



On 1/24/20 at the Healthy Campus 2030 campus-wide meeting, attendees were asked to describe how they envisioned FSU's campus in 2030 via a written narrative. Fifty-nine narratives were transcribed and then analyzed to look for broad-reaching themes using NVivo software. The results reported below reflect emerging areas of focus, the ideal campus climate and overarching themes of what a healthy FSU campus looks like in 2030.

FOCUS AREAS

Mental Health

Narratives for mental health included a wide range of potential challenges as well as solutions for student mental health.

Infrastructure

Includes narrative that mention physical indoor and outdoor spaces as part of a healthy environment for students. Includes mentions of specific buildings such as the new union and a new recreation center.

Social Wellness

Includes connections to peers, FSU, organizational involvement, healthy social interactions, etc.

Physical Health

Includes: physical needs, physical health, fitness, movement, exercise.

Alcohol/Other Drug & Nutrition

Attitudes, behaviors, policies, resources, trainings, programs related to alcohol and other drugs, nutrition, and body image.

CAMPUS FEEL

Inclusive

Programs, facilities and physical spaces, and environments are all inclusive.

Accessible

Campus is rich with resources and information for all populations and abilities, financial accessibility programs/services, food/nutrition accessibility, and physical-space accessible facilities and services

Safe

Students have an overall feeling of being in a safe environment, engage in safe practices, and there is an abundance of safe programming available.

Abundant Resources

There are ample, easily accessible resources to support student success and health and wellness.

QUOTES

“Culturally, we’ve moved from a dichotomous view of health (good/bad, healthy/unhealthy) to embracing intuitive eating, joyful movement, and health at every size.”

“Peers feel empowered to check on each other. Faculty feel empowered to see their influence on wellness in and out of the classroom. Staff feel empowered to advocate for resources to support wellness efforts. Administration is prevention-driven.”

Holistic Wellness

Holistic wellness; nine dimensions; body, mind, & spirit; broad health/wellness terms.

Connection

Peer connections, social connecting, faculty/staff connections and mentoring, spaces to promote organic connections, etc.

Academic Success

Personal academic success, integrated approach to wellness and academic success, instructional support resources, intersection of classroom environment & mental health