

HEALTH AND WELL-BEING IN HIGHER EDUCATION

A Commitment to Student Success

MARCH 2018



Purpose and Connection to Higher Education: Students' Health and Well-being

We believe it is time to transcend reactive, siloed, programmatic approaches to health and establish foundational, proactive, and upstream-based well-being initiatives for the campus community. While students must receive appropriate and reactive care when needed, there are large-scale benefits to proactive, upstream approaches that will allow increasing numbers of students to flourish and thrive. By focusing on the whole – the whole person, the whole educational experience, the whole institution, the whole community – well-being becomes a multifaceted goal and a shared responsibility for the entire campus.

Mission: Commitment to Well-being in Higher Education

We commit to innovating, supporting, and fostering a holistic, integrated, and strategic approach to well-being from the association level to the institutional level.

Vision: An Integrated Focus on Creating a Culture of Community of Well-being in Higher Education

We commit to promoting cultures of integrated well-being on campuses worldwide through the collaboration of higher education associations.



Call to Action

Part One: Board of Directors

- To model collaboration with NASPA/NIRSA in attempts to break down barriers within higher education
- To approve staff time to work on this effort
- To bring in other higher education associations to the conversation

The NIRSA and NASPA Board of Directors commit to innovating, supporting, and fostering a holistic, integrated, and strategic approach to well-being from the association level to the institutional level through the creation of resources, toolkits, and infrastructure.

Part Two: Convening through Professional Development

NIRSA and NASPA envision convening a broad range of associations to engage in this work. Engagements would take place at various NIRSA and NASPA events in addition to ACHA and other associations' professional development opportunities.

Part Three: Research Frameworks

NIRSA and NASPA wish to convene a research consortium between ACHA, NASPA, NIRSA, and other organizations which hold valuable data to create a data framework from which to develop evidence-based activities to improve health and well-being of the entire campus community.

Part Four: Global Discussions

We hope to host a global conversation on health and well-being. This global conversation will focus on how different cultures define health and well-being. We hope to collaborate with the World Health Organization as a potential sponsor for this global conversation on health and well-being.