Wellness Network
Fall General Meeting
October 26, 2011
Welcome
Agenda

- Executive Committee
- Strategic Plan
- Subcommittees
- Faculty/Staff Interests
- Website
- Break Out
- Announcements
Executive Committee

- **Susan Hochman** – Chair  
  Manager, Health Promotion Resource Center
- **Natalie Butler**  
  President, Student Government
- **Laura Ebady**  
  Staff Psychologist & Outreach Coordinator, Counseling and Mental Health Center
- **Arlin Fernandez**  
  Student Conduct Specialist, Office of the Dean of Students
- **Jennifer Speer**  
  Associate Director, Division of Recreational Sports
Strategic Plan – 2011-2014

- **Vision**
  A culture of health and wellness

- **Mission**
  A sustainable, campus-wide coalition that supports a healthy campus culture and a campus environment in which the healthy choice is the easy choice

- **Values**
  - Holistic health and wellness
  - Collaboration and partnership
  - Diversity and inclusiveness
  - Assessment
  - Alignment
  - Balanced lifestyle
Strategic Plan - Initiatives

- Infrastructure
- Assessment and analysis
- Communication and outreach
- Programs and policies
Infrastructure

Create a leadership body and membership infrastructure that facilitates the success and sustainability of the Wellness Network.
Infrastructure - Objectives

- Leadership
- Subcommittees
- Partnerships
Assessment and Analysis

Collect and analyze relevant data to identify University needs, assets, benchmarks, and trends in the area of health and wellness. Use data to set priorities and inform initiatives.
Assessment and Analysis - Objectives

- Inventory of data
- Needs and priorities
- Systematic monitoring and evaluation
Communication and Outreach

Promote the Wellness Network and other health and wellness initiatives, services, and resources to members of the University community.
Communication and Outreach - Objectives

- Brand and marketing
- Technology and social media
- Promote existing resources
- Consistent messaging
- Opportunities for involvement
Programs and Policies

Identify, develop, and recommend or implement health and wellness programs and policies that have relevance to and are priorities for the University community.
Programs and Policies - Objectives

- Programming guidelines
- Collaboration
- Academic performance
- Campus-wide, multi-level approaches
Subcommittees

- Assessment
- Communication
- Program and policy
- Ad-hoc
Subcommittee - Assessment

- Data collection, assessment, and evaluation
- Identify priority health issues
- Determine needs, assets, and trends
Subcommittee - Communication

- Promote the UT Wellness Network as a healthy campus coalition
- Educate members of The University of Texas at Austin community on health and wellness initiatives, services, and resources
Subcommittee – Program and Policy

- Identify, develop, and recommend or implement health and wellness programs and policies.
- Promote enhanced collaboration and a campus-wide, multi-level approach to addressing priority health issues.
Ad-Hoc Committees

- High Risk Drinking Prevention
- Tobacco Programs & Policy
Faculty/Staff Interests
Website Demo

www.wellnessnetwork.utexas.edu
Subcommittee Breakout Groups

- Introduce yourselves
- Discuss the committee charges for 2011-2012
- Ideas and member contributions
Recap from Breakout Groups
Open Announcements
Questions?