



Supporting NDSU as  
a Health Promoting  
University

# WELL-BEING

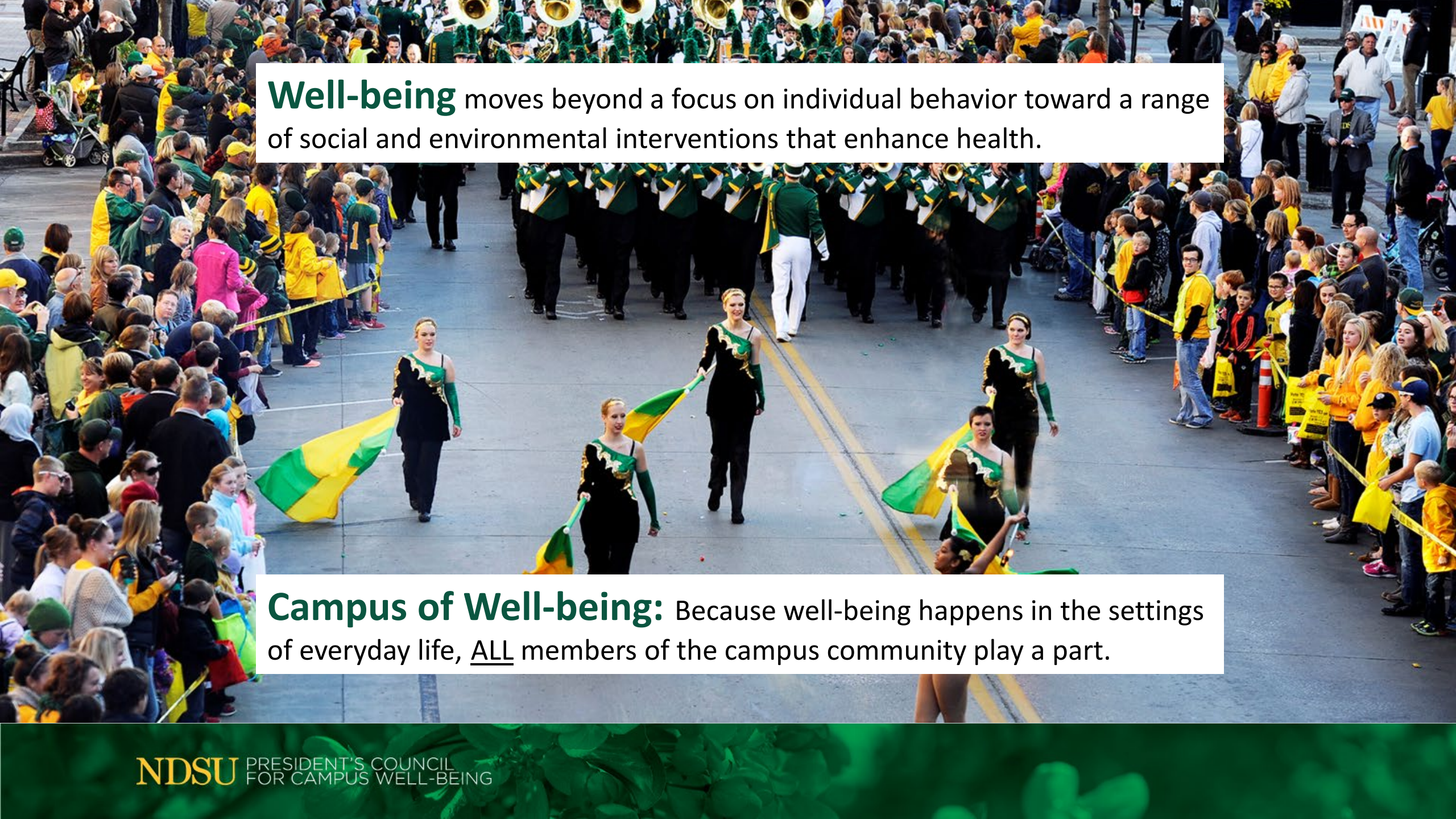
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**Well-being** is an optimal and dynamic state that allows people to achieve their full potential.

