



University Council

Recreation and Wellness Committee
Goals for the UC year ending April 30, 2017

Goal	Priority Number	How Will Goal Be Measured?
<p>Increase awareness and utilization of all campus health and wellness services.</p> <p><u>Action items:</u></p> <ul style="list-style-type: none"> - Consistently update information to the Wellness Website - Work with campus partners to support Digest submissions promoting services and programs. <ul style="list-style-type: none"> • <u>Audiology and Speech Center</u> • <u>Career Center</u> • <u>Counseling Center</u> • <u>Dining Services</u> • <u>Human Resources</u> • <u>Nutrition and Dietetics</u> • <u>Nursing Center for Community Health</u> • <u>Residence Life and Housing</u> • <u>Student Health Services</u> • <u>Student Recreation and Wellness Services</u> • <u>Student Organizations</u> 	<p>1</p>	<p>1) Majority of utilization will be measured by participation numbers and comparison to previous programs/events.</p> <p>2) Awareness will be measured through informal assessment of participants.</p>
<p>Support the tobacco/nicotine policy recommendation.</p>	<p>2</p>	<ul style="list-style-type: none"> - Follow through with the motions that have been brought forth to the University Council regarding this issue

<p>Research guidelines of a holistic Wellness program to enhance campus lifestyles for all campus constituents.</p> <p>Action items:</p> <ul style="list-style-type: none"> - Follow up on the Wellness Statement was sent to HR for implementation - Identify campus constituents that are capable of developing a wellness program - Support Talent Development and Human Resources committee on recommendations for benefit incentives to aid health and wellness. - Seek information regarding the integration of Student Health Services and the UA Community Clinic - Report on the nutrition of campus dining centers on campus in regard to wellness, nutrition, and programs 	3	<ul style="list-style-type: none"> - Research and outline will be presented to UC. - Request nutritional information from Aramark and the promotion of healthy dining options/decisions on campus.
<p>Support awareness outreach and related education to all students, faculty and staff regarding Title IX, Campus SAVE and the Violence Against Women Act.</p> <p>Action items:</p> <ul style="list-style-type: none"> - Link resources and information to the Wellness website and other related locations. 	4	<ul style="list-style-type: none"> - Report on current and future resources location information. - New outreach opportunities and locations will be shared with SAVE. - Postings in new locations will be recommended. - Add components of Title IX to the Wellness Website