

# NDSU PRESIDENT'S COUNCIL FOR CAMPUS WELL-BEING

**Mission:** To support the academic mission of the university by increasing and sustaining all aspects of campus well-being

**Vision:** We envision a vibrant university environment, free from violence, supporting student success and culminating in a culture of health where all community members are empowered to advance well-being.

## A CAMPUS OF WELL-BEING

NDSU's President's Council for Campus Well-being (PCCW) highlights students, faculty and staff as central to leading and informing actions toward being a health promoting university while contributing and supporting both individual components of well-being (Safety, Mental Health, Physical Health, Personal Development) and foundational components of well-being (Community, Policies, Environments, Knowledge) ensuring that well-being is embedded at all levels of the university. This work requires culture change that crosses university structural boundaries and active collaboration with the other President's Councils – Diversity, Equity and Respect and Retention.

Specific achievements of the council are listed in the accompanying [power point](#) that was presented to Leadership Assembly on April 26 (see attached). The remainder of the report focuses on recommended actions.

## ACTION TOWARD CAMPUS WELL-BEING

The following recommendations to further well-being advancement are listed in order of priority:

### 1. Comprehensive data collection tool and infrastructure to support *employee* well-being.

**Purpose Statement:** Employee well-being and engagement is a clearly identified concern of both faculty, staff and the PCCW, but NDSU lacks a comprehensive data collection instrument and infrastructure/process to generate meaningful action from results.

**Suggested actions:**

- Funding to hire reputable survey organization (\$50-75K/year, minimum 3-year engagement is recommended).
- Support for embedding action planning and responsibility for results in NDSU's leadership structure and Human Resource practices.
- PCCW Proposal for a Sustainable Culture of Well-being at NDSU (see attached).
- Collaboration and inventory of sustainable well-being initiatives across the campus community (see attached).

**Metric:** Establish baseline metrics and improvement goals following 2024 survey administration.

### 2. Comprehensive data collection tool and infrastructure to support *student* well-being.

**Purpose Statement:** NDSU began participating in the American College Health Association – National College Health Assessment (ACHA-NCHA) in the Spring of 2021. The NDUS system office will begin administrating and underwriting the cost of this survey beginning Spring of 2024, which is ideal in providing comprehensive, comparative data to monitor NDSU student well-being.

**Suggested actions:**

- NDSU campus community supports and encourages student participation through funding for incentives and on-campus awareness.

- Results will identify risk areas for students, which cause potential retention issues, thus driving the PCCW initiatives for student well-being.

**Metrics:** Key indicators of well-being were developed which correspond to the PCCW areas of focus (Safety, Mental Health, Physical Health, Personal Development, Community, Policies, Environments, Knowledge). Baseline measures are provided on the summary available [here](#).

- **Work to increase the following indicators:**
  - I feel that I belong at my college/university – 73.9%
  - I feel that students’ health and well-being is a priority at my college/university – 57.2%
  - At my college/university, I feel that the campus climate encourages free and open discussion of students’ health and well-being. – 55.8%
  - At my college/university, we are a campus where we look out for each other – 46%
  - Percentage of students who feel safe on campus
- **Work to decrease the following indicators:**
  - Percentage of students engaged in high-risk substance use for nicotine, alcohol and cannabis
  - Measures of psychological distress and loneliness
  - Suicide ideation and attempts
- **Monitor and provide support for the following:**
  - Top 5 challenges (procrastination, personal appearances, finances, academics, health of someone close to me)
  - Impediments to academic success (stress, anxiety, sleep, depression, headaches/migraines)

### 3. Institutional support for well-being coordination and implementation of well-being initiatives through the PCCW.

**Purpose Statement:** PCCW’s membership is multi-disciplinary, with an infrastructure to work across institutional boundaries. PCCW provides the NDSU President and designated leaders with a focal point and lever for establishing well-being priorities, reducing duplication of effort, optimizing resources to reduce waste/speed action, and communicating well-being messaging.

**Suggested action:**

- Establish annual funding to underwrite costs – approximately \$5,000 annually for speaker fees, research symposiums, community events, printing, awareness campaigns, etc.

### 4. Official adoption of the Okanagan Charter

**Purpose Statement:** In March 2022, NDSU became a member of the [United State Health Promoting Campuses Network \(USHPCN\)](#) that is guided by the [Okanagan Charter](#), an International Charter for Health Promoting Universities and Colleges (2015). This Charter provides institutions with a common language, principles and framework to become a Health Promoting Campus. This Charter has served as the framework and guide for the development and ongoing action of the PCCW. Official adoption will place NDSU as a nationally recognized campus who is working toward campus well-being.

**Suggested action:**

- Public Relations plan to roll out the adoption of the Okanagan Charter
- Include well-being philosophy and initiatives in campus communication

**Metric:** NDSU will be recognized as a national leader for progress already made on promoting well-being.