

OSU-Cascades Community Engagement  
Long Range Development Plan - Health and Wellness Advisory Group  
Work Session #1 - November 10, 2015

**Words that reflect health and wellness**

Happiness  
Balance  
Physical/mental/spiritual  
Holistic/wholeness  
Grounded  
Support  
Connected  
Sense of community (not isolated)  
Mindfulness  
Fresh Food (local/colorful)  
Movement  
Vitality/peace/strength  
Coordination  
Access/guidance  
Purpose/meaning/value  
Coping / resilience  
Prevention  
Nutrition  
Promotion  
Fitness

**Question #1- What emerging trends will shape the future for health and wellness?**

- Students support
- Mentor program?
- Self-reliance – improve
- Equity and access
- Health delivery – virtual access
- “Meet them in their virtual environment”
- Help students get good information – they go online
- Oregon-leader in healthcare reform – ultimately responsive
- Culturally responsive
- Health insurance – more people have it (not mental health)
  - What gets covered?
- Fresh food trend
- Incentives
- Integration (care and classes)
- Resilience training for students
- Mental health

- Drug use/pot/pubs
- Money stress – housing – family – social media
- Electronics/computers (good)
- Research ongoing – change how work is done
- I.D. youth risk factors
- Poverty – lack of resources not just money
- Responding to needs – make sure there is support
- “How would a parent like us to catch their kid?”
- Make the student the center of the design
- Deal with problem, not the results

**Question #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)**

- Student recreation/gym
- Staff training – how they communicate to students
- Developing positive community norms (messaging)
- Wellness integrated into all classes. Every single class. High impact learning. Practice what it looks like.
- Involve students – esp. technology
- Look at cultural needs
- Reminders around campus and in our technology/website
- Access to work
- Utilize all communication channels
- Food pantry
- Bike repair station
- Commuter options to get off campus
- Access to rush food
- Access to drinking water – water bottle fill stations
- People need to know where to go – spaces and services (physical and virtual)
- Space to provide services – students and faculty break rooms
- Think of where to put health care/mental care providers – don’t create barriers “don’t want their teachers to know”
- Chimes, bells – where is the heart of the campus
- Large gathering areas and quiet places to think
- Physical reminders – health is a priority
- “See it.”
- “Cohort campus”
- Art
- Standing tables
- Chimes
- Social connectivity – very important (gathering places/partying/spiritual/community)
- Programs, clubs, activities
- Physical activity spaces
- Center of campus with coffee shop
- Everyone could flow through the center of the campus
- Wild spaces

- Design for peace (balance)
- Natural light
- Culture of encouragement
- Showers
- Health promotion a priority
- Consistently prioritizing health and wellness
- Intervention needs – hotline?
  - Physical/emotional
  - Online chat
- Spiritual
- Connect to religious community
  - Inter-religious support team
  - Prayer groups
- Let students know what's out in the community
- Need sacred space – a chapel/walking path
- Places – exercise places/quiet places
- Sports fields
- Places that encourage
- Whimsy
- Gathering tables – chess
- Places that encourage creativity
- Frisbee golf course – bring back
- Outdoor par core course around course
- Playground (Not structures, but area)
- Play areas
- Childcare facility

## **Final thoughts**

- Don't forget all the components of health
- Talk to the students
- Space – to connect; to have quiet; to have services
- Think about the campus center
- No matter what you do – you need to make students aware
- Sustainable – something that works for a long time
- Students feel like they belong
- Positive community that focus on health and wellness
- Make wellness the heart of the campus