

The College Experience, Redefined

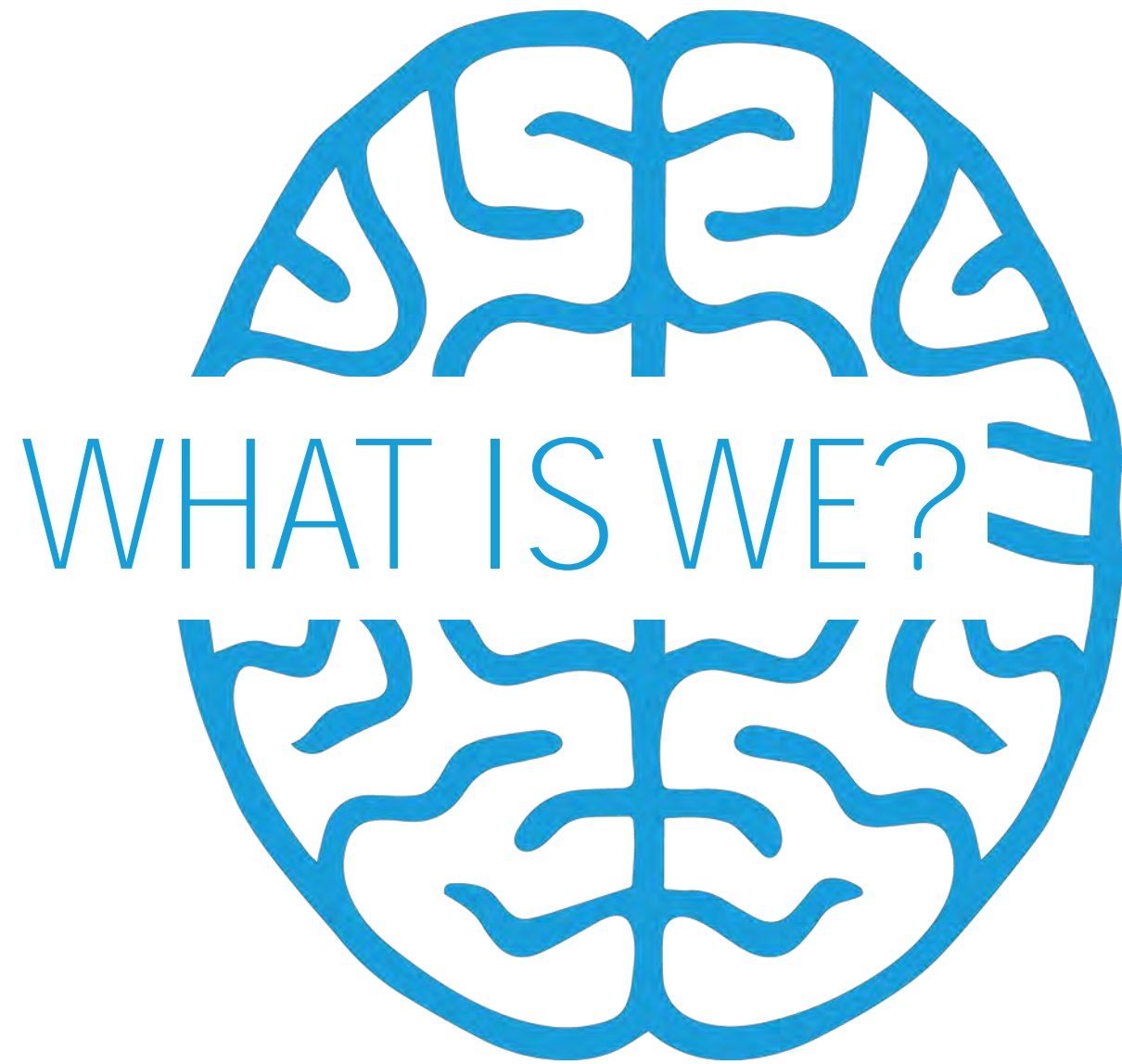
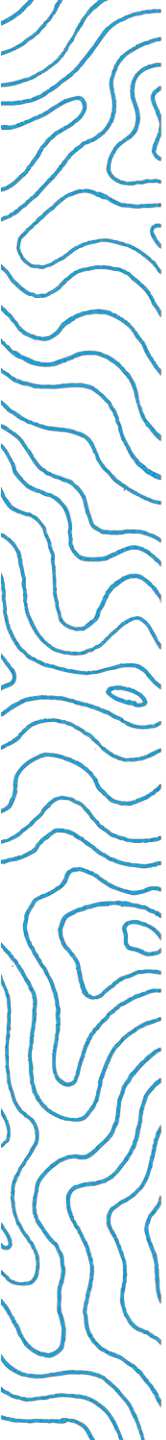
THE WELLNESS ENVIRONMENT AT THE
UNIVERSITY OF VERMONT