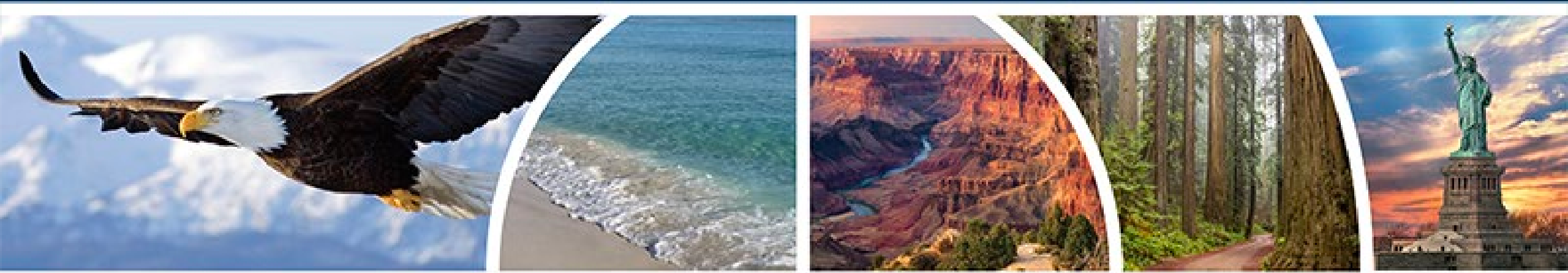
**Well-being:** NIRSA: Leaders in Collegiate Recreation, NASPA - Student Affairs Administrators in Higher Education and ACHA - American College Health Association (November 2020). Inter-association definition of well-being. Retrieved from [www.nirsa.org/hands-in](http://www.nirsa.org/hands-in)





**Well-being** moves beyond a focus on individual behavior toward a range of social and environmental interventions that enhance health.

**Campus of Well-being:** Because well-being happens in the settings of everyday life, ALL members of the campus community play a part.



## United States Health Promoting Campuses Network

- Created in November 2020
- North Dakota State University is a network member
- Aim for NDSU to be a part of the 2023 adoption cohort

# A Settings and Systems Approach

## Upstream

Laws, Policy, Regulations,  
Culture, Norms, Settings,  
Systems, Built  
Environment

## Midstream

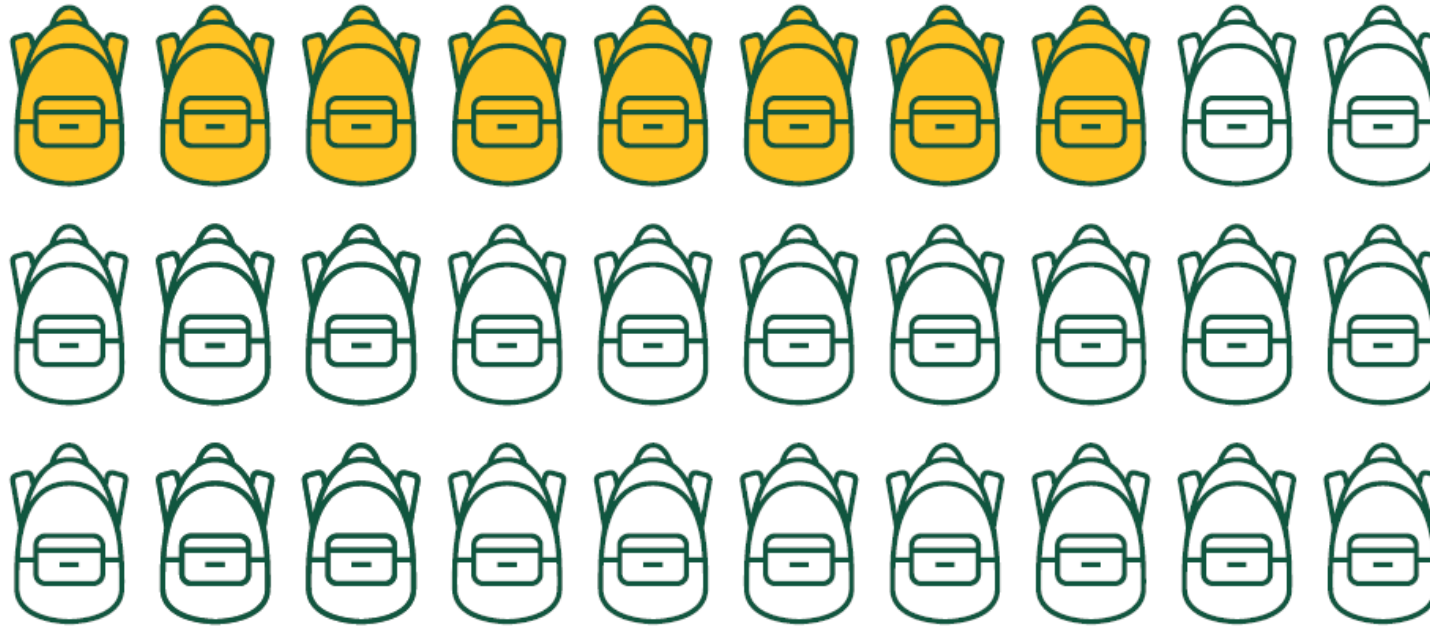
Health Education,  
Wellness Programs,  
Screening/Referrals,  
Support Services

