

October 2, 2015

To: The Academic Senate

From: The UT Dallas Wellness Committee
Karen Garcia on behalf of Dr. Calvin D. Jamison

Subject: FY 2015 University Committee Annual Report – Wellness Committee

I. Membership

The Committee is composed of no fewer than nine voting members appointed by the President and shall include three staff members, three faculty members, and three students. Staff members will be nominated by the Staff Council. Faculty members will be nominated by the Academic Senate. Student members will be nominated by Student Government and will serve for one year terms, which are renewable. The Vice President for Administration shall serve as the Responsible University Official.

Appointed voting members for 2014 – 2015:

Faculty	Staff	Students
Monica Rankin	Michele Brown	Andrei Rosu
Nadine Connell	Nancy Bryant	Vedika Hgrawal
Shayla Holub	Karen Garcia	Sukaina Syed

Non-voting members provide administrative and other on-going support to the Wellness Committee. The Coordinator, currently the Benefits Specialist/Wellness Coordinator, is responsible for coordinating the UT System Wellness Initiatives.

Voluntary non-voting members for 2014 – 2015:

Marita Yancey	Chris McAlpine
Nora Pena	Paula Austell
Vanessa Balderrama	Nicole Harrington
Tysh Coleman	Theresa Diaz
Amanda Smith	Tiffany Peart
Rachel Clark	Rachel Clark
Sara Asberry	

II. Meetings

The committee have scheduled monthly meetings on the 2nd Tuesday of every month from 11:00 am to 12:00 pm in the Lone Star conference room located in the Administration building, room 3.104.

III. **Actions Taken**

The purpose of the Wellness Committee is to create a culture and environment that support and promote the value of individual well-being by education and the provision of appropriate physical facilities. The Committee will implement the UT System wellness program on the UT Dallas campus and provide additional programs, tools, and resources that will enable participants to take charge of their own physical, mental and spiritual health.

Wellness Events and Initiatives for 2014 – 2015:

- UT Physical Challenge
- Corporate Challenge
- Live Healthy North Texas 10-Week Challenge
- Free Group Exercises
- Monthly Lunch and Learns
 - Heart Health
 - Living Well
 - EAP's "How to Be Resilient"
 - Disaster Preparedness
 - Dental Hygiene
 - American Diabetes
 - Wellness Retirement Fair
 - Health Screenings
 - Flu Clinics
 - Mammography Screenings

IV. **Recommendations for Following Year**

- Increase effectiveness and participation of initiatives by collaborating and partnering with the Activity Center, Student Wellness Center, and the Galerstein Women's Center.
- Advertise the SPN Wellness Center to Faculty and Staff.
- Promote services of the new Employee Health Program Manager to Faculty and Staff.

V. **Notes**

The Wellness Committee aims to meet the ever-changing needs and interests of the campus community by providing quality and comprehensive wellness programs, services, and facilities that are inclusive and accessible. We create environments and opportunities that promote physical fitness, healthy habits, and balanced behaviors to improve the overall wellness of UT Dallas community by creating and leading innovative programs; partnering with organizations; supporting individual and group leaders; and utilizing resources to provide the most health advantage and effectiveness.