



Healthy Gators Coalition

Meeting Minutes

November 5, 2019

Meeting Start: 1:01 pm in Reitz G310

Agenda Items:

1. Find Your Happy Nutrition Campaign (Megan Engel)
 - a. Research conducted through the Matthews Lab found only 4% of UF students consume the recommended amount of fruits and vegetables.
 - b. Barriers to fruit and vegetable intake included time, access, convenience, taste, and price
 - c. A health communication campaign was created focusing on increasing nutrient dense food consumption among first year UF students.
 - d. Messaging targeted on campus students living in the residence halls both with and without meal plans.
 - e. All images were taken on campus with campus resources, meal options, containers, etc.
 - f. Campaign materials are displayed in GatorWell, RecSports, College of Liberal Arts and Sciences, Housing, College of Engineering, and Gator Dining. Materials are primarily digital with some flyers during events and window clings in housing and dining locations.
 - g. Participants were selected from Broward and Hume halls and split into intervention and control groups. All participants received baseline assessments including veggie meter scores (device that measures carotenoids in the skin to assess fruit and vegetable consumption).
 - h. Interventions included a food and finance workshop, a cooking skills workshop led by the Gator Dining executive chef, and a campus eatery hacks workshops explaining how to order nutritious, cost-effective meals from national brands on campus.
 - i. Study design includes a control group that only receives the messaging the first semester. Second semester the control group then receives the intervention programming.
 - j. Megan will come back to share results with the coalition.
2. Visit by Dr. Kelly Cue Davis of Arizona State (Maria Benvenuti)
 - a. Feb 19, 2020
 - b. Co-sponsored by the Center for Addiction Research & Education (CARE) and the Southern HIV & Alcohol Research Consortium (SHARC)
 - c. Dr. Davis has expertise in relationships between alcohol use and sexual risk behavior and specifically, sexual aggression and interventions to address these behaviors.
 - d. Seminar at 3pm on 2/19, location is still being determined.
 - e. Dr. Davis will be in town for 2-3 days and is available to meet with other groups/departments.

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Healthy Gators champions holistic wellbeing for all members of the University of Florida community.

- f. Any folks interested in meeting with Dr. Davis should contact Rob Leeman (robert.leeman@ufl.edu)
3. Field and Fork Pantry (Ambre Hobson)
 - a. Open House and Wellness Fair: Monday, November 18th 11:00 am – 1:00 pm
 - b. Location: Pantry location, near McCarty A building
 - c. We invite everyone to join the Hitchcock Field & Fork Pantry and the Campus Food Program as we officially open the doors of the expanded Pantry. Attendees will have a chance to visit the Pantry's newly expanded space as well as learn about campus and community resources that support people experiencing food insecurity. Representatives from wellness-related departments, organizations, and resources will be on hand to teach visitors about how they can make an impact in reducing food insecurity.
 - d. Attendees are encouraged to bring one non-perishable item to help fill the shelves. Light snacks will be provided.
 - e. Official invitation and rsvp is included at the end of the minutes.
4. Healthy Gators Coalition Website (Yusof Al-Wadei)
 - a. Test site is almost ready for launch and will include the new budget request form. For the time being, please email budget requests directly to Yusof and Monica.
 - b. <https://test.healthygators.ufl.edu/about/coalition-structure/healthy-gators-coalition-budget-request-form/>
 - c. The overall goal of the website is to engage, share work, celebrate successes. Conversation occurred regarding the resource or programming repository. There are other websites that do provide information for specific audiences (UMatter, GatorCare) but there is no website that provides overarching wellness programming across all populations. It would be a labor-intensive endeavor.
 - d. Some further discussion is needed regarding the intention of the site. Please follow-up with additional communication regarding the Healthy Gators Coalition website.
5. Subcommittee Updates (committee chairs)
 - a. The Alcohol and Other Drug committee reported having met and are working on updated tobacco free signage as well as celebrating the Great American Smoke Out Friday, November 15th. The Counseling and Wellness Center will be working with Florida Recovery Center to contract 32 clinical recovery hours a week. A step in the right direction but more work is needed in this area.
 - b. The marketing committee requested further guidance and discussion on the scope of the website and level of information needed for each type of initiative.
6. Annual Goals (Yusof Al-Wadei)
 - a. Goals thus far:
 - i. Improve communication among providers and community at large about wellness programming and services
 1. Community may be beyond the scope of the coalition currently but should be a future focus. Current efforts on communication need to be

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focused on the website and the purpose of the website. Coalition members - please follow-up with additional communication regarding the Healthy Gators Coalition website.

- ii. Host a more robust Healthy Campus Week for the 20-21 academic year sponsored by the Health Gators Coalition
 1. This is an actionable goal and will be tabled to begin planning discussions during the January meeting.
- iii. Encourage healthy sleep patterns and amounts for all Gators via sleep education and development of stress reduction strategies
 1. GatorWell will be leading an event for World Sleep Day on Friday, March 13, 2020. This goal will be discussed by the coalition in the January meeting as well. Please come prepared with ideas for shifting campus culture on sleep.

7. Other Updates

- a. The Healthy Minds Study is currently live! It's been disseminated to 24,000 undergrad and grad students. The survey assesses students' mental health, health service utilization and determinants. It is the first step in seeking JED Campus designation, a 4 year mental health strategic planning process being led by the Division of Student Affairs.
- b. Residence Life follows a guided curriculum for student engagement. Their Intentional Wellness Block will be March 9 – 31. Kimone is looking to collaborate with campus partners on larger wellness events that may be occurring March 10 or 11. Please contact her (ksimmons@ufsa.ufl.edu) if you are interested in collaborating.

Meeting Adjourned: 2:00 pm

Next Meeting:

Tuesday, 1/28, 1:00-2:00 pm – Reitz Matthews Suite

Attendees:

(Note: If you're missing from the attendance list, please contact Monica Webb webbm@ufl.edu).

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| 1. Yusof Al-Wadei | 13. Cecilia Luna |
| 2. Maggie Ansell | 14. Jacquelyn Moreau |
| 3. Joel Axon | 15. Kim Pace |
| 4. Alicia Baker | 16. Morgan Papworth |
| 5. Maria Benvenuti | 17. Branden Pearson |
| 6. Ron Berry | 18. Nadene Reynolds |
| 7. David Bowles | 19. Kristy Sasser |
| 8. Darcie Burde | 20. Jackie Sherman |
| 9. Carlie Cornelius | 21. Kimone Simmons |
| 10. Megan Engel | 22. Brandy Stone |
| 11. Bre Garbus | 23. Monica Webb |
| 12. Kim Holton | |

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