendar) for potential program interference (religious considerations, sporting events, mock final exams, etc.) prior to routine meetings or before scheduling an event.
- Email the Wellness Network at wellnessnetwork@utexas.edu to add your event to the calendar.
- Healthy Meal Guidelines: www.utexas.edu/academic/uthealth/guidelines/mealplan.html

1. Establish goals. Goals describe broad learning outcomes and concepts (what do you want participants to learn). Ask yourself, what are you trying to accomplish with your program?

2. Establish objectives. Objectives are the specific skills, values, and attitudes participants should be exploring or acquiring through the program. What do you want individuals to know? What do you want individuals to think or care about? What do you want individuals to be able to do?

3. Establish your target population. How did you determine your target population? Are you gathering information on your target population? How can you be sure the population you are targeting as you plan (e.g. can be very helpful to get input from the group you are trying to reach)?

4. Identify your campus partners. How can you engage other departments or organizations?

5. Check the approach. Is your program strength based? Could your program build upon what individuals do right? Does your program challenge views that damage or diminish others? Does your program avoid using dumping or fear tactics?

6. Create a back-up plan. How will programming be handled if leadership or the community is ill? Who is responsible for making decisions about cancellation and rescheduling programming?

Promoting Safety

Think through your plan to promote safety throughout your program. The Wellness Network would like to acknowledge that there have been safety issues on campus in the past and encourages all program planners to vet the following questions to help you identify your goals and develop a plan to reduce or eliminate your risks.

1. Physical Safety

- What time will programming occur? Will individual participants feel comfortable walking to and from programming? Is personal safety an issue?
- Is alternative methods of transportation (bikes, busses, trains, etc.) are utilized, encouraged, or incentivized, safe routes, maps, and or parking available?
- Are individuals participating aware of safety measures offered on campus? For example, is individuals aware of first aid, the meaning of sirens on campus, or the availability of SURE Walk?
- How can this information be incorporated into programming?

- If food will be served, are food safety (keeping hot foods warm and cold foods cool) be accomplished?

Resources

- UT Police Department: utexas.edu/police
- University Health Services: health.norn.utexas.edu
- Environmental Health Services: utexas.edu/safety/ehs

5. Environmental Safety

- How can you minimize impact? How could recycling (plastic, paper, paper, etc.) be used in your program?
- How will this program impact the surrounding community? Consider noise, pollution, etc.

Accessibility

Consult the Services for Students with Disabilities Office. Utilize the Accessible Programming Guidelines available through their office.

If you have accessibility needs, please contact the Services for Students with Disabilities Office (SSDO) and ask for the Americans with Disabilities Act (ADA) Coordinator at least 5 days in advance of the event.

Think through your accessibility plan. Use the following questions to help you:

1. Where will routine programming take place? Will recouping meeting and large events take place at different locations?

2. Is your intended location accessible to your target population?

3. How will marketing for the programming be accomplished? Does video material have captions? Will visual materials be able to be virtually described?

Resources

- Campus Accessibility Map: utexas.edu/maps/main/accessibility
- Campus and Parking Maps: utexas.edu/maps
- Bus Routes: capemob.org
Reminders

- Like our Facebook page
- Events calendar
- Submit photos
- New logo implementation
- Next committee meeting: Nov 5, 11am
Assessment Committee

Guli Fager
Assessment Committee

• Update on assessment activity
• Student Health Report Card
High Risk Drinking Prevention Committee

Susan Hochman
High Risk Drinking Prevention Committee

• AMECH Policy
• Alcohol Outlet and Incidence Mapping
• Tailgate Tour
• Partnership with Downtown Austin Courts/Downtown Austin Alliance
Tailgate Tour
Tailgate Tour
Bystander Intervention
Workgroup

Erin Burrows
Bystander Intervention Workgroup

Purpose

– Identify who has investment in programming that highlights bystander intervention

