

Adopting the Okanagan Charter: Becoming a health promoting university

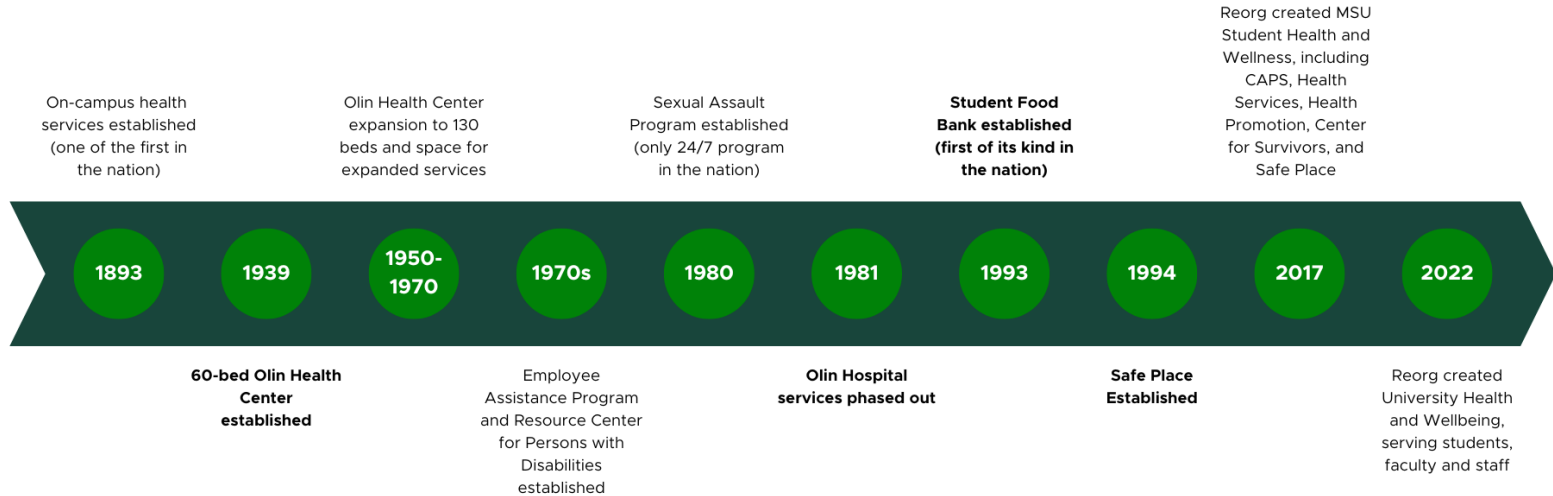
Alexis Travis, Ph.D.
*Assistant Provost/Executive Director,
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MSU
**A HEALTH-PROMOTING
UNIVERSITY**



University Health and Wellbeing has a rich history



University Health and Wellbeing

- Believe in the collective responsibility to establish a culture of health and wellbeing where all members of the MSU community can flourish and thrive.
- Support a university community with health and wellbeing equitably woven throughout all aspects of Spartan life, enhancing accessibility and safety through a culturally sensitive and holistic lens.
- Use a client/patient centered approach, with a focus on health equity



**A Bold Vision:
Recognition as a
premier health
promoting
university by 2030**



Adoption of the Okanagan Charter

- Created in June 2015
- Provides institutions with a common language, principles, and framework to become health and wellbeing promoting campuses
- Two calls to action:
 - Embed health into all aspects of campus culture, across the administration, operations, and academic mandates
 - To lead health promotion action and collaboration locally and globally



In good company

- As of February 24, 2025, there are 37 institutions in the U.S. that have adopted the Okanagan Charter, including 4 in Michigan and 2 in the Big 10



Supporting a Cultural Reset

- Integrated health and wellbeing team
- Accessing what health and wellbeing means today
- Fostering a culture of care
- Inspired by new leadership
- Student focused, bold, and strategic



Project Purpose and Strategic Alignment with Institutional Values

- MSU 2030 Strategic Plan
- Sustainable Health Plan
- DEI Plan
- RVSM Plan
- Student Success Strategy



First ever MSU Health and Wellbeing Plan for students, faculty, and staff



MSU Health and Wellbeing Assessment and Plan Co-chairs

- Alexis Travis, Assistant Provost/Executive Director, University Health and Wellbeing
- Norman Hubbard, Senior Vice President, Health Sciences
- Norm Beauchamp, Former Executive Vice President, Health Sciences

UHW Expert Panel

- Tana Fedewa
- Shelby Gombosi
- Swapna Hingwe
- Jaimie Hutchison
- Elizabeth King
- Shannon Nobles
- Jon Novello
- Tim Spedoske
- Kristin Traskie

Steering Committee

- Jabbar Bennett
- Christina Brogdon
- Michael Brown
- Bethan Cantwell
- Pero Dagbovie
- Emily Guerrant
- Jeffrey Kovan
- Laura Kuczajda
- Mark Largent
- Henry Mochida
- Andrea Munford
- Genyne Royal

