Duke University is committed to the health and well-being of its students. We know that academic success is related to good health, but we also understand that good physical and mental health habits developed during the undergraduate experience will contribute to a more balanced, purposeful and gratifying life in the years beyond Duke.

Duke University is a community of people aspiring to greatness, full of intelligent and highly driven students, proud of their accomplishments. In support of student aspirations to achieve their goals, Duke staff often responds to a variety of health issues, both physical and psychological. Additionally, not unlike students at peer institutions, our students are exposed to peer pressures related to the use and abuse of alcohol and other substances. Students deal with issues of stress and anxiety, and often struggle to get adequate sleep, sufficient exercise, a nutritionally appropriate diet and other attributes of a healthy lifestyle. In response to these conditions, the Student Affairs Wellness Initiative is one that is dedicated to helping students prepare for and make healthy lifestyle decisions. We will engage the Student Health Center, Counseling and Psychological Services (CAPS), the Alcohol and Substance Abuse Prevention Center (ASAP) and many other Student Affairs units to promote prospective health care. Prospective health care, pioneered at Duke, is based on a model of disease prevention rather than disease response. Through intensive health analysis, including genetic analysis, patients (in our
case, students) are advised about their health risks and offered personalized guidance regarding lifestyle choices that may reduce long-term risks for illness and disease. This is the future of health care management in the United States and we have the capacity to introduce this approach now for our student populations, including graduate and professional students.

Through the efforts of the staff in the Student Health Center and CAPS, we will provide students with a health risk assessment, coaching and personal growth services. Duke students will be given the opportunity to participate in meaningful discussion about their health and will work with a team of advisors to develop a personalized health model for them, including nutrition, exercise and personal growth. The ASAP Center will further promote healthy lifestyle decision-making through a variety of efforts. These include campus-wide discussions and programs in concert with faculty and staff with an emphasis on a cultural awareness of the impact that high risk substance use/abuse has on a community. We will also work with the Duke Center for Integrative Medicine and will take advantage of non-traditional, holistic and homeopathic tools including acupuncture, mindful meditation, yoga and the wide variety of new approaches to health care being designed and advanced there.

We invite you to learn about other giving opportunities in Student Affairs

➤ **Career Services**—The Career Services Initiative promotes awareness that students must develop ways to be adaptable, diversified and efficient to maintain the Duke competitive edge in a dynamic and increasingly complex world.

➤ **Diversity**—The Diversity Initiative recognizes that we live in a world where ‘difference’ is the norm. Through our efforts, we will promote cultural diversity through collaborative student-initiated events, faculty and staff led dialogue, social interaction and experiential learning.

➤ **Leadership**—The Leadership Initiative is designed to provide opportunities for students to grow as leaders and to develop the skills and confidence to take on leadership roles while at Duke and beyond.

➤ **Student Engagement**—The Student Engagement Initiative is at the foundation for student programming and leadership exploration. This initiative will provide for continued opportunities to fund speakers, performers and presenters, to sponsor competitions, to showcase student talents and to ensure a lively and robust campus life.