Wellbeing and Health: How the University and Parents Support Students

Jamie L. Leonard
Director,
Office of Health Promotion
* Definition of Wellbeing
* Five Research-based Essential Elements of Wellbeing
* UVA’s Commitment to Fostering Student Wellbeing and Health
* The Department of Student Health: A Key Resource
Partners in Health

Health and wellbeing issues are addressed through many avenues, including University and community medical and counseling services, health promotion (including peer health education programs), faculty, and YOU...

We believe that parents are important partners who can communicate positive values to their student about appropriate behavior while they are at UVA. Talk to your student now. Talk to them frequently.
Students' report of experiences as being very difficult to handle. (in past year)

- Academics: 45%
- Intimate relationships: 27%
- Other social relationships: 25%
- Personal appearance: 24%
- Career-related issues: 23%
- Family problems: 22%
- Sleep difficulties: 21%

Data from the 2016 National College Health Assessment (NCHA) with responses from 701 UVA students. Data collected by UVA Student Health.
Common issues that impact academics.

- Stress: 31%
- Anxiety: 19%
- Sleep difficulties: 17%
- Extracurricular activities: 15%
- Depression: 14%
- Cold, flu, sore throat: 14%
- Internet or computer use: 11%
- Relationship difficulties: 9%
- Concern for friend or family: 7%
- Work: 7%

Data from the 2016 National College Health Assessment (NCHA) with responses from 701 UVA students. Data collected by UVA Student Health.
Wellbeing

Combination of all the things that are important to how we think about and experience our lives.

This combination of elements creates high overall wellbeing which makes us physically healthier, mentally healthier, and happier.
Wellbeing

Students should strive to:

– find something they love to do that benefits society,
– invest time strengthening their relationships with the people they love and enjoy,
– ensure enough financial security to provide for themselves, and
– adopt lifestyles that give them the health and energy to keep moving each day.

Note: These are aspects of their lives that they can do something about.
Daily Wellbeing Assessment

- Feeling well-rested
- Being treated with respect
- Smiling or laughter
- Learning or interest
- Enjoyment
- Physical pain
- Worry
- Sadness
- Stress
- Anger
Five Essential Elements of Wellbeing

– Career Wellbeing
– Social Wellbeing
– Financial Wellbeing
– Physical Wellbeing
– Community Wellbeing

“Wellbeing | The Five Essential Elements” - Gallup
Career Wellbeing

Do you like what you do each day?
Recommendations for Career Wellbeing

Students should:

- Use their strengths every day.
- Identify someone with a shared mission who encourages their growth. Spend more time with this person!
- Spend more social time with people and teams that bring enjoyment at “work”.

Social Wellbeing

Are you surrounded by people who encourage your development and growth, accept you for who you are, and treat you with respect?
Recommendations for Social Wellbeing

Students should:

– Spend six hours a day socializing with friends, family, and colleagues (includes work, class, home, phone, email, and other communication)

– Strengthen mutual connections in social network

– Mix social time with physical activity
Financial Wellbeing

Do you have financial security and can effectively manage your economic life?
Recommendations for Financial Wellbeing

Students should:

- Buy experiences – such as outings and trips with friends or loved ones.
- Spend on others instead of solely on material possessions.
- Establish default systems (automated payments and savings) that lessen daily worry about money.
Physical Wellbeing

Do you have good health and enough energy to get things done on a daily basis?
A Side Note on Sleep…

- Getting a good night’s sleep clears our stressors from the day and increases the chances of having energy and high wellbeing the next day (vs moving slower, having trouble concentrating, becoming forgetful, making bad decisions, and being more irritable).

- Sleep helps us process what we learned the day before and remember what we learned.

- Sleep helps keep our immune system strong - people who get less than seven hours of sleep are nearly three times as likely to develop a cold.
Recommendations for Physical Wellbeing

Students should:

– Get at least 20 minutes of physical activity each day – ideally in the morning to improve mood throughout the day.

– Sleep enough to feel well-rested (7-8 hours) but not too much (more than 9-10).

