# Healthy Gators 2010 Initiative

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



#### 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:

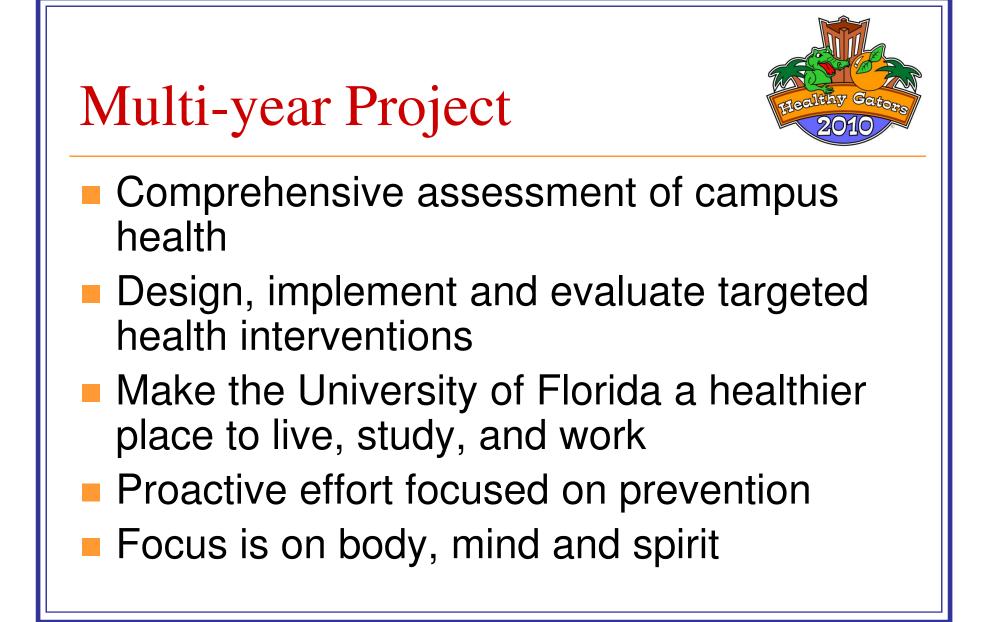


- Assessing the health status and needs of the campus community
- Reviewing, supporting and developing health enhancing policies on campus
- Making recommendations about health priorities on campus
- Developing programs and events to improve the health of faculty, staff and students
- Maintaining a comprehensive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



#### **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

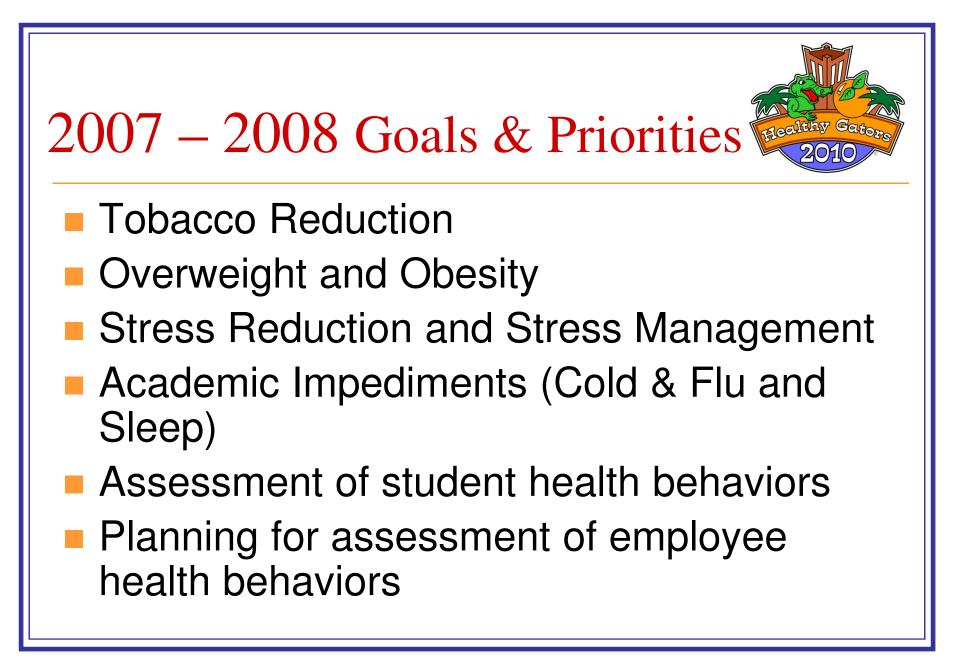
### Coalition Partners Continued

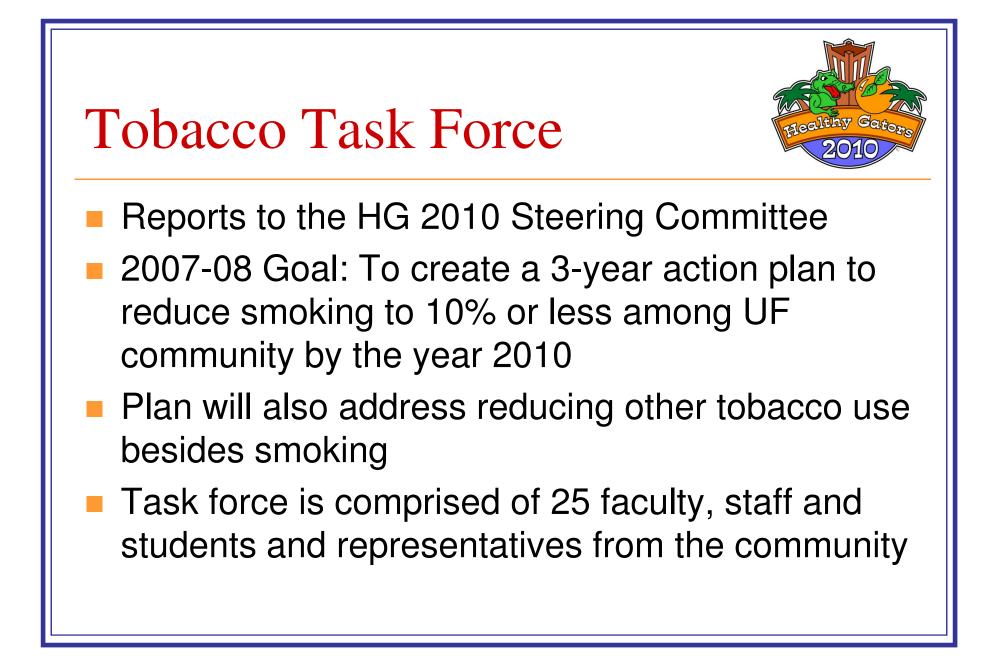
- Academic Departments
  - Clinical and Health Psychology
  - Educational Psychology
  - Food Science and Human Nutrition
  - Health Education and Behavior
  - Health Services Research, Management and Policy
  - Occupational Therapy
  - Pharmacology and Therapeutics
  - Religion



#### 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





### Academic Impediments



- <u>Sleep</u>: 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
- <u>Cold/Flu Prevention</u>: "Static clings" with prevention messages being posted this month on mirrors in all campus restrooms.

#### **Orange & Blue-A Healthy You!**





door

Helping to create and promote a healthy campus community

Stay home if ill to avoid infecting others



HealthyGators.hhp.ufl.edu

### 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

