OSU Wellness Strategy

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Chief Wellness Officer

America’s HEALTHIEST Campus®
President and First Cowgirl’s Commitment to Wellness
Why Wellness?
Leading Causes of Death

- Heart disease
- Cancer
- Chronic lower respiratory diseases
- Stroke (cerebrovascular diseases)
- Accidents (unintentional injuries)
- Alzheimer's disease
- Diabetes
- Nephritis, nephrotic syndrome, and nephrosis
- Influenza and Pneumonia
- Intentional self-harm (suicide)

Source: Deaths: Final Data for 2010, tables 1, 7, 10, 20
From: http://www.cdc.gov/nchs/fastats/deaths.htm (6/14)
Risks Leading to Death (in perspective)
CDC Obesity Trends* Among U.S. Adults
BRFSS, 1990, 2000 & 2010

(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)

*Prevalence estimates reflect BRFSS methodological changes started in 2011. These estimates should not be compared to prevalence estimates before 2011.
Before Work  After Work

America’s HEALTHIEST Campus  America’s Brightest ORANGE
Employee Wellness

Dancing Traffic Director: [http://www.youtube.com/watch?v=m0QmCLGJ1ys](http://www.youtube.com/watch?v=m0QmCLGJ1ys)
Family and Community Wellness
What is Wellness?
What is Wellness?

It is the **harmony** of our physical, emotional, spiritual, social and professional dimensions of health…

To be the best we can be
Quality Drivers: National and State
National Quality Drivers

The Patient Protection & Affordable Care Act

Healthy People 2020

CDC - Centers for Disease Control and Prevention

NIOSH - National Institute for Occupational Safety and Health

Office of Disease Prevention and Health Promotion

America's Healthiest Campus

America's Brightest Orange
State of the State’s Health

Grade

A
B
C
D
F

America’s Healthiest Campus

America’s Brightest Orange
State of the State’s Health
State of the State’s Health

Grade
- A
- B
- C
- D
- E
- F

America’s Healthiest Campus, America’s Brightest Orange
OSU Wellness Strategy Model
OSU Wellness Strategy Model

www.AmericasHealthiestCampus.com
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LIVE

OKLAHOMA STATE UNIVERSITY

AMERICA'S HEALTHIEST CAMPUS®
Enrich:
OSU Students, Employees, Communities
When “I” is replaced by “We,”
even “illness” becomes
Wellness.
OSU Wellness Strategy Model

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OSU Wellness Strategy Model

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ENRICHING (WHO)
- Students
- Employees
- Communities

HARMONIZING WELLNESS DIMENSIONS (WHAT)
- Physical
- Emotional
- Spiritual
- Social
- Professional

SYNERGIZING LEVELS OF CHANGE (HOW)
- Personal
- Interpersonal
- Organizational
- Environmental

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Physical Harmony

- Active living
- Nutrition
- Hydration
- Tobacco free
- Adequate rest
- Injury free
- Preventive and clinical care
Emotional Harmony

- Mental health and wellbeing
- Confidence/self affirmation
- Self compassion
- Resilience
- Stress management
Social Harmony

- Engagement/empowerment
- Alcohol smart
- Leisure/art
- Drug free
- Violence free
- Sexual health
- Relationships
Spiritual Harmony

- Faith
- Values
- Joy
- Gratitude
- Mindfulness
- Sense of purpose/hope/optimism
• Lifelong learning
• Leadership development
• Financial wisdom
• Creativity
• Career development
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Personal Synergy

• Readiness
• Determination
• Responsibility
• Health literacy
• Efficacy
• Knowledge
• Skills
• Attitude
• Discovery
Interpersonal Synergy

- Connectivity and outreach
- Peer support
- Communication
- Cultural competencies
- Trust
- Sense of community
- Relationships
Organizational Synergy

- Culture of wellness
- Leadership support
- Policies and processes
- Collaboration
- Services, programs, resources
- Best practices
- Academic research
- Outcomes focus
- Marketing and communication
- Fun
- Aligned incentives
Environmental Synergy

• Easy healthy options
• Sustainability
• Safety
• Built environments
• Risk management
• Trigger management
• Social determinants
• Occupational and environmental health/safety
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