## Downstream

Crisis Services, Treatment  
& Intervention

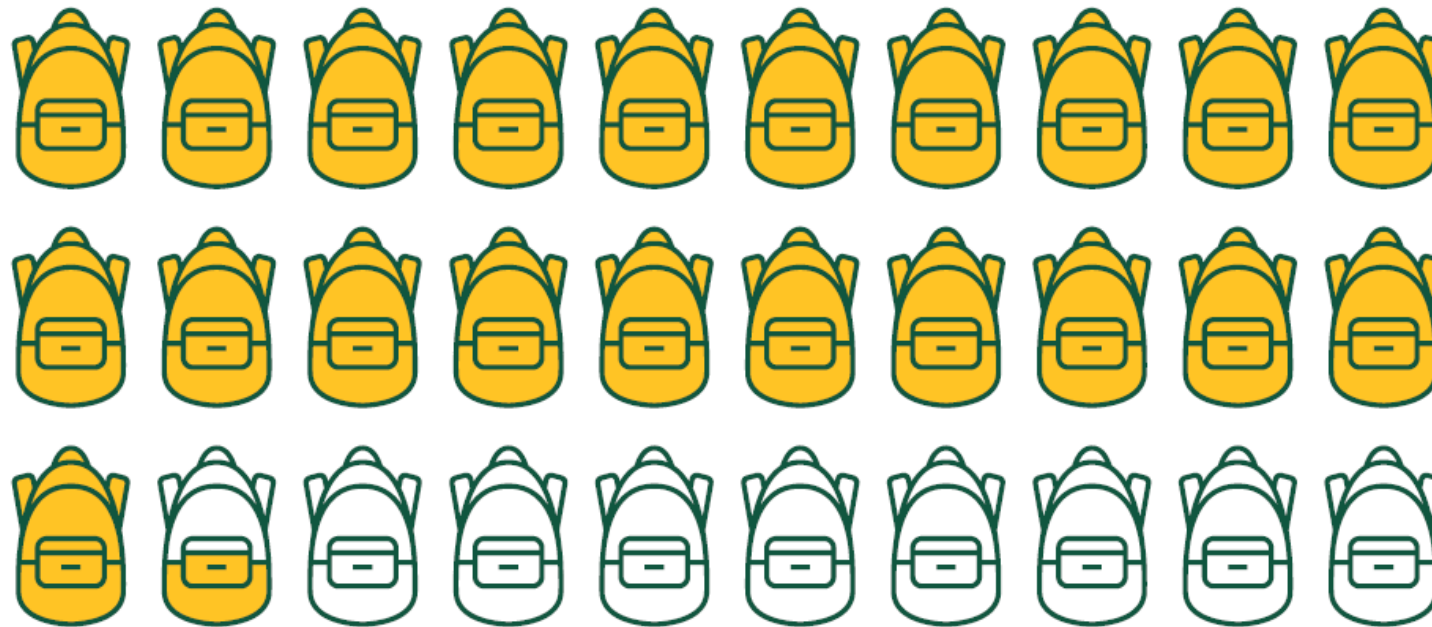


## PHYSICAL HEALTH



**8** STUDENTS OFTEN CUT THE SIZE OF THEIR MEALS BECAUSE THERE WASN'T ENOUGH MONEY FOR FOOD.

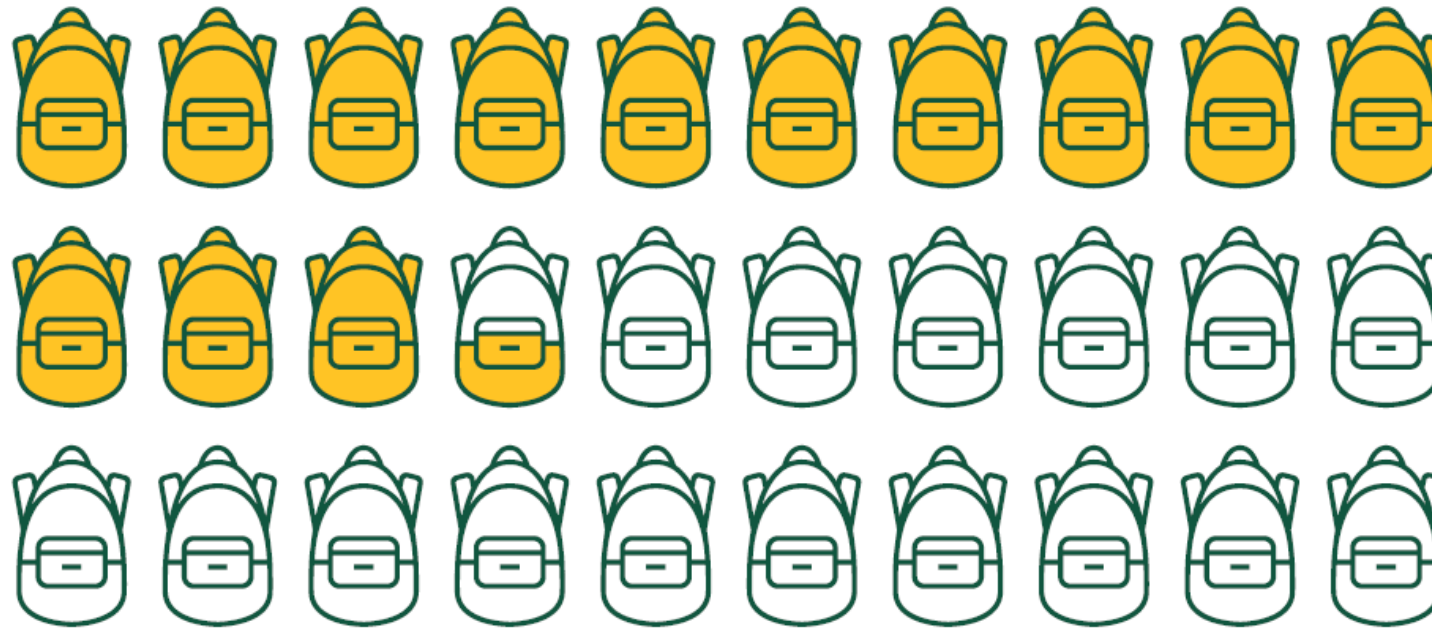
## MENTAL HEALTH



**21.5** STUDENTS REPORTED THEIR  
OVERALL LEVEL OF STRESS AS MODERATE  
TO HIGH.



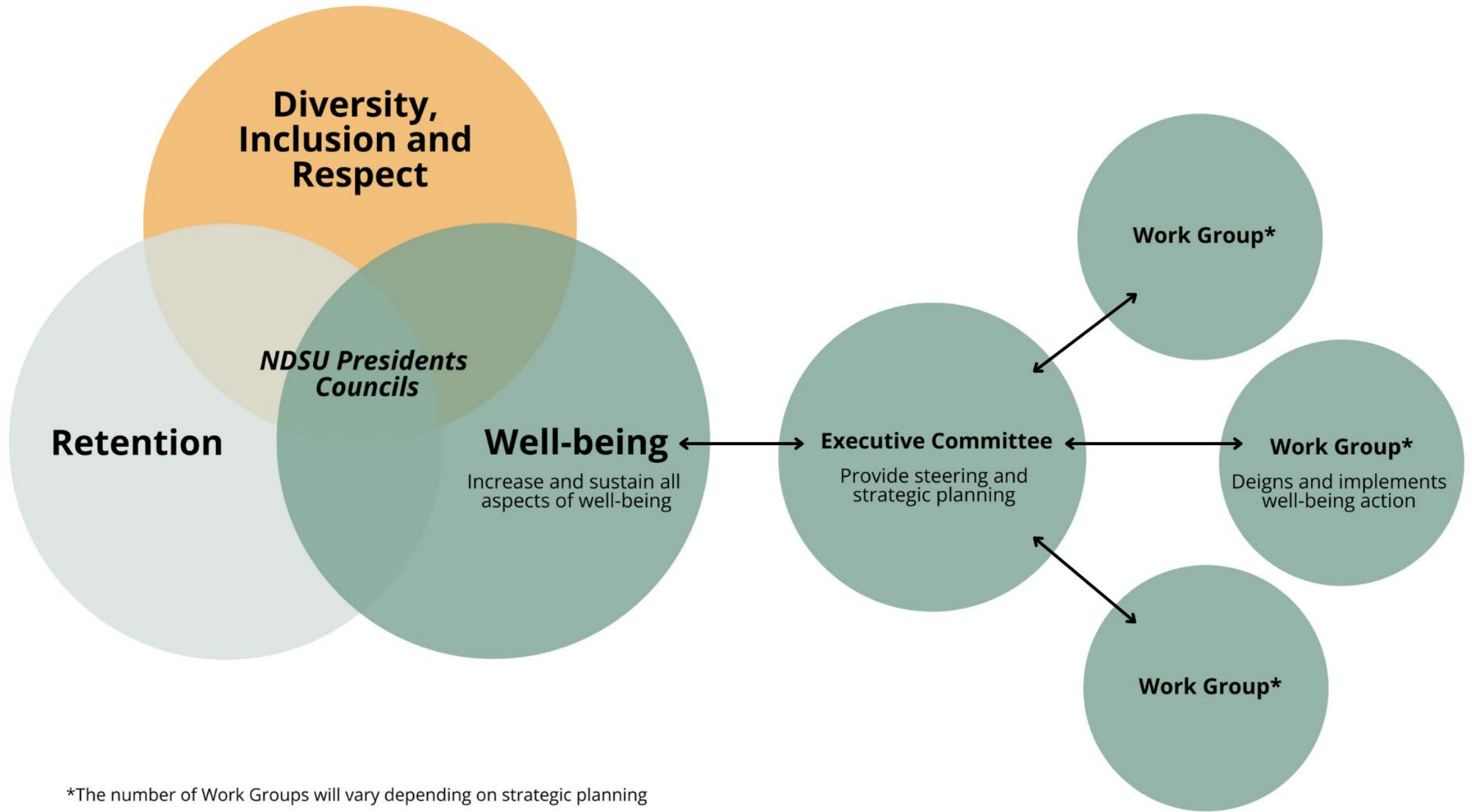
## MENTAL HEALTH



**13.5** STUDENTS REPORTED EVER  
HAVING THOUGHT ABOUT OR ATTEMPTED  
TO KILL THEMSELVES.







\*The number of Work Groups will vary depending on strategic planning

# MENTAL HEALTH SYLLABUS STATEMENT



### Email Etiquette: How to Email Your Professor

**1.** Use your resources: Double check the syllabus to see if it is the answer to your question or ask a fellow classmate. If you still need to email the instructor, mention that you did check the syllabus.

**2.** Subject Line: Include the class name and section number in the subject line, as well as word or two about the topic. Some instructors teach more than one section of the same class each semester.  
Example: HDPS 250 - 18604 - Late Assignment