Zoe Adams, BS

James Hudziak, MD



The University of Vermont



**UVM WE:
A neuroscience inspired, incentivized
based, behavioral change program to
build healthy brains in UVM students.**



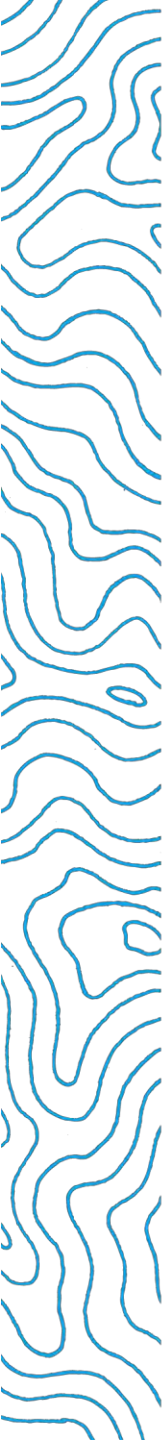


STUDENT PARTICIPATION



At a Time When the Brain is Most Vulnerable:

- We send our kids off to college with little or no regulatory support and under a great deal of pressure.....
 - Fear of Failure
 - Parental expectations
 - Environmental factors



WE IN ACTION

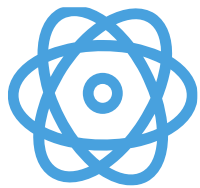
Healthy Brains, Healthy Bodies

Surviving and Thriving in College

- Required 3-credit course
- Guest lecturers from around the world
- Teaches knowledge, skills and attitudes of health promotion
- We give them the science, setup the environment, and provide opportunity to make their own choices



THE FOUR PILLARS



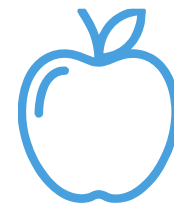
MINDFULNESS



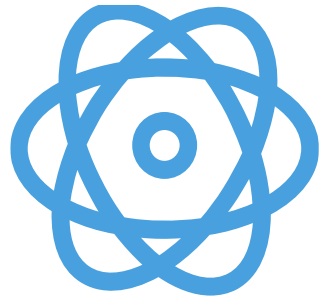
FITNESS



RELATE



NUTRITION



MINDFULNESS



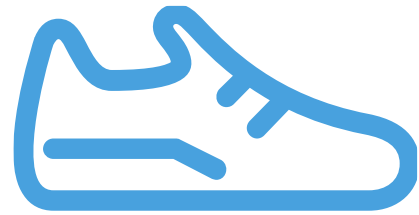
In-hall meditation
and yoga



WE Instructor yoga
& mindfulness
training



Mindful eating



FITNESS



Earn free gym and group fitness access



In-hall exercise center with Peloton bikes



Apple Watch and exercise app



RELATE



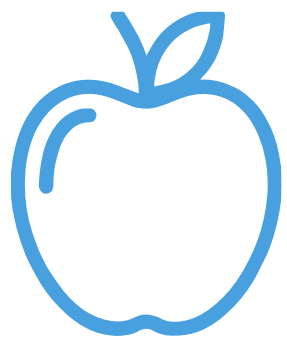
Mentor local youth



Peer intervention and conflict workshops



Relationship certificate program



NUTRITION



Farm-to-table
dining



Cooking events



Nutrition mentors



UVM DECLINE IN HIGH-RISK DRINKING

33%

Drop of high-risk drinking
behavior between AY12-13 and
AY17-18

Source: Monthly Measures

52%

Drop of cases between
AY12-13 and AY17-18
where a student was found
responsible for at least one
alcohol- or drug-
related charge

