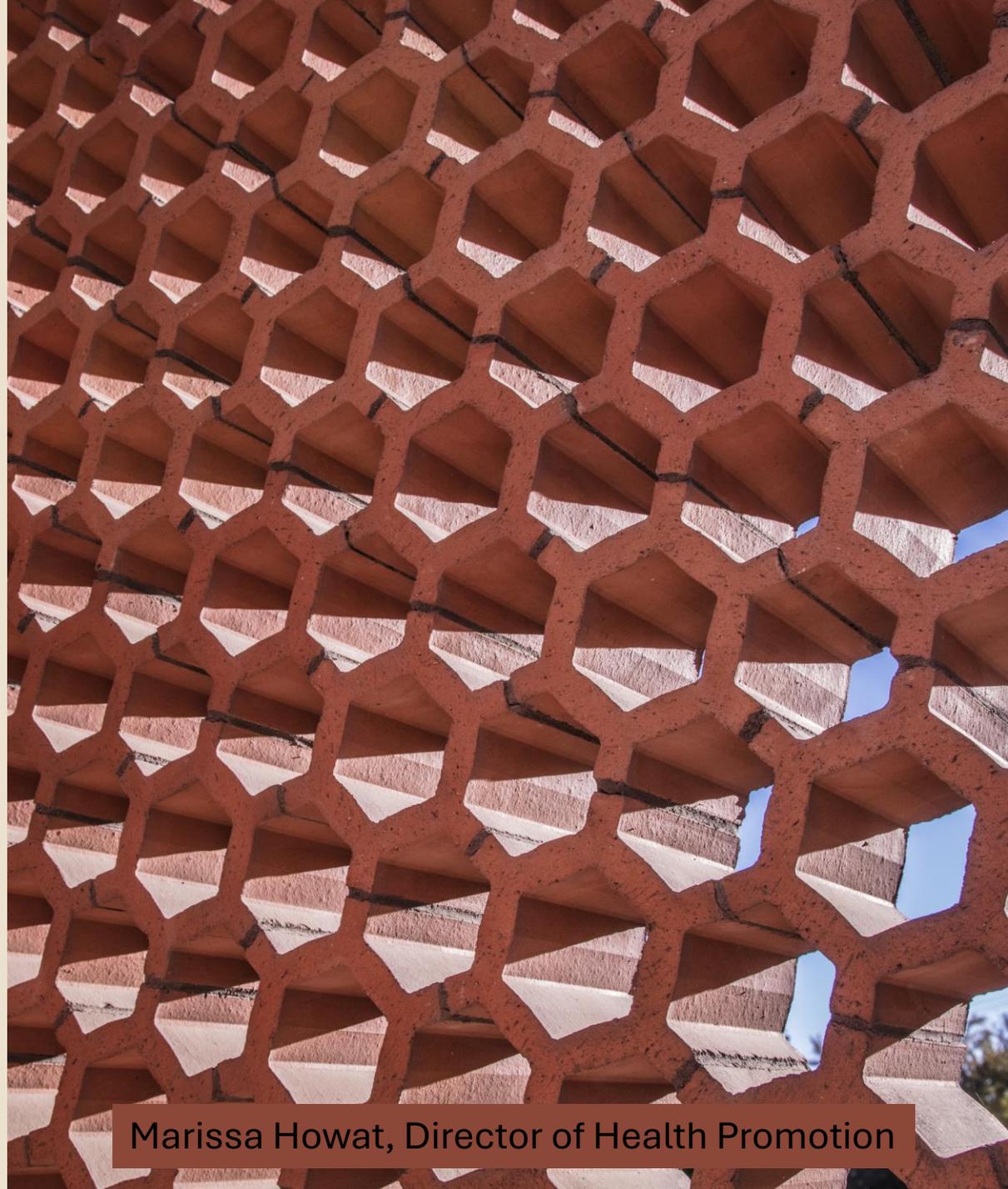


# BECOMING A HEALTH PROMOTING CAMPUS

How We All Influence Culture at CWU





# LET'S IMAGINE!

*What would our campus look like if health and well-being were embedded in everything we do?*



# CWU IS READY TO ADAPT

- A whole campus approach is realized across four pillars:

