



vision

Healthy Gators 2010

Orange & Blue- A Healthy You





Key Facts

Healthy Gators 2010:

- is a campus wide coalition with representatives from 40 different campus groups
- chaired by UF First Lady Chris Machen
- dedicated to promoting a healthy campus environment and a healthy body, mind and spirit
- for all members of the University of Florida community

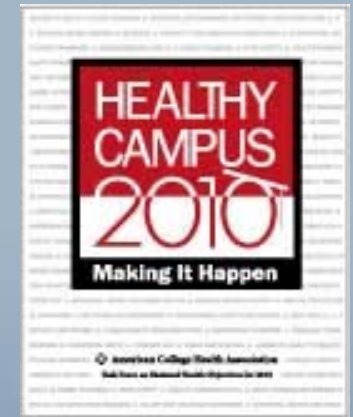


vision



Why "2010"?

- *Healthy People 2010* contains over 400 national health objectives to be achieved by the year 2010.
- *Healthy Campus 2010* consists of the objectives that are relevant to a college setting.
- Many college campuses are using *Healthy Campus 2010* to guide health priorities and programs.



vision

vision



Healthy Gators 2010 accomplishes their mission by:

- Assessing health status and behaviors
- Reviewing & developing health policies
- Offering health programs
- Promoting existing campus health events, services and resources



vision



Over 40 Coalition Partners

- Center for Spirituality and Health
- Counseling Center
- Dean of Students Office
- Disability Resources
- Division of Epidemiology
- Division of Human Resources
- Division of Student Affairs
- Employee Assistance Program
- Environmental Health and Safety
- GatorWell Health Promotion Services
- Graduate School
- Health Science Center
- Health Science Center Libraries
- Honors Program
- Housing & Residence Education
- Living Well Employee Wellness Center
- Physical Plant Division
- Recreational Sports
- Registrar Services
- Student Government Health Cabinet
- Student Health Care Center
- Student Mental Health Services
- UF Water Institute
- University Athletic Association
- WUFT-TV/DT
- WUFT-WJUF-FM





Coalition Partners Continued ...

- Colleges of
 - Agricultural & Life Sciences
 - Dentistry
 - Health & Human Performance
 - Journalism & Communications
 - Law
 - Liberal Arts & Sciences
 - Medicine
 - Nursing
 - Public Health & Health Professions



vision

vision



Coalition Partners Continued ...

- Academic Departments
 - Clinical and Health Psychology
 - Educational Psychology
 - Family, Youth and Community Services
 - Food Science and Human Nutrition
 - Health Education and Behavior
 - Health Services Research, Management and Policy
 - Occupational Therapy
 - Pharmacology and Therapeutics
 - Religion



vision

vision



2005-2006 Accomplishments

- Hosted kickoff events in fall 2005 with over 1,100 attendees.
- Recommended making the “no smoking within 50 feet of an entranceway” policy universal on campus. The policy passed in fall 2006.
- Conducted a “Health at UF” opinion survey in spring 2006 asking faculty, staff and students how to make UF a healthier place to live, study and work.
- Created a comprehensive website of campus health resources, services and organizations.
- Funded sidewalk signs identifying five campus activity routes.
- Offered the Gators on the Go exercise program and hosted a kickoff event.





Our Website

- www.healthygators.hhp.ufl.edu
- A one-stop site for health information, services and events on the UF campus.



vision

vision



2006-2007 Focus: STRESS

Why Stress?

- Major institutional changes at UF in the past few years have led to increased stress among faculty, staff & students
- Stress may be a root cause of many negative health behaviors
- Mismanaged stress negatively impacts interpersonal relationships both at work and at home
- Chronic stress negatively influences overall health and quality of life





2006-2007 Focus: STRESS

What we intend to do in 2006-2007

- Increase awareness on how stress influences health
- Sponsor, co-sponsor and and/or promote stress management resources, services and programs
- Review campus policies that address stress
- Encourage physical activity as a way to reduce stress



vision



Fall 2006 Initiatives

- Gators on the Go
- Campus Sidewalk Signage
- Kickoff Event



vision

vision



Gators on the Go



■ What?

- Gators on the Go is a free web-based exercise program that allows UF faculty, staff and students of any fitness level to walk, swim, bike, dance, run or even garden their way to a US or European city of their choice.
- Participants choose a goal distance and then log their “mileage” from different activities as they “travel” to their destination.



vision

vision



Gators on the Go



- When?
 - The program begins on September 20, 2006 and runs until December 6, 2006.
 - Participants will have the option to continue logging their activity for the next year!



vision

vision



Gators on the Go



- Where?
 - Register now on the Healthy Gators 2010 Web site:
www.healthygators.hhp.ufl.edu



vision

vision



Gators on the Go



- Who?
 - All University of Florida faculty, staff and students may participate in the program for FREE!
 - This program is sponsored by Healthy Gators 2010, the College of Health and Human Performance and Living Well.



vision

vision



Gators on the Go



■ Why?

