

HEALTHIER CAMPUS INITIATIVE

Each PHA Healthier Campus Initiative Partner commits to implementing 23 total guidelines over 3 years: 10 under I. Food/Nutrition (3 required, 7 chosen), 10 under II. Physical Activity/Movement (at least 1 chosen from sections A, B, and C), and 3 under III. Programming (1 required, 2 chosen). These commitments move post-secondary education institutions toward delivering healthier options and promoting more opportunities for physical activity/movement to help improve the health of individuals¹ on their campuses.²

I. FOOD AND NUTRITION

[INSERT UNIVERSITY'S ABBREVIATION] will implement the following checked food and nutrition guidelines:

A. Provide healthier food and beverage services in campus-operated dining venues³ every operational day:

1. Offer on the menu⁴ a minimum of one (1) wellness meal⁵ at each breakfast,⁶ lunch⁷ and dinner⁸ meal (if served). 

2. Offer a minimum five (5) types of fruits, five (5) types of vegetables⁹ and two (2) 100% whole grain products¹⁰ at both lunch and dinner (if served). 

¹ Includes student (all individuals enrolled in the school, both full-time and part-time), and faculty and staff employed or contracted by the college or university.

² As defined in each area. Across all areas, twenty-three (23) total guidelines will be selected and implemented by the end of the commitment.

³ Dining venues include residential dining halls, student union cafeterias and other food service venues where students/staff serve themselves or are served from a counter; does not include vending machines, coffee or food kiosks, coffee houses, specialty venues with limited (less than twenty) menu items or licensed retail spaces. See Exhibit C for list of dining venues included.

⁴ Examples include signage or easy-to-access links (e.g., QR code) that describe the wellness meal offering. All meal components must be bundled/sold/offered together.

⁵ Proprietary health/wellness meals provided by a contract food service group may be used to meet the PHA wellness meal guideline as approved by PHA

⁶ Breakfast wellness meals must meet both: 1) *Food profile* (amounts are minimums) – 2 oz. whole grain rich grain (a whole grain rich grain is defined as a product where the first ingredient is a whole grain OR the product contains the Whole Grains Council 100% Stamp or Basic Stamp with 8g or more whole grain per serving) serving equivalent, 1 cup fruit and/or vegetable serving equivalent, and 1 cup low-fat dairy serving equivalent or 1 oz. lean meat/fish/poultry serving equivalent; and 2) *Nutrient profile* – ≤400 calories, ≤10% calories from saturated fat, 0 g artificial trans fat, ≤460 mg sodium. For the food profile, common equivalents include: Grain 1 oz. serving equivalents: 1 oz. slice bread; 1 oz. uncooked pasta or rice; 1/2 cup cooked rice, pasta, or cereal (e.g., oatmeal); 1 tortilla (6" diameter); 1 pancake (4.5" diameter); 1 cup flakes/rounds; 1 ¼ cups puffed ready-to-eat breakfast cereal; ½ large (2-1/4" diameter) sweet potato; ½ med. (2-1/2" – 3" diameter) white potato; ½ cup corn; 2 cups spaghetti squash; 1 cup butternut squash; ½ cup plantains; Fruit 1 cup serving equivalents: 1 small (2.5" diameter) apple; 1 cup applesauce; 1 large (8-9" long) banana; 1 cup (diced melon, seedless grapes, mixed fruit); 1 large (3-1/16" diameter) orange; 1 large (2-3/4" diameter) peach; 1 med. pear; 1 cup berries; Vegetable 1 cup serving equivalents: 1 cup cooked (broccoli, greens, spinach, carrots, tomatoes, peppers, squash, dried beans, green peas, corn); 2 cups raw (lettuce, leafy greens, spinach); 1 med. baked (2-1/2" – 3" diameter) white potato; 1 large baked (2-1/4" diameter) sweet potato; 1 large ear (8-9") corn; 2 large stalks (11-12" long) celery; Dairy 1 cup serving equivalents: 1 cup low-fat (1%) or nonfat (skim) milk; 1 cup calcium and Vit. D-fortified soymilk; 6-8 oz. low-fat or nonfat yogurt; 1 ½ ounces low-fat hard cheese (cheddar, mozzarella, Swiss, Parmesan); ½ cup low-fat shredded cheese; ½ cup low-fat ricotta cheese; 2 cups low-fat cottage cheese; 2 ounces low-fat processed cheese (American); Lean protein 1 oz. serving equivalents: 1 oz. cooked fish, shellfish, lean poultry, lean beef or other lean animal flesh; ¼ cup cooked beans and peas; ½ oz. of nuts or seeds; 1 egg; 1 Tbsp. peanut or nut butter; 2 Tbsp. hummus; ¼ cup tofu. Starchy vegetables (sweet potatoes, white potatoes, corn, spaghetti squash, butternut squash, plantains) may be served as either a vegetable or whole grain equivalent. For additional information on equivalents, refer to the 2015 Dietary Guidelines for Americans or the USDA MyPlate equivalents.

