*Sample* Higher Education Campus Wellness Policy

Introduction

*This Higher Education Campus* cares about the health and wellbeing of our students, faculty, and staff and strives to create an environment that supports and encourages healthy living. We acknowledge that people who are inactive, overweight, or obese have a higher risk for many serious health conditions, including diabetes, heart disease, stroke, certain types of cancer, and premature death. We recognize that we can help improve the physical and mental health and wellness of our employees, students, and members of the community, by providing and promoting *healthy food options*, *physical activity opportunities*, and *tobacco-, smoke-, and vape-free environments* through the implementation of the following wellness policy.

Therefore, we commit to creating a higher education campus environment that is conducive to healthy living by doing the following:

* Providing support for a *wellness committee, team, or champion* as needed for the implementation of the wellness policy.
* Providing more access to *healthy food and beverage options, opportunities for physical activity, and tobacco-, smoke-, and vape-free locations and cessation support.*
* Promoting these healthy options through appropriate communication resources, such as social media, email blasts, posters, and meetings.
* Conducting ongoing evaluations of wellness policies and programs.

We adopt this wellness policy, which includes the following *Nutrition, Physical Activity, and Tobacco-, Smoke-, and Vape-Free* elements.

**Name of Higher Education Campus** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Effective Date** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
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Nutrition

The purpose of the ***Nutrition*** section of this higher education campus wellness policy is to increase access to healthy foods for students, faculty, staff and, when applicable, community members.

This *Higher Education Campus* commits to making healthy food options widely available and easily accessible by doing the following:

**Selling and offering foods and beverages throughout the campus that follow these guidelines:**

* **Offer healthy foods and beverages in on-campus vending and during on-campus events, including alternatives to sugar-sweetened beverages.**
* **Promote the purchase of healthy foods and beverages through practices such as pricing strategies, posting flyers, or using other communication tools.**
* **Price non-nutritious foods and beverages at a higher cost than nutritious foods and foods and beverages.**
* **Offer at least five (5) types of fruits, five (5) types of vegetables, and two (2) types of 100% whole grain products wherever foods are offered and sold by campus dining services and/or food services.**

**Comment on Dining Services and Food Services**

Larger campuses commonly refer to their food production system as *dining services* due to the various restaurants, cafeterias, and catering options available. Smaller campuses commonly refer to their food production system as food services due to the limited number of locations where food is sold.

* **Make cool drinking water available at all times at no cost.**
* **Identify healthy food and beverage menu items with signs, symbols, and/or colors.**
* Respect the cultural diversity and religious preferences of students, faculty, and staff (e.g., encourage students, faculty, and staff to suggest local, cultural, and favorite ethnic foods).
* Promote food security, availability, and affordability for students by adding food services, resources, and assistance close to as many students and residential halls as possible.

**Comment on Terminology**

The term ‘healthy foods and beverages’ is used to mean foods and beverages that are consistent with the [USDA Dietary Guidelines](https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary_Guidelines_for_Americans_2020-2025.pdf). For example, healthy foods and beverages include dried fruits, nuts, trail mix, whole-grain crackers, light popcorn, water, and 100% juice.

**Promoting good nutrition and health eating habits through the following activities and services:**

* **Ensure access to a private space (other than a restroom) that has an electrical outlet, and providing faculty and staff paid or unpaid break times, to allow mothers to express breast milk and/or breastfeed.**
* **Hosting and/or sponsoring a farmers’ market on campus or nearby that is open to community members.**
* **Provide trained nutrition professionals on campus and offer nutritional services (e.g. personal nutrition assessments, counseling, or workshops) to the greatest extent possible.**
* Providing nutritional information on foods and beverages sold and offered.
* Providing nutrition education through activities, such as seminars, workshops, classes, meetings, and/or newsletters.
* Implement a program that identifies students who may be food insecure and provides assistance options on campus.
* Implement a local food procurement program that increases procurement of local and sustainable foods.

Physical Activity

The purpose of this ***Physical Activity*** section is to increase opportunities for physical activity for students, faculty, staff and, when applicable, community members.

Physical Activity Time

*This Higher Education Campus* commits to making physical activity opportunities widely available and easily accessible to students, faculty, and staff by doing the following:

* **Offer and promote diverse recreation, physical activity, or competitive sports opportunities during each academic year.**
* **Provide marked walking routes on campus and make a route map available.**
* **Incorporate 10-minute physical activity breaks into every hour of sedentary meetings, classes, or other similar campus activities.**
* **Provide free access or low-cost membership to an on-site fitness facility or to an off-site fitness facility for students, faculty, staff and their families.**
* **Provide a bicycle share/rental program and/or a subsidized bicycle purchase program.**
* **Promote stairwell use, if applicable, throughout the day by making stairs appealing and posting motivational signs.**
* **Post signage requiring cars to stop for pedestrians at all designated or marked crosswalks on campus.**
* **Provide information about local physical activity resources and facilities, such as *walking trails, community parks, and recreation facilities*.**
* Provide access to an on-site changing room or locker-room with shower.
* Each month, offer at least one “how to” physical activity class that introduces new activities free of charge.
* Provide trained physical activity professionals on campus and offer physical activity services (*e.g. personal fitness assessments, counseling, or workshops*) to the greatest extent possible.
* Offer physical activity classes for academic credit.

**Comment on Academic Credit**

If the campus does not already offer physical activity classes for academic credit, the *wellness committee* may need to work with multiple levels of the administration who are familiar with curricula and accreditation requirements at the state and federal levels to implement this element.

* Provide standing, non-sedentary, and/or active desks to the greatest extent possible.
* Provide safe and secure bicycle parking.
* Implement a campus-wide program that incentivizes the use of public or campus-provided transportation.

