Our Mission
Healthy Gators champions holistic wellbeing for all members of the University of Florida community.
Our Mission
A campus environment supportive of the development and maintenance of a healthy body, mind and spirit for all members of the University of Florida community.
b. UF has officially signed on to be a JED Campus, beginning a 4 year a strategic planning process to best support student mental health on campus.

c. The strategic planning process involves a population survey, focus groups, and baseline campus assessment.

d. Healthy Minds Survey: distributed Fall 2019

e. Mental Health Focus Groups: Jan 28th – Feb 1st
   i. Groups for Undergraduate, Graduate/Professional, and International students

f. Mental Health Taskforce is being assembled

g. JED Campus advisors will be at UF on March 4th and 5th to tour the campus and guide the mental health strategic planning process.

5. Update on Coalition Goals (Yusof)

b. Host a more robust Healthy Campus Week for the 20-21 academic year sponsored by the Health Gators Coalition (Jackie Sherman)
   i. Opportunity to grow in the coming year
   ii. No Fall dates have been set yet
   iii. Possibility of aligning with the REaLM intentional wellness block dates for Fall. Kimone will follow-up.

c. Encourage healthy sleep patterns and amounts for all Gators via sleep education and development of stress reduction strategies
   i. UF Student Sleep (Rosalind Brown)
      1. UF students reported sleep as the third highest academic impediment to their success (21.8%).
      2. Less than half of UF students sleep the recommended 7-9 hours of sleep on weeknights (47.3%). Yet, 75.5% sleep the recommended hours of sleep on the weekends.
      3. 36.6% of students report their sleep difficulties were traumatic or very difficult to handle in the past 12 months.
      4. Only 58% of students reported getting enough sleep to feel rested 1 – 3 days a week.
      5. 69.4% of students have taken at least one nap in the past week. BUT only 26% are taking naps that are the recommended length (<30 mins).

6. UF Sleep Week: March 9-13

   a. Hit the Switch: Turning ZZZs into As
      i. Benefits of healthy sleep habits on academic performance
      ii. Increase student’s self-efficacy through skills development

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b. Sleep Week Programming:
   i. RecSports x GatorWell Yin Yoga: sleep hygiene
   ii. Arts and Crafts x GatorWell: sleep consistency
   iii. Napathon: positive napping behavior
   iv. World Sleep Day Celebration: 8 dimensions
   v. Sorority and Fraternity Affairs: Sleepy Greeks Insta Challenge
   vi. LLC Roommate Convos

ii. Koru and Stress Less Programming (Jennifer Kennymore)
   1. Koru: New Zealand Maori word for unfurling fern frond – growth and balance
      a. Ground in research, developed at Duke University
      b. Best practice program for college student mindfulness
   2. Koru at UF
      a. Piloted Summer B 2019 with Basic course
      b. Fall 2019: two sessions of Koru Basic
      c. Koru Mindfulness Basic: 75 min course over 4 weeks with 10 min of daily practice
         i. Next one starts February 18th
      d. Koru Mindfulness 2.0 beginning this semester
   3. From Summer and Fall sessions, all participants (n=19) reported:
      a. Identifying at least 2 ways to use mindfulness to help their academic success
      b. Feeling they could apply mindfulness to at least 2 areas of their life
      c. Feeling they could make more effective decisions
      d. Students also reported being able to act more responsibly and communicate more effectively

4. Other stress-less programming
   a. De-Stress event with Reitz Union: April 16th on the North Lawn
   b. Presentations and workshops
   c. Residence Hall programming
   d. Bi-weekly health communication messaging

6. Committee Updates
   a. Budget Subcommittee
      i. Contact Monica or Yusof if you are interested in helping with this committee.
      ii. Funds available and must be spent by the end of the fiscal year.
      iii. Submit a Healthy Gator Budget Request: https://test.healthygators.ufl.edu/about/coalition-structure/healthy-gators-coalition-budget-request-form/
   b. Alcohol Tobacco and Other Drugs Subcommittee
      i. Next ATOD meeting is being planned.
      ii. Continued focus on updating signage.
   c. Marketing and Communications Subcommittee
      i. New website will be launched soon: https://test.healthygators.ufl.edu/
      ii. Feedback can be sent to

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d. Wellness Program Subcommittee
   i. Partnership for a Healthier America is working with Canteen to pilot a vending machine with healthier foods
      1. Collaboration with Nutrition Services and food selection is led by Dietician Jessie Furman
      2. After Spring Break the piloted vending machine will be located in Turlington

7. General Updates:
   a. Library Wellness Committee (Maggie Ansell)
      i. Wellness initiatives have received recent publicity
      ii. New Wellness Passport program this Spring with weekly activities, some conducted at home. Can submit completed passport for prizes
      iii. There will be messaging every week about different topics and events
   b. Visit by Dr. Kelly Cue Davis of Arizona State (Maria Benvenuti)
      i. Feb 19, 2020, 3pm Reitz Union 2635
      ii. Co-sponsored by the Center for Addiction Research & Education (CARE) and the Southern HIV & Alcohol Research Consortium (SHARC)
      iii. Dr. Davis has expertise in relationships between alcohol use and sexual risk behavior and specifically, sexual aggression and interventions to address these behaviors.
   c. National College Health Assessment (Monica)
      i. Survey invitation went out to 20,000 undergraduate and graduate students
      ii. Survey is open from Jan 27th until Feb 24th
      iii. Board of Governors now requires the NCHA of all state schools biennially
      iv. Please encourage students to complete the survey if they have received the invitation

Meeting Adjourned: 2:00 pm
Next Meeting:
Tuesday, 3/31, 1:00-2:00 pm – Reitz G310

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


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