Core Team

- Paul Goldblatt - MSU
- Jamie Kasicky - MSU
- Patty Oehmke - MSU
- Courtney Placinta - MSU
- Nicolas Ryan - MSU
- Kristin Traskie - MSU
- Alexis Travis - MSU
- Jessie Jones - MPH
- Laura Luther - MPH
- Oluwakemi Nnaji - MPH
- Angela Precht - MPH
- Fayana Richards - MPH

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Guiding Values to Elevate the Spartan Voice



Methodology

Asked about respondents' health perceptions of MSU, service knowledge, service use, service accessibility and helpfulness, communication preferences, and health coverage

Survey

1 month

4,696 respondents,
including 601 partial
responses

Focus Groups

Moderated by
MPHI and MSU

12 In-person or
virtual sessions

150 individuals

KIIs

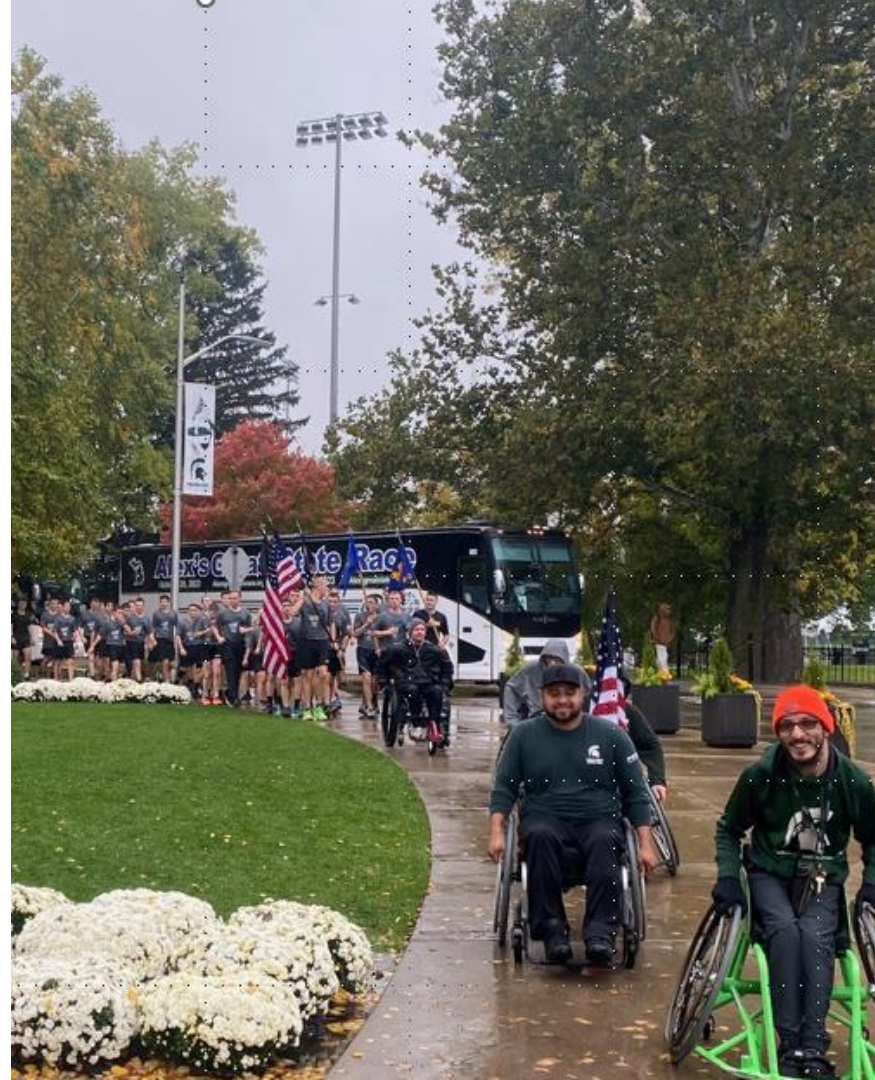
10 leaders
across the
organization

Feedback Session

65 participants

Key Themes

- Lack of psychological safety
- Lack of knowledge of, or access to, current services
- Faculty and staff concerns about burnout, job security, and perceived bias in hiring practices
- Concerns about financial health
- Lack of sleep
- Food insecurity
- High stress levels
- Lack of opportunities for physical activities
- Lack of sense of belonging



