UHS HEALTH PROMOTION OFFICE
ADVANCING EVER BETTER WELL-BEING

The UHS Health Promotion Office leads campus-wide health promotion action to advance a culture of well-being, cultivate student flourishing, and positively influence student health.

Priority Action Areas:

Examples of our Work:

CREATE SUPPORTIVE CAMPUS ENVIRONMENTS

There is an undeniable link between campus environments and the students who live in them. The spaces where a student sleeps, eats, learns, and connects all influence their capacity to flourish.

- Well-being for Life and Learning Training
- UHS Building Space Enhancements
- Welles-Brown Oasis
- Yoga / Contemplative Spaces
- Nature Therapy
- Well-being Grants

CULTIVATE STUDENT FLOURISHING

Our initiatives to cultivate flourishing teach students how to achieve psychological flexibility, incorporating mindfulness, acceptance, equanimity, gratitude, and valued engagement.

- Mindful University Project
- Flourish Festival
- Mindful Professor Training
- Thriving at UR

ADVOCATE FOR HEALTH EQUITY

We strive to explore ways to change and implement policies, programs, services, and practices to reduce inequities in the opportunities and resources needed to achieve optimal well-being.

- Inclusive health resources for students in the LGBTQ+ community
- Linking first year first-generation students with Well-Being Mentors in UHS
- Safe Zone training for UHS staff
- Understand how cultural filters shape the way our students pursue well-being

SUPPORT PERSONAL DEVELOPMENT

Through health education and disease prevention programming, we aim to develop and create opportunities to build competence and personal capacity so students can reach their full potential.

- Annual health education programming such as wellness fairs, educational workshops, and study break events.
- Graduate student wellness programming
- Eastman student wellness programming
- STI / HIV testing clinics

UHS HEALTH PROMOTION OFFICE
rochester.edu/uhs/healthpromotion

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MEASURING PROGRESS:
KEY PERFORMANCE INDICATORS AND TARGET OUTCOMES

AREA	TARGET OUTCOMES	INDICATORS
Create Supportive Campus Environments	10% absolute increase in students who believe UR prioritizes well-being by June 2027	% of students who agree or strongly agree that health and well-being are prioritized at UR
	To be developed based on 2023 baseline data	% of students who feel campus environments support their well-being
	To be developed based on 2023 baseline data	% of students who agree or strongly agree that the academic environment at UR supports their well-being
Cultivate Student Flourishing	10% absolute increase in students engaging in meditation for more than 1 hr in a typical week by June 2027	Number of hours in a typical week (7 days) participating in meditation or meditation activities
	5% absolute increase in student flourishing by June 2027	Mean score on the Diener Flourishing Scale – Psychological Well-Being
	5% absolute increase in student resilience by June 2027	Mean score on the Connor-Davis Resilience Scale-2
Advocate for Health Equity	10% absolute increase in medical care access for first-generation students by June 2027	% of first-generation students visiting a medical provider in the last 12 months
	25% absolute increase in programming targeted to populations in need by June 2027	Number of targeted programs and services offered by the HPO
	To be developed based on 2023 baseline data	Percent of students who believe the HPO supports the needs of our diverse student body
Support Personal Development	5% absolute increase in overall student health by June 2027	% of students rating their overall health as very good or excellent
	5% absolute increase in students practicing safe sex by June 2027	Of students who report having oral sex, or vaginal or anal intercourse in the last 30 days, percent who use a condom or barrier method most of the time or always.
	10% absolute increase in STI testing by June 2027	Participation in HPO STI testing clinics and the number of STI appointments scheduled with UHS providers
	15% absolute increase in student engagement by June 2027	Participation in all programs offered by the HPO