

**NORFOLK STATE UNIVERSITY  
HEALTHY SPARTAN FITNESS INITIATIVE  
Health Experts Subcommittee  
ACTION PLAN**

**MISSION STATEMENT:**

The Norfolk State University Healthy Spartan Fitness Initiative Committee will work to provide opportunities, for faculty, staff and students to develop healthier lifestyles by supporting the adoption of habits and attitudes that contribute to their positive well-being.

**Long Term Goal(s)**

- To embed fitness and wellness as an essential component of the NSU campus culture.
- To create a smoke-free campus.
- To establish a built environment for health and fitness. (health friendly)

**Short Term Goal(s)**

- Set healthy lifestyle goals that are measurable.
- Provide a variety of ways to access health and fitness practices. (technology)
- Establish fitness awareness during student orientation. (visiting the Fitness Center)
- Establish co-curricular partnerships with university and non-university partners.

<b>Committee Members</b>					
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		Echo Information Stations Blog			
<i>Short-term goal(s):</i> To reduce infections caused by food borne pathogens. To increase healthy eating habits. To increase physical activity. <b>Strategy # 1: Healthy Eating</b>	Responsible Member(s)	Communication Method	Evidence indicating progress	Date of Implementation	Results (Outcomes)
Step # 1: Develop healthy eating tips for the holidays.  Step # 2: Develop tips of increasing physical activities.  Step # 3: Develop publicity campaign.	Jill Comess Cynthia Burwell	e-daily website Radio Station Echo Information Stations Blog	Decrease in number of ER visits. Maintenance of weight	November	Weight Maintenance
<i>Short-term goal:</i> To reduce tobacco smoking. <b>Strategy # 1: Smoking Cessation Program</b>	Responsible Member(s)	Communication Method	Evidence indicating progress	Date of Implementation	Results (Outcomes)
Step # 1: Develop plan for “I Quit” program.	Cynthia Burwell Beverly Murphy Judith Caldwell	e-daily website Radio Station Echo Information Stations Blog	Increase in # of non-smokers. Decrease in smoking materials around campus	Middle of October	Maintenance of non-smokers
Step # 2: Kick-off Campaign for Great American Smoke-out.					
Step # 3: Develop publicity campaign					

Step # 4: Investigate Optima Health for program offerings.					
Step # 5: Create an incentive plan for quitting.					
Step # 6: Plan a recognition activity.					