Health & Well being in Higher Education: Moving the Commitment Forward together

Presented by:
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Health and Wellbeing in Higher Education: A Commitment to Student Success

www.nirsa.org/hands-in
Who is Responsible for Health and Wellbeing?
Health and Wellbeing and the Problem of Design
Health and Wellbeing and the Problem of Design
Interassociation Commitment

1. Board of Directors’ commitment
2. Convening leadership through professional development
3. Research frameworks (research consortium with NIRSA, NASPA, and ACHA)
4. Global discussions on health & wellbeing

Continuing to grow…

- 2017 Summit (Miami)
- First edition: March 2018
- Second edition: August 2018
- 2018 Summit (DC)
- Third edition: Spring 2019
- Fourth edition: Winter 2019
2018 Research Summit
2018 Research Summit

▸ What is the current design of campus wellbeing initiatives?
▸ What research/data exist surrounding this topic? Where are the gaps?
▸ How do campuses measure their wellbeing initiatives?
▸ How is success defined for campus wellbeing initiatives?
Research summit:

Process

Outcomes & Takeaways
Research Questions – Ranked

- Evaluation of wellbeing programs and initiatives across social ecology: How do wellbeing programs and initiatives contribute to student success? (9)
Research Questions – Ranked

- Measurement of wellbeing programs and initiatives:
  - What metrics can wellbeing programs and initiatives predictably demonstrate? (5)
  - What would be included on a standardized audit of wellbeing programs for campus self-administration? (5)
  - What design can best collaborate multiple sources of data for institutional integration of wellbeing related data? (3)
### Topical Focus Areas – Ranked Order

Please select 2 topical focus areas within wellbeing that should be prioritized over the next 5 years.

<table>
<thead>
<tr>
<th>Focus Area</th>
<th>Rank</th>
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</thead>
<tbody>
<tr>
<td>Mental Health and Suicide</td>
<td>7</td>
</tr>
<tr>
<td>Resiliency and Grit</td>
<td>4</td>
</tr>
<tr>
<td>Positive Psychology</td>
<td>3</td>
</tr>
<tr>
<td>Equity, Diversity, and Inclusion</td>
<td>3</td>
</tr>
<tr>
<td>Purpose in Life and Meaning</td>
<td>2</td>
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<tr>
<td>Basic Needs/Food and Housing Security</td>
<td>1</td>
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Other action items - ranked

<table>
<thead>
<tr>
<th>Action Item</th>
<th>Rank</th>
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<tbody>
<tr>
<td>Create a narrative (or narratives) for decision makers to make well-being</td>
<td>9</td>
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<tr>
<td>important on campus</td>
<td></td>
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<tr>
<td>Promote a consistent definition of wellbeing</td>
<td>5</td>
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<td>Encourage collaboration between associations for professional development</td>
<td>5</td>
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<td>Create an understanding of the resources allocated to wellbeing programs</td>
<td>5</td>
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<tr>
<td>and the related return on that investment</td>
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<td>Create interassociation online professional development for wellbeing</td>
<td>3</td>
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<td>Identify champions of wellbeing to build momentum and create education</td>
<td>2</td>
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<td>Explore a legislative and policy fellowship</td>
<td>2</td>
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By mid-2019 we had heard...

- Create a definition for wellbeing and language appropriate for administrative decision makers and practitioners
- Prioritize the evaluation of wellbeing programs across social ecology
  - How wellbeing programs and initiatives contribute to student success
  - Mental health and wellbeing
By mid-2019 we had heard...

- Prioritize the measurement of, and measurement tools for, successful wellbeing programs and initiatives
- Encourage collaboration between associations for professional development to break down silos between practitioners
2019 Research Summit

NIRSA, NASPA, and ACHA host second wellbeing research summit
Wellbeing Definition

- Wellbeing is *an optimal and dynamic state that allows people to achieve their full potential*.

Wellbeing Definition

Two interdependent types of wellbeing:

**Individual wellbeing** defined by three interrelated components – subjective wellbeing, objective wellbeing, and civic wellbeing.

**Community wellbeing** is defined by the systems and norms of an environment that contribute to an equitable infrastructure of opportunities, resources, conditions, and other socio-ecological supports that make it possible for all individuals to achieve their full potential.

By focusing on the whole – the whole person, the whole educational experience, the whole institution, the whole community – wellbeing becomes a multi-faceted goal and a shared responsibility for the entire campus.
Wellbeing Definition

- Always evolving...
- Supplemental material still being developed:
  - Chart for community wellbeing
  - Visual element that highlights intersection of health, wellness, and wellbeing
Interassociation Research Grant

NIRSA, NASPA, ACHA supporting research focused on wellbeing and student success

Applicants asked to make compelling case for why that specific question and data are critical pieces in this evolving conversation
Thank You!

Questions? More input? Let us know!

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