



SOUTHWESTERN ADVENTIST UNIVERSITY

WHOLE PERSON WELLNESS Quality Enhancement Plan Executive Summary

Southwestern Adventist University's Quality Enhancement Plan is designed to promote healthy lifestyles among students. The concept of whole-person wellness incorporates physical, mental, spiritual, and social components of the individual. We believe whole-person wellness is most effectively attained through a comprehensive education program addressing all aspects of the whole person to provide the best chance for optimal lifelong health. To achieve this goal, the university has developed a required two-credit course, *Wellness for Life*, in which students are encouraged to achieve two main learning outcomes:

- Demonstrate an understanding of whole-person wellness principles as exemplified in the CREATION Health model
- Apply the CREATION Health principles of whole-person wellness to their daily lives.

CREATION Health was selected as our whole-person wellness philosophy. It is designed not only to prevent disease but also to help people live satisfying and rewarding lives. It is based on the Biblical story of creation, in which eight essential elements for an abundant life originated. The CREATION acronym identifies these principles as choice, rest, environment, activity, trust, interpersonal relationships, outlook, and nutrition. The whole-person wellness initiative is a response to today's epidemic of lifestyle-related diseases, from which young adults are not immune. We believe the university years provide an important window of opportunity to influence health choices and promote lifelong health.

The mission of whole-person wellness at Southwestern Adventist University is to encourage positive choices within all aspects of health, thereby promoting optimal learning and the development of healthy habits for a meaningful, productive life. Such a focus connects the elements of knowledge, faith, and service, integrating the university's philosophy in a tangible way.

Whole-person wellness was selected to fulfill the university's Quality Enhancement Plan through an institution-wide, multi-year process that included participation of faculty, staff, and students. Committees, focus groups, and student surveys revealed a need for wellness education and new campus health promotion initiatives. A planning team then worked to design a comprehensive wellness program and select a health promotion model that would best meet student needs. A unique emphasis on whole-person wellness grew from this work, culminating in the design of a new course to address each aspect of whole-person wellness. A QEP implementation team includes the V.P. for Academic Administration, faculty members from a variety of disciplines, the cafeteria director, the dormitory deans, the V.P. for Spiritual Life and Development, the advising/academic success director, and student representatives. Assessment of student learning outcomes is critical to the ongoing success of this program. An expert in the field of educational assessment has been appointed to oversee this. The implementation committee will continue to assess the impact of this wellness course, further refine the course as needed, and design campus programming to promote a culture of whole-person wellness.

While the *Wellness for Life* course is our QEP focus, in fact the entire campus is engaged in whole-person wellness through a variety of supportive initiatives: cafeteria selections, rest promotion, a campus walking/jogging trail, health challenges, spiritual programming, social connections, and service opportunities. Each year additional ideas will be pursued to support students in the *Wellness for Life* course as they apply these principles to their daily lives.



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