

## MISSION

*The Department of Wellness cultivates a culture of wellness through health education programs, support services, and fitness opportunities that enhances well-being and resiliency among students, faculty, staff, and the local community.*

## BY THE NUMBERS

- **2,734** members of the Baylor community served through the delivery of **direct health promotion programs and initiatives**.
- **2,291** students, faculty, staff, and community members engaged through **special events**.
- **1,402** students, faculty, staff, and community members engaged through **outreach events**.



*Thank you so much for hosting our Drugs and Behavior class. Our students were raving about how awesome of an opportunity it was to become trained with Narcan.*

—Dr. Lara Hwa



## FITNESS INITIATIVES

- 1,288 FitWell and F45 memberships sold.
- 14,023 total classes attended.
- 1,662 students, faculty, staff, and community members engaged through special events.
- 539 personal training sessions.
- 40 clients served through peer nutrition advising.

## WELL-BEING INITIATIVES

- **2,498** students engaged through the delivery of direct health promotion programs and initiatives.
- **17,657** individuals and organizations reached with health education information and resources via social media.
- **592** students, faculty, staff, and community members engaged through outreach events (tabling).
- **14** wellness consultations completed.

## COLLEGIATE RECOVERY — BARC

- 860 students engaged through outreach events (tabling).
- 500+ students engaged during Collegiate Recovery Week through activities, meals, and tabling.
  - Received attention from the local news, promoting advocacy for and de-stigmatization of collegiate recovery.
- 236 members of the Baylor community provided with Naloxone training and Narcan.
- 147 students engaged in special events.
- 120 peer support meetings held.

## MOVING FORWARD

- Train peer leaders to support the mission of the Department of Wellness.
- Enhance assessment efforts to understand needs and ensure that departmental programs and initiatives are effectively addressing identified needs.
- Continue to create and provide resources and services that promote holistic wellness and student success.
- Continue to develop and strengthen campus and community partnerships.