



Wellness Strategic Plan

2020-24

NC STATE



From the Chancellor

At NC State, we're at the forefront of innovative efforts to advance individual, community and global health - from wearable technology to track asthma attacks, hydration and blood glucose levels to an elastic polymer that kills a range of viruses and drug-resistant bacteria in just minutes.

But our commitment to a healthy future extends far beyond our research labs and academic centers.

As you'll learn in this wellness strategic plan, NC State is leading the way in creating a culture of wellness to improve the lives of our students, faculty and staff. I couldn't be prouder.

Our commitment to health has deep roots. In 2015, NC State became the first university in the nation to adopt more than 23 guidelines for the Partnership for a Healthier America's Healthier Campus Initiative. As part of this effort,

we increased access to healthy dining choices, recreational services and sustainable transportation options on campus.

We have launched other exciting initiatives to help students and employees live healthier lives. Our student-led Feed the Pack food pantry collected more than 22,000 pounds of food last year to combat food insecurity. And personal trainers and wellness coaches in Wellness and Recreation are now working with clinicians from the Counseling Center and Student Health to prescribe healthy habits and physical activity to students.

I invite you to learn about our wellness strategies and encourage you to seek out the many resources available on campus. The think-and-do spirit depends on the support and well-being of the Wolfpack community.



Randy Woodson
Chancellor, NC State University

Wellness Advisory Committee

The NC State Wellness Advisory Committee is a standing committee charged with creating and maintaining a culture that supports and promotes the overall wellness of NC State students, staff and faculty. The committee advises university administration and wellness partners to encourage inclusive dialogue, programs, services and initiatives that foster healthy decision-making.

Goals

- > Develop an NC State wellness strategy and further develop the vision for health and wellness across six elements of well-being: purpose, financial, physical, emotional, social and community.
- > Develop and oversee the implementation of a wellness strategic plan.
- > Recommend policies and strategies to support wellness initiatives for students, staff and faculty.
- > Support and encourage evidence-based programs and research related to wellness.

We are pleased to share the 2020-24 NC State Wellness Strategic Plan. This is a campuswide blueprint for wellness at NC State. The plan was developed through the collaboration of an interdisciplinary team of students, staff and faculty who devoted many hours to design a plan that is specific to the particular needs of our institution. The goal is to establish NC State as one of the leaders in collegiate wellness while improving the quality of life for the entire Wolfpack community.

NC State has taken a coordinated and collaborative approach to wellness on campus to help ensure our students are given every opportunity to be successful.



Lisa Zapata
Interim Vice Chancellor
Division of Academic and Student Affairs
NC State Wellness Advisory Committee co-chair

This wellness strategic plan provides a comprehensive and holistic approach to implementing a robust program that promotes wellness for our faculty, staff and students.



Marie Williams
Associate Vice Chancellor
University Human Resources
NC State Wellness Advisory Committee co-chair

Wellness at NC State

Wellness is the connected and interactive combination of six elements that foster a balanced, holistic life. This is achieved by having: love for what is done each day, security of finances, vibrancy of physical health, self-awareness and emotional resiliency, quality relationships and pride in what is contributed to our communities.



Elements of Wellness

Purpose

Regularly engaging in meaningful and satisfying work that aligns with personal values and goals.

Financial

The awareness of current financial position and budgets and having the resources to meet basic needs by saving and spending wisely.

Physical

Managing health through regular exercise, eating a balanced, nutritious diet and maintaining adequate sleep.

Emotional

The ability to be self-aware and cope with challenges and needs while developing overall resilience

Social

Developing supportive networks by cultivating new or existing relationships.

