

**ANNUAL COMMITTEE REPORT  
TO ADMINISTRATIVE COUNCIL**

Prepared by Bryan Salvadore, Chair 2018-19

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## Membership

### **Standing Members**

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Director, Health and Wellness Services	Dolores Hess
Environmental Health & Safety	Jane Rodgers
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	Bryan Salvadore (Chair)

### **Appointed Members**

### **Term Expiration**

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OPEIU Representative	Pam Sicher	2019-2022
AFSCME Representative	Ray Dunkle	2019-2022
SCUPA Representative	Vacant	
APSCUF Representative	Ju Zhou	2019-2020
Academic Affairs	Andrea Kirshman	2019-2022
Enrollment Management & Student Affairs	Lisa McSparron	2019-2020
Sports Medicine	Rennie Sacco	2019-2020
Student Representative	Vacant	
SPFPA	Vacant	

## Meeting Dates

Meetings during the 2018-19 academic year were held in the Student Recreation Center. As per the by-laws the meetings were held the third Thursday of each month. Meeting time was 11 a.m. to 12 p.m. on the following dates:

- September 20, 2018
  - October 18, 2018
  - November 15, 2018
  - February 21, 2019
  - March 21, 2019
  - April 18, 2019
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## Activities and Events

### Campus Wellness Committee Summary

- Sponsored a table at the 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.
- Sponsored a table at the Spring Health Fair promoting the importance of sunscreen. We used our budget to purchase UV bracelets and provide handouts to guests.
- 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.
- Amended bylaws to allow for student representative as recommended by Campus Wellness Committee, revising existing Student Government Board representative.
- Initiated the Wellness Tip of the Month. A new topic was featured every month with information, tips and option to provide feedback to campus community. Information was promoted via Daily Brief, Bear Essentials and social media. The survey attached to every month's topic allowed for student, faculty and staff to provide feedback on current and future topics.

### Health and Wellness Center Initiatives

- Fran Cortez Funk coordinated and led the Lehigh Valley Health Network's Mammogram Mobile visit to campus for the first time. The event was a great success. 18 women had mammograms taken, some for the very first time. They included employees, parents and community members. The LVHN Mammogram Mobile will return to campus on Oct. 7, 2019, and April 10, 2020.
- 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.
- 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.
- Planning sessions for KU Recovery, a new initiative to design a recovery support program for students.

- Free evidence-informed facilitator trainings for students on alcohol, cannabis, community coalitions, StepUP! and peer-to-peer programs.
- AlcoholEDU for College and Sexual Assault Prevention for Undergraduates for incoming first-year and transfer undergraduate students.
- One-on-one programs for referred and self-referred students- Tobacco Cessation, Brief Alcohol Screening Intervention for College Students (BASICS), Cannabis Abuse Screening and Intervention for College Students (CASICS).

## Human Resources Wellness Initiatives

- Walk N Talk – on campus walking program
- Healthy U Wellness Program Participation
- Flu vaccine for faculty & staff on Oct. 10, 2018
- Employee Assistance Program

## Recreation Services Initiatives

- Lunchtime Walkers – use of Rec. Center track for walkers from 11 a.m. – 2 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
- Hosted Fall and Spring Health Fair

## Committee Future Goals

1. Continue partnership with LVHN for UV Screening and Mammogram Mobile.
2. Build on promotional efforts to encourage greater attendance at Health Fairs.
3. Promote campus collaboration between departments

## Budget:

\$563.29

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