Four Priorities



PRIORITY 1: SUPPORTS FOR MENTAL HEALTH, PHYSICAL HEALTH, AND BASIC NEEDS



PRIORITY 2: HEALTH PROMOTING WORK AND LEARNING CULTURE

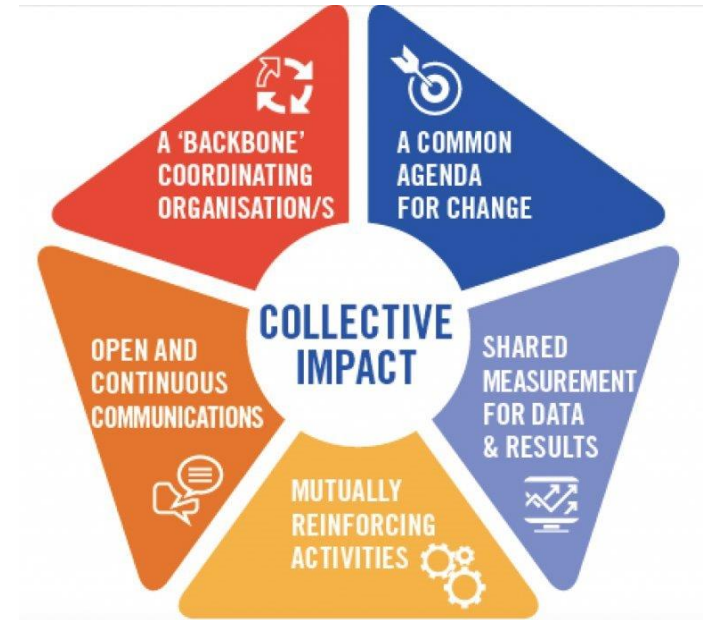
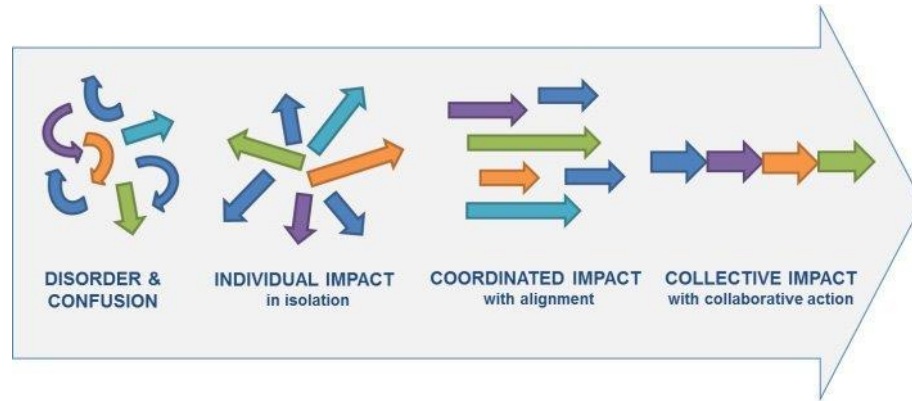


PRIORITY 3: SERVICE ACCESS AND ACCESSIBILITY



PRIORITY 4: BELONGING AND CONNECTION

Moving from plan to action



Spartan Wellbeing Collective



We need you!

- Commitment to health and wellbeing is essential and enables:
 - Setting students, faculty, and staff up for academic and professional success
 - An inclusive environment
 - Engagement and participation
 - The creation of a culture of caring

JOIN THE SPARTAN WELLBEING COLLECTIVE

Scan to Sign Up! >



APPENDIX

Defining health and wellbeing

- Wellbeing is “an optimal and dynamic state that allows people to achieve their full potential”
- “Health is the dynamic balance of physical, mental, social, and existential wellbeing in adapting to conditions of life and the environment. Health is dynamic, continuous, multi-dimensional, distinct from function, and determined by balance and adaptation.”



Priority 1: Supports for Mental Health, Physical Health, and Basic Needs



Goal

- Expand mental and physical health and wellbeing supports to address the needs of the University.

Objectives

- Increase the knowledge and skills of students, faculty, and staff of prevention and management of common health issues, such as stress, anxiety, depression, substance use, and chronic health conditions.
- Ensure that students, faculty, and staff have access to programs and information addressing basic needs related to food, clothing, housing, transportation, and other essential resources that affect their health and wellbeing.

Priority 2: Health Promoting Work and Learning Culture



Goal

- Establish a culture of caring that supports health and wellbeing and promotes equitable and inclusive working and learning environments.

Objectives

- Adopt a health in all policies approach to revising and developing university policies.
- Implement a messaging campaign to communicate university support and encouragement for improving health and wellbeing.
- Develop a robust set of wellbeing supports available to students, faculty, and staff.
- Increase support from leaders at all levels for wellness supports built into work and learning environments.
- Increase opportunities for physical activity for students, faculty, and staff.
- Increase opportunities for students, faculty, and staff to engage in spiritual and holistic opportunities.

Priority 3: Service Access and Accessibility



Goal

- Enhance service access and consistent integration of accessibility standards.

Objectives

- Enhance awareness, outreach, and access for health and wellbeing services offered by MSU and partners for students, faculty, and staff.
- Address barriers that prevent individuals from utilizing available health and wellbeing services.
- Increase understanding of and infrastructure support for universal design.
- Ensure services are trauma-informed and culturally sensitive.

Priority 4: Belonging and Connection



Goal

- Create environments that foster connectedness and belonging to strengthen social health and wellbeing of students, faculty, and staff.

Objectives

- Increase opportunities for connection for students, faculty, and staff.
- Advance collaborative learning and working environments.