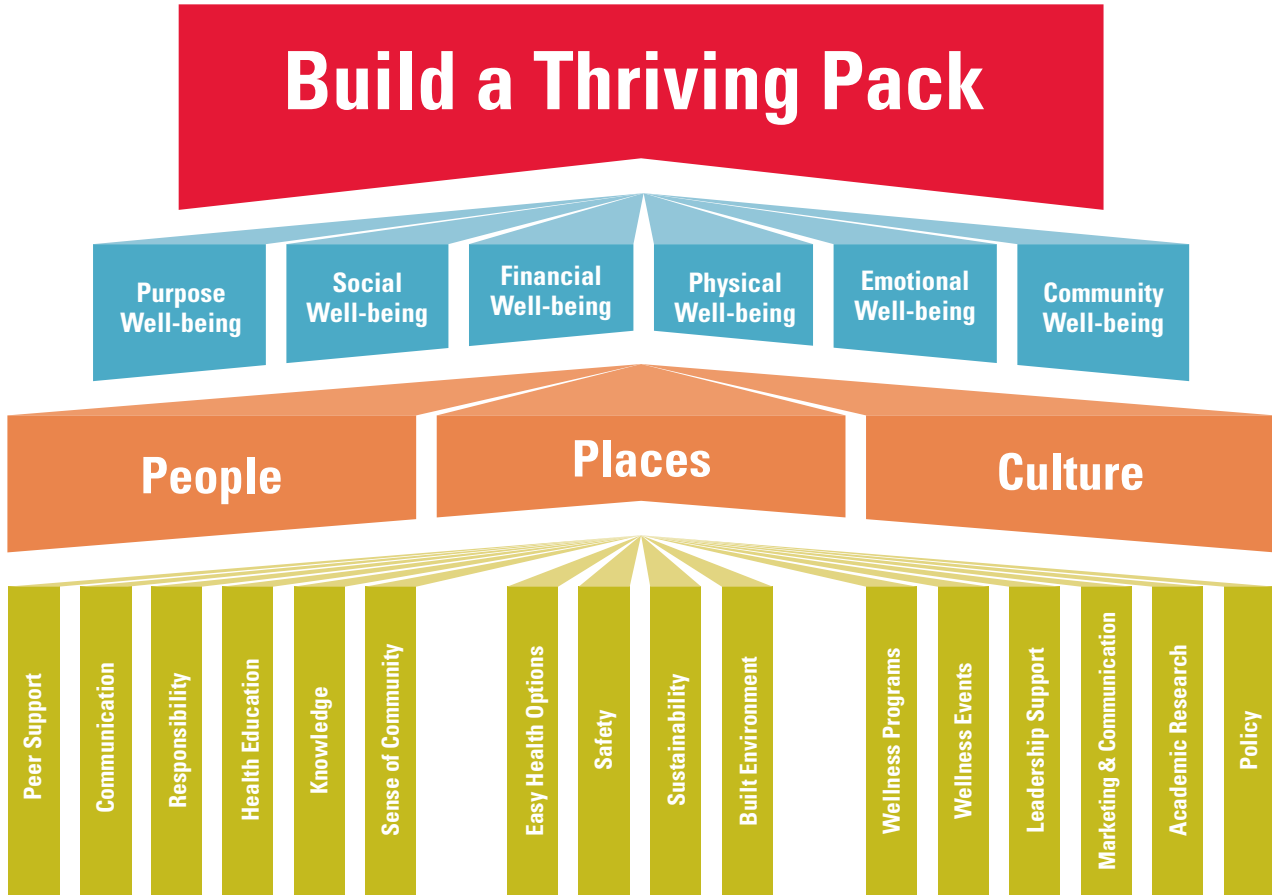
Community

The opportunity to contribute and connect individual passions and strengths that foster a safe and supportive environment.

Wellness Strategy

NC STATE

Wellness Strategy
Updated July 2018



NC State Wellness Strategic Plan

Vision

NC State will be a leading institution for creating an inclusive, thriving and resilient community.

Mission

To advance a culture that fosters the well-being of the campus community. This is achieved by promoting six elements of wellness: purpose, financial, physical, emotional, social and community.

Goals

Goal 1 Programs and Services	Goal 2 Academia	Goal 3 Sense of Community	Goal 4 Communication and Collaboration
Deliver innovative programs and services at the individual and community level.	Integrate wellness into curricular education, advising, experiences and research.	Foster a safe, supportive and inclusive community.	Build and maintain collaborative opportunities with campus and community partners to increase awareness of wellness at NC State.



Goal 1: Programs and Services

Deliver innovative programs and services at the individual and community level.

Academic Year 2019-20

Provide access to healthy food and vending on-campus.

Facilitate campus-wide wellness challenges (steps, hydration, sleep, etc.).

Plan, implement and evaluate comprehensive financial well-being programs.

Promote the use of the Faculty and Staff Assistance Program and similar resources.

Academic Year 2020-21

Expand access to support programs such as Disability Resource Office, Counseling, Prevention Services, Student Health Services, nutrition counseling, Exercise is Medicine® and wellness coaching.

Continue and expand a diverse array of physical activity interventions, including outdoor adventure experiences, group fitness classes, intramural sports and personal training.

Plan and implement a resilience and coping campaign to highlight the importance of mental health and well-being.

Academic Year 2021-22

Provide resources for individuals in need of food, housing, financial and educational support.

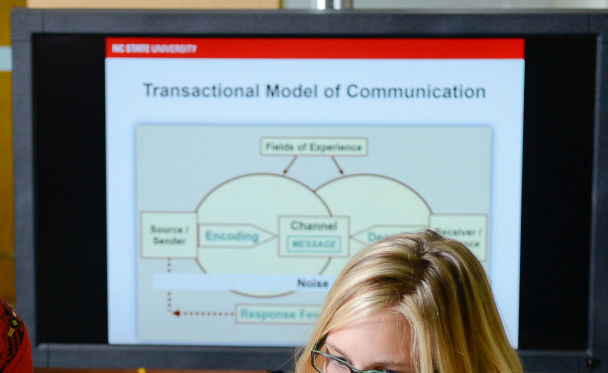
Academic Year 2023-24

Expand online assessment and education offerings to increase access to wellness based education opportunities.

