



Long Range Development Plan Advisory Groups

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



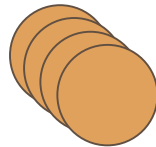
Jan 2016

Mar 2017



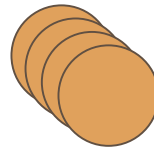
Design

Kick-off



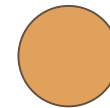
Design I

Site
Program



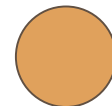
Design II

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)

Adjourn

Thank you!