

UNIVERSITY *of*  
**INDIANAPOLIS**



*Department of Kinesiology*

HEALTHY DIPLOMA

HEALTH &amp; PHYSICAL EDUCATION

SPORT MANAGEMENT

# Applying the Coordinated School Health Program (CSHP) to a University Setting

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# CSHP Rationale

- Eliminate gaps and reduce redundancies
- Build partnerships and teamwork
- Collaboration among public health, school health, and other professionals
- Help students engage in protective, health-enhancing behaviors and avoid risk behaviors



# Goals of CSHP

- Increase health knowledge, attitudes, and skills.
- Increase positive health behaviors and health outcomes.
- Improve education outcomes.
- Improve social outcomes.



# Why in Higher Education?

- Increase mortality and morbidity
- Chronic diseases = 7/10 deaths (1)
- Health behaviors become problems in adulthood (2)
- Stats – last formal education
- PE and wellness losing resources (3)
- Declining health in this population
- University is a workplace
- Faculty, staff, students, UIndy families, community leadership

(1)(United States Department of Health and Human Services (USDHHS), 2009)

(2) (USDHHS, 2010).

(3) NASPE



# Goals of CSHP at UIndy

- Increase communication among groups providing various components and activities.
- Increase faculty, staff and student interest in health promotion activities and policies.
- Increase availability of health promotion activities and support systems.

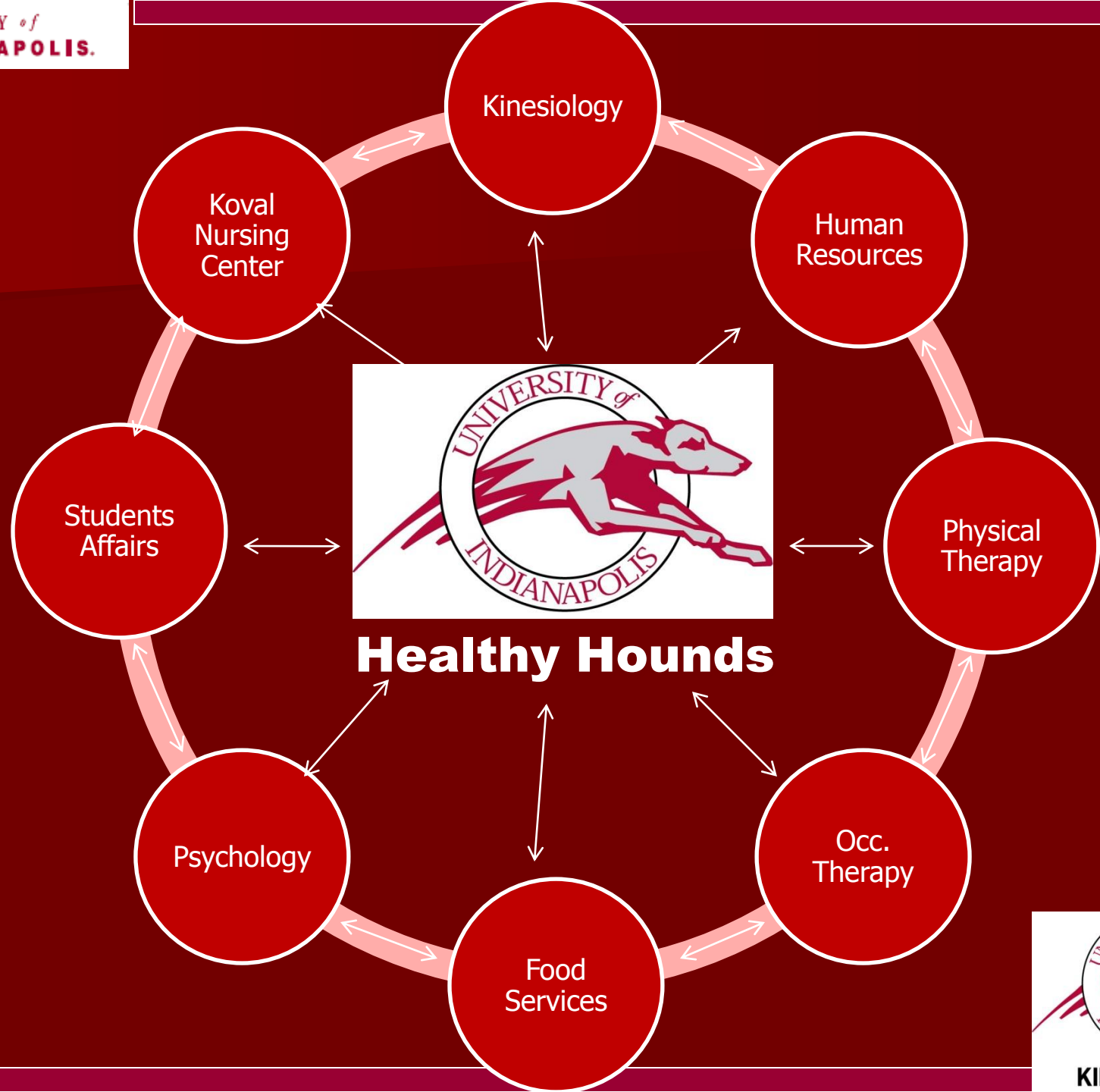


# CSHP Areas



# Uncoordinated Campus Wellness Efforts







# Physical Therapy

- Faculty/Staff Wellness initiatives
- PT Clinic on campus
- Community Volunteer Projects
- Graduate students provide Wellness programming