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Norms

Norms ↑
Cohesiveness ↑
Productivity ↑

Norms ↓
Cohesiveness ↓
Productivity ↓



Goal 2: Academia

Integrate wellness into curricular education, advising, experiences and research.

Academic Year 2019-20

Increase the visibility of NC State wellness-related research.

Academic Year 2020-21

Create health and wellness toolkit for faculty and staff to increase their personal wellness outcomes.

Increase the visibility of academic courses incorporating one or more elements of wellness into their learning outcomes and/or coursework.

Academic Year 2021-22

Coordinate high-impact co-curricular wellness opportunities to engage students, staff and faculty across colleges, learning styles and identities.

Academic Year 2022-23

Develop and implement wellness advising training for academic advisors to provide them with tools and resources to support undergraduate and graduate students.

Develop a training for faculty on incorporating well-being into the classroom.



Goal 3: Sense of Community

Foster a safe, supportive and inclusive community.

Academic Year 2019-20

Include wellness and safety education in employee on-boarding and managerial training.

Offer certified peer educator training for all peer educators across departments.

Support NC State Transportation's strategic efforts to provide a variety of alternative transportation modes to help with bike-ability and walkability on campus.

Academic Year 2020-21

Utilize climate survey data to create interventions for target populations.

Analyze the results of and track changes in wellness from local and national assessments.

Academic Year 2021-22

Standardize wellness education for all incoming students through pre-arrival online programs, Wolfpack Welcome Week, First Year Experience and graduate student orientation.

Academic Year 2022-23

Develop resident-based education opportunities for on-campus students.

Academic Year 2023-24

Implement a comprehensive interpersonal violence prevention education program.



Goal 4: Communication and Collaboration

Build and maintain collaborative opportunities with campus and community partners to increase awareness of wellness at NC State.

Academic Year 2019-20

Forge partnerships with all communicators on campus to help promote wellness and build brand awareness of the wellness framework and strategy.

Academic Year 2020-21

Establish an integrated communication plan for wellness messaging.

Promote wellness events and programs through a centralized calendar to increase collaboration and reduce redundancies.

Academic Year 2021-22

Create and implement a campus-wide wellness badge program that recognizes completion of engagement in experiences that expand personal knowledge across NC State's six elements of wellness: purpose, financial, physical, emotional, social and community.

Academic Year 2022-23

Implement population-level health promotion and education on all priority wellness topics through evidenced-based communication strategies.

Academic Year 2023-24

Optimize digital resources and interactive tools that connect people to health and wellness resources.



Highlights

2014

Established University Wellness Task Force to build a foundation and framework for future wellness initiatives at NC State.

- > Conducted a formal audit of wellness programming and developed plans to improve coordination and promotion of those efforts.
- > Developed a wellness website to serve as the virtual hub for all wellness-related content.
- > Established NC State targets for Healthy Campus 2020 objectives based on current data.
- > Created a campus culture of wellness through programming and environment development that fosters healthy decision-making.

2015

Completed Partnership for Healthier America: Healthy Campus Initiative

First to sign on and meet its full commitment, doing so in just one year – two years ahead of schedule. Taking steps that included offering wellness meals three times a day, highlighting healthier options in vending machines, offering group fitness classes and outdoor fitness areas, and opening a food pantry for food-insecure faculty, staff and students.

Committed to achieving Healthy Campus 2020 goals and objectives.

2016

Launched Wolfpack Wellness, a university-wide approach to wellness.

Named Top 26 Healthiest Campuses by Greatist.com

Highlights

2017

Named Top 10 University for Work-Life Balance by Glassdoor.

Established Student Wellness Advisory Group. Comprised of students from various organizations, this group recommended wellness services, initiatives and programs.

NC State Counseling Center along with StoryDriven, a Durham, NC marketing firm, won an Emmy Award in the Public Affairs category for a suicide prevention video, Stop the Stigma.

2018

Established NC State Wellness Advisory Committee to create and maintain a culture that supports and promotes the overall wellness of NC State students, staff and faculty.

Recognized as a Founding and Institutional Member of Building Healthy Academic Communities

Campus partners have developed programs to support students in need of food, housing, financial and education security. The programs include a food pantry, temporary housing, emergency funding and a student-to-student meal donation program.

National Commitments



Promoting Wellness Across the Nation



NC STATE



wellness.ncsu.edu