- Participants can set activity goals, track their progress online, explore or continue to benefit from exercising more, receive encouragement from daily health messages and educational information.
- Incentives – Pedometer, Ultimate Pro Workout kit with DVD, Camelbak hydration pack and a Polar heart rate monitor



vision

vision



Campus Sidewalk Signage

- 5 routes ranging from 1 to 5 miles around campus
- Healthy Gators 2010 logo and Web site will be prominently displayed
- Routes encompass all areas of campus
- Route map is posted on the Healthy Gators 2010 Web site





Campus Sidewalk Signage

- All sidewalk signs will be posted by the end of the fall semester
- One route will be completed for the Gators on the Go kickoff event



www.healthygators.hhp.ufl.edu

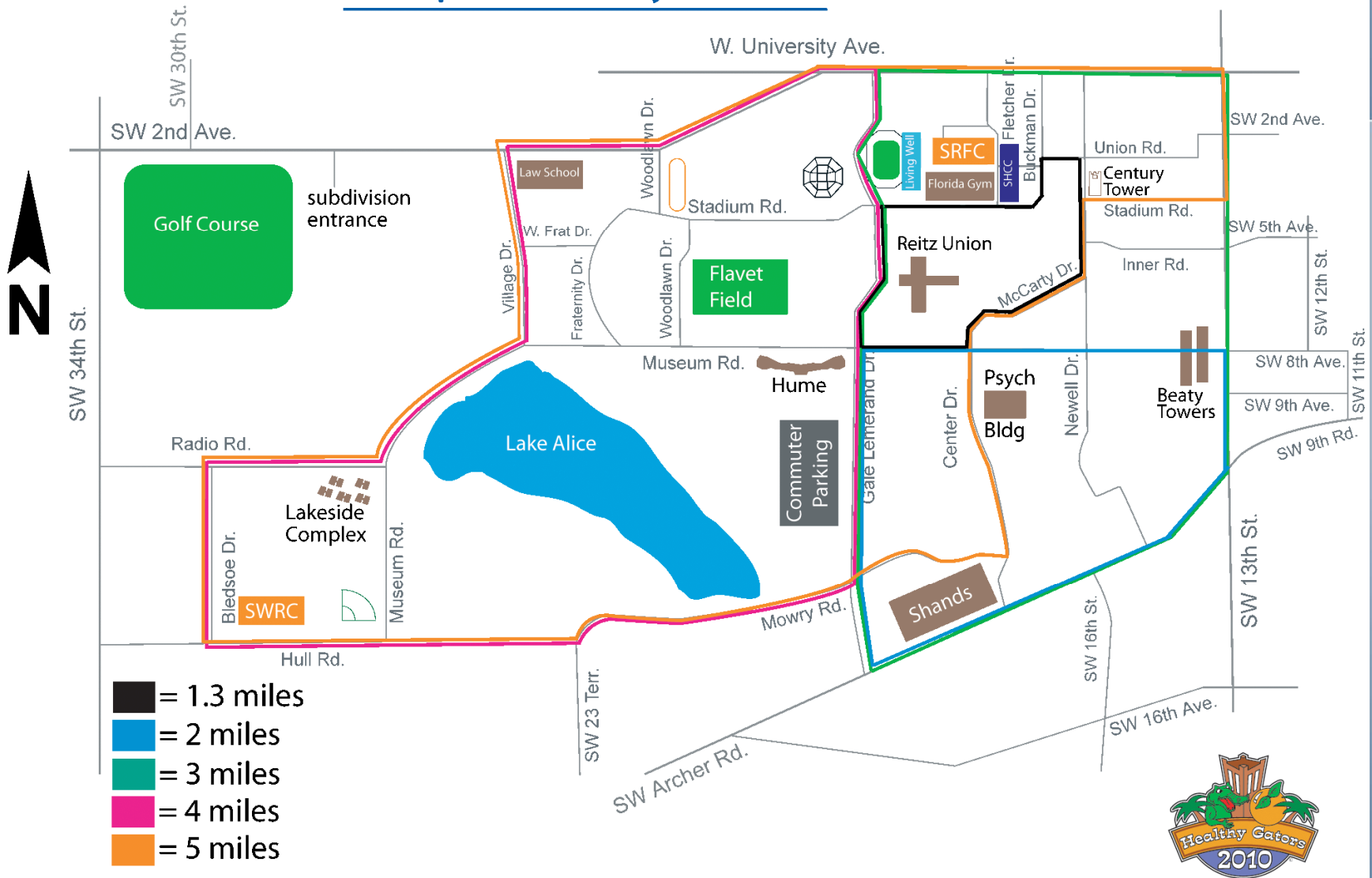
5 mile route



vision

vision

Campus Activity Routes



Map courtesy of Recreational Sports.



Gators on the Go Kickoff Event

- What?
 - A kickoff event featuring UF First Lady, Chris Machen
 - Sign-up tables
 - One-mile walk to showcase sidewalk signs
 - Brief speech by Mrs. Machen





Gators on the Go Kickoff Event

- When?
 - Tuesday, September 26th
 - Info tables: 11 a.m. until 2 p.m.
 - One-mile walk: 11:30
 - Chris Machen's speech: Noon
- Why?
 - To promote Gators on the Go
 - T-shirts for the first 200 walkers
 - Refreshments for walkers
- Where?
 - Reitz Union Colonnade





Please Join Us!

- Chris Machen, Chair, cmachen@ufl.edu
- Jill Varnes, Vice Chair, jvarnes@hhp.ufl.edu
- Jane Emmerée, Chair, Communications/PR Work Group, emmeree@ufl.edu
- Cher Harris, Member, Programming Work Group, ctharris@hhp.ufl.edu
- Phil Barkley, Chair, Policy Work Group, pbarkley@ufl.edu





Questions, comments, suggestions?



vision

vision