

## About Us



### Student Wellness

Student Wellness is a [health education](#) [1] and [health promotion](#) [2] office who's work is rooted in [Public Health science](#) [3], with a focus on environmental change strategies. As the field of health promotion [evolves](#) [4], it has also grown to include interdisciplinary research from fields such as social work, psychology, educational leadership and student development theory. The field of health promotion and wellness is primarily driven by two leading foundational documents: The international [Ottawa Charter](#) [5] for Health Promotion (and the updated [Okanagan Charte](#) [6]r) and the American College Health Association's (ACHA) [Stadards of Practice](#) [7]. Student Wellness at UNC-CH

utilizes these evidence based approaches and guidelines in developing and implementing our various programs, resources and related strategies for creating a more 'health normative' culture of wellbeing at Carolina. For a broader glossary of health promotion and wellness terms and definitions, please see [here](#) [8].

## **Our Vision**

We envision a thriving campus culture that is safe, equitable and well.

## **Our Mission**

As a health promotion and prevention office, we educate, advocate, support and promote individual and community health and well-being.

## **Who We Serve**

Our focus on the well-being of the student population naturally involves their interactions with UNC faculty, staff, alumni, parents and the surrounding community, hence we actually serve the greater UNC-CH community as we strive to raise awareness and support an environment where students can naturally select the healthier, more balanced or harmonious option when faced with daily choices.

## **What We Do**

### **Educating**

- In collaboration with a variety of campus partners, creating and implementing evidence-based, inclusive, high impact programs and services
- Cultivating student leaders through peer education efforts

### **Advocating**

- Assessing the health & wellness needs of all undergraduate, graduate, professional students, and post docs
- Advocating for inclusive campus policies, services, infrastructure and systems, that support well-being

### **Supporting**

- Offering one-on-one and group services that support persistence and resiliency development
- Engaging partners and students in conversations around identity development,

belonging, and its connections to well-being

## Promoting

- Using public health models and environmental management strategies to prevent violence, illness, and injury on campus
- Providing strategic accurate messaging and information around health and wellness topics
- Creating dialogue in the community to encourage reflection on holistic well-being & the dimensions of wellness

---

**Source URL:** <https://studentwellness.unc.edu/about-us>

## Links

[1] [http://www.who.int/topics/health\\_education/en/](http://www.who.int/topics/health_education/en/)

[2] [http://www.who.int/topics/health\\_promotion/en/](http://www.who.int/topics/health_promotion/en/)

[3] <https://www.cdcfoundation.org/what-public-health>

[4] <http://J:\Student Wellness\New Wellness\Foundational Documents\External Resources\>

[5] <http://www.who.int/healthpromotion/conferences/previous/ottawa/en/index1.html>

[6]

[https://www.naspa.org/images/uploads/kcs/WHPL\\_Canon\\_HP\\_Okanagan\\_Charter\\_12.pdf](https://www.naspa.org/images/uploads/kcs/WHPL_Canon_HP_Okanagan_Charter_12.pdf)

[7]

[https://www.acha.org/documents/resources/guidelines/ACHA\\_Standards\\_of\\_Practice\\_for\\_Health\\_Prom](https://www.acha.org/documents/resources/guidelines/ACHA_Standards_of_Practice_for_Health_Prom)

[8] [http://apps.who.int/iris/bitstream/10665/64546/1/WHO\\_HPR\\_HEP\\_98.1.pdf](http://apps.who.int/iris/bitstream/10665/64546/1/WHO_HPR_HEP_98.1.pdf)