

# HEALTHY CAMPUS NETWORK WEBSITE



## WHERE ARE WE GOING?

- |          |               |          |                         |
|----------|---------------|----------|-------------------------|
| <b>1</b> | Goals         | <b>5</b> | Accomplishing our goals |
| <b>2</b> | Purpose       | <b>6</b> | Expectations            |
| <b>3</b> | Collaboration | <b>7</b> | Why we should do this   |
| <b>4</b> | Who is needed | <b>8</b> | Works cited             |

# GOALS



My goal is to create a website, in conjunction with the development of an application, to provide students a platform to take health into their own hands, and live happier, healthier lives. I have four main goals that will form the basis of the website.



# PURPOSE

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We are building a digital tool for the sole reason that health at UCSD is difficult for students, faculty, and staff to achieve, and has broader implications on academic success, and personal wellbeing.

The purpose of the application is to build a stronger health foundation for students, faculty, and staff, and tackle the following issues;



## Getting active

Getting students active has many other benefits than the obvious, weight loss, and increased strength. Exercise can also aid in reducing stress, and improve things such as; cognitive function, mood, and sleep quality



## Healthy eating habits

Food is a vital component in the realm of health. Getting the nutrients your brain and body needs can improve how you academically perform, and feel throughout the day. Poor eating habits can make you feel more tired, and weaken your immune system. causing you to get sick more frequently.



## Stress management

Unhealthy stress management skills can contribute to the development of various mental health conditions. Providing students a platform to develop proper stress management skills is vital to dealing with the pressure of exams, work load, and personal life events that may develop.

# COLLABORATION

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I hope to have the design lab collaborate with a group of student health advocates to bridge the gap between digital media, and health. Such an interdisciplinary approach will raise the level of health access to students in a fun, and inviting way. The main focus of the design lab work will be to focus on the design of the app and develop the software most appealing to the everyday student.



## COMMUNITY OF COLLABORATORS

1. Student Health Leaders
2. Passionate Faculty
3. Design at UCSD

# WHO IS NEEDED



Students, Designers, Programmers, and those whom are excited about the health and wellbeing of the UCSD student population, and want to make a difference.

## WE ARE LOOKING FOR



We are looking for students that can display a dedication to the well being of the student population and that have an interest in working on digital tools.



Those who are able to commit time during the upcoming spring and summer quarters.

## QUALIFICATIONS

- ✓ Must be in good academic standing with the university
- ✓ Must be a undergraduate at UCSD
- ✓ A strong background in either of the following;
  - Health Sciences
  - Human centered design
  - Programming
- ✓ Will be able to convey a meaningful relationship with health, and why it is important amongst the student population



## HOW WILL WE DO THIS?

- 1** Weekly programming/design meetings

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- 2** Committees centered on design, content cultivation, and research

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- 3** Potential for the development of a student organization, or class, centered towards uptake of the app throughout the year

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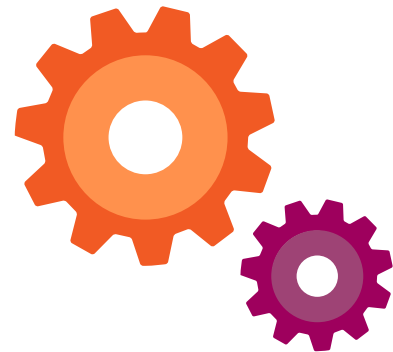
**CREATIVITY**

**TEAMWORK**

**COMPASSION**



**Contribute ideas, time, and  
dedication to seeing the success of  
our website and application**



## WHY WE SHOULD DO THIS!



"Approximately **TWO** of five American college students were **heavy drinkers**, defined as having had five or more drinks in a row in the **past 2 weeks**." [1]

**$\frac{2}{5}$**

**THERE**

**IS A**

"More than **25 percent** of college students have been **diagnosed** or **treated** by a professional for a **mental health condition** within the past year." [2]



"43% (n = **34,040**) of the respondents **reported** that at least once or more within the previous school year they had **“felt so depressed it was difficult to function,”**[3]

**NEED.**  
*for help*



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