⁷ Includes both lunch and brunch.

⁸ Lunch and dinner wellness meals must meet both: 1) *Food profile* (amounts are minimums) - 2 oz. lean meat/fish/poultry serving equivalent, 2 oz. whole grain rich grain (a whole grain rich grain is defined as a product where the first ingredient is a whole grain OR the product contains the Whole Grains Council 100% Stamp or Basic Stamp with 8g or more whole grain per serving) serving equivalent, 1 ¼ cup fruit and/or vegetable serving equivalent, and 1 cup low-fat dairy serving equivalent; and 2) *Nutrient profile* – ≤700 calories, ≤10% calories from saturated fat, 0 g artificial trans fat, ≤800 mg sodium. For the food profile, common equivalents include: Grain 1 oz. serving equivalents: 1 oz. slice bread; 1 oz. uncooked pasta or rice; 1/2 cup cooked rice, pasta, or cereal (e.g., oatmeal); 1 tortilla (6" diameter); 1 pancake (4.5" diameter); 1 cup flakes/rounds; 1 ¼ cups puffed ready-to-eat breakfast cereal; ½ large (2-1/4" diameter) sweet potato; ½ med. (2-1/2" – 3" diameter) white potato; ½ cup corn; 2 cups spaghetti squash; 1 cup butternut squash; ½ cup plantains; Fruit 1 cup serving equivalents: 1 small (2.5" diameter) apple; 1 cup applesauce; 1 large (8-9" long) banana; 1 cup (diced melon, seedless grapes, mixed fruit, berries) 1 large (3-1/16" diameter) orange; 1 large (2-3/4" diameter) peach; 1 med. pear; Vegetable 1 cup serving equivalents: 1 cup cooked (broccoli, greens, spinach, carrots, tomatoes, peppers, squash, dried beans, green peas, corn); 2 cups raw (lettuce, leafy greens, spinach); 1 med. baked (2-1/2" – 3" diameter) white potato; 1 large baked (2-1/4" diameter) sweet potato; 1 large ear (8-9") corn; 2 large stalks (11-12" long) celery; Dairy 1 cup serving equivalents: 1 cup low-fat (1%) or nonfat (skim) milk; 1 cup calcium and Vit. D-fortified soymilk; 6-8 oz. low-fat or nonfat yogurt; 1 ½ ounces low-fat hard cheese (cheddar, mozzarella, Swiss, Parmesan); ½ cup low-fat shredded cheese; ½ cup low-fat ricotta cheese; 2 cups low-fat cottage cheese; 2 ounces low-fat processed cheese (American); Lean protein 1 oz. serving equivalents: 1 oz. cooked fish, shellfish, lean poultry, lean beef or other lean animal flesh; ¼ cup cooked beans and peas; ½ oz. of nuts or seeds; 1 egg; 1 Tbsp. peanut or nut butter; 2 Tbsp. hummus; ¼ cup tofu. Starchy vegetables (sweet potatoes, white potatoes, corn, spaghetti squash, butternut squash, plantains) may be served as either a vegetable or whole grain equivalent. For additional information on equivalents, refer to the 2015 Dietary Guidelines for Americans or the USDA MyPlate equivalents.

3. Offer only a total number¹¹ of fried foods¹² that does not exceed the total number of platforms¹³ available at breakfast, lunch, and dinner (if served) across all venues.