Source: Maxient



DECLINE IN ALCOHOL AND OTHER DRUG INCIDENTS

80%

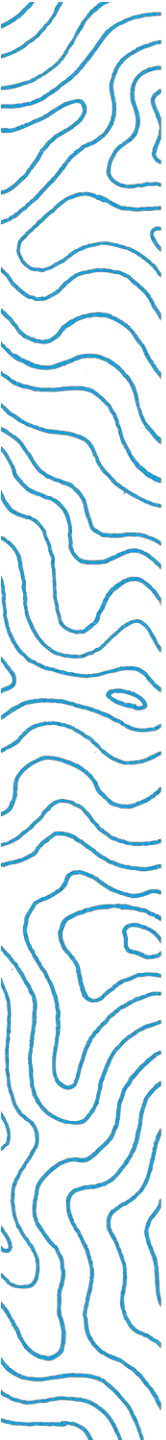
In AY 16-17, Halls occupied by WE had 80% fewer AOD incidents than non-WE Halls.

Source: Maxient, Res Life Census

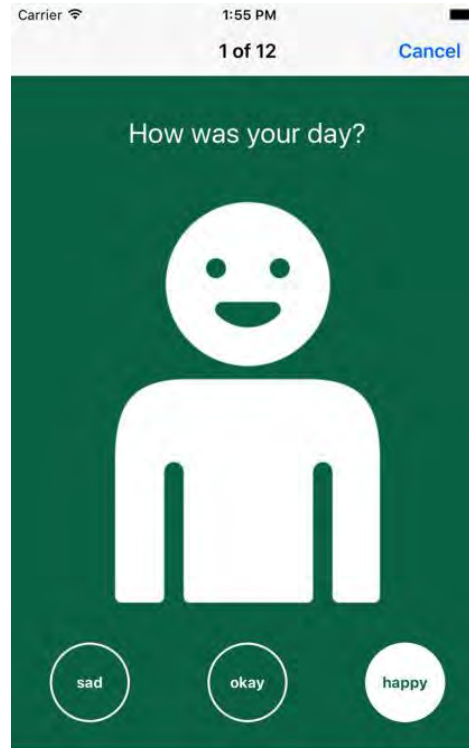
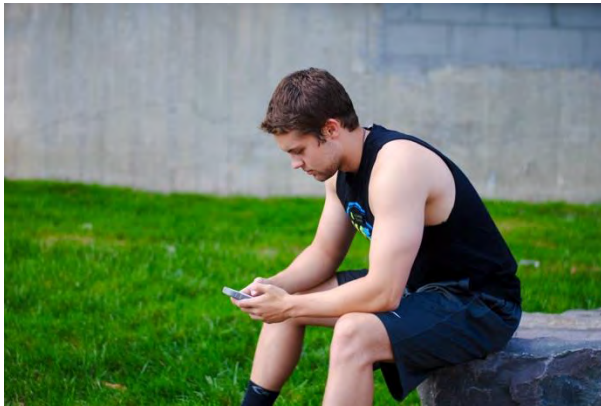
45%

In AY 17-18, 45% fewer WE students found responsible for AOD violations compared to other undergrads

