

Cougar Cupboard opened in January 2020 serving close to 70 students per week until COVID. Fast forward to today, a little over to 200 students are receiving over a total of 6000 pounds of food a week. As the number of students are rising, the cupboard is outgrowing the current space. To continue operating at a capacity to address the increase in need, UH Wellness has entered into a partnership with Student Housing and Residential Life that helped secure a new space at the University Lofts to relocate the cupboard at the end of fall 2021. **For this reason, it is imperative to hire a full-time Cougar Cupboard Program Manager II to operate that location for supervision of increased staff, volunteers and managing the day-to-day operations.** In addition to the day-to-day operations of the cupboard, primary duties include ordering food, managing budget, volunteer coordination, training of staff and volunteers and development with a focus on increasing access to fresh fruits and vegetables along with providing educational opportunities to teach life-enhancing skills like preparing and cooking food. A study published in Public Health Nutrition journal found there is a positive relationship between food insecurity and mental health (depression, stress, and anxiety)¹. The manager will work to develop the Health and Well-being education focus of the cupboard through design and activities reducing stress related to food insecurity helping students to thrive in their academics and in life.

The position will also co-lead the Nutrition Collective comprising of various staff, departments, academic partners that synthesize efforts to increase the availability of resources related to nutrition and well-being and expand endeavors for a system change.

DSAES Strategic Initiative

- **Student Success: Champion exceptional opportunities and services to support all UH students.**
 - SS 2: Expand diverse experiences on exploration and education while identifying and meeting the needs of our student population through supportive, inclusive environments.
 - SS 3: Foster the holistic well-being of all students through coordinated, intentional services and processes.
- **Division Cohesion: Create and foster a cohesive division identity, culture and community.**
 - DC 4: Foster collaborative divisional processes focused on common goals.
 - DC 5: Promote and create initiatives that support a healthy work/life balance while contributing to division success.
- **Resources: Evaluate, actively pursue, and leverage resources to enhance the UH experience.**
 - R1: Evaluate resources to identify opportunities for efficiency, improvement, and transformation.
 - R2: Pursue and develop resources to address identified gaps and needs.
 - R3: Leverage and adapt resources in innovative ways to increase effective utilization.
- **Partnerships: Forge and strengthen partnerships to expand our reach into the university and greater community.**
 - P1: Educate and empower campus partners to be our advocates.
 - P2: Enhance students’ educational experience by expanding partnerships with academic affairs.
 - P5: Promote alumni engagement and support for division initiatives in cooperation with Advancement.
 - P6: Raise the profile of the division through regional, national, and international involvement.

Funding Request	Amount
Salary- 110	\$20,188
Benefits	\$7,065.80
Professional Development	\$0
Subtotal	\$27,253.80
Admin Fee	\$1,635.23
Total	\$28,889.03

1. Pourmotabed A, Moradi S, Babaei A, Ghavami A, Mohammadi H, Jalili C, Symonds ME, Miraghajani M. Food insecurity and mental health: a systematic review and meta-analysis. Public Health Nutr. 2020 Jul;23(10):1778-1790. doi: 10.1017/S136898001900435X. Epub 2020 Mar 16. Erratum in: Public Health Nutr. 2020 Jul;23(10):1854. PMID: 32174292.

Well-Being- Living our best selves, by being, doing, connecting, caring and learning.
Defining Statement-We cultivate a community of care to promote and enrich the health and well-being of students to become successful scholars and global citizens.

As the university continues to try to bring back a sense of normalcy, students are expressing interest in learning to improve their mental health or emotional well-being due to the COVID disruption. This means an immediate need for improved access, programming, services, and possible new initiatives. It takes a team consisting of individuals to lead the effort in addressing those needs at the individual and community level. UH Wellness is a small but mighty team that need a few additional key members of the team like a **Health Promotion Specialist** who can mobilize, create, and sustain health promotion practices in order to create an environment that helps students, student groups and the campus community flourish in their overall health and well-being especially mental health. In comparison to other similar departments across the country at a staff ratio of 1:5000, UH Wellness staff to ratio is close to 1:16,000. The health promotion specialist is highly collaborative, creative and knowledgeable of current health trends that can be developed into those resources implemented at both the individual and community level.

Primary duties and responsibilities are the following:

- assist in coordinating collaboration with key campus stakeholders to develop a multidisciplinary upstream approach to health and well-being on various topics including mental health, being active, nutrition, substance use, resiliency and life enhancing skills;
- implementation and evaluation of theory-based and evidenced informed health promotion strategies;
- assist in implementing and analyzing student health surveys;
- recruit, train, supervise and evaluate volunteer peer health educators/influencers;
- incorporate diversity, equity and inclusion concepts and principles into health promotion programs and services;
- coordinate with the Health Communication Specialist to develop strategic digital and print communication for healthy campus initiatives;

About UH Wellness:

UH Wellness contributes to student success by promoting health, well-being, and resiliency through education, outreach, and prevention. Our multi-faceted office implements health- and wellbeing-centered initiatives including skills building, outreach, events, professional development, and program assessment and evaluation.

DSAES Strategic Initiative

- Student Success: Champion exceptional opportunities and services to support all UH students.
 - SS1: Engage all students to intentionally develop leadership qualities, critical thinking and communication skills, diversity competencies, and personal growth.
 - SS2: Expand diverse experiences on exploration and education while identifying and meeting the needs of our student population through supportive, inclusive environments.
 - SS3: Foster the holistic well-being of all students through coordinated, intentional services and processes.
 - SS4: Enhance assessment of student success by defining measures at the departmental and divisional level with a focus on the impact of our programs and services.
 - SS5: Enrich the sense of connection, belonging, and share UH identity among all students.
- Resources: Evaluate, actively pursue, and leverage resources to enhance the UH experience.
 - R2: Pursue and develop resources to address identified gaps and needs.
 - R3: Leverage and adapt resources in innovative ways to increase effective utilization.

Well-Being- Living our best selves, by being, doing, connecting, caring and learning.

Defining Statement-We cultivate a community of care to promote and enrich the health and well-being of students to become successful scholars and global citizens.

Funding Request	Amount
Salary	\$17,552
Benefits	\$6,143.20
Professional Development	\$0
Subtotal	\$23,695
Admin Fee	\$1,421.71
Total	\$25,116.91 x 2= \$50,233.82

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Defining Statement-We cultivate a community of care to promote and enrich the health and well-being of students to become successful scholars and global citizens.