4. Offer and identify as healthier at point of presentation [see I.A.6] at least three (3) desserts¹⁴ at both lunch and dinner (if served) that have ≤ 150 calories as served.¹⁵



5. Ensure the percentage of healthier beverage¹⁶ purchases (in dollars) is a minimum of sixty percent (60%) of total beverage purchases (in dollars).¹⁷



6. Identify food and beverage items using one (1) of the following strategies:



a. Label food and beverage items offered with calories per serving at the point of presentation;¹⁸

OR

b. Designate healthier food and beverage options using a healthy icon¹⁹ at the point of presentation.²⁰

7. Implement a comprehensive, strategic product placement/merchandising program/policy²¹ within dining venues to encourage healthier food consumption. The program/policy will include a minimum of five (5) strategies, such as placing healthier



⁹ Fruits and vegetables meeting this guideline cannot be fried (see FN 11); they may be fresh, frozen, dried, or canned (with no added sweetener or salt); if fruits or vegetables are served in a mixed dish, amount must be at least a 1 cup serving equivalent; juice and other beverages do not fulfill this guideline. Varieties of the same type of fruit or vegetable (e.g., granny smith apple and gala apple) only count as one type. Snack mixes containing dried fruit and other non-fruit items do not fulfill this guideline.

¹⁰ A whole grain product has 100% of the original kernel, all of the bran, endosperm and germ; includes grains such as brown rice, barley, oats, and quinoa. Must meet definition of 100% whole grain product as stated in 21 CFR 102.5(b). Grain 1 oz. serving equivalents: 1 oz. slice bread; 1 oz. uncooked pasta or rice; 1/2 cup cooked rice, pasta, or cereal (e.g., oatmeal); 1 tortilla (6" diameter); 1 pancake (4.5" diameter); 1 cup flakes/rounds; 1 1/4 cups puffed ready-to-eat breakfast cereal.

¹¹ Number of total fried foods (see FN 11) divided by number of platforms (see FN 12). If a dining facility does not have a scatter system food service operation, then a maximum of four (4) fried items per facility is the guideline amount. If a venue is closed, those platforms will not be counted towards the total for that meal.

¹² Fried includes deep-frying in which foods are submerged in a fat for several minutes to cook. Pre-fried, par-fried and flash-fried items that are then baked, reheated or otherwise prepared without deep fat frying are discouraged; however, to meet this guideline as not fried, these options must contain $\leq 10\%$ calories from saturated fat. If they do not meet this criteria they are counted as a fried item. Variations in ingredients (i.e. original vs. barbeque chips, sweet potato vs. classic fries) count as unique fried items.

¹³ Platforms represent individual stations with specific types of foods.

¹⁴ Fruits used to meet guideline I.A.2. may not fulfill this guideline.

¹⁵ If self-serve [e.g., soft serve ice cream], identify serving size at point of presentation (See FN 16).

¹⁶ Includes: Water (plain, carbonated, 100% natural fruit flavor-infused with no added caloric sweeteners); Juice (100% fruit or vegetable juice with total sodium ≤ 140 mg per serving); Milk (low-fat [1%] and nonfat milk and soy beverages [calcium and vitamin D fortified], flavored milk with ≤ 130 calories per 8 oz.); and Other beverages with ≤ 40 calories per container.

¹⁷ Making water freely available in dining venues in ways that encourage water consumption can count toward the total percentage of healthy beverage purchases.

In order to receive the credit, verification photos of the water station or water serving device is required. Credit will be given as follows: Free water is available through a standard drinking fountain designed for immediate consumption at the fountain, or through a small tab on a soda machine dispenser that is mainly dedicated to a soda flavor, or through another means, but the customer is charged for the cup: **No credit**. Free water is available either in the serving or dining area through a drinking fountain that includes serving cups (not paper triangle cups) and that has been modified to make it easy to fill the cups or water is available through a non-refrigerated beverage dispenser such as a large plastic container with a spigot with cups available: **5% credit**. Free water is available through a dedicated water station in the food serving section or dining section of the cafeteria. The area provides free cups, chilled water, or ice dispensing. This may include a dedicated dispenser on a machine that also provides soda or other carbonated beverages, but there must be a dedicated dispenser that clearly indicates it is for water. If soda is served on other dispensers on the same machine the label should be similar in size to other labels indicating soda flavors: **10% credit**. Free water is available through a dedicated water station or dispenser that includes amenities such as water pitchers with fruit or free fruit slices or the water station is designed to encourage water consumption through advertising or displays that promote water consumption (e.g., Water, the healthy choice; Water, refreshing, healthy, and free): **15% credit**. The eligible water credit percentage can be calculated by multiplying the total overall beverage purchases (in dollars) by the eligible percent water credit the signing institution will report on; and then adding that dollar value to the total overall beverage purchases to track towards the 60% minimum. Please refer to the healthier beverage reporting template for additional calculation information.