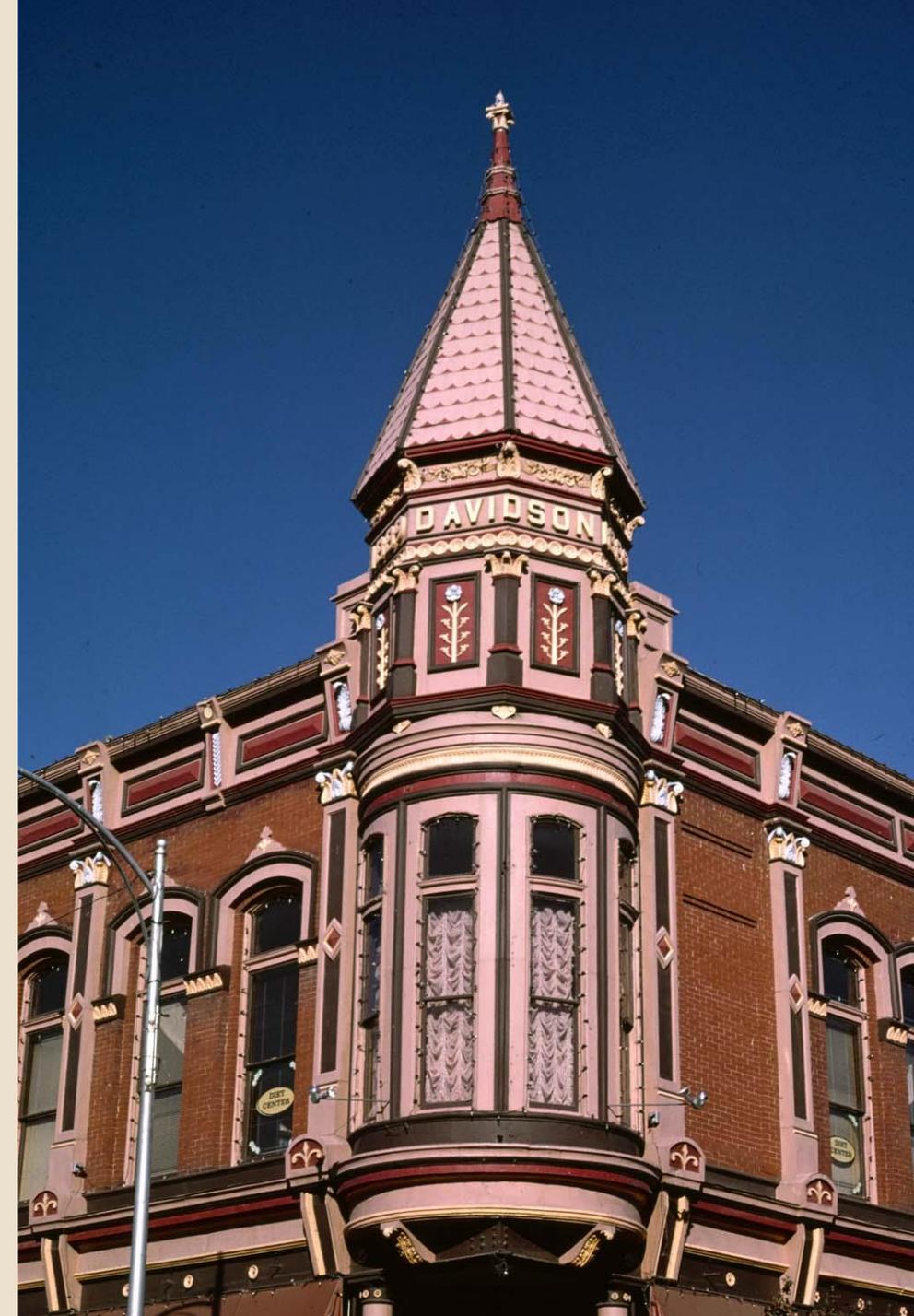


- Institutions of higher education are poised to transform planet, places, and people.
- We need to shift: self-care → environments/determinants of health.

