

Healthy Gators 2010 Initiative

Orange & Blue – A Healthy You
Faculty Senate Meeting
January 17, 2007



Healthy Gators

2010

Mission



Healthy Gators 2010 is a campus wide coalition dedicated to promoting a campus environment supportive of the development and maintenance of a healthy body, mind and spirit for all members of the University of Florida community.

Healthy Gators 2010 accomplishes our mission by:



- Assessing the health status and needs of the campus community
- Reviewing, supporting and developing health enhancing policies on campus
- Making recommendations about health priorities on campus
- Developing programs and events to improve the health of faculty, staff and students
- Maintaining a comprehensive website for campus health resources and services

Background



- Coalition of students, faculty & staff
- Linked to Healthy People 2010 and Healthy Campus 2010 – national health objectives designed to promote health and prevent disease
- Healthy Campus 2010 is Healthy People 2010 tailored to college and universities
- Healthy Gators 2010 is Healthy Campus 2010 tailored to the University of Florida population

Multi-year Project



- Comprehensive assessment of campus health
- Design, implement and evaluate targeted health interventions
- Make the University of Florida a healthier place to live, study, and work
- Proactive effort focused on prevention
- Focus is on body, mind and spirit

Coalition Partners



- Center for Health and the Built Environment
- Center for Spirituality and Health
- Disability Resources
- Division of Epidemiology
- Division of Human Resources
- Division of Student Affairs
- Employee Assistance Program
- Environmental Health and Safety
- Florida Center for Health Promotion
- GatorWell Health Promotion Services
- Graduate School
- Health Science Center
- Honors Program
- Housing & Residence Education
- Living Well Employee Wellness Center
- Office of Sustainability
- Physical Plant Division
- Recreational Sports
- Registrar Services
- Shands HealthCare
- Student Government Health Cabinet
- Student Health Care Center
- Student Mental Health Services
- University Athletic Association
- University Counseling Center
- WUFT-TV/DT
- WUFT-WJUF-FM

Coalition Partners Continued



- Colleges of
 - Agricultural & Life Sciences
 - Dentistry
 - Design, Construction & Planning
 - Education
 - Health & Human Performance
 - Journalism & Communications
 - Law
 - Liberal Arts & Sciences
 - Medicine
 - Nursing
 - Public Health & Health Professions

Coalition Partners Continued



■ Academic Departments

- Clinical and Health Psychology
- Educational Psychology
- Food Science and Human Nutrition
- Health Education and Behavior
- Health Services Research, Management and Policy
- Occupational Therapy
- Pharmacology and Therapeutics
- Religion

2006 – 2007 Activities



- Promoted stress reduction and stress management to faculty, staff and students
- Encouraged physical activity to improve physical health and reduce stress
- Addressed smoking issues on campus
- Focused on UF employee issues
 - Presented “Healthy Choices” at the Association for Academic Women retreat
- Presented at the American College Health Association’s Annual Meeting
- Restructured our website to increase appeal and usability

2007 – 2008 Goals & Priorities



- Tobacco Reduction
- Overweight and Obesity
- Stress Reduction and Stress Management
- Academic Impediments (Cold & Flu and Sleep)
- Assessment of student health behaviors
- Planning for assessment of employee health behaviors

Tobacco Task Force



- Reports to the HG 2010 Steering Committee
- 2007-08 Goal: To create a 3-year action plan to reduce smoking to 10% or less among UF community by the year 2010
- Plan will also address reducing other tobacco use besides smoking
- Task force is comprised of 25 faculty, staff and students and representatives from the community

Academic Impediments



- Sleep: Developed a 15-minute, online sleep improvement program called “Sleeping in the Swamp.” Posted on our website and promoted to freshmen during summer B and fall 2007
- Cold/Flu Prevention: “Static clings” with prevention messages being posted this month on mirrors in all campus restrooms.

Orange & Blue- A Healthy You!



Wash Your Hands



1. Use warm water
2. Lather for 20 seconds
3. Use paper towel to turn off faucet & open door

Disinfect Surfaces



- Desks
- Computers/keyboards
- Telephones
- Doorknobs

**Spread the Word,
Not Germs**

Cover Your Cough or Sneeze



Use a tissue or
sneeze into your elbow

Avoid Close Physical Contact



Stay home if ill to avoid
infecting others



Helping to create and promote a
healthy campus community

Upcoming Events



- The **Walking Gators Program** kicks off on Tuesday, January 29 at 12:15 pm at Library East
- Five, 20-minute routes will be led every Tuesday, Wednesday and Thursday starting on Jan. 29 and continuing throughout spring semester
- Check our website for maps and details!

Upcoming Events



- **National Nutrition Month** programs/events:
 - **Slim Hopes: Advertising & the Obsession with Thinness** by Jean Kilbourne an internationally recognized as an expert on addictions, gender issues, and the media.
 - Information tables at the Union, Turlington and dining areas on campus
 - Check our website for more details

Upcoming Events



- Second Annual Stomp Out Stress
Midnight Fun Run - April 24
 - Nearly 400 people participated in 2007
 - Our goal is to double participation this year!

Questions?

