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Assessing Student Health & Well-Being at PSU

Barbara McCahan
Plymouth State University

Rebecca Busanich
Plymouth State University

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PSU Integrated Cluster Project Proposal Form

Title: Assessing Student Health and Well-being at PSU

Project Leadership: Barbara McCahan, Rebecca Busanich, Karolyn Kinane, Denise Normandin, & Janette Wiggett.

Project Description: The aim of this proposal is to initiate a formal process for building on the “culture of health” established by Healthy PSU (a worksite wellness campaign). The project aligns directly with the mission of the Health and Human Enrichment Cluster in that a program to address the needs of students will “support, promote, and enhance quality of life for all through education, research, and partnerships.” This project will take an integrative approach to establish wellness campaign in which students will be directly involved and impacted. Evidence-based practices for program planning will be applied so as to support cross-disciplinary and full-constituency engagement. The process will begin with establishing an enhanced leadership team representing all stakeholders. Next a needs assessment research process will identify campus-wide capacities, and leading determinants of student wellness. Finally, based on the research an action plan with recommended program goals will be produced. Future stages (beyond the scope of this application) will be needed to set forth an operating plan to identify appropriate objectives and intervention strategies. This will be a long range process requiring ongoing collaboration. This proposal is only for the initial staging aspects and pilot research studies.

Project Goals and Outcomes:

1. **Project Goals** – Conduct needs assessment research to inform the plan for a student wellness campaign for PSU.
2. **Student Learning Outcomes** –Students involved in the project will be able to:
 - a. Describe the organizational steps in building a leadership team to establish a collective planning vision and mission
 - b. Conduct background primary and secondary needs assessment research
 - c. Plan and conduct research data analysis to identify leading indicators for health and targeted interventions
 - d. Reflect on their personal and professional development as a health education specialist

Rationale and Impact:

Project Rationale and Impact Statement: The health and well-being of the faculty, staff and students at Plymouth State University and environment that surrounds them affects the collective ability, as an institution, for leadership and innovation. Healthy PSU, an award-winning, research-based wellness campaign for PSU employees, has been leading social, environmental and policy health and wellness efforts for PSU since 2011, while also building collaboration among community and national partners. There is however, an absence of a similarly comprehensive and cohesive plan to support student wellness at PSU. Taking the lessons learned from Healthy PSU, assessing the needs of students through a student/academically driven research process, and applying best practices will serve to inform a fully integrated and comprehensive health and well-being initiative for PSU.

The future implementation of a plan will be an opportunity to showcase the Open Lab concept for building the next generation of solutions to strengthen the culture of health and sustainability started by Healthy PSU. The proposed project will foster collaboration across academics, the administration and student affairs/life/government. It will address the widely held concerns regarding the overall health and well-being of students and the role that a culture of health plays in student success. The partnership that stands to be developed will also bring together participants in our varied allied health programs. By building a coalition for leadership, a more systematic and sustainable approach can be planned.

Project Team

PSU Project Participants

| Name | Position/ Title | Project Role | Discipline/ Specialty | Email |
|-------------------|--|--------------------------|-----------------------------------|-------------------------|
| Barbara McCahan | Professor | Facilitator | Health Ed & Promotion | bmccahan@plymouth.edu |
| Rebecca Busanich | Assistant Professor | Student research advisor | Health Education and Promotion | rlbusanich@plymouth.edu |
| Karolyn Kinane | Professor | Collaborator | Mindfulness research and pedagogy | kkinane@plymouth.edu |
| Jeannette Wiggett | Assistant to the VP of Students; Strategic Initiatives | Collaborator | Student Affairs | jtwiggett@plymouth.edu |
| Denise Normandin | Healthy PSU Program Manager | Collaborator | Human Resources | dnormandin@plymouth.edu |

Non-PSU Project Participants (stakeholders; partners; academic institution; etc.)

| Name | Organization | Project Role | Discipline/ Specialty | Email |
|----------------|--------------|--------------|-----------------------|----------------|
| Ryan Picarella | WELCOA | Consultant | Wellness Management | www.welcoa.org |

Student Participant Profile

| Class/ Student Organization/ Individuals | Role in Project | Academic Level (Undergraduate or Graduate) | Academic Discipline | Total Student Population |
|--|---|--|-----------------------|--------------------------|
| HE 4540 Applied Health Promotion | Pilot needs assessment research | UG | Health Ed & Promotion | 6-12 |
| HE 3240 HE Program Planning and Evaluation | Assist with research and goal/objective development | UG | Health Ed & Promotion | 25 |
| Health and Wellness Club | Special events for promotion | UG | Marketing and HEP | 15 |

IRB (Institutional Review Board) Compliance

IRB Compliance: <http://www.plymouth.edu/office/institutional-review-board/>

- This project DOES NOT require IRB compliance
- This project DOES require IRB compliance (*complete below*)

IRB Approval Status: Not Yet Applied

IRB Approval Date: 2/1/2017

Any funding approvals of IRB-required projects are contingent on obtaining IRB approval.

Project Management: Timeline and Milestones

Project Start Date: 1/15/2017

Project Complete Date: 6/30/2017

| Project Milestone | Milestone Description | Target Completion Date |
|--|---|-------------------------------|
| Secure top level support | Written support of program research by President Birx. | 2/27/2017 |
| Establish Leadership Team | Wellness team will be established and have at least 4 scheduled meetings – minutes recorded | 3/15/2017 |
| Complete pilot research data collection | Pilot surveys and focus groups completed | 4/15/2017 |
| Submit research report to Leadership Team. | Written report delivered to leadership team | 5/31/2017 |

- Student Education/ Training Requirements: **None**