

**ANNUAL COMMITTEE REPORT
TO ADMINISTRATIVE COUNCIL**

Prepared by Linda Lantaff, Chair 2017-18

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Membership

Standing Members

Director, Health and Wellness Services	Dolores Hess
Director, Environmental Health & Safety	Vacant
Director, Health Promotion/AOD Services	Fran Cortez Funk
Manager, HR Benefits	Jean Adam
Director, Recreational Services	Amy Sandt
Director, Disability Services	Linda Lantaff
University Relations	Brian Salvadore (Chair 2018-19)

Appointed Members

Term Expiration

OPEIU Representative	Pam Sicher	2018-2019
AFSCME Representative	Ray Dunkle	2017-2019
SCUPA Representative	Vacant	2019-2020
APSCUF Representative	Dina Hayduk	2019-2020
Academic and Student Affairs	Andrea Kirshman	2018-2019
Administration and Finance	Tricia Scarcia King	2018-2019
Advancement	Rennie Sacco	2019-2020
SGA Representative	Vacant	2019-2020
SPFPA	Vacant	2019-2020

Meeting Dates

Meetings during the 2017-18 academic year were held in Stratton Administration Center and the Student Recreation Center upon availability of rooms. As per the by-laws the meetings were held the third Thursday of each month. Meeting time was 11am – 12pm on the following dates:

September 21, 2017
October 19, 2017
November 16, 2017
February 15, 2018
March 15, 2018
April 19, 2018

Activities and Events

Campus Wellness Committee Summary

- A Campus Wellness Committee share point account was created and minutes and reports from 2010-11 academic year forward were archived. All standing members of the Campus Wellness Committee have log-on credentials for this site.
- The Campus Wellness Committee had several discussions over the course of the year regarding committee representation. The Committee submitted two requests to Admin Council to address the need for a student representative. The committee is waiting for response from Admin Council.
- The Campus Wellness Committee sponsored a table at the event Fall Health Fair promoting healthy meal portions. Faculty could check in to earn Healthy U wellness points. The Campus Wellness Committee also sponsored blood pressure checks. Blood pressure information and hand-outs were also available.
- The Wellness Committee provided input regarding the MindKare kiosk “Check up from the Neck up” and location of kiosk on campus.
- The Campus Wellness Committee assisted with the planning and implementation of a Wellness Week program that was coordinated around the “National Intramural-Recreational Sports Association.” NIRSA Day. This Wellness Week was offered in place of the Spring Health Fair. Over 18 workshops and events took place over the 5 day period.
- The Campus Wellness Committee provided input and generated ideas for promoting Student Health 101, a monthly e-magazine which offers information on a variety of wellness topics including: relationships, sleep, nutrition, physical activity, and managing stress.

Health and Wellness Center Initiatives

- The Health and Wellness Center continued its offering of Student Health 101 (monthly e-magazine). Funding for this initiative comes from several participating departments. The e-magazine had over 10,000 “hits” during the past year.
- A stress less for faculty program was offered through an APSCUF grant during the last week of September.
- Health Promotions offered Step Up training which is a bystander intervention program that educates students to be proactive in helping others.
- Fran Cortez Funk participated in an Opiate Addiction certificate program.
- AA meetings continued to be held on campus. The meetings are open to staff, faculty, and students.

- Out of the Darkness Suicide Prevention Walk was held in April. This endeavor was organized and run collaboratively by the Health and Wellness Center and student groups, staff, and faculty.
- The Health Promotion, Alcohol and Drug Services, Sport and Leadership Management, and Recreation Services collaborated in putting together the Fall Health Fair.
- The Health and Wellness Center educated the campus community and parents regarding Meningitis B. Held Meningitis B vaccination clinic during Wellness week in March.
- Counseling and Psychological Services ran a couple new groups in the spring.

Human Resources Wellness Initiatives

- Eating for Health – video presentation
- Strength in Stress Management – video presentation
- Walk N Talk – on campus walking program
- Healthy U Wellness Program Participation – 459 faculty & staff participants
- Flu vaccine for faculty & staff on October, 18, 2017 – 175 employees vaccinated
- National Walk at Lunch Day in April – 46 participants

Recreation Services & HR Initiatives

- Lunchtime Walkers – use of Rec. Center track for walkers from 11:00 a.m. – 2:00 p.m.
- Yoga – after hours YOGA for faculty & staff
- Zumba – after hours ZUMBA for faculty & staff
- Indoor Cycling – after hours for faculty & staff
- University Pool – use available for faculty & staff during pool operations

Recreation Services Initiatives

- Hosted Fall Health Fair
- Hosted NIRSA Day program and workshops (National Intramural and Recreational Sport Association) Feb 22, 2018

Sport and Leadership Management Initiatives

- Students conducted 500 fitness tests during fall health fair.
- Approximately 40 student volunteered to perform fitness assessments for 125 students during NURSA day.

Committee Recommendations and Future Goals

1. Continue to work on securing student representation for this committee.
2. Revisit by-laws to clarify role of overall committee, individual committee members, and university departments who are tasked with providing and engaging the campus community in fitness and health related programming.

Budget:

\$678.52