Health + Well-Being Task Group

Universe Map
12.16.2019

The World Health Organization defines health as “the state of complete mental, physical and social well being.”¹ This task group acknowledges that a state of ‘complete’ health may not be an imperative but that one can have health issues but still be in a good state of health. There are many variations on the definition of well-being. Most definitions include reference to being in a positive condition or state in which a person has good health, psychological and emotional satisfaction, and can thrive. The Centers for Disease Control and Prevention states, “Well-being is a positive outcome that is meaningful for people and for many sectors of society, because it tells us that people perceive that their lives are going well.”² We define the CBE to be students, staff, faculty and professional advisory groups, buildings, programs, centers, academic departments and resources. We are still working on defining “stakeholders” and may include “groups we serve” separately.

Our task group has defined the scope of our work to include developing an understanding of how health and well-being is currently represented, valued and practiced in our college. This is to include an inventory of health and well-being content specific coursework we teach and related faculty work and research and how this work influences practitioners and policymakers. We will begin an exploration of opportunities for improvement; growing our impact; greater collaboration with organizations, programs and departments within and external to the CBE; advanced specialization and concentration opportunities for students.

While environmental health and sustainability is an inseparable part of the health and well-being conversation, we may limit our focus to how we directly interact and impact health and well-being on a human scale. Before delineating this border, we would like to consult with other task groups such as Climate Action on how we may be able to share ideas, information and resources.

Overlaps/Synergies with other Task Groups:

College culture, vision + values- How is health and well-being represented, valued and practiced in our college?

Student Experience- What are student health and well-being needs and current resources?

Climate Action- Environmental health and sustainability

¹ https://www.who.int/about/who-we-are/frequently-asked-questions
² https://www.cdc.gov/hrqol/wellbeing.htm#two
Social justice + equity - How is health and well-being a social justice and equity issue?

Curriculum + pedagogy - Opportunities for new courses, undergraduate minor and graduate certificate. Share coursework with Global Health and Public Health.