

ASUFit Health Promotion Ideas: A Student's Perspective

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ASUFit Proposal

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## Background

- Half of all college students report decrease in physical activity after graduation
- Weight gain is common during Freshman year of college
  - In one study, 57% of participants gained weight (Mean of 7.1 lbs), while 24% lost weight, and 19% showed no change.
  - Initially, 77% had BMI < 25
    - High BMI found to be associated with weight gain during this time
  - In this study, Freshmen gained weight 6.7 times more than the normal adult in the U.S.
  - One study found that students who do not take a nutrition class tend to gain more weight.
- Students with low frequency physical activity were twice as likely to be overweight
- Sports and competitive activities may be more useful than simply exercise to entice college students to be physically active. More so for men than women.
- Intrinsic factors are more likely to facilitate adherence than extrinsic factors.
- Sports and exercise advertising can affect self-efficacy.
- Many factors contribute to health and psychological well being.
- Four major findings suggested by one study:
  - Optimism
  - Extend Health-as-a-Value beyond physical health
  - Religiousness vs. Spirituality
  - Number of sexual partners
- Intersectorial collaboration – When the health sector forms a relationship with another sector or sectors to improve health in a way that could not have been achieved by the health care sector alone
  - Worksite Health promotion
  - Recreational programs
  - Advertising

## Challenges of ASU / ASUFit

- Increase staffing
- Increase budget
- Increase local (ASU / San Angelo) data
- Increase student involvement
- Increase Communication

## Target Areas and Ideas

- Student involvement
  - Student Organizations
  - Departments
  - Student Leaders / Involvement
- Communication
  - RamPort Tab
  - Computer Desktop Background
  - Teacher announcements
- Equipment
  - Bike Racks
  - Intermural Track
- Staffing / Budget
  - Students
  - Internships
  - Involve classes in program planning
- Services
  - Health screens, assessments, tests
  - Personal fitness planning
  - Nutritional counseling

## **Student Involvement - Student Organizations**

**Rationale / Use** – There are students on campus in organizations whose interests parallel your own. In the opinion of this student, these include the *Kinesiology Majors Organization*, the *Angelo State Physical Therapy Association*, and the *Student Nurse Association*. These students could be useful in event planning, staffing, and advertisement. These students in many cases also have talents and skills that could be useful and employed to serve the community. For example, the Kinesiology students may be able to perform fitness testing (especially those with certifications), the PT students able to perform physical function testing, and the nurses to do other tests and measures. At least two of these organizations in the past have had a lack of direction and functions (KMO and ASPTA). As future health and fitness professionals, they have invaluable skills and knowledge and interest, and also a lack of experience. This could be one way for members of these organizations to gain further experience.

### **Benefits**

- Practical experience for members of these groups
- Knowledgeable and interested help
- Part of the student population that they will be serving
- No cost to utilize these groups and individuals
- Groups putting on events could potentially gain more members

### **Problems**

- Not always reliable
- Could be potential liability to university when utilizing skills
- May need supervision and guidelines

### **Supplies / Staffing / Budget needs**

- Supplies could be borrowed from the university for use by these groups
- Staffing may still be needed, even if at a reduced number due to volunteers from these groups
- Costs should be low, depending on the event, but some of this could be controlled and monitored by the university administration if funding by them.
- If completely run by the organization, costs might be placed on them, or drawn from money set aside for organizational use.

### **Steps to implement**

- Ask the student organization what they might be interested in doing
- Set guidelines for student organization run events that are co-sponsored with ASUFit
- Evaluate what works and what does not

## **Student Involvement - Departments**

**Rationale / Use** – Departments at ASU all have something to offer to the initiative, be it direct or indirect. Each group has a unique array of abilities and skills. Intersectorial collaboration has been suggested to be a better approach to wellness than simply the health care sector alone. ASUFit itself is an example of this. Multiple representatives of multiple groups form the committee. Worksite health promotion groups often employ a wide variety of people for different tasks. The Kinesiology, Physical Therapy, and Nursing departments have pretty obvious ties to health and wellness. However the IT, History, English / Foreign Language, and Computer Science departments for example, could also use their particular skills to enrich the wellness environment at ASU. IT and Computer Science for example, might be able to help better communicate ideas to the student population. English and foreign language might also better enhance communication by bringing it to an appropriate level (5<sup>th</sup> grade reading level) for the public and in an appropriate language for those that do not speak English. History might present something showing how things have progressed and why it is important to continue innovative developments in all sectors, or how a change in health practices has affected people in the past.