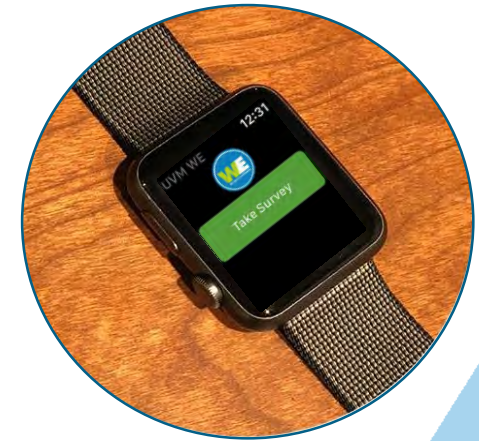
Source: Maxient, Res Life Census



HEALTH PROMOTION & TECHNOLOGY



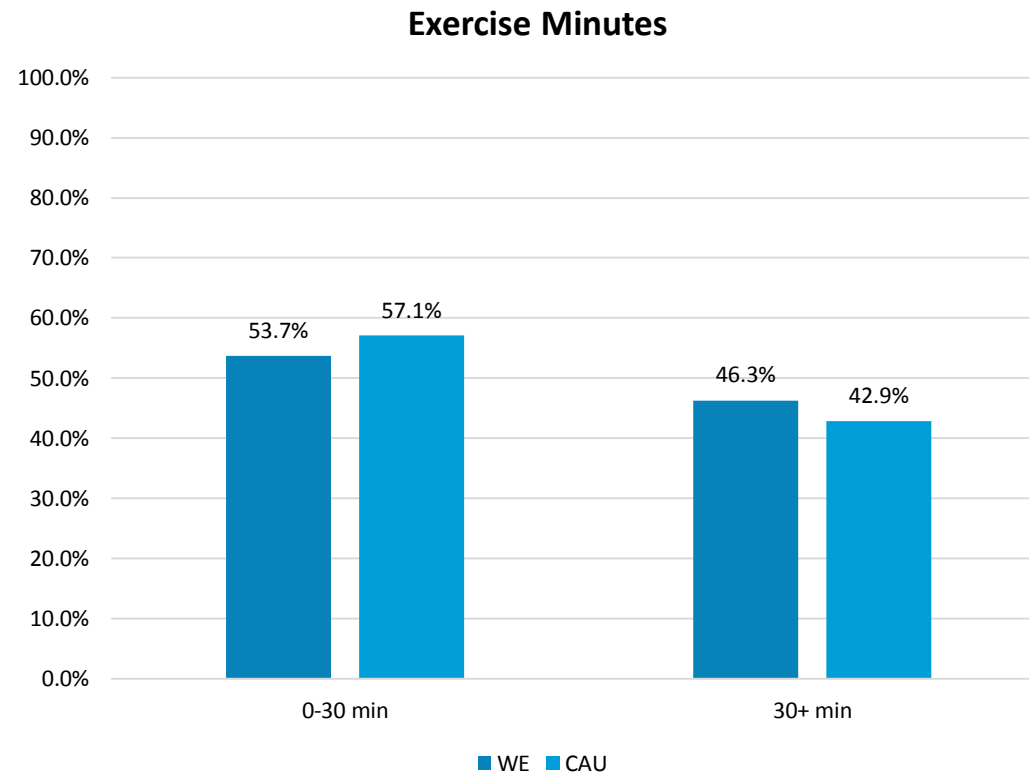
Skip this question



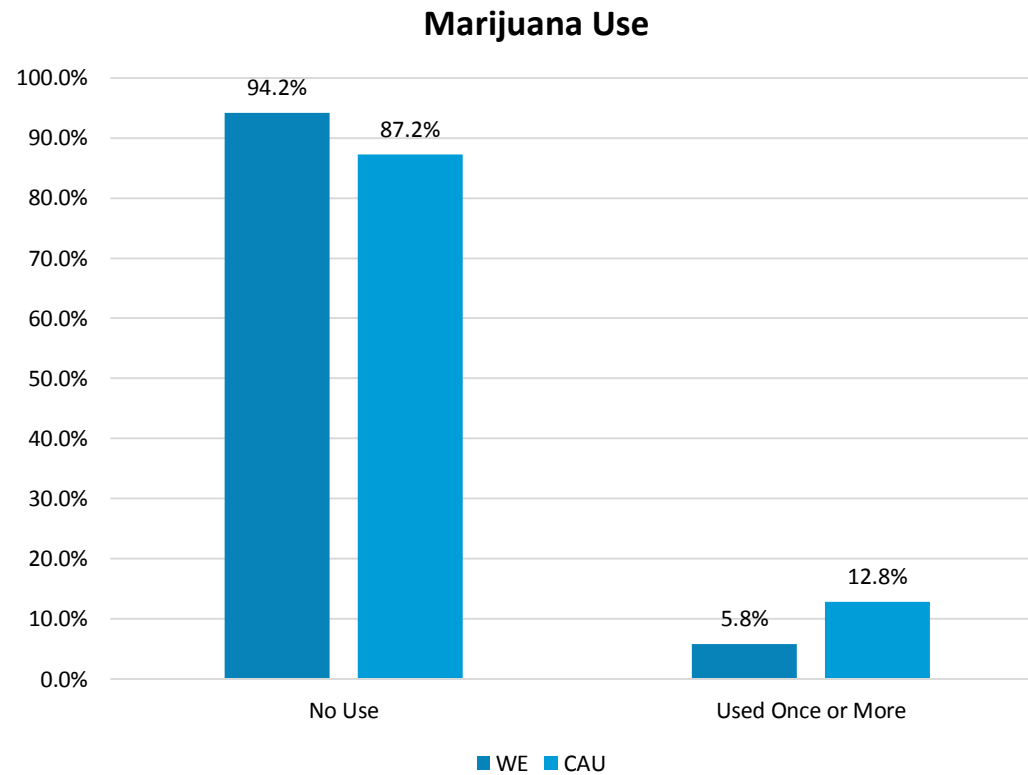
UVM WE RESEARCH

- 1,900 Participants in year 1; over 3,000 in year 2; IRB approved study
- WE and Non-WE participants
- Self report survey data at three time points per academic year
- The data we collect from this app includes:
 - Fitness, AOD, meditation, nutrition, sleep, mood, hydration, heart rate, Healthkit data (includes activity/movement data)