¹⁸ Point where food or beverage item is picked up. Menus or menu boards or displays adjacent to the salad bar may be considered point of presentation. May use a QR code or related means to link students to calorie information online.

¹⁹ Nutrient and food criteria for healthy icons will be mutually agreed upon in writing by PHA and the signing institution.

²⁰ Point where food or beverage item is selected. Menus or menu boards or displays adjacent to the salad bar can be considered point of presentation.

²¹ Program/policy strategies that urge eaters to make healthier choices (e.g., placing healthier low-sugar cereals at eye level, placing vegetable choices at the front of buffet lines). Visit <http://smarterlunchrooms.org> for additional ideas and resources.

food²² and beverage²³ options at the front of platforms.

8. Offer a comparable plant-based food option²⁴ at every platform serving meat.

B. Implement local food or sustainability program in campus food service:

1. Implement a local food procurement program (e.g., *Real Food Challenge*²⁵) that increases procurement of local and sustainable foods.²⁶

2. Offer tray-less dining as the default system²⁷ in at least seventy-five percent (75%) of dining venues.²⁸

C. Provide healthier vending²⁹ options on campus:

1. Ensure that a minimum of fifty percent (50%) of vending machines offer only healthier food³⁰ and beverage³¹ products OR fifty percent (50%) of each vending machine content is healthier food and beverage products.

D. Provide healthier catering services on campus:

1. Offer one (1) of the following healthier catering menu options:
a. Offer a minimum of three (3) types of fruits, three (3) types of vegetables,³² two (2) 100% whole grain products³³ and no more than two (2) fried items³⁴ on catering menus;
OR
b. Offer a healthier catering menu that only includes foods and beverages that meet healthier food and nutrition guidelines.³⁵

2. Ensure the percentage of healthier beverage³⁶ purchases (in dollars) is a minimum of sixty percent (60%) of total beverage³⁷ purchases (in dollars) for catering.

²² Nutrient and food criteria for healthier check-out may be mutually agreed upon in writing by PHA and the signing institution. Otherwise, the criteria for this guideline will be: fruits, vegetables, whole grain rich grain products a whole grain rich grain is defined as a product where the first ingredient is a whole grain OR the product contains the Whole Grains Council 100% Stamp or Basic Stamp with 8g or more whole grain per serving) or pre-packaged items that are: ≤200 calories/serving, ≤10% calories from saturated fat, ≤35% calories or weight from total sugars (unsweetened fruit exempt), and ≤240 mg sodium.

²³ Includes Water (plain, carbonated, 100% natural fruit flavor-infused, with no added caloric sweeteners); Juice (100% fruit or vegetable juice with total sodium ≤140 mg per serving); Milk (low-fat [1%] and nonfat milk and soy beverages [calcium and vitamin D fortified], flavored milk with ≤130 calories per 8 oz.); and Other beverages with ≤40 calories per container.

²⁴ A plant-based food option incorporates any of the following: Raw or cooked vegetables, Whole grains, Seeds, Pulses (dried peas, lentils, chickpeas, etc.), or Legumes (fresh peas and beans, soybeans). Plant-based food options can incorporate meatless proteins, such as dairy and eggs.

²⁵ Learn more about Real Food Challenge at: <http://www.realfoodchallenge.org/commitment>.

²⁶ Program will be mutually agreed upon in writing by PHA and the signing institution.

²⁷ Trays are available upon request only.