# Occupational Therapy

- Faculty/Staff Wellness initiatives
- Graduate students provide Wellness programming
- Programs in Schools (Disabilities)
- Community Volunteers
- OT Clinic on campus



# Kinesiology

- 4 Programs: Comm. Health, Ex. Sci., Sport Mgmt, & HPE
- Faculty/Staff wellness initiatives
- Student Affairs Advisors
- Healthy Diploma™
- Campus Fitness Center
- Athletics Recreation Center
- Health & Wellness Fairs
- Health Topics
- Wellness Speaker Series
- Class Projects



# Kinesiology

- Healthy individuals make healthy learners, better employees
- 15 credit hour curriculum
- Annual health & fitness testing
- Wellness coaching-  
2 times/semester
- Personal health project



# Kinesiology – Fac/Staff Wellness

- “R UIndy Fit?” = 12-week pedometer/steps program
- 10,000 steps/day OR 10% improvement
- Group fitness classes



# Kinesiology - Health Topics

- Alcohol education (dorms)
- Health education (Healthy Diploma Dorm)
- Worksite health promotion programming
- Data collection and research concerning health behaviors on campus
- Stress management (Dog Days of Summer)



# Kinesiology

## Wellness & Fitness Speaker Series

- Drugs & Substance Abuse
- Think First-Injury Prevention
- Financial Wellness
- Community Service
- Spiritual Wellness
- Diversity & Inclusion
- Tai Chi
- Grocery Store Tour



# Kinesiology - Student Programs

- Healthy Dorm- physical activity classes & health education presentations
- Stress Management class
- Wellness-
  - physical activity options
  - Multi-dimensional
  - Personal wellness plan





# Kinesiology - Health Fairs

- Health Appraisal Days (Wellness)
- Spirit & Place Festival
- Special Olympics
- St. Francis Health Fair



# Kinesiology

## Campus Fitness Center



# Kinesiology Athletics Recreation Center



# Human Resources

- Medical, Dental, Vision Benefits
- Benefits Advising
  - Retirement, Disability, Life Insurance, Tuition Discount, etc.
- No smoking campus
- Campus safety policies
- Faculty/Staff Benefits Committee



# Koval Nursing Center

- New Space
- For Faculty/Staff/Families:
  - Preventive Services
  - Screenings
  - Acute Care
  - Billable Services
  - Yoga classes
- Faculty/Staff wellness initiatives



# Food Services / Cafeteria

- Head Chef- familiar with RDs and Cardiologists
- Healthier alternatives food choices
- Healthy cooking demonstrations and recipe sharing
- Community Partner
  - College Mentors for Kids
  - “Science in the Kitchen”
- Increased nutrition labeling and healthy options from student advocacy



# Psychological Services Center

- Community Partner: Offers comprehensive evaluation & outpatient therapy services to
- Free for students
- Open to faculty/staff
- Licensed clinical faculty, and advanced graduate students
- Adults and children serviced



# Student Affairs

- Clubs & Organizations
- Intramural Sports
- Fitness & Recreation
- Health & Counseling Center
- Religious & Spiritual Life
- Academic Support / Career Services
- Disability Services
- Volunteer Opportunities
- Housing, Safety & Security
- Healthy Dorm



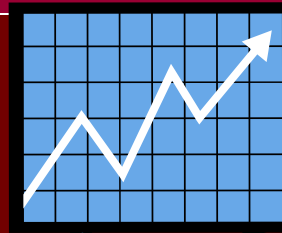


# Student Health & Counseling Ctr

- Wellness Fair: Dog Days @ finals
- Assess and treat illnesses, injuries, emergencies
- Provide medical consultations
- Individual and group counseling
- Workshops
- Consultation and referral services to local mental health agencies



# Gains, Outcomes & Accomplishments



- RUIndy Fit- funding and growth
- Over 50 student clubs/organizations offered
- Newly renovated fitness center; new equipment
- New ARC, track & weight room
- Koval Nursing Center opening
- Preliminary findings: 15-week Wellness & Fitness course showing statistically significant outcomes = students' understanding and self-perception of growth in nine wellness dimensions
- Kinesiology Awareness



# Suggestions

- Secure administrative support
- Establish a health team
- Identify a health coordinator
- Develop goals, plan, proposal
- Use data to support proposal
- Multiple strategies through multiple components
- Focus on students
- Address priority health-enhancing and health-risk behaviors