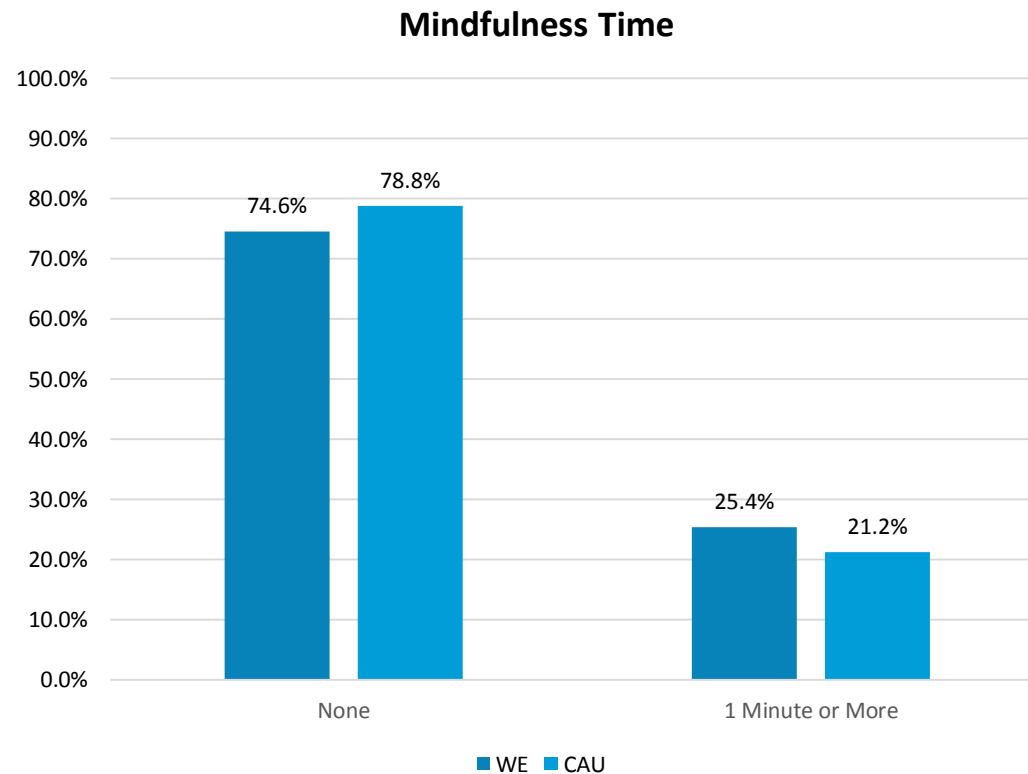
WE students were 26% more likely to exercise 30 mins or more than non-WE students (p<. 01).



WE students were 59% less likely to use at least one marijuana product than non-WE students ($p < .01$).

