

# 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.