**3.** Salutations & Language: It's important to include a salutation at the beginning of any email. Use the instructor's title and last name or default to 'professor' if you are unsure. Use professional language and avoid slang. Don't forget to close the email with a 'Thank you' and your first and last name.

### CAMPUS CLEANUP

Join us  
Thursday, April 27  
2:30-4:30 p.m.

NDSU PRESIDENT'S COUNCIL FOR CAMPUS WELL-BEING



# PCCW IN ACTION

### MENTAL HEALTH

21.5 STUDENTS REPORTED THEIR OVERALL LEVEL OF STRESS AS MODERATE TO HIGH.

### HEALTH

IN ALL POLICIES

✓ assessment checklist



### SEXUAL ASSAULT RESPONSE TRAINING



Think...  
promoting well-being  
at NDSU

# Continued Actions of the PCCW:

- Assess student well-being - implementation and data analysis of ACHA-NCHA survey (administered every 3 years)
- Employee Well-being Proposal (proposed Jan 2023)
  1. Select and hire a reputable survey organization to assess employee well-being
  2. Embed action planning and responsibility within 2 months of receiving data
  3. Coordinate planning and implementation through PCCW
- Develop inventory of current well-being and health promoting initiatives
- Develop Key Performance Indicators (KPIs) to track well-being for students and employees
- Health Promoting Campuses Network engagement





# YOUR supportive ACTIONS:

## Simple steps for you to engage in well-being

- Attend a Think... session to reflect on a variety of well-being related topics
- Incorporate walking meetings into your schedule
- Participate in the Campus Clean-up Event (April 27)
- Utilize the mental health supporting *Syllabus Statement* examples on the PCCW website
- Promote and engage in volunteering opportunities on campus
- Support the Goods for the Herd Food Pantry, Emergency Fund, etc.
- Request a presentation to learn more about the PCCW and the ACHA-NCHA survey results
- Be kind. A smile goes a long way!