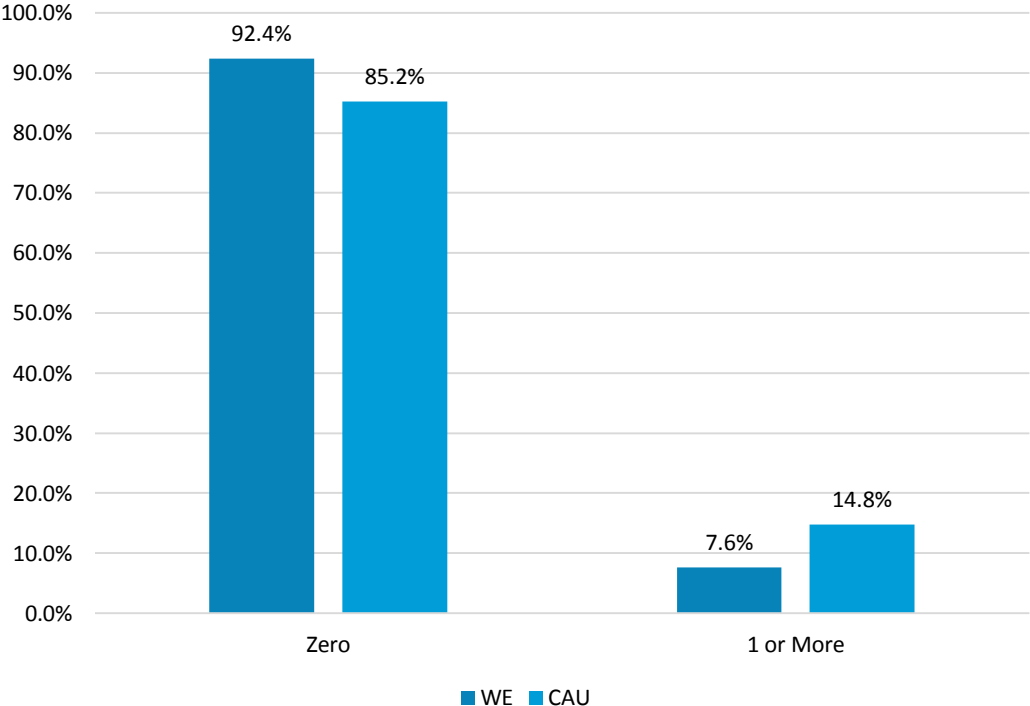


WE students were 21% more likely to practice mindfulness than non-WE students ($p < .05$).

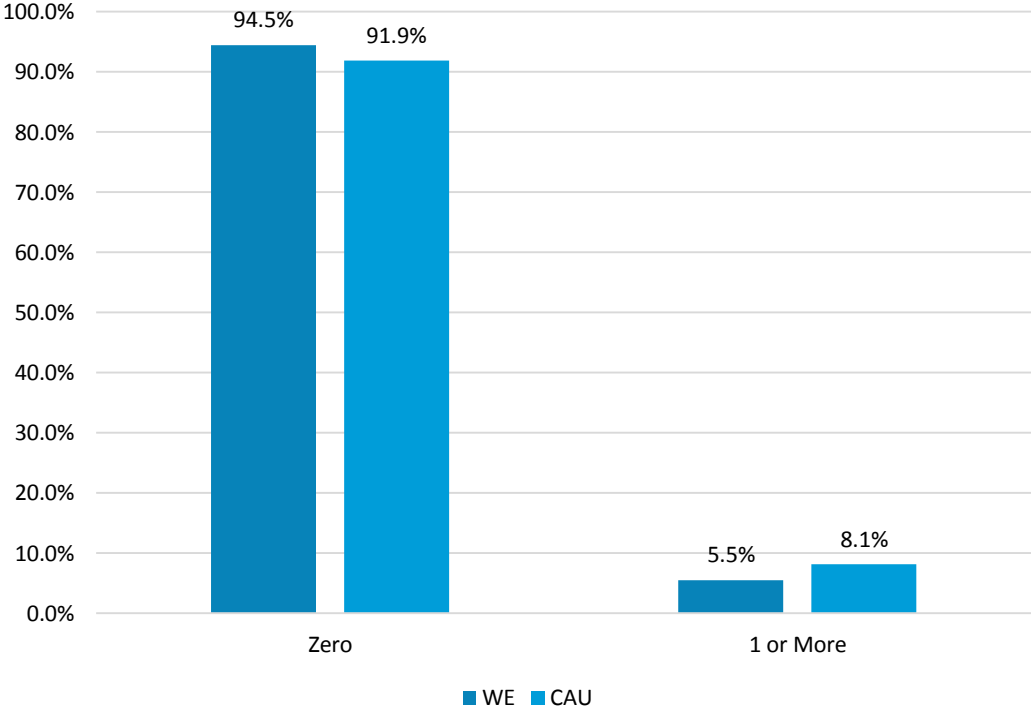


WE students were 42% less likely to have at least one alcoholic drink than non-WE students ($p < .01$). Additionally, WE students were 34% less likely to have at least one shot of liquor than non-WE students ($p < .01$).

