

Expert tells of his ideas to improve campus health

By John Rupprecht
Staff Reporter

An expert on college health urged students and staff in the United States and Canada to "Get Real" about campus health, in a teleconference Tuesday afternoon.

Richard P. Keeling, director of University Health Services and a professor of medicine at the University of Wisconsin-Madison, said a direct link existed between health services and student performance and development.

He called for a more integrated approach to creating a healthier and more supportive atmosphere on campuses.

Campus health services traditionally have communicated to students through pamphlets or residence hall discussions, he said.

Keeling, president of the Society for the Scientific Study of Sexuality and former president of the American College Health Association, said this approach hadn't been as effective as desired.

Most students already have sufficient knowledge about health issues when they arrive at college.

"But," he said, "knowing about consequences doesn't make choices any easier."

Keeling said it was important to know the context in which certain health decisions were made.

Health service officials must understand campus customs, party customs and contexts of violence when dealing with issues of campus health, he said.

Keeling said traditional forms of health education stressed the individual's responsibility. A new approach should be changing the cultural and societal norms that put students in danger, he said.

Education about these issues should not be "top down," he said, but rather should involve students helping students to promote healthy decision-making.

Keeling said health workers and counselors needed to work toward a more engaging involvement with students.

"We need to stay away from the canned speech," he said.

Keeling proposed focus groups, in which students would work with a counselor who facilitated discussions. The groups would help foster a sense of community for the students and help health staff understand the problems facing the next generation of students.

"You don't want to get out of date," he said.

The teleconference was broadcast by the Education Television Services at Oklahoma State University. The broadcast of the teleconference at UNL was sponsored by the office of the Vice Chancellor for Student Affairs, the Office of Campus Recreation, Nebraska Unions, University Health Center, University Housing and Party Smart.

CFA recommends budget cuts

By Heidi White
Staff Reporter

The Committee for Fees Allocation recommended Tuesday evening that a new program proposed by Campus Recreation be cut from the budget.

The proposed Wellness Services program would establish a personal fitness program including a health risk appraisal, fitness assessments, personal weight training and aerobic conditioning programs, as well as nutrition appraisals and counseling. The cost to users would be \$5.

Kenda Scheele, associate director for structured activities for the Rec Center, said the program eventually would become independent of student fees after personal trainers were added at a later date. The cost with the trainer

would be significantly higher.

But a cut of \$19,500 from the Wellness Services portion of the nearly \$1.9 million budget would eliminate the program. The cut passed by a vote of 9-2.

Stan Campbell, director of the Office of Campus Recreation, said he planned an appeal to CFA on Thursday.

"It's disappointing because I think it's a key element in our overall program efforts for the university community," Campbell said.

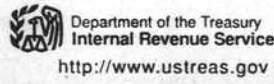
Additional cuts of \$2,500 were recommended by CFA bringing the University Program and Facilities Fee funding of Campus Recreation to about \$1.89 million.

In other business, the Nebraska Unions and Student Involvement submitted budget appeals to CFA to get back funding for a graduate assistant to coordinate the Student Involvement team and to create a student position to edit and publish the Newsbreak newsletter for East Campus students.

CFA denied the \$4,300 appeal.

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