– Eat natural foods that make a colorful plate.
Community Wellbeing

Do you live in a place that is safe, promotes deeper social interaction, and enhances meaning and purpose?
Recommnedations for Community Wellbeing

Students should:

– Identify how to contribute to community based on personal mission.
– Tell other people about personal passions and interests so they can connect with relevant groups and causes.
– Opt in to a community group or event.
UVA's Commitment to Fostering Wellbeing and Health
## University Resources Supporting Wellbeing

- Student Health
- Career Services
- IM-Rec Sports
- Housing & Residence Life
- Newcomb Hall Services (ie, Student Activities, Multicultural Center, etc)
- Office of African American Affairs
- Student Financial Services

- UVA Transit
- Office of Sustainability
- Office of the Dean of Students
- Dining Halls
- Contemplative Sciences Center
Other students are among the best resources for student safety and well-being.

94% of students intervene when they notice a problem situation.

Data from the February 2017 Health Survey with responses from 1,010 UVA students. Data collected by UVA Student Health.
The Department of Student Health: A Key Resource
2018 Parents Handbook

Department of Student Health

• Counseling and Psychological Services
• General Medicine
• Gynecology
• Health Promotion
• Student Disability Access Center
  *satellite Lab & Pharmacy
Elson Student Health Center

Monday-Friday 8am-5pm
(8am-4:30pm during breaks)

24/7 After-Hours Urgent Call Line
Transitioning to College

Growth and Progress
- Academic
- Physical and mental growth in terms of health and wellbeing

Health care transition
- Process of changing from a pediatric to an adult model of health care
- Goal: assist students in reaching their full potential by optimizing their wellbeing and health
Confidentiality & Consent

• 18 year olds are legal adults
  – Protected by privacy and confidentiality statutes
  – May consent to any treatment

• For 18 year olds (and minors for certain conditions) we need a student’s written or verbal permission to speak with a parent.

Student Health cannot allow parents blanket access to their student’s health information.
Services covered by Tuition/Fees

- Professional visits
  - MD, NP, RN, RD, PhD, MSW
- Psychological assessment/evaluation
- Counseling
  - One-on-one
  - Group
  - Couples
- Psychiatric treatment
- Consultation/evaluation for academic difficulties
- Comprehensive disability access services
- Family planning
- Same-day observation
- Travel clinic
- Management of chronic disease
- Allergy immunotherapy visits
- Outpatient eating disorder management
- 24 hr triage, on-call
- Health promotion programs
- Monitoring health and disease trends
- Consultation to parents/families/friends
- Coordination of referral services and hospital transfers

* Certain services do incur additional costs, such as lab, pharmacy, vaccines, and medical supplies. Labs and prescriptions are billed to the student’s insurance, while other costs are billed to the student’s account. A list of fees is available on the Student Health website.
Insurance Requirements

**Health insurance is required by the University.**

Coverage will be necessary for labs, pharmacy, radiology, emergency room, and visits to specialty providers.

If needed, Aetna Student Health is the University-sponsored health insurance plan.
REMINDERS:
Dates to Remember

– **August 31st**
  Pre-Entrance Health Form due
  ($100 late fee)

– **August 31st**
  Hard Waiver Application due

– **Tomorrow**
  Resource Fair from 1-3pm
Things to Do Now...

- Visit Student Health with your student so they know the location when needed
- Talk with your student about asking for resources and help, as well as being proactive about wellbeing (sleep, nutrition, physical activity, fun, etc.)
- Go to tomorrow’s Resource Fair
- If appropriate:
  - Visit the Student Disability Access Center if your student needs accommodations
  - Visit CAPS, General Medicine, or Gynecology if your student has a pre-existing condition
  - Download allergy forms to transfer care
Most students practice **healthy habits**.

<table>
<thead>
<tr>
<th>Healthy Habit</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Talk to friends, family, or others for support</td>
<td>91%</td>
</tr>
<tr>
<td>Eat satisfying meals</td>
<td>87%</td>
</tr>
<tr>
<td>Get enough sleep, rest, or relaxation</td>
<td>84%</td>
</tr>
<tr>
<td>Exercise or do physical activity</td>
<td>74%</td>
</tr>
<tr>
<td>Do something restorative (e.g., art, reading)</td>
<td>62%</td>
</tr>
<tr>
<td>Do mindfulness, breathing, or meditation</td>
<td>51%</td>
</tr>
</tbody>
</table>

Data from the *February 2017 Health Survey* with responses from 1,010 UVA students. Data collected by UVA Student Health.
Thank You!

Jamie L. Leonard
Jamie.Leonard@virginia.edu