Alcoholic Drink Consumption

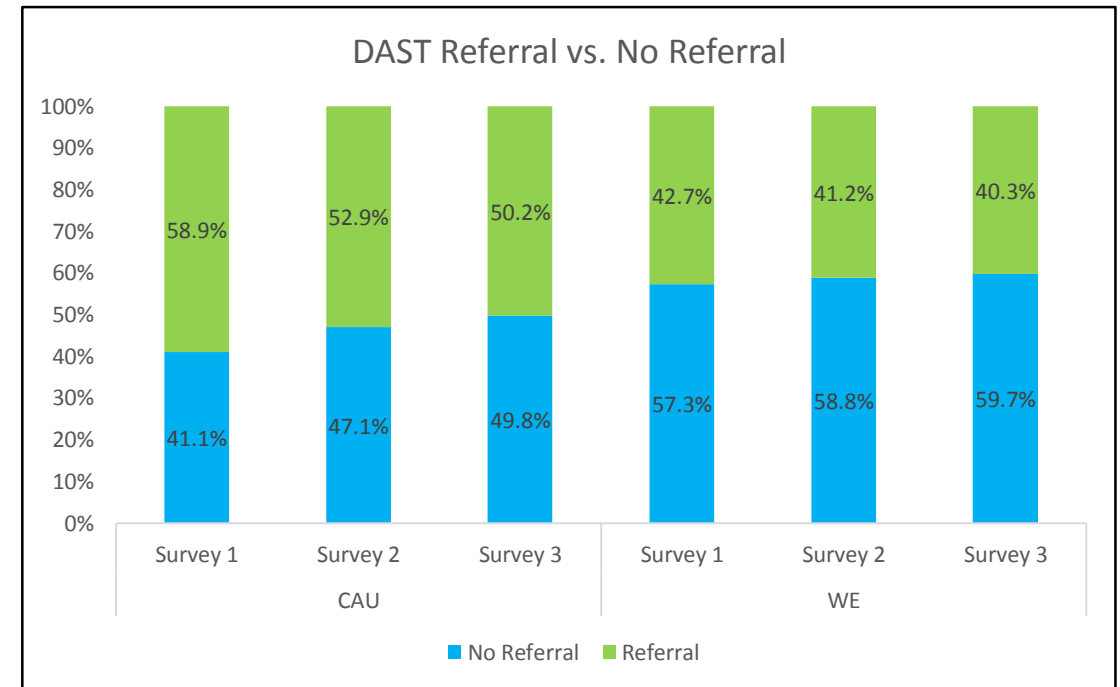


Liquor Shot Consumption



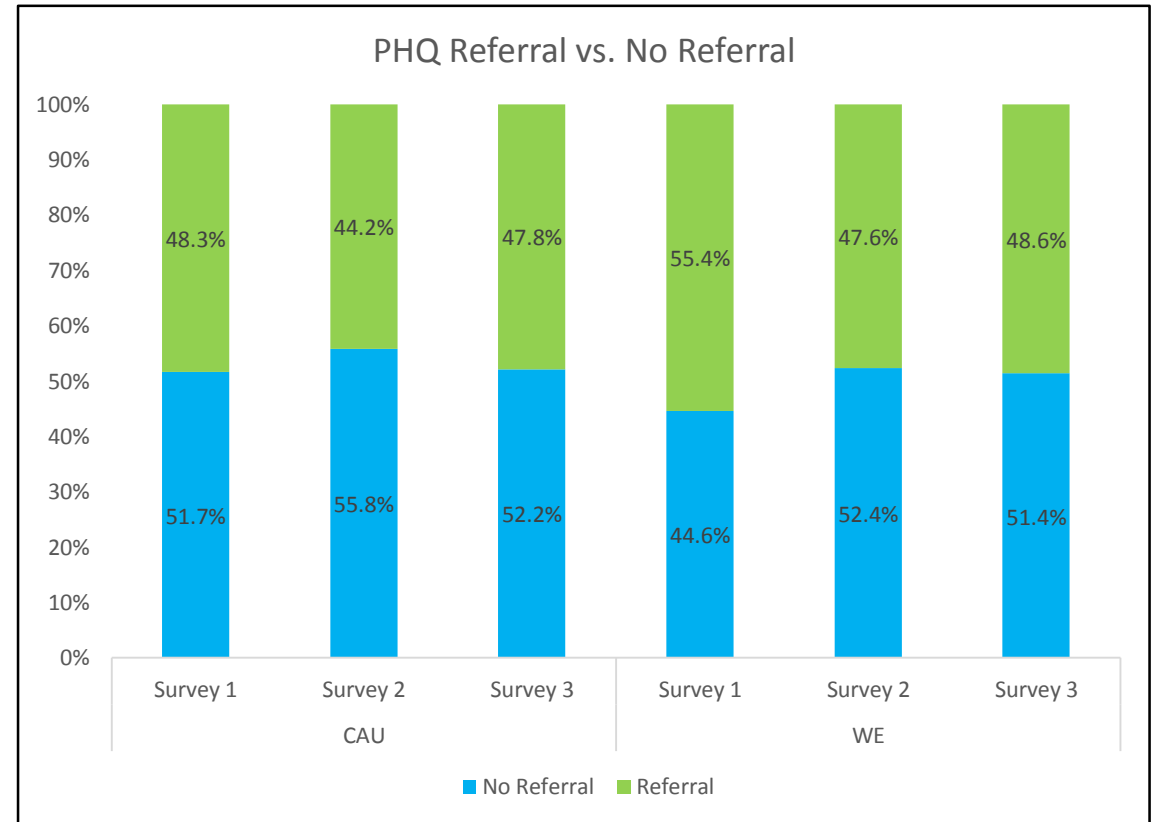
Screening, Brief Intervention, Referral to Treatment- Substance Abuse Referrals

