



Vision: Emory is a community that is committed to creating and sustaining a culture of well-being, using its expertise in research, healthcare, and higher education to engage, inspire and support each individual to live healthy and flourish.

Areas of Influence

(Built) Environment

Design the built environment to encourage daily health practices

Culture

Implement practices that support health and well-being

Community

Guide employees and students to health resources within the greater community

Resources

Provide easily accessible, understandable and comprehensive health resources

Risk Areas



Emory Employees

- 62% are not getting enough exercise
- 87% are not receiving proper nutrition
- 38% are at risk for stress



Emory Students

- 55% do not meet recommended guidelines for physical activity
- 58% do not eat three or more servings of fruit and vegetables every day
- Stress, anxiety and sleep difficulties are the top three impediments to students' academic success

Focus Areas



Increase Physical Activity



Improve Healthy Eating and Nutrition



Enhance Stress Management Skills

Goals

(Built) Environment

- Provide safe and easy physical access to programs, resources, and facilities
- Improve Emory's built environment to increase the effectiveness of existing and new spaces to encourage increased physical activity and other health-related behaviors
- Create spaces that support healthy work, living and play at Emory



Culture

- Address the diverse health needs and preferences within the Emory community
- Develop and maintain practices that support a culture of health at Emory
- Ensure that the holistic health and well-being of employees and students are a component of both Emory Healthcare's and Emory University's strategic plans
- Develop avenues for Emory student leaders and employee leaders to actively support health and well-being within the Emory community



Community

- Identify community-based health and wellness activities and resources
- Increase awareness of community-based health and wellness activities and resources
- Increase student, employee and family member participation in community-based health and wellness activities and resources



Resources

- Provide high-quality, health and wellness resources to engage and support the Emory community
- Develop a comprehensive, enterprise-wide communications plan
- Conduct research relative to Healthy Emory programs
- Leverage Emory Healthcare's, Student Health Services', Oxford's Student Health and Counseling Center's and FSAP's strengths and programs
- Enhance curricular & co-curricular opportunities
- Leverage Emory's medical benefits/health plan design to improve the health and well-being of employees