### **Benefits**

- Involves more people
- Gives unique perspective on ideas
- May not create additional work load, but simply shift focus
- Flexibility – Participation may be on a requested basis based on need or focus of ASUFit goals and interests at given time

### **Problems**

- Reliability
- Difficult to mandate participation
- Not necessarily the focus of the department

### **Supplies / Staffing / Budget needs**

- Being as both entities (ASUFit and Departments) are part of the University, supplies could be utilized from both entities
- No additional staffing is likely to be required
- Budget should remain un phased, but depends on the type of involvement

### **Steps to implement**

- Ask the Department what they might be interested in doing
- Set guidelines for student organization run events that are co-sponsored with ASUFit
- Evaluate what works and what does not

## **Student Involvement – Student Leaders / Internships**

**Rationale / Use** – Much can be gained from internships and student leaders by both parties (other being the institution itself). Interns typically serve as a lower cost staffing member for the institution, while the intern themselves get invaluable experience from their time. There are concerns with this as well though. These are not necessarily full time employees, they lack the general experience necessary for certain functions, they do not know the functioning of the entity as a whole, and they are not permanent. These students however often have a zeal for this type of function as well, as they are benefiting themselves and their peers on campus. They have a unique tie to fellows among the student population that an administrator or university official is unlikely to have.

### **Benefits**

- Involves more people (In particular, the students)
- Gives unique perspective on ideas
- Practical experience for members of these groups
- Part of the student population that they will be serving
- Lower cost to utilize these individuals
- Direct ties to student body

### **Problems**

- Require guidance
- Low experience levels
- Not always main focus

### **Supplies / Staffing / Budget needs**

- With guidance, these individuals will likely be better attuned to supplies available and possible able to form better ideas than departments and student organizations in a cost effective manner based on this.
- This is directly a staffing issue. It adds another potentially low cost member to the staff. This requires someone over them to guide and supervise however, especially since they are largely inexperienced.
- Budgeting may need to be added for this if the intern is going to be paid. Also, this is a high turnover position. If unfilled, creates more workload for other people or a loss in services.

### **Steps to implement**

- University requirements for student employees
- Funds set aside if a paid position
- Duties and job description
- Terms and agreements

## **Communication – RamPort Tab**

**Rationale / Use** – RamPort is a useful tool for communication. For the large part, it is where students go to register for classes, perform library searches, and check their e-mail and blackboard material. It is something most students look at on a daily basis. RamPort is largely adaptable in a modularized format with various moveable modules and tabs. Making a tab for ASUFit, or incorporating it into an existing tab in a more permanent fashion could be useful for the students who utilize this tool.

### **Benefits**

- Low cost
- Easily updated
- Accessible

### **Problems**

- Not all students utilize RamPort other than e-mail, blackboard, library, and registration purposes.
- Need to work through IT to get things posted and updated.

### **Supplies / Staffing / Budget needs**

- No additional supplies, staffing, or budget would be required.

### **Steps to implement**

- Determine space needs - Could ASUFit fill an entire tab or would a module be more reasonable?
- Determine who updates the content and guidelines and notice needed for posting

## **Communication – Computer Desktop Background**

**Rationale / Use** – The computer lab is probably the most visited and most used place by all students on campus. This is where we get free printing, can spend time between classes doing work or playing, and can get help with any number of electronic related services. The backgrounds on the computer desktop is commonly used by IT to communicate messages and concerns. Other departments in the university could also use space on this to reach more students with news that would be of interest to this body.

### **Benefits**

- Low cost
- Easily updated
- Accessible
- Convenient

### **Problems**

- Need to work through IT to get things posted and updated.

