

**K-STATE
UNION**

HEALTH PROMOTING UNIVERSITY
ANNUAL REPORT
2024-2025 ACADEMIC YEAR





Executive Summary

The 2024–2025 academic year marked Kansas State University’s early development as a Health Promoting University (HPU). Guided by the *Next-Gen K-State Strategic Plan*, the work focuses on building awareness, elevating and unifying current strengths, and identifying initial opportunities to embed health and well-being into the fabric of the university. This work specifically calls on K-State to move beyond a focus on individual programs and services to a whole campus approach that creates systemic change utilizing upstream approaches.

Supported by a university committee of wide representation and leadership, several work groups were established and focused on the initial priorities:

- Physical Activity
- Social Connection
- Financial Well-being
- University Engagement

Additional opportunities identified for health promotion efforts included:

- Wildcat Pause Day
- Process and Policy Exploration
- Partnership with Flint Hills Food Recovery
- Interdisciplinary Stress & Resiliency with K-State Extension

Elevating health and well-being as a university priority serves as a catalyst for meaningful discussion, strategies and action.

over
8,150
stakeholders engaged

- Over 8,150 members of the university community participated in **dialogue, assessment, discussions on pressing issues, and establishing priorities.**
- Presentations given to university stakeholders ranging from the **Kansas Board of Regents, university and college leadership, divisional retreats/meetings, faculty senate and student government, and student associations and living groups,** both on campus and affiliated with K-State.

High levels of engagement and partnership cultivated across the university.

- College of Health and Human Sciences
- Staley School of Leadership
- Office of Community Engagement
- Office of the Provost
- Division of Communication and Marketing
- Division of Academic Success and Student Affairs
- Student Governing Association



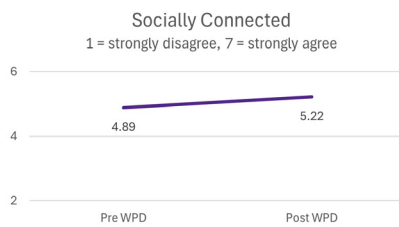
Key Accomplishments and Areas of Influence



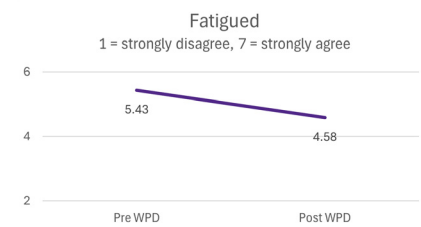
Wildcat Pause Day provided an opportunity without academic classes for students to **rest, step back, recharge and participate** in a variety of wellness activities that encouraged connection and renewal. Initial data from a pre and post survey reported positive correlations for **student happiness, social connection**, as well as less **fatigue and stress**.



Students reported feeling happier.



Students reported feeling more connected.



Students reported feeling less fatigued.

**Students were asked to complete a survey before and after WPD. 7,698 students completed one survey and 2,944 completed both.*



HPU Week celebrated in April, was the first **campus-wide well-being week** bringing together resources, events, and programs across all dimensions of well-being, emphasizing the need for every **Wildcat to be well**. The week featured **17** events, engaging students, faculty and staff.

1,215

respondents who participated in HPU Week activities.

5,180

of students who visited the Rec Center during HPU Week.

163

of students who utilized CAPS during HPU week.



Cross-Campus Collaborations ignited new levels of building on isolated programs and weaving **meaningful experiences** into many areas of campus including New Student Orientation, fraternity and sorority living and academic courses.

- **'Cats Connect** programming reached over **1,000** students, faculty and staff.
- **Powercat Financial**, home to peer-to-peer financial well-being efforts provided over **1,500** financial counseling sessions, workshops and education serving **7,500+** students.
- **Green Bandana Training** reached a milestone with over **7,000** members of the university receiving suicide prevention training in the last few years.
- **Exercise is Medicine** is now recognized as a **gold level K-State program**, leveraging movement and physical activity for human health outcomes.



Flint Hills Food Recovery developed new visibility and campus relationship for **reducing food insecurity and eliminating food waste locally**.



Process, Policy and System level work was apparent throughout the year including proposals for **student personal days, remote work options, and mental health training for faculty and staff**. These efforts represent the initial and critical steps toward building institutional practices that prioritize health, sustainability, and long-term success



The Next-Gen K-State Master Plan infuses and prioritizes health, well-being and social connections. The plan holds central the value proposition of **improving human, community and environmental health** — determinants of learning, productivity and engagement.

A Look Ahead

2025 marks another chapter in the international health promoting movement with the expected publication of *The Limerick Framework for Action: Advancing the Global Health Promoting Campuses Agenda*. This framework builds on the vision of the Okanagan Charter and provides a focus on three key principles of **partnership, participation and progress** which will directly inform the work ahead.



Partnerships

- Partner with the Office of the Provost and Division of Academic Success and Student Affairs to elevate awareness and education about **neurodiversity in all our learning environments**.
- Engage wide stakeholders to broaden Physical Activity to **Physical Health** including Nutrition as a key priority.



Participation

- Co-create a **health literacy campaign** with student leadership.
- Utilize existing university governance structures to actively contribute to review and **influence systems, policies and practices** that impact their health and well-being.



WellCAT Ambassadors hosted an Instagram takeover during HPU Week.



Progress

- Working with the Office of Data, Assessment and Institutional Research, build a home for data to showcase **key performance indicators of health**.
- Working with Division of Communications and Marketing, implement unified language of K-State as a **university promoting health**.

In the next year, K-State is poised to build on our commitments to embed health into all aspects of university culture and leading health promotion action and collaboration.