

ANNUAL COMMITTEE REPORT
TO ADMINISTRATIVE COUNCIL

Prepared by Dolores Hess, Chair 2016-2017

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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 (Chair 2017-18)
University Relations	Brian Salvadore

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

Meeting dates during the 2016-17 academic year were held at the Student Recreation Center. Meetings are held the third Thursday of each month from 11am – 12pm as follows:

- September 15, 2016
- October 20, 2016
- November 19, 2016 (no meeting due to participation in the health fair)
- December 15, 2016
- February 16, 2017
- March 23, 2017
- April 20, 2017

Activities and Events

- Logo for the Wellness Committee created by a student employee in the MSU.
- New chair was elected for the 2017-18 academic year. Linda Lantaff graciously accepted.
- AA meetings – Open meetings continue to be held on campus on Tuesday evenings. Meetings have been moved to the MSU 323 as requested by the group due to better confidentiality. Meetings are open to staff, faculty, and students.
- Out of the Darkness Suicide Prevention Walk was held in April. This endeavor is organized and run collaboratively by the Health and Wellness Center and student groups, staff, and faculty. Due to the money raised, the university is able to hire speakers and offer programs on suicide prevention and awareness.
 1. Kevin Hines September 2016. Author of Cracked not Broken
 2. October 19th. We will be hosting Dr. Wintersteen who will speak on the topic of suicide and incorporate the TV series, “13 Reasons Why”. Speaker is paid by the American Foundation for Suicide Prevention”. It will be held in the AF 200 from 6:00 – 7:30 PM. Next walk is Sunday, April 29th.
- CPR training: Several students, staff, and faculty were trained in CPR and first aid by two nurses from the Health and Wellness that are certified CPR instructors.
- HPAOD Services, Sport and Leadership Management, and Recreation Services collaborated in putting together the Health Expo. The Wellness Committee provided an interactive table at the event and distributed healthy eating recipes. Healthy U points available. The theme for the fall was Autumn Wellness, and in the spring it was Thrive into Wellness. HPAOD Services administered and collected a total of 783 surveys from attendees. Outside vendors, faculty, staff, volunteers, and students participated in this event. The event occurred in the Recreation Center for four hours.
- The surveys collected during the expo were based on bystander data. At the fall expo, 93.1% (n=492) of students were likely to help a friend while 46.1 (n=492) students would assist a stranger. In the spring, 90.7 % (n=291) shared they would assist a friend while 48.8% (n= 291) would help a stranger.
- In 2015, HPAOD provided 5 trainings on StepUp! A bystander training where offices have sent student employees to participate in a three hour training.
- Student Health 101
 - See attached statistics

Human Resources Staff and Faculty Initiatives

- Shots 10/12/16 – 147 on campus
- PEBTF Get Healthy Wellness screenings – 152 on campus
- Healthy U Wellness completions – 460 or 85%
- Eating for Health – 9
- Fitness Workouts – 7
- Maintain Your Mind – 12
- Real Food – 12
- Strides for Health – 7
- Strength in Stress Mgmt. – 4
- Walk N Talk – 4
- Lunchtime Walkers – registration not required
- YOGA & ZUMBA classes in Recreational Center
- Nat'l Walk at Lunch Day – 04/26/17 – 40 attendees

Recreational Services

Motivational Mondays in collaboration with Health Promotion office

6 week training session for staff, faculty and students

Held at the Rec Center, fall, 2016. Incorporated exercise, and healthy eating habits over a 6 week period.

Committee Recommendations and Future Goals

1. A list of wellness apps will be sent to students, staff, and faculty.
2. Increase attendance at activities such as National walk a lunch day
3. Expand Rec Center programs to staff and faculty.

Budget:

\$644.92