- Non-WE participants showed a statistically significant increase in no referrals from Baseline (41.1%) to End of Year (49.8%)
- The majority of WE respondents consistently did not meet requirements for referral for substance use and abuse



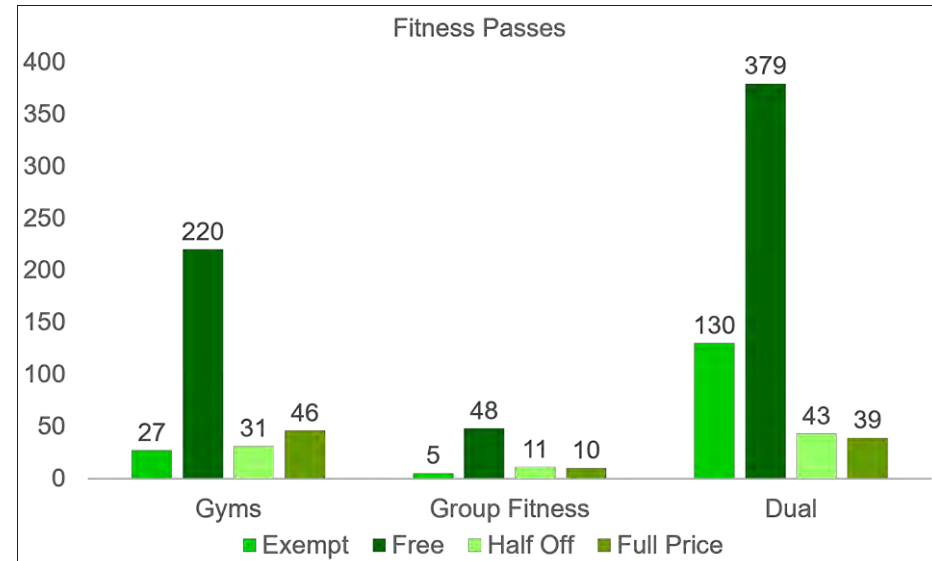
Screening, Brief Intervention, Referral to Treatment- Depression Symptoms Referrals

- Non-WE respondents maintained level of no referrals for depression symptoms based on SBIRT recommendations from Baseline (51.7%) to End of Year (52.2%)
- WE respondents statistically significantly increased in percentage of no referrals for depression symptoms from Baseline (44.6%) to End of Year (51.4%)



2017-2018 WE Fitness Pass Model

- 989 passes were provided (79.95% of WE students)
- Of the 989, 65.42% students met qualifications to receive their pass for free
- **There is a statistically significant positive correlation between fitness center utilization and cumulative GPA**



		Total Swipes	Cumulative GPA
Total Swipes	Pearson Correlation	1	.224**
	Sig. (2-tailed)		.000
	N	1,150	1,150
Cumulative GPA	Pearson Correlation	.224**	1
	Sig. (2-tailed)	.000	
	N	1,150	1,150

** . Correlation is significant at the 0.01 level (2-tailed).



Thanks for listening!

ANY QUESTIONS?