

Wellness in Policies and Places

Partnership for a Healthier America. Sacramento State is a member of the Partnership for a Healthier America. Between 2018 and 2021, we have committed to meet 23 guidelines to improve the campus nutritional environment and promote physical activity.

The WELL. This state-of-the-art facility combines fitness and health services in an one-stop-shop for campus wellness. The WELL houses the campus recreation program (full fitness center, group fitness, and mind/body classes, climbing wall, and personal training), Peak Adventures (Outdoor adventures and bike shop), and Student Health and Counseling Services (SHCS). [The Well Website](https://thewellatsacstate.com/) <https://thewellatsacstate.com/>

Full Integration of Health Services. SHCS has fully integrated medical, counseling, and health promotion services, with a shared space and electronic medical records. SHCS emphasizes prevention and health promotion and offers many augmented services (including vision care, athletic training, and an Rx disposal bin in the pharmacy to help prevent prescription drug diversion/abuse).

Gatekeeper Training. Sacramento State has made a strong investment in a variety of training to build sustainable staff, faculty, and student leader capacity to address suicidality and sexual/domestic violence. These include Safe TALK, ASIST, and bystander intervention trainer training (for bystander intervention training, call (916) 278-3799).

Leaders in Sexual Violence Response and Prevention. Sacramento State has a long history of proactive leadership through strong, cross-campus engagement in coordinated and victim centered sexual violence response; a full-time staff Victim Advocate since 2000; and mandated, universal sexual/dating violence and alcohol abuse prevention training for all incoming students since 2010.

Environmental Sustainability. Sacramento State dedicates itself to environmental wellness, with strong recycling programs, green landscaping and building standards, innovative storm water features, and a composting program.

Bike Friendly University. The League of American Bicyclists has awarded Sacramento State with a silver ranking as a Bicycle Friendly University.

Tree Campus USA. Spending time around trees has been shown to reduce blood pressure and stress-related hormones. The Arbor Day Foundation has recognized Sacramento State as a Tree Campus USA since 2008 by meeting five requirements: a tree advisory committee, a campus tree-care plan, dedicated annual

expenditures for its campus tree program, an Arbor Day observance, and the sponsorship of student service-learning projects.

A Holistic Framework for Wellness. Sacramento State uses the 7 Dimensions of Wellness (Including the Physical, Emotional, Sociocultural, Spiritual, Career/Financial, Environmental, and Intellectual domains) to define a comprehensive foundation for health promotion on campus. [Dimension of Wellness](https://thewellatsacstate.com/about/dimensions-of-wellness) <https://thewellatsacstate.com/about/dimensions-of-wellness>

Robust Peer Leadership. Wellness-trained Peer Health Educators, Residence Assistants, WELL student staff, the Student Health Advisory Committee, First Year Experience peer mentors, and student government play essential roles in creating a healthy campus culture by sharing resources and information, identifying health risk warning signs (such as suicidality and potential violence) and intervening, and building awareness of wellness issues with their peers.

Partnerships to Support Equal Opportunities for Health. Sacramento State prioritizes the wellness of marginalized students through partnerships between Student Health and Counseling Services and programs specifically serving those students, such as the Multicultural Center, PRIDE Center, and Full Circle Project, among others.

Data-Informed Programming. Sacramento State has participated in the National College Health Assessment (NCHA) survey since 2010. NCHA data, combined with clinical data from SHCS's integrated electronic medical records system and other assessment activities, guides our outreach and health promotion strategies and programs.