Framing Well-Being in a College Campus Setting

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

**Recommended Reading**

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.
(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

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