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Healthy UNH

Community Initiative Theme

- Healthy living isn't just about physical health. Overall well-being also includes social health, psychological health, and financial health. Healthy living is about actively contributing to our own well-being and that of our communities.

Program Goals

- Make UNH the healthiest campus community in the country by 2020.
- Reduce rates of chronic disease.
- Reduce rates of stress, anxiety, and other mental health issues.
- Improve access to information and resources to promote health.

Program Components

- Allow flexibility so employees can practice healthy behaviors at work and participate in fitness events during the work day.
- Offer employees twice-yearly biometric screenings and counseling with financial incentives for meeting goals.
- Sponsor UNH/community initiatives: health fairs, walk events, winter sport clinics, biometric screenings, free pedometers, vending machine makeovers, *Guiding Stars*[®] program in dining halls, subsidized fitness club memberships, weight management programs, student-led employee fitness training, free employee gym, searchable online resource guide.

Program Highlights

- Employees participating in the biometrics screening program have fewer health risks than non-participating employees with more than 50% of participants achieving a health goal.
- Overall health cost for employees participating in the biometrics screening and counseling program is much less than the cost of non-participating employees.

-Create or sponsor educational opportunities on the benefit of physical activity.

-Offer seminars, training days, counseling, and workshops.

■ Build and establish social support and networks.

-Support community-based activity groups (e.g., walking, swimming, biking, yoga, moms-with-strollers).

-Join with other local businesses for challenges, races, or contests among employees.

■ Provide, enhance, or increase access to safe and attractive areas and facilities to create more opportunities for physical activity.

-Collaborate with local leaders to:

- Build, expand, and map out local bike and walking trails.
- Alter street design and traffic flow to make them more bike- and pedestrian-friendly.
- Gain sanction and cooperation of local law enforcement to ensure personal safety in recreation areas.
- Donate public art, landscaping, or fountains to enhance visual appeal and encourage use of these areas.
- Design safe walkways for school children.
- Sponsor special event days (e.g., bike-to-work, fun runs).
- Create and distribute special materials, including maps for walking and biking routes.
- Reinforce the importance of green living (without vehicles), which enhances the overall quality of life in the local region.

-Sponsor fun runs, cycling events, and or pool/lake swims.

-Promote incentives for company-wide participation in events.

-Donate pedometers and bike locks. Install bike racks.

-Provide for safe access to stairs in public buildings, schools, colleges. Add upgrades to encourage their use, such as fresh paint, artwork, music, carpeting, lighting, and attractive motivational posters.

■ Sponsor major local events in collaboration with state or national organizations.

■ Provide volunteers to staff events.

-Donate water, towels, or other amenities and services.

-Provide promotional give-aways.

“UNH is committed to integrating healthy behaviors into its workplace culture. By embracing health at an institutional level, we encourage employees and students to do so at a personal level. Our goal is to be the healthiest campus community in the country by 2020.”