### **Supplies / Staffing / Budget needs**

- No additional supplies, staffing, or budget would be required.

### **Steps to implement**

- Determine space needs – How much would ASUFit be asking of this space?
- Determine if there would be a way for ASUFit to update content in a more dynamic format without needing to ask IT everytime.
- Determine an update schedule – Monthly or bi-weekly seem most reasonable.

## **Communication – Teacher announcements**

**Rationale / Use** – Some teachers take time at the beginning of class to make announcements about what is going on around campus. During the undergraduate years of the author of this particular document (Ryan Morris), a teacher by the name of Dr. Dowler had a profound impact on me. He always took time to talk about what was going on, opportunities we might be interested in, and what he thought as important for everyone to be aware of. He only took 3-5 minutes to discuss this before moving on to normal class activities. Creating a list for teachers to mention may help encourage them to do so.

### **Benefits**

- Low cost
- May enhance student / teacher relations
- Reaches a majority of students

### **Problems**

- Takes time out of class
- Not all teachers will choose to participate
- Requires teachers knowing what opportunities are there for students

### **Supplies / Staffing / Budget needs**

- No additional supplies, staffing, or budget would be required.

### **Steps to implement**

- Create a weekly list of things for teachers to mention: activities, events, plans
- E-mail teachers list and recommend them mentioning it to at a certain time to their class (example: ask teachers to tell all 8:00 classes)

## **Equipment – Bike racks**

**Rationale / Use** – The bike racks on campus have appeared to be inadequate in the past in number, and in some cases, quality. Texan Hall, for example, has had bikes piled up in a displeasing fashion (both appearance wise and bike care wise) due to lack of adequate bike racks. This is not the only place on campus this has been a problem, but probably the most noticeable and most frequent. Also, students with more expensive bikes who live on campus have nowhere to store their bikes. Seeing as how some of these are very expensive investments, it is silly to ask them to store these outside, where they are unsafe (ASU has a history of bike theft), able to be damaged by others, and left in varied weather conditions. At least one issue has been reported of a student being given a fine for storing their bike in their dorm. Bike storage units of higher quality do exist and could be rented to those who desire better storage for their bikes. Bike lockers could be rented out on a semester basis, with some return in funds over time.

### **Benefits**

- Promotes biking rather than driving in the area
- More appealing appearance for campus residence halls if bikes not piled up
- Decrease bike theft and vandalism

### **Problems**

- High cost – One time only

### **Supplies / Staffing / Budget needs**

- No additional staffing required
- No additional supplies required
- Funds would need to be available to purchase units, or possibly construct them

### **Steps to implement**

- Obtain funding
- Search available vendors and models to see what best matches needs
- Survey student / employee populations for needs and placements

## **Equipment – Intermural track**

**Rationale / Use** – Although treadmills are available, as well as sidewalks around campus for aerobic exercise, there is no area designated for only this kind of activity near campus. The intermural field area has a fair amount of open space for a track to be built. Soft running surfaces would be helpful in promoting a safe area to exercise with low traffic. This could be coordinated with the city.

### **Benefits**

- Bill Cullins has a plan for this already
- Space is available
- Safe, low traffic area for exercise activities that is near campus

### **Problems**

- Cost / labor involved in establishing a trail

### **Supplies / Staffing / Budget needs**

- No additional staffing required
- Supplies may be required, though much should already be available to the university
- Markers for distance may improve a track made for this purpose
- Funds would need to be available to purchase units, or possibly construct them

### **Steps to implement**

- Propose developed plan to university and city
- Obtain funding

## **Services – Health / fitness screens and assessments**

**Rationale / Use** – Health / fitness screens and assessments are inexpensive and very useful in prevention of medical problems and risks. They also give people a baseline from which to improve. As seen by surveys done regarding ASUFit, there is a demand for these services. Some of these could be done by the departments and students within these departments for practical experience and cost effectiveness. Kinesiology and Physical Therapy groups can offer fitness testing / education, body fat composition testing, and evaluation of overall findings. Services may also be available from the health clinic in this regard.