# BUILDING A FRAMEWORK

## Core Values

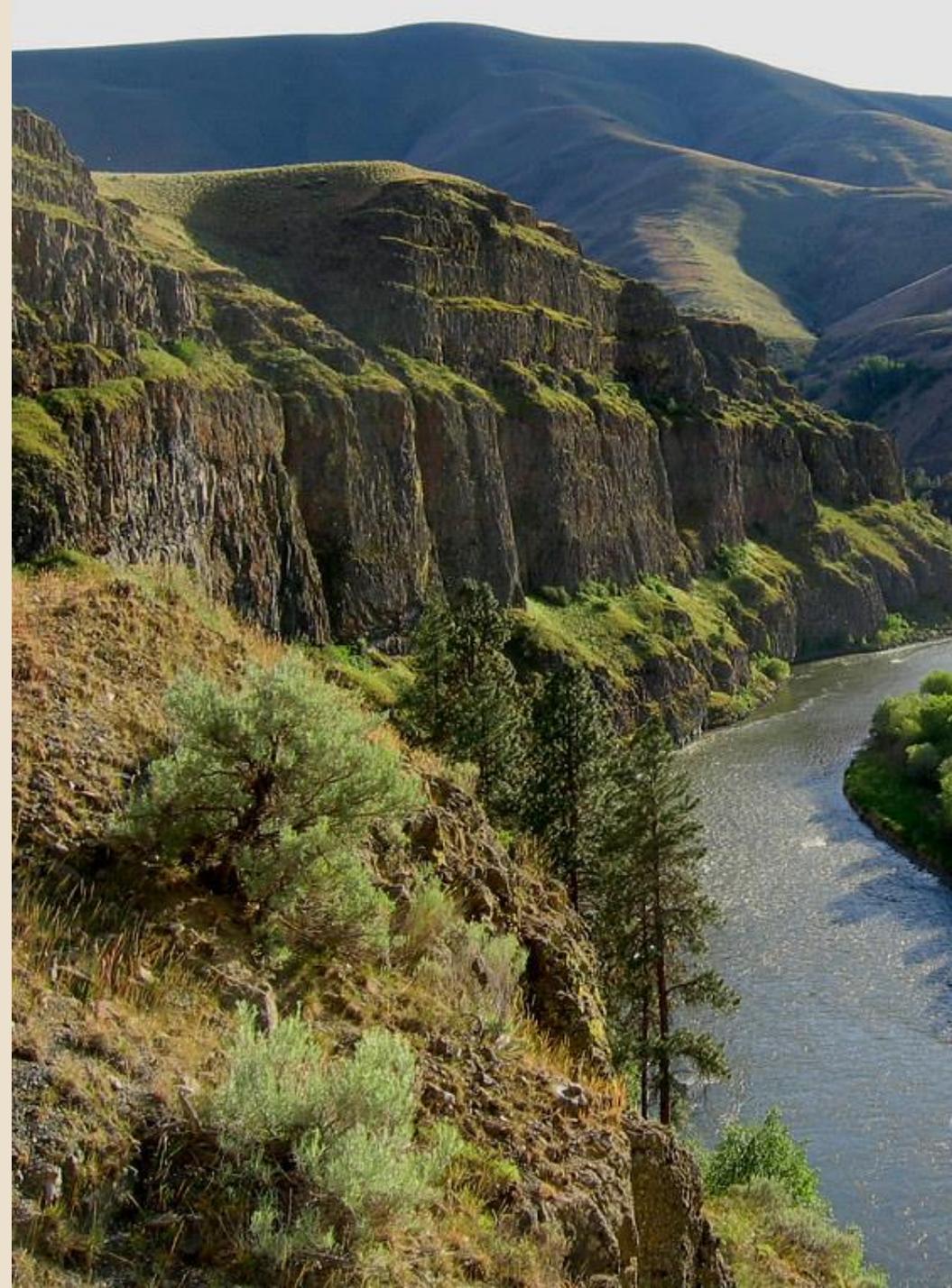
- Equity
- Sustainability
- Compassion
- Social justice



# BUILDING A FRAMEWORK

## Connections to CWU Strategic Plan

- Transformative education
- Student/employee voice
- Attention and retention focus
- Elevation of culturally responsive practices



# TWO CALLS TO ACTION

**CWU** | STATE *of the* UNIVERSITY



# 1<sup>ST</sup> CALL TO ACTION

## Embed Health into Campus Culture

- Embed health in policies
- Create supportive environments
  - Shared governance processes can support integration of academic, student affairs and business practices
- Foster thriving communities
- Support personal development
- Re-orient campus services



# 2<sup>ND</sup> CALL TO ACTION

## **Lead Health Promotion Locally and Globally**

- Integrate health into curricula
- Advance research and teaching
- Build partnerships and collaborations
  - Emphasize relationships with K-12 system

# WHAT CAN YOU DO?

## Faculty

- Well-being check ins
- Flexible policies
- Health in curriculum

## Administrators/Staff

- Review policies/processes through a health lens
- Consider where individuals can have control/autonomy in spaces; well-being “corner” in shared spaces
- Normalize utilizing self-help and other support strategies

## Everyone

- Contribute to dialogue and data collection
- Celebrate successes
- Campus is a living lab
- Include healthy campus objectives in planning/goals
- Seek and obtain continuing education

# REFLECTION

How We All Influence Culture at CWU

