WHAT IS WE?
UVM WE:
A neuroscience inspired, incentivized based, behavioral change program to build healthy brains in UVM students.
STUDENT PARTICIPATION

13

4

47

1

1160

Fall 2017 and Fall 2018
At a Time When the Brain is Most Vulnerable:

• We send our kids off to college with little or no regulatory support and under a great deal of pressure........
  • Fear of Failure
  • Parental expectations
  • Environmental factors
WE IN ACTION
Healthy Brains, Healthy Bodies

Surviving and Thriving in College

• Required 3-credit course
• Guest lecturers from around the world
• Teaches knowledge, skills and attitudes of health promotion
• We give them the science, setup the environment, and provide opportunity to make their own choices
THE FOUR PILLARS

MINDFULNESS
FITNESS
RELATE
NUTRITION
MINDFULNESS

In-hall meditation and yoga

WE Instructor yoga & mindfulness training

Mindful eating
Earn free gym and group fitness access

In-hall exercise center with Peloton bikes

Apple Watch and exercise app
RELATE

- Mentor local youth
- Peer intervention and conflict workshops
- Relationship certificate program
Nutrition mentors
Cooking events
Farm-to-table dining
UVM DECLINE IN HIGH-RISK DRINKING

33% Drop of high-risk drinking behavior between AY12-13 and AY17-18

52% Drop of cases between AY12-13 and AY17-18 where a student was found responsible for at least one alcohol- or drug-related charge

Source: Monthly Measures

Source: Maxient
In AY 16-17, Halls occupied by WE had 80% fewer AOD incidents than non-WE Halls.

Source: Maxient, Res Life Census

In AY 17-18, 45% fewer WE students found responsible for AOD violations compared to other undergrads.

Source: Maxient, Res Life Census
HEALTH PROMOTION & TECHNOLOGY
UVM WE RESEARCH

• 1,900 Participants in year 1; over 3,000 in year 2; IRB approved study

• WE and Non-WE participants

• Self report survey data at three time points per academic year

• The data we collect from this app includes:
  • Fitness, AOD, meditation, nutrition, sleep, mood, hydration, heart rate, Healthkit data (includes activity/movement data)
WE students were 26% more likely to exercise 30 mins or more than non-WE students (p<.01).
WE students were 59% less likely to use at least one marijuana product than non-WE students (p<.01).
WE students were 21% more likely to practice mindfulness than non-WE students (p<.05).
WE students were 42% less likely to have at least one alcoholic drink than non-WE students \((p<.01)\). Additionally, WE students were 34% less likely to have at least one shot of liquor than non-WE students \((p<.01)\).
Screening, Brief Intervention, Referral to Treatment - Substance Abuse Referrals

- Non-WE participants showed a statistically significant increase in no referrals from Baseline (41.1%) to End of Year (49.8%)

- The majority of WE respondents consistently did not meet requirements for referral for substance use and abuse
Screening, Brief Intervention, Referral to Treatment - Depression Symptoms Referrals

- Non-WE respondents maintained level of no referrals for depression symptoms based on SBIRT recommendations from Baseline (51.7%) to End of Year (52.2%)

- WE respondents statistically significantly increased in percentage of no referrals for depression symptoms from Baseline (44.6%) to End of Year (51.4%)

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<td>PHQ Referral vs. No Referral</td>
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<td>48.3%</td>
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2017-2018 WE Fitness Pass Model

- 989 passes were provided (79.95% of WE students)
- Of the 989, 65.42% students met qualifications to receive their pass for free
- There is a statistically significant positive correlation between fitness center utilization and cumulative GPA

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**. Correlation is significant at the 0.01 level (2-tailed).
Thanks for listening!

ANY QUESTIONS?