²⁸ Dining venues include residential dining halls, student union cafeterias and other food service venues where students/staff serve themselves or are served from a counter; does not include vending machines, coffee or food kiosks, coffee houses, specialty venues with limited (less than twenty) menu items or licensed retail spaces. See Exhibit C for list of dining venues included.

²⁹ Self-operating machines that dispense foods and/or beverages.

³⁰ Nutrient and food criteria for healthier vending may be mutually agreed upon in writing by PHA and by the signing institution. Otherwise, the criteria for this guideline will be: fruits, vegetables, whole grain rich grain products (a whole grain rich grain is defined as a product where the first ingredient is a whole grain OR the product contains the Whole Grains Council 100% Stamp or Basic Stamp with 8g or more whole grain per serving) or pre-packaged items that are: ≤200 calories/serving, ≤10% calories from saturated fat, ≤35% calories or weight from total sugars (unsweetened fruit exempt), and ≤240 mg sodium.

³¹ Includes: Water (plain, carbonated, 100% natural fruit flavor-infused, with no added caloric sweeteners); Juice (100% fruit or vegetable juice with sodium ≤140 mg per serving); Milk (low-fat [1%] and nonfat milk and soy beverages (calcium and vitamin D fortified), flavored milk with ≤130 calories per 8 oz.); and Other beverages with ≤40 calories per container.

³² See FN 7; vegetables are not required for breakfast catering menus.

³³ Whole grain includes 100% of the original kernel, all of the bran, endosperm and germ; includes grains such as brown rice, barley, oats, and quinoa. Must meet definition of 100% whole grain product as stated in 21 CFR 102.5(b) OR product contains the Whole Grains Council [100% Stamp](#).

³⁴ See FN 10.

³⁵ Criteria for guidelines will be mutually agreed upon by PHA and the signing institution.

E. Promote water consumption on campus:

- 1. Make free water³⁸ available in all dining venues³⁹ and all educational/physical activity facilities.



F. Provide trained food and nutrition professionals on campus:

- 1. Make available Registered Dietitian Nutritionists (RDNs) for personal nutrition assessments and counseling to all students.⁴⁰



II. PHYSICAL ACTIVITY/MOVEMENT

[INSERT UNIVERSITY'S ABBREVIATION] will implement the following physical activity/movement guidelines:

A. Create a built environment that encourages healthier choices on campus:

- 1. Provide marked walking routes on campus, one of which must be at least two (2) miles in length and have distance markers⁴¹ at regular intervals.⁴² A route map⁴³ is made available to individuals on campus.



- 2. Post signage at each designated or marked crosswalk on campus requiring cars to stop for pedestrians.⁴⁴



- 3. Provide at least one (1) bicycle parking space⁴⁵ on campus for every fifteen (15) individuals⁴⁶ on campus.



- 4. Offer a bicycle share/rental program⁴⁷ and/or a subsidized bicycle purchase program⁴⁸ for all students.



- 5. Provide designated bicycle lanes⁴⁹ on major roads and/or offer off-street bicycle paths throughout campus.



- 6. Implement a bicycle and pedestrian accommodation policy,⁵⁰ (e.g., *Complete Streets*⁵¹) and/or participate⁵² in a national bicycle or pedestrian recognition program (e.g., *Bicycle Friendly University*⁵³).



³⁶ Includes: Water (including plain, carbonated, 100% natural fruit flavor-infused, with no added caloric sweeteners); Juice (100% fruit or vegetable juice with total sodium ≤140 mg per serving); Milk (low-fat [1%] and nonfat milk and soy beverages [calcium and vitamin D fortified], flavored milk with ≤130 calories per 8 oz.); and Other beverages with ≤40 calories per container.

³⁷ Alcohol is excluded.

³⁸ Includes drinking fountains and water stations. Sinks for hand-washing may not be used to fulfill this guideline.

³⁹ Dining venues include residential dining halls, student union cafeterias and other food service venues where students/staff serve themselves or are served from a counter; does not include vending machines, coffee or food kiosks, coffee houses, specialty venues with limited (less than twenty) menu items or licensed retail spaces. See Exhibit C for list of dining venues included.

⁴⁰ RDNs may charge a fee for services.

⁴¹ Distance markers will be clearly visible, (e.g., marked directly on the path, signs or posts).

