

Recreation and Wellness 2019

In-Depth Report

Dr. Kristine N. Kraft - Chair

Mr. John A. MacDonald – Administrator

Goal summary

- Research food insecurity at The University of Akron
 - Follow up on Student Union Food Pantry utilization
 - Begin work on Polsky Food Pantry
- Research campus immunization: need and implementation
- Support awareness outreach and related education to all students, faculty and staff regarding Title IX, Campus SAVE and the Violence Against Women Act, and AOD.
- Research guidelines of a holistic Wellness program to enhance campus lifestyles for all campus constituents.

Goal detail- Food Insecurity

- Campus Cupboard Updates - Completed
 - Jean Hower Taber Student Union
 - Polsky CAST Advising
 - Simmons Hall Lobby – Zip Assist
- Survey data analysis and comparison to Nutrition national survey – Ongoing
- Additional food funding provided by USG

Campus Cupboards - Storage

Then

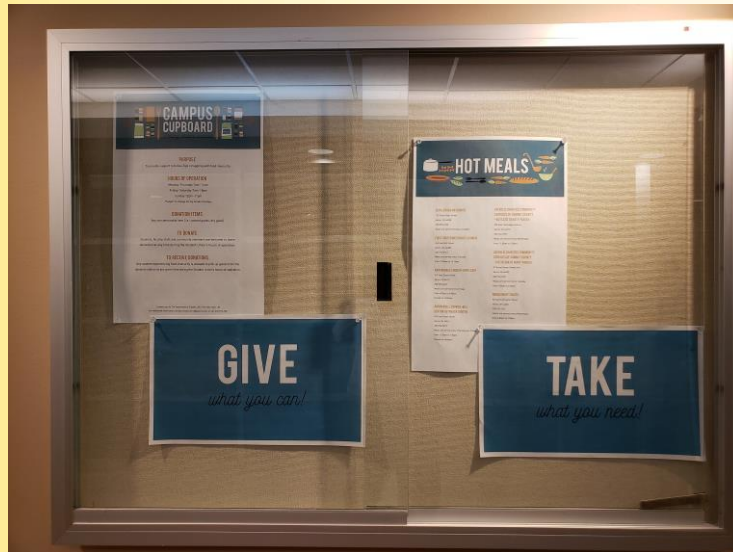


Now

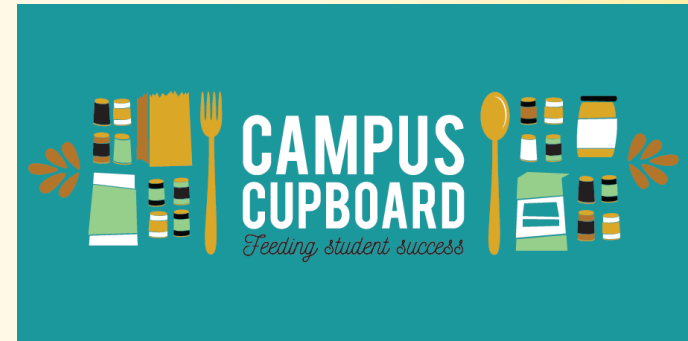


- New cabinets funded by USG
- Built and delivered by Student Recreation & Wellness

Campus Cupboards – Marketing



- Designed by Student Life
- Funded by ZipAssist Grant
- 1 large display at the Student Union and Polsky locations
- 1 small table top display at Simmons
- Handbills include hot meal locations



PURPOSE

Any *student* experiencing food insecurity can pick up items from the pantry during the hours of operations.

HOURS OF OPERATION

JEAN HOWER TABER STUDENT UNION

Monday–Thursday ... 7am–11pm
Friday–Saturday 7am–10pm
Sunday 12pm–11pm

SIMMONS HALL LOBBY

Monday–Friday 8am–4:30pm

POLSKY ACADEMIC ADVISING

Monday–Friday 8am–4:30pm

**Subject to change during breaks/holidays*

DONATION ITEMS

Any non-perishable item (i.e. canned goods, dry goods, school supplies, personal hygiene)

TO DONATE

Donations will be accepted on an ongoing basis. Students, faculty/staff, and community members are welcome to leave donations at the following locations:

JEAN HOWER TABER STUDENT UNION
Student Life Administration Desk SU 130

SIMMONS HALL
ZipAssist First Floor Lobby

POLSKY ACADEMIC ADVISING
Waiting Room Area Polsky 3rd Floor

ADDITIONAL STUDENT SUPPORT AND RESOURCES

ZipAssist has partnered with community agencies to provide financial relief, social services, and immediate assistance to students in need.

