ANNUAL COMMITTEE REPORT
TO ADMINISTRATIVE COUNCIL

Prepared by: Amy Sandt, Chair
Presented: April 18, 2014
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Membership

Standing Members:
Amy Sandt (Chair 2013 – 2014) Director, Recreational Services
Jean Adam Manager, HR Benefits
Fran Cortez Funk Director, Health Promotion and Alcohol and Other Drug Services
Steve Helms Director, Environmental Health and Safety
Dolores Hess Director, Clinical Services
Patricia Richter Director, Disability Services
Jennifer Umberger Director, Marketing

Appointed Members:
Dina Hayduk APSCUF Representative
Pamela Sicher OPEIU Representative
Ray Dunkle AFSCME Representative
Nicole Becker SCUPA Representative
Andrea Kirshman Academic & Student Affairs
Christine Price Administration & Finance
Renard Sacco Communications, Marketing, External Affairs
Health Ambassador/Student

Meeting Dates

Meetings during the 2013 – 2014 Academic Year were held at the Student Recreation Center at 8:15 am as follows:
- September 17, 2013
- October 15, 2013
- November 19, 2013
- December 17, 2013 (cancelled due to inclement weather)
- January 28, 2014 (held in Health and Wellness Center due to a scheduling conflict)
- February 18, 2014 (cancelled due to inclement weather)
- March 18, 2014
- April 15, 2014

Activities/Events

- CPR and First Aid Certifications for Students/Faculty/Staff – The Health and Wellness Center began offering CPR and First Aid Certifications through the American Heart Association to the
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campus community at a cost of $19.95 per participant filling a need expressed by students and a number of campus departments.

- September 2013 – Jean Adam announced a “Know Your Numbers” program was made available to all PEBTF members through Human Resources. 162 individuals attended this program.

- Jean Adam provided the following statistics on wellness programs offered through Human Resources and endorsed by the Campus Wellness Committee:
  - Eating for Health (14 participants)
  - Fitness Workouts (15 participants)
  - Maintain Don’t Gain (15 participants)
  - Strength in Stress Management (12 participants)
  - Strides for Life (15 participants)
  - Walk N Talk – (6 participants)
  - Health Expo – October 31, 2013 (50+ participants)
  - Health Expo – March 13, 2014 (50+ participants)

- October 31, 2013 – the Fall Health Expo, was held at the Student Union Multi-Purpose Room from 10 am – 2 pm. Forty-Five vendors participated in the event including organizations and businesses throughout Lehigh and Berks Counties.
  - This event was a collaborative effort spearheaded by Health Promotion Services and the KU Health Ambassadors. The department of Sports Management and the Campus Wellness Committee assisted with the event.
  - The Wellness Committee table focused on “Healthy Apps” – highlighting cellphone apps that can track and assist in wellness efforts as well as healthy appetizers to supplement your meal choices. The Wellness Committee also sponsored a raffle for Faculty and Staff members that included a year subscription to Cooking Light magazine.
  - Jean Adam announced that Healthy U points were available for those employees attending the Wellness Expo and covered by this plan. Directions for tracking points for the Wellness Expo were made available at the Wellness Committee table.
  - 560 surveys were returned by participants, but it is estimated over 1000 students attended the event. 230 audit screenings were also conducted throughout the day.

- October 2013 – 150 faculty/staff members received flu shots during on campus distribution through Human Resources.

- March 13, 2014 – the Spring Health Expo, “Shades of Green”, was held in the Student Union Multi-Purpose Room from 10 am – 2pm.
  - This event was a collaborative effort spearheaded by Health Promotion Services and the KU Health Ambassadors. The department of Sports Management and the Campus Wellness Committee assisted with the event.
  - The Wellness Committee table focused on simple ways to increase activity levels throughout the workday.
  - Again Healthy U points were available to employee participants and instructions for tracking points were available at the Wellness Committee table.
It is estimated over 1000 persons and approximately 50 faculty and staff members attended the event. Student surveys gathered will be used to assist Health Promotions and the Wellness Committee plan future programming efforts.

- April 22, 2014 – a Mini Employee Health Fair will be conducted in the Student Recreation Center from noon – 5 pm.
  - This event is a cooperative effort between the Wellness Committee and coordinated by the Foundations of Health Promotions class in the Department of Sports Management and Leadership Studies.
  - The goal of the program is to make faculty and staff aware of available wellness programs on campus. In addition, the event includes outreach to those faculty and staff members that work outside the normal business hours of 8 am – 4:30 pm.
  - Events will include: After the Diagnosis Keynote Address by Fran Cortez Funk (12:15 pm – 12:45 pm – KY Room 107), Interactive Poster Topics (1:15 pm – 5 pm – SRC Room 200), Best the Provost Skills Challenge (12:30 pm – 1:15 pm SRC East Gym), Stress Management Techniques (3 pm – 3:15 pm – KY 108). In addition, faculty and staff can attend regularly scheduled group exercise classes at the Student Recreation Center throughout the day.

Committee Recommendations/Future Goals

- Confirm with Student Government Board their intent to provide a student representative to the committee. Recommend utilizing a KU Health Ambassador to fill this role. No student representative was involved with the committee during the 2013 – 2014 academic year.
- Improve the method of documenting attendance at KU Health Expos, possibly by using an ID swipe system to track attendance.
- Develop a calendar of wellness events and activities that can be made available to faculty and staff throughout the year.
- Coordinate a wellness expo for faculty and staff that would assist in meeting the wellness goals of their chosen health plan. Provide biometric readings, flu shots, etc. at a one-stop event that would meet employee wellness needs.
- Provide an ongoing fitness challenge for faculty, staff and students such as a “10 pound, 10 week” challenge with incentives and support provided by campus experts.

Additional Considerations

- The following membership terms will expire in May of 2014:
  - AFSCME Representative (currently Ray Dunkle)
  - Academic and Student Affairs (currently Andrea Kirshman)
  - Administration and Finance (currently Christine Price)
  - Communications, Marketing and External Affairs (currently Rennie Sacco)
- At the April 15, 2014 meeting the Wellness Committee unanimously elected Frances Cortez Funk as Chair for the 2014 – 2015 academic year.