⁴² Occurring at least every 0.25 miles of the route.

⁴³ Route map displays all designated walking routes and includes distance measurements for each route. The map will be easily accessible via the college/university website.

⁴⁴ Not applicable to campuses where signage is required by public law.

⁴⁵ An area within which one intact bicycle may be easily and conveniently accessed and stored and removed in an upright position with both wheels resting on a stable surface, without requiring the movement of other parked bicycles, vehicles, or their objects to access the space.

⁴⁶ See FN 1.

⁴⁷ Program allows students, faculty and staff to borrow bicycles for use on and around campus. Not applicable to campuses where the bicycle program is run by the city in which the campus resides.

⁴⁸ Program guidelines will be mutually agreed upon in writing by PHA and the signing institution.

⁴⁹ A portion of the roadway designated by striping, signing and pavement marking for the preferential or exclusive use by bicyclists. Lane widths are a minimum of four (4) feet.

⁵⁰ A campus-wide program/policy requiring administrators to prioritize bicyclists and pedestrians when making decisions regarding transportation issues.

7. Implement a campus-wide program/policy that incentivizes the use of public or campus provided transportation (e.g., subsidized public transportation).

B. Encourage student⁵⁴ physical activity/movement through facilities and programs on campus during the academic year:⁵⁵

1. Provide, without a user fee,⁵⁶ sixteen (16) hours per day access to at least one (1) fitness/recreation center for all students.

2. Dedicate at least seventy-five percent (75%) of the primary campus recreation center floor space to areas for physical activity.⁵⁷

3. Offer a minimum of forty (40) total:⁵⁸

a. Diverse⁵⁹ non-competitive group fitness opportunities during each academic year.⁶⁰

AND

b. Diverse⁶¹ competitive sports, intramural or informal recreation opportunities each academic year.

4. Offer, without a user fee,⁶² a minimum of one (1) monthly “how to” physical activity/movement class that introduces students to new activities.

5. Offer at least one (1) organized and facilitated fifteen (15) minute physical activity/movement opportunity⁶³ break (e.g., instant recess⁶⁴) on each school day.

6. Offer, without a user fee,⁶⁵ both:

a. Fitness/recreation center orientation during the first semester for all incoming students;

AND

b. One (1) fitness assessment to all students each academic year.⁶⁶

C. Encourage outdoor physical activity/movement on campus:

1. Provide at least one outdoor running/walking track that is open and available for use

⁵¹ Refer to Smart Growth America’s definition at: <http://www.smartgrowthamerica.org/complete-streets/complete-streets-fundamentals/complete-streets-faq>.

⁵² Must meet at least minimum award designation.

⁵³ *Bicycle Friendly University* is a service mark of the League of American Bicyclists. Used with permission. Learn more about the Bicycle Friendly University program at <http://bikeleague.org/content/universities>.

⁵⁴ Applies to all full-time students. PHA encourages offerings to all students, both full- and part-time, where feasible.

⁵⁵ See Exhibit C for defined academic year.

⁵⁶ No additional fee beyond what is already incurred as part of normal campus service fees.

⁵⁷ Space for physical activity is defined as an indoor area where users can engage in fitness and/or movement activities, including gyms, studios, indoor courts, pools, etc.

⁵⁸ Fitness classes must be open access. Fitness classes that are taken for credit do not fulfill this guideline.

⁵⁹ Each type of fitness opportunity counts as one, regardless of gender designation or level of class (i.e. Beginner’s Yoga and Advanced Yoga collectively count as one opportunity).

⁶⁰ See Exhibit C for defined academic year.

⁶¹ Individual, dual and team opportunities. Each type of sport counts as one, regardless of gender designation (i.e.: both women’s and men’s basketball count as one unique sport). No more than fifty (50) percent of recreation opportunities may be exclusively competitive.

⁶² No additional fee beyond what is already incurred as part of normal campus service fees.

⁶³ Does not include fitness classes.

⁶⁴ For more information on Instant Recess, visit http://activelivingresearch.org/sites/default/files/2012_InstantRecess_Yancey-Whitt-Glover-Hopkins-Leak.pdf

⁶⁵ No additional fee beyond what is already incurred as part of normal campus service fees.

