

Living Well on Delaware College Campuses



Table of contents

01

Background

02

**Objectives and
target audience**

03

Information

04

Survey

05

Our campaign!

06

References

Introduction

Students' success in completing degrees on college campuses is a reflection of how well they perform. Which all stem from how well a student is able to maintain their physical, mental, and nutritional well-being. College campuses have three key points to focus on:

- Purpose
- Goals and objectives
- Target audience

Which essence led to how well a student will perform during their time on a campus.

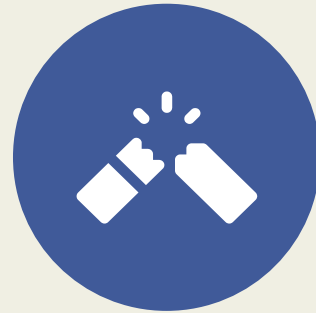




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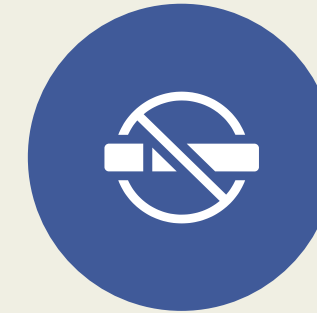
Background

Background



Overview of the social cause

Delaware college campus addressing the physical, mental, and nutrition needs of students during their time on campus. It is significant to the college students abilities to function and be effective during there time on campus.



Key challenges and implications

Challenges that affect the colleges ability to offer physical, mental and nutritional programs and activities all come down to promotion, funding and available. Challenges that affect the students ability to maintain their physical, mental and nutritional well-being comes down to being affordable, reasonable, and available.



02

Objectives and target audience

Objectives and target audience



Objectives

Our objective is to bring awareness to students overall health and well-being on Delaware college campuses over the 4 years.

Our goal is to see how well Delaware colleges stand up to the students' expectations of health and well-being. How they meet the need on campus.



Goals for impact

Our goals is to impact student's health and well-being and meeting their needs on Delaware college campuses. Aligning to the physical, mental, and nutritional expectations that will reduce negative health care outcomes.



Target audience

Individuals that work or provide services on college campuses, students and parents.



03

Information

Information

Did you know?

Of the U.S. college students surveyed in 2024, the majority agreed to some extent that student health and well-being was a priority at their college or university. This statistic shows the percentage of college students in the U.S. who agreed or disagreed that students' health and well-being is a priority at their institution as of fall 2024.

-Statistics, 2024

The noted that “approximately 80% of US adults and adolescents are insufficiently active.”

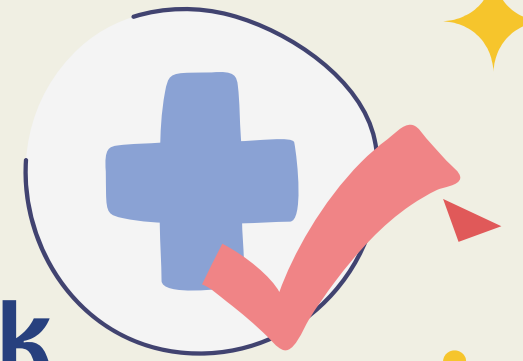
The recommendation was as follows: “Adults should do at least 150 minutes to 300 minutes a week of moderate-intensity, or 75 minutes to 150 minutes a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity.

They should also do muscle-strengthening activities on 2 or more days a week.”

-PAGAC, 2018



Outlook



Per the American College of Health Association Fall National 2024 health assessment reported that:

- 30% of students reported that anxiety negatively impacted their academics
- More than 75% of students report getting less than 8 hours of sleep on average on weeknights over the last 2 weeks
- Nearly 60% of students report spending 6 hours or more using social media in a typical week
- 1 in 10 students were very concerned or extremely concerned about gun violence on campus
- More than 65% of students agree or strongly agree that they feel they belong at their college/university



04

Survey



Survey



How do you define health?

- Health involves keeping your body up to par, including mental, emotional, and physical health.
- Health involves balancing physical fitness, mental well-being, and social support
- Health is staying hydrated, eating well, and maintaining mental peace through social and individual practices.

What do you do to stay healthy on campus?

- Go to the gym regularly, maintain a strict diet, and use self-care techniques like meditation to manage stress.
- Engage in physical activities like gym workouts, basketball, and maintaining a healthy diet while balancing school and social life.
- Pack healthy lunches, exercise, and prioritize mental health through spiritual practices and self-care routines.

Survey

How do you maintain social health on campus?

- Maintain social health by spending time with friends and having a support system to manage stress.
- Maintain social connections by hanging out with friends, attending campus events, and participating in sorority activities.
- Stay socially healthy by joining organizations, spending time with friends, and finding support in their community.



Do you feel the campus provides enough resources to stay healthy?

- Campus provides adequate resources, but there is room for more emphasis on mental health and stress management.
- The campus offers helpful resources like the gym and counseling services, but promoting them more effectively would increase awareness.
- The campus has useful resources, but they need to improve food options, particularly healthy and diverse choices.



05

Our
campaign!



Our campaign!

Empower young Delawareans to lead initiatives that promote health and well-being within their community, fostering a culture of health, resilience, and positive youth engagement.



Thanks

Does anyone have any questions?

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