### **Benefits**

- Cost effective
- Practical student experience
- Addresses a highly demanded service

### **Problems**

- Requires coordination and planning – May be a service offered only once per month rather than continuously if run in this regard

### **Supplies / Staffing / Budget needs**

- Supplies and funds would be needed to address materials needed in testing.
- Staffing may need to be contracted with on an as needed basis depending on services desired. For example, blood work may need to be obtained from an outside entity (eg, Shannon).

### **Steps to implement**

- Planning on part of university and those involved in offering services
- Determine desired type of screenings and what is most reasonable
- Determine when such services would best be offered

## **Services – Personal fitness planning and nutrition counseling**

**Rationale / Use** – A common barrier to becoming physically active and eating well is being unsure of where to start, how to progress, and what to do to best utilize time. Personal fitness planning from certified personnel is often desired, but rarely sought out due to cost. Providing these services would likely greatly reduce this barrier and give people more confidence. It also gives them some knowledge of types of activity, appropriate levels to start, how to progress, and where to go to get assistance. It also serves as a place to identify what other barriers may exist and allow for them to be addressed. Both areas serve as a way to help educate the population to help themselves.

### **Benefits**

- Guidance from a trained professional
- Reduces barriers to physical activity and exercise
- Tailors exercise and physical activity to individual needs

### **Problems**

- Staffing
- Cost
- Scheduling

### **Supplies / Staffing / Budget needs**

- Staff would need to be obtained
- Budget would need to be obtained to fund staff

### **Steps to implement**

- Plan for staffing (Job description, etc)
- Assessment of need: Would this service be utilized often enough to warrant the cost?

## **Services – Increased fitness classes and times**

**Rationale / Use** – Fitness classes have increased in popularity over the years. This is likely due to being group oriented, fun, varied, and professionally instructed. People want things that can be done on a social basis rather than lonely and dull. Currently, ASU offers some fitness classes. Quite often these classes are quite full. One problem that ASU exercise opportunities currently face is that they are offered largely at night and late afternoon. The gym and facilities are not even open until noon, let alone any lunch hour classes running. Time is a valuable resource for anyone, and people like to use it efficiently when possible. Increasing class variety and times, especially during the lunch hour, would likely increase participation.

### **Benefits**

- More opportunities for participation
- More choices
- More flexibility for varied schedules (common problem for students)

### **Problems**

- Requires staffing
- Requires facility availability that ASU may not currently have

### **Supplies / Staffing / Budget needs**

- Requires additional staffing
- Some classes may require supplies (eg, cycling / spin classes require bikes), though some of this may be shifted to participants (require a cost of \$1 per session - \$5 a week for a fitness class is reasonable)

### **Steps to implement**

- Determine types of classes to be added
- Find instructors / staffing

## **Services – Extend CHP hours / Facilities**

**Rationale / Use** – A number of years ago now, ASU extended CHP hours to include holidays as well, though in a limited amount. This was a greatly demanded service for those students who did not leave for holidays. Currently, the CHP facilities are not open before noon. Many people prefer to exercise in the morning or are scheduled for other things later in the evening, then choose not to exercise since they either desire to relax after a long day or have other plans for the evening. The evening and afternoon when the CHP is open, is also the prime time for many students and college age individuals to plan things to do with their peers in the community. Availability earlier in the day would likely increase utilization rates, as well as address the problem of the CHP facilities being full during the evenings. The current problem is a lack of facilities, since weight training classes and kinesiology classes utilize these areas during the morning.

### **Benefits**

- Increased flexibility for population
- Likely address current problems of weight room / CHP being full at certain times

### **Problems**

- Increased cost to run
- Increased staffing required
- Inadequate facilities

### **Supplies / Staffing / Budget needs**

- Staffing would need to be increased, though this could be filled by a low cost employee (student)
- If the morning time is to be freed for use, facilities must first be free from use by physical activity classes. This likely means another gym for this purpose needs to be set aside for class use. This would require more equipment (eg, resistance machines), which are costly.

### **Steps to implement**

- Likely needs to wait until more facilities are available – CHP is scheduled for improvement. Additional planning can be made from here.