⁶⁶ An adult fitness assessment must be available to all students at no cost and minimally include four measurements: cardiovascular endurance, muscular strength and endurance, flexibility, and body composition (minimal for body composition is body mass index (BMI)). This assessment could be conducted in groups of students facilitated by one or more fitness professionals

to individuals on campus and the community for at least three (3) hours per day.⁶⁷

2. Provide an outdoor fitness system.⁶⁸

3. Offer at least one (1) free, organized and facilitated, outdoor⁶⁹ physical activity/movement opportunity⁷⁰ each week.

4. Offer a rental outdoor recreation equipment program⁷¹ for students

5. Offer at least twenty (20) outdoor recreation clinics and/or trips⁷² during each academic year.⁷³

D. Provide trained physical activity/movement professionals on campus:

1. Make available certified personal trainers for all students.⁷⁴

III. PROGRAMMING

[INSERT UNIVERSITY'S ABBREVIATION] will implement the following checked programming guidelines:

A. Implement an integrated, comprehensive wellness program for individuals on campus that is provided annually. The program will include all of the following components:

- A coordinating committee that includes student, faculty, administrative and staff representatives and meets at least quarterly;
- Health and wellness education and activities⁷⁵ for all individuals on campus;
- Activities that incorporate provisions for individuals with disabilities;
- A promotion plan to market the wellness program through at least one online venue and three physical venues on campus;
- Provision of annual physical activity/movement and nutrition training for all resident assistants (RAs) to help them inform students about campus resources available for wellness.

B. Offer other wellness programs on campus:

1. Implement a mandatory health and wellness education online module⁷⁶ to be completed by all incoming first year or transfer students, upon registering with the college or university.

2. Implement a program/policy that identifies students who may be food insecure⁷⁷ and provides options⁷⁸ on campus.

⁶⁷ A cumulative time where no other activities that utilize the track are scheduled or occurring.

⁶⁸ Interactive and/or stationary fitness equipment clustered in a specified outdoor area on campus.

⁶⁹ Weather permitting.

⁷⁰ Intramural and club sports and athletics do not fulfill this guideline. Examples that fulfill the guideline include outdoor yoga classes, running/walking clubs, and outdoor boot camp workouts.

⁷¹ Involves the establishment of a central storage and rental location where rental or borrowing of outdoor recreational equipment (e.g., kayaks/canoes, paddle boards, rock climbing equipment, cross-country skis, camping and hiking equipment) is available.

⁷² Examples include rock climbing clinics, cross country skiing workshops, and organized trips involving physical activity

⁷³ See Exhibit C for defined academic year.

⁷⁴ Trainers may charge a fee for services.

⁷⁵ Includes food and nutrition information that is aligned with the 2015 U.S. Dietary Guidelines for Americans and physical activity/movement information that is aligned with the 2008 U.S. Physical Activity Guidelines for Americans.

⁷⁶ Includes food and nutrition information that is aligned with the 2015 U.S. Dietary Guidelines for Americans and physical activity/movement information that is aligned with the 2008 U.S. Physical Activity Guidelines for Americans.

⁷⁷ Lacking reliable access to a sufficient quantity of affordable, nutritious food.

⁷⁸ Examples include free or reduced price meal plans, food pantries that stock healthful foods, and/or community gardens.

- 3. Implement a program/policy that supports and accommodates breastfeeding⁷⁹ for mothers on campus.
- 4. Implement a service-learning program⁸⁰ available to all students that focuses on food and nutrition, physical activity/movement and/or coaching.
- 5. Offer a rewards-on-benefits structured program that gives insurance premium discounts and/or rebates to individuals on campus who participate in a wellness program designated by the health insurer on campus.
- 6. Offer in person, non-academic cooking skills classes that are available to all students and incorporate fruits and vegetables.⁸¹

⁷⁹ Includes provision of refrigerated storage for breast milk; a commitment to feed breast milk to the child in campus-sponsored childcare; provision to mothers of breastfeeding breaks during the day; and location(s) for on-site breastfeeding.

⁸⁰ Program that combines classroom learning with structured community engagement. The program benefits both the students and recipients of the services.

⁸¹ Offer at least four (4) cooking classes per academic year.