

# Healthier Campus Initiative

## Partnership for a Healthier America (PHA)—Year 1

### Background



Faculty Health Cohort & Student Health and Counseling Center partnered to bring PHA's Healthier Campus Initiative (HCI) to campus.



Fresno State committed to making the campus healthier by adopting 23 guidelines around food, nutrition, physical activity and programming.



Fresno State led the way as the first CSU campus to make this 3-year commitment, joining over 50 universities across the country. CSU Fullerton joined the partnership April 2018.



A University planning coalition was formed to provide guidance for implementation of the HCI guidelines.



Fresno State was recognized at the *Building a Healthier Future Summit* in Washington, D.C. on May 10-12, 2017.



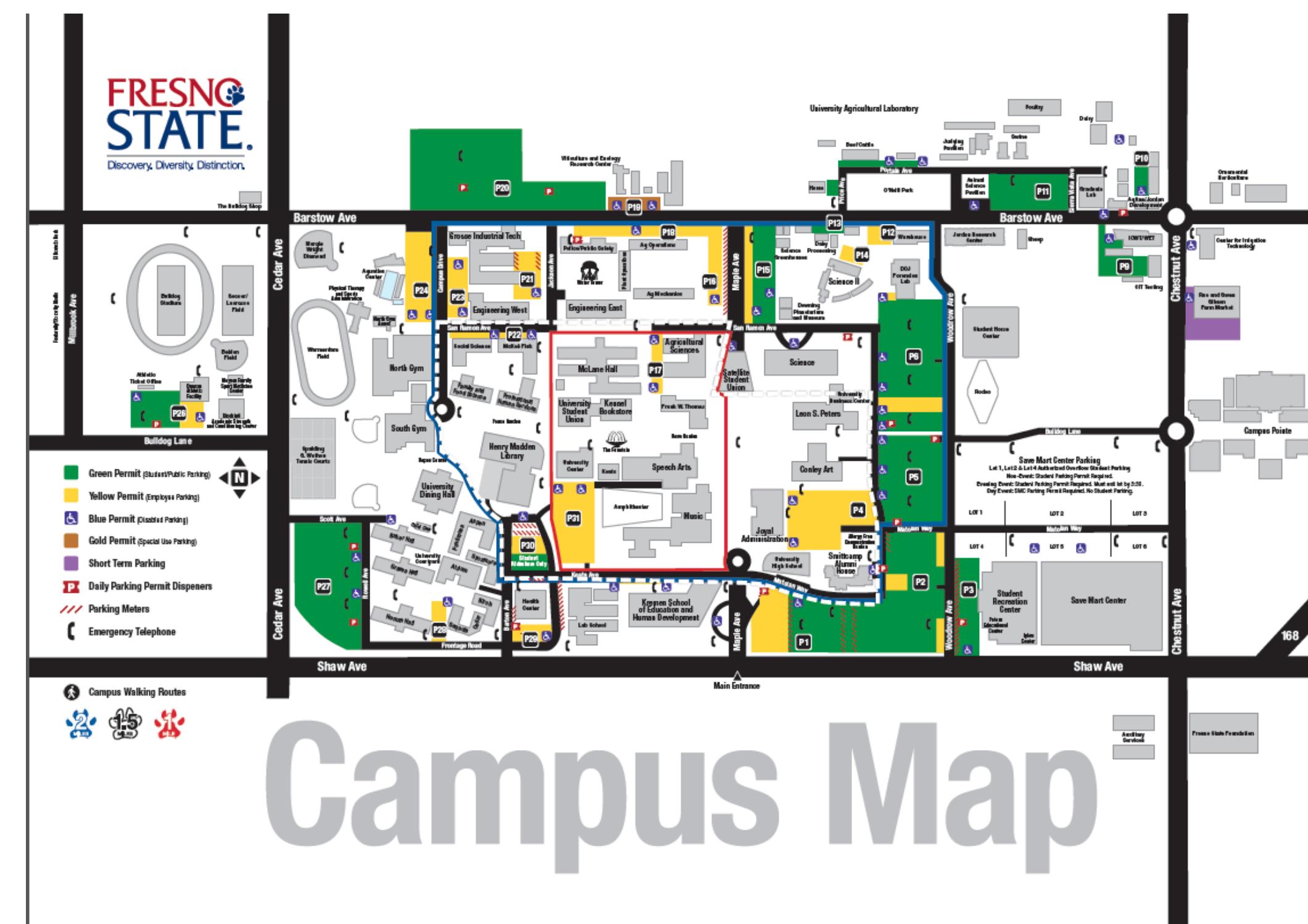
### Aims

Fresno State is focused on changing the physical activity environment in year 1.

### Methods

A survey was administered to faculty and staff in 2017 to learn more about awareness and desirability of campus walking trails.

A total of 215 faculty/staff (response rate = 31%) and 379 (response rate = 15%) completed the survey.



### Results

34.56% of students and 41.12% of faculty/staff indicated that they would *definitely* use the bulldog trails if they included markers.

79.16% of students and 67.29% of faculty/staff indicated interest in using the outdoor fitness equipment.

### Progress

Bulldog walking trails now include 1-mile, 1.5-mile, and 2-mile markers!

### Next Steps

Fresno State Faculty Health Cohort will be measuring changes in physical activity on campus over the next two years.

Outdoor fitness equipment will be installed in the 2018-2019 AY.