– Provide uniform and consistent messaging to the UT community regarding and promoting bystander intervention

– Develop a collective understanding of bystander intervention and it’s possible usage at UT to prevent crime and high-risk behavior
Step Up, a model from the University of Arizona
Issues that Bystander Intervention has the power to impact and address:

• High-risk drinking
• Interpersonal Violence
• Suicide Prevention and Mental Health Distress
• Disordered Eating
• Students with Disabilities Mental and Physical Health
• Hate Speech
• Street Harassment
• Bias Incidents
• Hazing
• Concerning Behavior Assessment
• Self Care!
Visions of a University-Wide Program

A group of staff from departments across campus with representation from:

- HPRC
- CMHC
  - Be That One Suicide Prevention
  - Voices Against Violence
- Fraternity and Sorority Life
- Dean of Student Safety Education
- UT Athletics
- UTPD
- DDCE
  - Gender and Sexuality Center
  - Services for Students with Disability
  - Campus Climate Response Team
Bystander Intervention Plans

• Continue monthly work meetings
  • 4th Tuesday of the month, noon-1pm
    in SSB Powerhouse (G. 1.400)

• Student Representation

• Needs Assessment through alcohol.edu and collaboration with Dr. Mark Musick’s student’s research project

• Teach-in in late January to train ourselves and brainstorm goals for spring and beyond

• Seeking a co-chair!
Healthy Dining Workgroup

Claire Moore
Healthy Dining Workgroup

• Purpose: to promote healthy eating by making it easy to identify healthy foods at campus eateries
Healthy Dining Workgroup

- Exploring different systems to identify healthy foods
- Reviewed Healthy Campus 2020 Nutrition Objectives
- Potential projects: healthy vending machines, fruit and vegetable stands, and healthy meeting guidance
Healthy Dining Workgroup

• Join us!
• Meetings are the 1st Wednesday of the month from 10 a.m. -11 a.m. in ACES 3.116
• For more info: claire.moore@austin.utexas.edu
Faculty and Staff Wellness

Claire Moore
Bio-Metric Screening Pilot

- One simple blood draw that consists of 6 lab tests designed to detect risk for heart disease and diabetes at the earliest stage.
- Blood pressure and body mass index
- Optional bone mineral density scan and Colocare home kit
- Educational summary report
Program Overview

• **Low Cost to No Cost**
  – UT Select employees are 100% covered as part of your wellness benefits
  – Non-plan members may self-pay

• **Quick**
  – Online registration site or toll-free number for appointment
  – 30 minute appointment
  – On-campus locations

• **Private**
  – HIPAA provider. Results are mailed directly to participant homes.

• **Support**
  – Results provided in a useful report with no confusing medical speak. Twelve (12) months of secure online access to resources and results.
Screening Dates

- 30-Oct  North Office Building  7a.m.-11a.m.
- 31-Oct  North Office Building  7a.m.-11a.m.
- 1-Nov   Alumni Center         7a.m.-11a.m.
- 5-Nov   Gregory Gym           7a.m.-11a.m.
- 6-Nov   Gregory Gym           7a.m.-11a.m.
- 14-Nov  Pickle (PRC)          7:30a.m.-11:30a.m.
- 15-Nov  Pickle (PRC)          7:30a.m.-11:30a.m.
- 15-Nov  North Office Building 6p.m.-9:30p.m.
- 16-Nov  Facilities Complex    7a.m.-11a.m.
Registration Information

http://register.wellness-inc.com/utexas

OR

866.935.5462
Faculty and Staff Update

• Grant from the City of Austin
• Farm-to-Work pilot
• Points of Health
• Mammogram Mixers
• Bites of Wellness
• Think! Create! Engage!

Coming soon: Enhanced Work/life Balance Services
Student Recognition

Student Government
Student Health Advisory Committee
Texas Public Health
Peer Educators
Other Student Groups
Student Involvement

Wills Brown
Student Government Vice President
Member Announcements