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# University of Florida Healthy Gators 2010 Initiative

ACHA 2005  
San Diego



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# Brief Description of the Healthy Gators 2010 Initiative



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- History
    - Idea: Spring 2004
    - Planning: Spring-Summer 2005
  - Vision: A campus environment supportive of the development and maintenance of a healthy body, mind and spirit for all members of the University of Florida community.

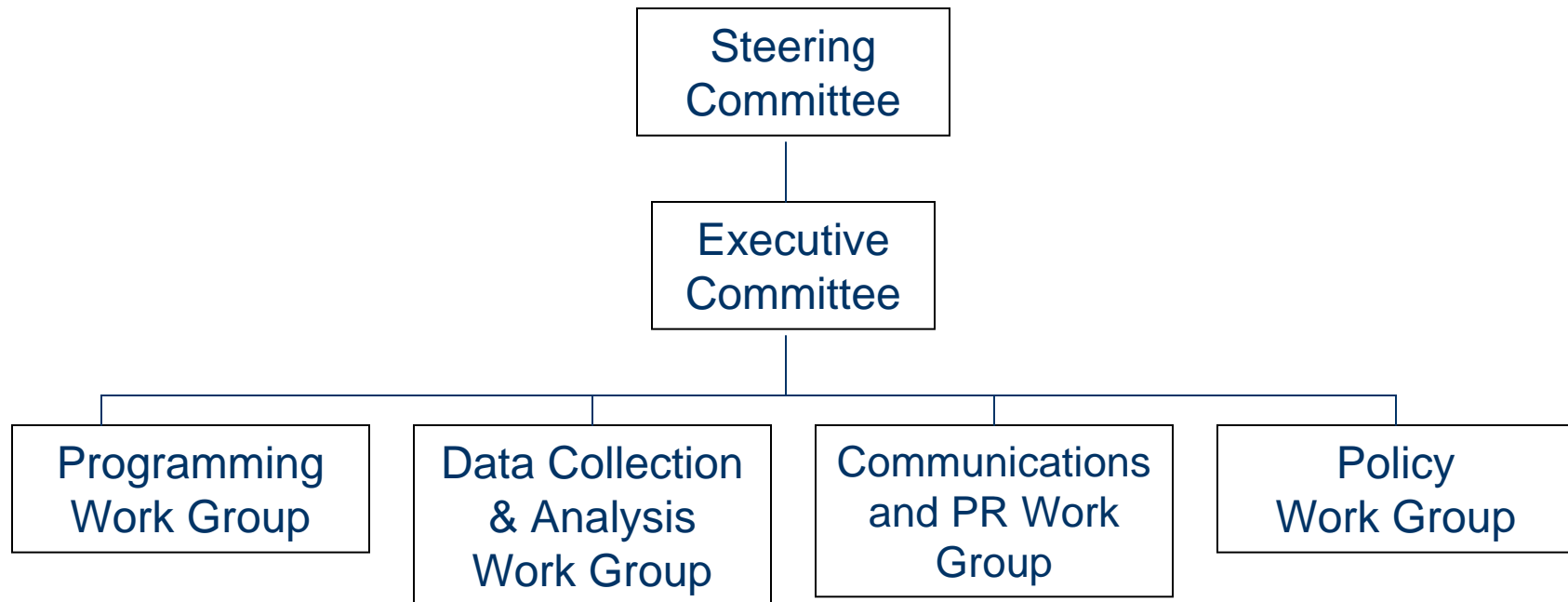
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# Brief Description of the Healthy Gators 2010 Initiative

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## Organizational Chart



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# Brief Description of the Healthy Gators 2010 Initiative

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- Committee Responsibilities  
(visit our website)
- Resources
  - \$12,000 from the College of Health & Human Performance
  - Lots of personnel time from our SHS staff and the College of HHP (including grad students).  
Moderate time from other committee members.

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# Committee Representation



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- Colleges of Health & Human Performance, Medicine, Dentistry, Nursing, Public Health & Health Professions, Journalism, Business
  - Student Health Center, Student Affairs, Division of Housing, Recreation Centers, Student Government
  - Environmental Health & Safety, Athletic Association, Faculty Fitness Center, Human Resources

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# How Healthy Campus 2010 Is Being Used

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- Data Collection & Analysis Work Group:
  - Creating a health behavior survey tailored to UF students based on Healthy Campus 2010 book
- Policy work group:
  - Access to Quality Health Services (Health insurance)
  - Policy “audit” for: Alcohol, Nutrition, Tobacco issues
- Programming Work Group:
  - Intends to wait for baseline data to determine priorities

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# Summer/Fall Tasks

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- Data Collection & Analysis Work Group:
  - Pilot test a student health behavior survey in summer
  - Collect baseline data in the fall
  - Work with Human Resources to get health data on faculty/staff
- Programming & Communications/PR work groups:
  - Create a website for “one-stop shopping” for all campus health services for faculty, staff and students.
  - Select a slogan contest winner.
  - Plan, promote, implement and evaluate a fall kickoff.

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# Summer/Fall Tasks

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- Policy Work Group:
  - Continue to review health-related policies
  - The next focus areas will be exercise/fitness
- Steering Committee/Executive Committee
  - Hopefully, set priorities based on findings from health behavior survey baseline data
  - Work on funding strategies

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## Lessons Learned



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- Do your best to involve influential people (President, VPs, Deans, Directors and Department Chairs)
  - Have one or two discussion meetings just to see if there is enough buy-in
  - Identify which decisions each committee/work group has the authority to make

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## Lessons Learned



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- If you have multiple work groups, decide if all need to start simultaneously, or if some should wait
  - Create a plan to get and keep students involved

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# Contact Us!



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