



Healthy Gators Coalition

Meeting Minutes

January 28, 2020

Meeting Start: 1:00 p.m. in the Reitz Matthews Suite

Agenda Items:

1. Champions for Change (Hannah Ulloa)
 - a. Award applications now open! Applications due by Friday, February 21st.
 - b. Nomination Categories:
 - i. **Sustainability:** Can encompass efforts made in the areas of waste reduction, water/energy conservation, social equity, outreach/engagement, academics, green teams, etc.
 - ii. **Health and Well-being:** Can include efforts made in the areas of physical, social, spiritual, or emotional well-being.
 - c. Self-nominations are also accepted and encouraged!
 - d. Visit: <http://sustainable.ufl.edu/champions-for-change-awards/> or e-mail info@sustainability.ufl.edu
 - e. Judged based upon the uniqueness of the achievement, the level of effort required, the commitment to sustaining the achievement, and the significance for personal growth or the impact of the achievement on the UF community.
 - f. **Coalition Members needed for award review. Process completed through Qualtrics and one conference call. If interested in helping please email Monica or Yusof.**
 - g. **Timeline:**
 - i. Submissions close: Friday, Feb 21st
 - ii. **Health and Well-being submissions received by Tuesday, Feb 25th**
 - iii. **Finalize winners and send to Office of Sustainability by Friday, March 13th**
 - iv. Notify winners March 16th
 - v. Ceremony in Rion Ballroom April 8th
2. Intentional Wellness Block (Kimone Simmons)
 - a. The Residential Experience and Learning Model (REaLM) is a curricular approach to residential engagement.
 - b. Learning Priority: For students to live, learn, and lead in the residence halls in alignment with the university mission and our 'Florida Five' educational goals.
 - c. Focus on building relationships and community with residents
 - i. Fundamental shift to leaning on the experts [Campus Partners] to bring content knowledge.
 - d. Student engagement also occurs through an intentionally scheduled sequence of priority learning themes. Referred to as the 'Florida Five', goals are to intentionally engage and increase awareness and understating of the following:
 - i. Community Belonging
 - ii. Leadership Development
 - iii. Multicultural Engagement
 - iv. Academic Achievement
 - v. Intentional Wellness

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- e. About 21 days per block
 - f. REaLM advisory board: Dr. Stephani Jahn, Jen Kennymore, Jessica Baker, Naval Capt. Sil Perrella, Wanda Washington, Natalie Wilcox
 - g. Canvas page has been created to build out the curriculum. It includes:
 - i. Deadlines for staff
 - ii. Event schedules for pre-planning
 - iii. An area to complete Purchase orders
 - h. Intentional Wellness block – March 9-31
 - i. Learning Outcomes – Residents will:
 - 1. Engage with at least one on-campus office that relates to their personal wellness.
 - 2. Apply knowledge of the effects of drugs and/or alcohol to make healthy decisions.
 - 3. Evaluate appropriate resources regarding their sexual health and consent.
 - ii. Well-a-palooza
 - 1. March 10th, 5:30pm-7:00pm in Murphree Commons and courtyard
 - 2. Students will visit 1-2 academic tables and 3 Wellness tables to learn about campus entities and make tools to be successful through finals and to increase their awareness of how to be well in general.
- 3. How you can support:**
- a. Encourage students to attend!!
 - b. Share marketing across your student facing platforms
 - c. Encourage your department/office to RSVP for hosting a table/tool-kit activity for the event.
 - d. Attend and support
 - e. Donate resources/prizes or financial support for food
3. UFHR Wellness new contact information (Yusof)
- a. New HR Wellness website: <https://wellness.hr.ufl.edu/>
 - i. Provides central location for all wellness resources for faculty and staff
 - b. New social media for UF HR Wellness
 - i. Follow @WellatUF on Twitter, Instagram, Facebook
 - c. Next Wellness Wednesday- **Embodied Difference: A Guide to Healthy Living in a Multicultural World**
 - i. With Chief Diversity Officer and Senior Advisor to the President, Antonio Farias
 - ii. February 5, 2020, 12:00 p.m. – UFHR Training Room 120
 - iii. Register to attend in person or join online
 - 1. **To register, go to the Wellness Wednesday course homepage in myTraining.** Click the blue registration button to select the session(s) you wish to attend and then click submit at the bottom of the page.
4. JED Campus update (Monica)
- a. The Jed Foundation is the leading organization for college student mental health

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- 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
 - i. Response rate: 14.14%, with 3,394 students responding.
 - 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)
- a. Improve communication among providers and community at large about wellness programming and services (
 - i. New website will be launched soon: <https://test.healthygators.ufl.edu/>
 - ii. The budget request form can be accessed here: <https://test.healthygators.ufl.edu/about/coalition-structure/healthy-gators-coalition-budget-request-form/>
 - iii. Resources such as recurring programming or website links can be sent to Yusof or Monica.
 - 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
 - ii. Students can register here: http://bit.ly/ufkoruspring2020_2
 - 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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|----------------------|------------------------|--------------------|
| 1. Yusof Al-Wadei | 12. Ambre Hobson | 23. Kristy Sasser |
| 2. Kelli Agrawal | 13. Hasan Karim | 24. Jackie Sherman |
| 3. Maggie Ansell | 14. Jennifer Kennymore | 25. Kimone Simmons |
| 4. SevaPriya Barrier | 15. Reggie Lane | 26. Brandy Stone |
| 5. Maria Benvenut | 16. Cecilia Luna | 27. Hannah Villoa |
| 6. Ron Berry | 17. Jacquelyn Moreau | 28. Monica Webb |
| 7. Kylie Brannen | 18. Jenn Moyer | |
| 8. Roselind Brown | 19. Whitney Nguyen | |
| 9. Darcie Burde | 20. Kim Pace | |
| 10. Bre Garbus | 21. Morgan Papworth | |
| 11. Jeff Guin | 22. Branden Pearson | |

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