Health and Wellness

Meeting #2 – December 7, 2015
Introductions

- Name
- Organization
- Holiday plans?
Agenda

1. Introductions
2. Review advisory group assignments
   • Recap results of Meeting #1
   • Purpose of meeting/review agenda
3. Advisory group discussion
4. Public comment (signup to speak)
5. Advisory group activity: What happens on the campus?
6. Closing remarks
7. Invitation to Sharing Session: January 21 – 4:00-6:00 p.m.
Health and Wellness Schedule

✓ November 10  Health and Wellness Advisory Group Meeting
✓ November 18  Advisory Groups Joint Orientation Session
  December 7  Health and Wellness Advisory Group Meeting
  January 21  Advisory Groups Joint Sharing Session
Long range development plan: Process and timeline

Jan 2016  Mar 2017

- **Design**
  - Kick-off

- **Design I**
  - Site Program

- **Design II**
  - Site and Buildings

- **Design III**
  - LRDP Draft

- **Design IV**
  - LRDP Final Draft
Health and Wellness Meeting #1 Recap

1. What emerging trends will shape the future for health and wellness?

- Positive wellness behaviors (and incentives for them)
- Resilience
- Integration of wellness into education across curriculum
- Importance of social determinants of health
- Technology
1. What **emerging trends** will shape the future for health and wellness? (Cont.)

- Healthy conversation, norms, messages, culture of wellness
- Cost efficiency & health insurance
- Alternative therapies
- Equity & access
- Culturally responsive programming & service
- Holistic approach – all aspects of wellness are interconnected/ integrated
2. How can the campus design contribute to a culture of health and wellness? What are the key components necessary to promote wellness?

Make it everywhere
- Virtual and physical reminders
- Natural light
- Commute options
- Indoor and outdoors
- Movement patterns across the campus and community

Outlets for programs, clubs

Social connectivity

Encouragement for wellness—a culture of wellness
2. How can the campus design contribute to a culture of health and wellness? What are the key components necessary to promote wellness?

Dedicated spaces
- Health care
- Counseling/mental health
- Acute care/crisis intervention
- Research
- Multi-purpose space
- Staff/faculty break rooms

- Child care and family support
- Physical activity and fitness spaces
- Athletic facilities
- Career planning
- Sacred spaces (indoor and out)
- Places for whimsy and play
- Places to be alone
Seven Elements of Wellness
Health and Wellness Strategic Questions—Today’s Meeting

1. What emerging trends will shape the future for health and wellness?

2. How can the campus design contribute to a culture of health and wellness? What are the key components necessary to promote wellness? (programs – not facilities)

3. What promising collaborations or community partners could help OSU-Cascades promote health and wellness?

4. What barriers confront OSU-Cascades for health and wellness, and how can they be overcome?
Discussion—Question #3.

What promising collaborations or community partners could help OSU-Cascades promote health and wellness?
Discussion—**Question #4**

What barriers confront OSU-Cascades for health and wellness, and how can they be overcome?
What happens on campus?

Write on a sticky note your favorite program or activity for campus.

Place it on campus.
Closing Remarks

Around the room...
Public Comment

- 15 minutes total for public comment
- Each person who signed up gets 3-minutes
- Additional written comments invited

Thank you for your feedback!
Next Meeting

Sharing Session
January 21, 2016
4:00-6:00 p.m.
(Location to be announced)
Thank you!