

1-29-1999

SR-98-99-(18) 77 (EC), Executive Committee Resolution

Marshall University

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**EXECUTIVE COMMITTEE
RESOLUTION**

SR-98-99-(18) 77 (EC)

Resolution to seek the endorsement of the Faculty Senate for creation of a campus based, Marshall University Wellness Program. It is understood this PEIA program will not incur substantial costs to the university until after the second year of its implementation. The Senate shall review the program prior to the third year of implementation. (See attached sheet)

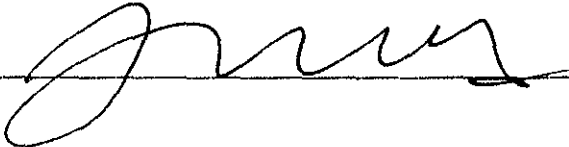
RATIONALE: A Wellness Program promotes healthy lifestyles and may contribute to lower insurance costs.

FACULTY SENATE PRESIDENT:

APPROVED BY SENATE:  DATE: 1-29-99

DISAPPROVED BY SENATE: _____ DATE: _____

UNIVERSITY PRESIDENT:

READ:  DATE: 2.1.99

COMMENTS:

Pathways to Wellness at Marshall University Wellness Program Proposal

Rationale – The Marshall Pathways to Wellness (PTW), pilot site contract will end December 31, 1998. Marshall however, is expected to be a PEIA Pathways wellness worksite within the statewide expansion process. This presents an opportune time to develop a Marshall University Wellness Program (MUWP). Much of the groundwork has already been laid through the existing (PTW). The new PEIA program will provide important resources to help build a solid University based program for the future.

Proposed structure – The (MUWP) could be operated initially through Recreational Sports and eventually as a joint venture with Human Resources. Bob Barnett, Chairman of HPER has designated Rick Robinson as a volunteer work-site coordinator during the transition phase. Rick is the Executive Director of the Sports Science and Wellness Institute and Director of (PTW) 1998. The PEIA Pathways Program will provide a Regional Coordinator Lynn Hrbek, to assist wellness program development at Marshall.

Wellness Committee – A wellness Committee needs to be developed consisting of key representatives from interested faculty and staff members on campus. The wellness committee will dictate the direction of the wellness program.

University support and finances – The (MUWP) will require in-kind support from the University and/or from the various divisions involved. It would be anticipated that by approximately the third year Marshall would have developed the financial means to support wellness services, without PEIA's assistance. The program budget for year three would depend on the actual types of programs and services offered and the level of participation.

Perceived benefits – Benefits can be many, especially those typically seen within an employee wellness model (i.e.; increased productivity, decreased absenteeism, increased morale, and decreased insurance rates). Other benefits could include the following:

- A direct avenue for faculty and staff to experience preventive health and self care
- Convenient health and wellness education and program access
- Increased departmental and division communication
- Enhanced professional staff and faculty recruitment
- Increased employee utilization and knowledge of PEIA insurance and preventive medical benefits

Example programs and services

- Work site health screenings with health risk appraisal
- Regular blood pressure and blood glucose screening
- Self care programming and program incentives
- Lunch and learn series, major health topics
- Physical activity programs (aquatics, walking, aerobics, yoga etc.)
- Smoking cessation, weight management, and nutrition programs