Your First Patient:
An Interprofessional Wellbeing Initiative:
AT Still University of Health Sciences

- KCOM
- SOMA
- Arizona School of Health Sciences
- Arizona School of Dentistry and Oral Health
- School of Health Management

- Two campuses separated by 1375 miles
- Kirksville, MO
  - Population 17,500

- Mesa, AZ
  - Population 1,445,632
What is wellbeing?
Wellbeing is all the things that are important to how we think about and experience our lives.
Doctors who had a healthier lifestyle in that they exercised more and didn't smoke were more likely to make these healthy-lifestyle recommendations to their patients with hypertension, a new study has shown

– AHA EPI|NPAM 2012, the Epidemiology and Prevention/Nutrition, Physical Activity and Metabolism Scientific Sessions 2012
ATSU Involvement

- One of three inaugural institutions
  - Texas Christian University
  - University of North Texas
  - ATSU

- Measuring well-being of all matriculating students and full time faculty and staff

- Programming to maintain / improve wellbeing with emphasis on practical ways to inform peers / patients, and to develop self-care strategies
  - Role-modeling
  - Burn-out prevention
Studying Wellbeing on Campus

- **Correlational studies**: How does wellbeing relate to measures that matter on campus?
  - Student success and engagement
  - Student attitude

- **Longitudinal research agenda**: How does wellbeing change over time?
  - Five year commitment from each institution
  - First year on campus through PGY1

- **What factors significantly affect wellbeing?**
  - Debt load?
  - Age / gender / prior experience?
  - Engagement in community / campus organizations?
Five Essential (and Interconnected) Elements of Wellbeing on Campus

Definitions, Observations, and Questions
Career Wellbeing

- How you occupy your time; liking what you do each day

- Career preparation is one of the benefits of higher education

- For students…career wellbeing is how they occupy their time NOW, not just what they are planning for in the future

- Does increased self-awareness encourage students to seek out assistance sooner?
Social Wellbeing

- Relationships and love in your life

- Friendships help us achieve, enjoy life, and be healthy…or not
  - Those with thriving wellbeing typically have six hours of meaningful social interaction per day

- Does technology-mediated social interaction count?
- Implications of changing social network
Financial Wellbeing

- Managing your economic life to reduce stress and increase security
- $100B in students loans last year
- Total outstanding student loans exceed $1 trillion this year (more than credit cards)
- Not just student debt, but my relationship with money and how I manage my economic life
- At what point to students take ownership of their financial life?
Physical Wellbeing

- Good health and enough energy to get things done
- Diet, exercise, and sleep
- Short-term decisions matter (exercise, smoking, etc.)
- Implications of being well-rested
- Can we change conversations/norms on campus?
  - All-nighter…or well-rested?
Community Wellbeing

- Engagement and involvement in the area where you live
- Safety, pride in community, and ideal housing
- Involvement in meaningful activities in the community

- Do students identify with their campus community, or are they just passing through?
- Are there certain types of community involvement that impact student wellbeing?
Recent Research on the Five Elements

- Absolute levels of Wellbeing on the five elements predict important outcomes
  - Life evaluation
  - Daily experiences
  - Disease burden
  - Giving
  - Productivity
  - Quality
  - Turnover
  - Absenteeism
The Road Ahead

- Data collection, correlational studies, and interventions
- How does wellbeing change over time? Does it mirror other
- Future expansion of the consortium
Copyright Standards

This document contains proprietary research, copyrighted materials, and literary property of Gallup, Inc. It is for the guidance of your company only and is not to be copied, quoted, published, or divulged to others outside of your organization. Gallup®, PrincipalInsight™ and Clifton StrengthsFinder® are trademarks of Gallup, Inc. All other trademarks are the property of their respective owners.

This document is of great value to both your organization and Gallup, Inc. Accordingly, international and domestic laws and penalties guaranteeing patent, copyright, trademark, and trade secret protection protect the ideas, concepts, and recommendations related within this document.

No changes may be made to this document without the express written permission of Gallup, Inc.