RESOURCES AVAILABLE

- Textbooks
- Utilities Assistance
- Childcare (18mo–12yrs)
- Temporary Housing
- Bus Passes
- Emergency Travel
- Vision Exams

Contact: salvationarmy@uakron.edu

To refer a student for support
www.uakron.edu/referral

For additional information, please contact
campuscupboard@uakron.edu



Implementing Immunizations on Campus

- Safe and effective protection from vaccine-preventable diseases and outbreaks.
- A re-emergence of these illnesses, in part due to factors such as un-immunized and under-immunized persons and global travel.
- American College Health Association (ACHA) supports use of vaccines recommended by CDC.
- Campus-wide communication is in progress.

Implementing Immunizations on Campus(cont'd)

- ACHA recommends comprehensive immunization policy for all institutions.
- UA currently has strong recommendations regarding vaccines, but does not require vaccines for enrollment in classes.
- Goal to strengthen UA policy to reduce the possibility of disease outbreaks.
- Most traditional students meet recommendations.

Shingles Vaccine

- Advisory Committee on Immunization Practices (ACIP) recommends to vaccinate adults (50 years and older) with the new vaccine, Shingrix. This mostly affects Faculty/Staff due to age range.
- ACIP also recommends that adults previously vaccinated with Zostavax receive an immediate booster with Shingrix.
- Average cost is \$280, and covered by UA insurance.
 - Due relative shortage - recommend to Faculty/Staff but not administer in Health Services.

Measles Outbreak

- Highly contagious, vaccine-preventable illness is seeing a resurgence in the US.
- Most domestic students have been vaccinated.
- Many international students have not.
- Concern for waning immunity in older adults.
- Current outbreaks are related to international travelers and US born citizens opting out of vaccines.
- Recommendations on the MMR vaccine that is 93-98% effective at preventing an infection.
- Researching a more stringent vaccine policy for the University and continue timely communiques regarding outbreaks.
- Health Services will facilitate guidance regarding community resources to obtain vaccines.


Goal overview- Campus Wellness

- Follow up on the Wellness Statement was sent to HR for implementation
 - Communication with Sarah Kelly
- Identify campus constituents that are capable of strengthening and enhancing a wellness program
 - See Website
- Support Talent Development and Human Resources committee on recommendations for benefit incentives to aid health and wellness.
- Report on the nutrition of campus dining centers on campus in regard to wellness, nutrition, and programs
 - See Website
- Request nutritional information from Aramark and the promotion of healthy dining options/decisions on campus.
 - See Website

Goal detail- Campus Wellness



Former Campus Wellness Webpage

[My Akron](#)
[Virtual Tour](#)
[Calendars](#)
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Campus Wellness

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Campus Wellness

Campus Wellness

- General Wellness
- Physical Health and Preventive Healthcare
- Nutrition and Weight Management
- Managing Stress and Behavioral Health
- Work and Life Balance
- Physical Activity
- Campus Safety

[Campus Wellness Partners](#)
[Campus Walking Routes](#)
[Website Submission](#)

Contacts

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News

Anthem Special Offers Fall 2018 - check out savings [here](#).

[Survey reveals preference for greater limits on outdoor smoking](#) | March 2016

Information For:


On Campus:



Goal detail- Campus Wellness

NEW Campus Wellness Webpage

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WELLNESS

The University of Akron offers a variety of campus services and community resources to provide support for a holistic approach to living well. Our goal is to provide you with the tools necessary to achieve a well-balanced life across the many dimensions of wellness.




Emotional wellness

The ability to understand ourselves and cope with the challenges life can bring, while learning to express and manage an entire range of human emotions in healthy ways.

[Counseling services >](#)
[Help-a-Zip >](#)
[ZipAssist >](#)

[Learn more >](#)




Physical wellness

The ability to actively make healthy decisions on a daily basis, recognizing that our day-to-day behaviors have a significant impact on our long-term well-being.


[Rec center >](#)
[Health services >](#)
[Nutrition >](#)

[Learn more >](#)



Social wellness

The ability to relate to and connect with other people, and build healthy relationships based on interdependence, trust and respect.



Intellectual wellness

The ability to open our mind to new ideas and experiences that further develop critical thinking, civic engagement and global awareness.

Goal detail- Campus Wellness

Webpage Enhancements

- New and improved appearance
- Updated content for each page and links
- Additional linked resources for student support services to Dean of Students and sexual violence support
- Direct pull of related content from the university calendar

Goal detail- Title IX, SAVE, AOD

- Link resources and information to the Wellness website and other related locations – Completed
- Everfi training for all university employees
- Division of Student Affairs – Everfi training for all student staff

Next steps

Enhance the Wellness Program on Wayne Campus

- Develop strategic plan to implement a wellness program on the Wayne campus
- Discussions have begun on how to expand the Wayne Fit program to include main campus as well as Wayne Campus.

Questions?