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?
  o Physical/emotional
  o Online chat
→ Spiritual
→ Connect to religious community
  o Inter-religious support team
  o 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