Tobacco-, Smoke-, and Vape-Free

The purpose of the ***Tobacco-, Smoke-, and Vape-Free*** section of this higher education campus wellness policy is to create a tobacco free environment, encourage smokers to quit, and ensure that all students, faculty, staff and, when applicable, community members are protected from exposure to secondhand and thirdhand smoke.

Tobacco use is the number one cause of preventable death in the United States. Smoking kills more than 7,500 Oklahomans every year. In recognition of the fact that all forms of tobacco products are hazardous to human health and that there is no safe level of exposure to secondhand smoke, it shall be the policy of *this Higher Education Campus* to prohibit all use of tobacco products.

**Comment on Terminology**

Changes to state law in 2019 use the terminology “smoke-free” instead of “tobacco-free” to create “smoke-free locations” in certain public areas where Oklahoma prohibits the use of tobacco, nicotine, marijuana or other lawful products consumed in a smoked or vaporized manner. This Policy uses the term “tobacco-, smoke-, and vape- free” in order to include all lighted and vaped products, as well as other forms of tobacco use that might be inadvertently left out of the new “smoke-free” language. While the focus of this policy is to address the hazards of tobacco products, this terminology is being used to best align with state law. (63 Okl.St.Ann. §1-1523 (2019))

Definitions

The definition for Tobacco Product and Vapor Product are per Oklahoma statutes. For the purposes of this policy, the following definitions apply:

**Campus Property** means any real property that is owned, leased, managed, or otherwise controlled by the campus, including all indoor and all outdoor areas such as parking lots.

**Smoking** means lighting tobacco, nicotine, marijuana, or other products for consumption.

**Tobacco Product** means any product that contains tobacco and is intended for human consumption and includes e-cigarettes and vapor products. Tobacco Product does not include any product approved by the United States Food and Drug Administration for sale as a tobacco cessation product.

**Comment on Traditional and Sacred Use of Tobacco**

This document acknowledges the traditional and sacred use of tobacco among American Indian people living in Oklahoma. Whenever the word tobacco is referenced in these materials it refers to the use of commercial tobacco.

**Tobacco-, Smoke-, and Vape-Free Location** means the use of tobacco in any form is prohibited, and the use of tobacco, nicotine, marijuana, or other products consumed in a smoked or vaporized manner is prohibited.

**Vaping** means using a device to heat, aerosolize, or vaporize tobacco, nicotine, marijuana, or other products for consumption.

**Vapor Product** means any noncombustible product that may or may not contain nicotine that employs a mechanical heating element, battery, electronic circuit, or other mechanism, regardless of shape or size, that can be used to produce a vapor in a solution or other form. Vapor Product shall include any vapor cartridge or other container with or without nicotine or other form that is intended to be used with an electronic cigarette, electronic cigar, electronic cigarillo, electronic pipe, or similar product or device and any vapor cartridge or other container of a solution, that may or may not contain nicotine, that is intended to be used with or in an electronic cigarette, electronic cigar, electronic cigarillo, or electronic device.

Applicability

Unless otherwise specified, this policy applies at all times to every student, faculty, staff, visitor, vendor, and any other person present on campus property or at a campus-sponsored meeting or event.

Prohibitions

We are committed to ensuring that our campus is a tobacco-, smoke-, and vape-free environment at all times; that means:

* No one is allowed to smoke, vape, or use tobacco products anywhere on campus property—neither indoors nor outdoors. This restriction is in place at all times.
* No one is allowed to smoke, vape, or use tobacco products in personal vehicles while such vehicles are on campus property.
* The campus will not accept any sponsorship from a tobacco or vapor company and will not allow tobacco or vapor advertising or promotion on campus property and if applicable, at any off-site campus-sponsored meeting or event.
* No one (including students, faculty, and staff) is allowed to smoke, vape, or use tobacco products at any off-site campus-sponsored meetings or events.
* No one is allowed to smoke, vape, or use tobacco products in campus-owned or leased vehicles. This restriction is in place at all times.

Tobacco Cessation Support

* Refer individuals interested in quitting tobacco use to the [Oklahoma Tobacco Helpline](https://okhelpline.com/) and other cessation resources, if available.
* Promote the [Oklahoma Tobacco Helpline](https://okhelpline.com/) (1-800-QUIT-NOW or [*OKHelpline.com*](http://www.okhelpline.com/)) to ensure awareness of the statewide services that are available.
* Provide insurance benefits and access to the following types of assistance with no prior authorization or out-of-pocket cost to the insurance holder:
	+ Group, individual, and phone counseling
	+ A minimum of four counseling sessions of at least 10 minutes each per attempt
	+ Two quit attempts per year
	+ Free cessation counseling is also offered by the [Oklahoma Tobacco Helpline](https://okhelpline.com/) (1-800-QUIT-NOW)
	+ All Food and Drug Administration (FDA) approved cessation aids
* Communicate and promote the available tobacco cessation benefits and insurance coverage for students and employees to all prospective students and employees, all new students at the time of orientation, all new employees at the time of hire, and all existing students and employees on an annual basis.

Implementation and Enforcement

* Inform all students, faculty, staff, and visitors of the tobacco-, smoke-, and vape-free policy by posting, at minimum, tobacco-free signs at the entrances to all buildings on campus property as well as entrances onto the campus.
* A copy of this policy shall be included in the campus policy manual, faculty and staff training materials, and student orientation materials. Students, faculty, and staff are responsible for familiarizing themselves with this policy. Compliance with this policy is mandatory.
* Addressing any violation of this policy in accordance with the campus’ standard procedures; however, under no circumstances should enforcement of any section of this policy result in eviction, expulsion, or suspension.