



Wellness: the UT System Culture

THE UNIVERSITY of TEXAS SYSTEM
Nine Universities. Six Health Institutions. Unlimited Possibilities.



Handout @ BOR mtg 2/8/07 meeting of the Board Item 11
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Wellness: the UT System Culture

Chancellor's Health Fellow for Public Health

The Challenge Wellness

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UTEP
UTB
UT Tyler
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UTSPH
UTSPH





The Problem

- An epidemic of obesity and diabetes and a new culture of internet, television and convenience
- Ageing population, chronic diseases and cancer
- Dependence on curative medicine and no investment in prevention and wellness





The Solution

• Science (as well as the ADA, ACS and AHA) says that these conditions are preventable:

- prevent diabetes
- prevent cancer
- prevent cardiovascular disease
- prevent depression,
- delay onset of dementia, Alzheimer's

• There is no pill, and only two procedures that will prevent all these conditions and they are physical activity and a healthy diet.

• Evidence that prevention and wellness work, but rhetoric and little action





Wellness: the UT System Culture

Improved health and decreased health costs can be a boon to all of us, providing healthier people and more money for education purposes, for economic growth and indeed for more research into cures of genetic and other diseases rather than \$ spent on treatment of preventable diseases.





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Key Goals of the Committee

- Develop a collaborative framework for a culture of wellness across UT system institutions for prevention and wellness.
- Consider primary prevention policy recommendations aimed at improving health in the UT System, and in Texas in general.
- A Wellness symposium to be planned by the Committee.





Wellness: the UT System Culture

General Community

Schools, Businesses,
Community Organizations

UT System & Institutions
Policies & practices

Leadership

Individual University Schools
and Departments policies and courses

Individual
Faculty, Staff, Student

Social-Ecological Model of Wellness at UT System





Wellness: the UT System Culture

UT System Symposium on Wellness

- Establish Primary Prevention and Wellness as a priority for all UT System institutions.
- Develop recommendations for policies that lead to implementation of prevention and wellness programs for faculty, staff and students at all UT System institutions
- Develop recommendations for resources for implementation of prevention and wellness programs in the UT System and measurement of their impact
- Develop recommendations for preparing graduates of UT Institutions, especially professional schools, as leaders who will promote a culture of prevention and wellness in professional environments.
- Establish the UT System as the National Leader among University Systems in wellness with the capacity to share expertise with other programs





Wellness: the UT System Culture

UT System Symposium on Wellness March 19-20
Thompson Center, Austin

- If we want it to be it will be
- The opportunity is truly unlimited

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