

Recommended Reading



Assist campuses as they work to implement well-being programming on campus; Audiences may include health center staff and health promotion staff.

Framing Well-Being in a College Campus Setting

Missouri Partners in Prevention is proud to be Missouri's higher education substance abuse prevention and mental health consortium. In order to see measurable change in the health, safety, and well-being on campus, campus prevention practitioners must employ evidence-based strategies and models. This series provides a brief synopsis of the publications, articles, and resource documents available to campuses to assist in their substance abuse prevention and mental health intervention efforts. These documents provide a great deal of technical assistance and support. Browse our recommended reading synopsis to learn more about these publications.

Framing Well-Being in a College Campus Setting is a whitepaper from the American College Health Foundation and Aetna Student Health published in November 2019 aimed at exploring the state of well-being initiatives in college settings. The purpose of the research was not to prescribe best practices for well-being initiatives, but to give an overview of the range of well-being programs being offered on campuses and to highlight innovative practices and encourage exploration of well-being strategies.¹

The research was a qualitative study of 10 institutions of higher education across the U.S. and one institution in Canada. A variety of institutions differing in size, type, location, etc. were surveyed and their well-being programs divided into categories depending on if the initiatives served students only, faculty/staff only or hybrid programs that served both. Four of the identified institutions had student serving programs, four had faculty/staff serving programs, and two had hybrid programs.

Information on the outcomes of the study and the different types of program at each institution are covered on pages 11-19, making up the bulk of the whitepaper.

The common themes that were identified in the paper include:

- There is no universal definition for well-being/wellness at institutions of higher education, yet most institutions think it would be helpful to have one shared definition to work from
- There is a shift from using 'wellness' terminology to 'well-being'
- Colleges and universities with support from institutional leadership appear to have higher levels of engagement with well-being initiatives and have more innovative practices
- There is a movement from traditional health education approaches

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(tabling, programming, educational events, peer education) to campus-community coalitions and environmental interventions

- There is a shift in well-being initiatives towards addressing health disparities and including resources for food scarcity, financial stability, etc.

This document provides a helpful literature review on philosophies of well-being on pages 3-7 and definitions of well-being, healthy equity, and health disparities on page 8.

Page 20 identifies future research questions that arose as a result of the study, and though this

paper helps answer the question ‘what is the state of well-being initiatives in college campus settings?’ additional questions are now able to be posed as a result.

Appendix C provides institutional demographics data of each of the study participants

Read ‘Framing Well-being in a College Campus Setting’ here!

[acha.org/documents/ACHF/Framing_Well-Being_In_College_Campus_Settings_Whitepaper.pdf](https://www.acha.org/documents/ACHF/Framing_Well-Being_In_College_Campus_Settings_Whitepaper.pdf)

Citations

1. Framing well-being in a college campus setting, American College Health Foundation and Aetna Health. (2019).

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