



Environmental Support for Healthy Weight at an Urban University: Memphis Healthy U

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Roundtable on Obesity Solutions Workshop May 7, 2018



MEMPHIS HEALTHY U

move more • eat healthier • be tobacco free



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MEMPHIS

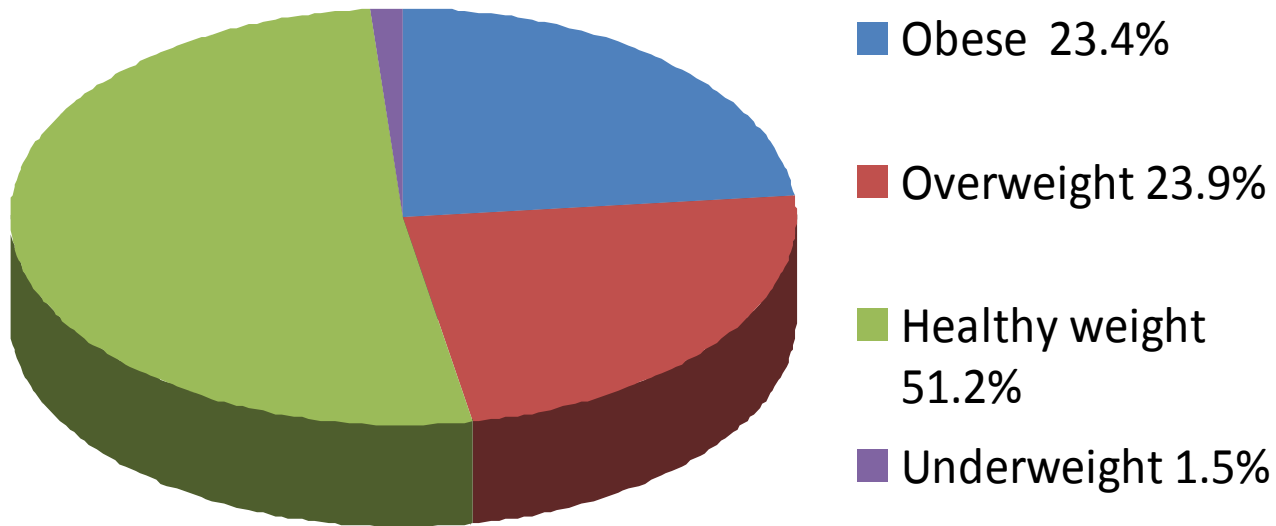
In the beginning.....

UM Health Fair 2011

Student Demographics (n=240)

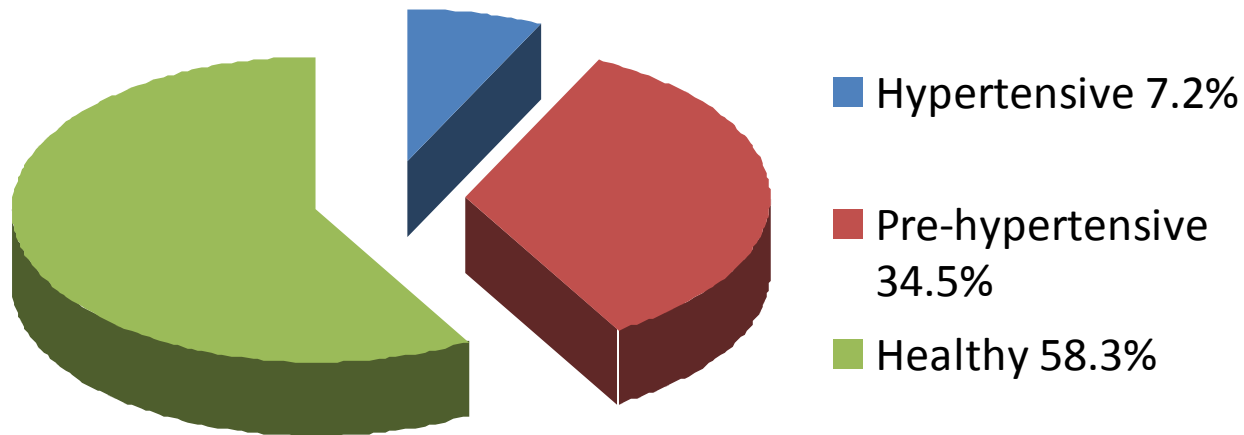
	n	%
Male	82	34.2
Female	158	65.8
African American	146	60.8
Asian	15	6.3
Caucasian	64	26.7
Hispanic	5	2.1
Other ethnicity	10	4.2

UM Health Fair 2011 Weight Results (n=240)



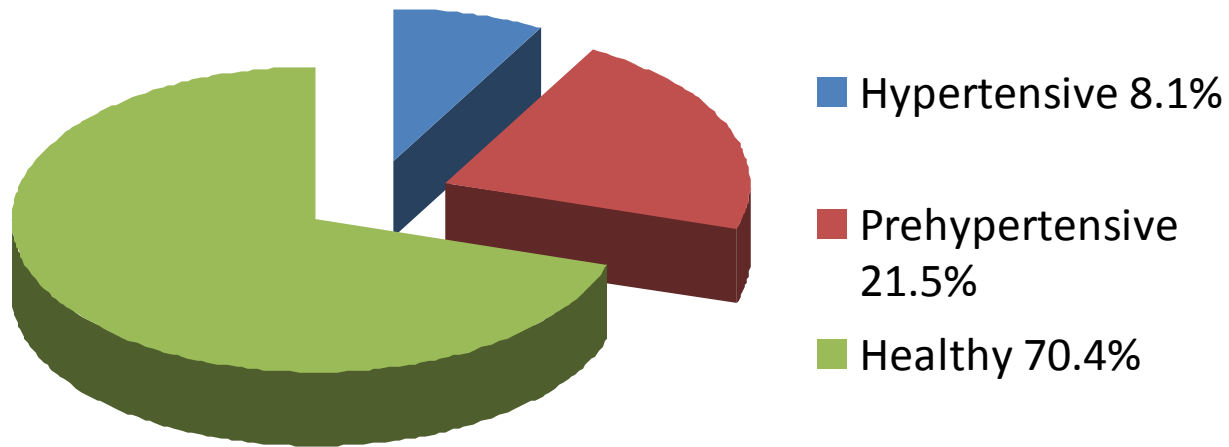
UM Health Fair 2011

Systolic Blood Pressures

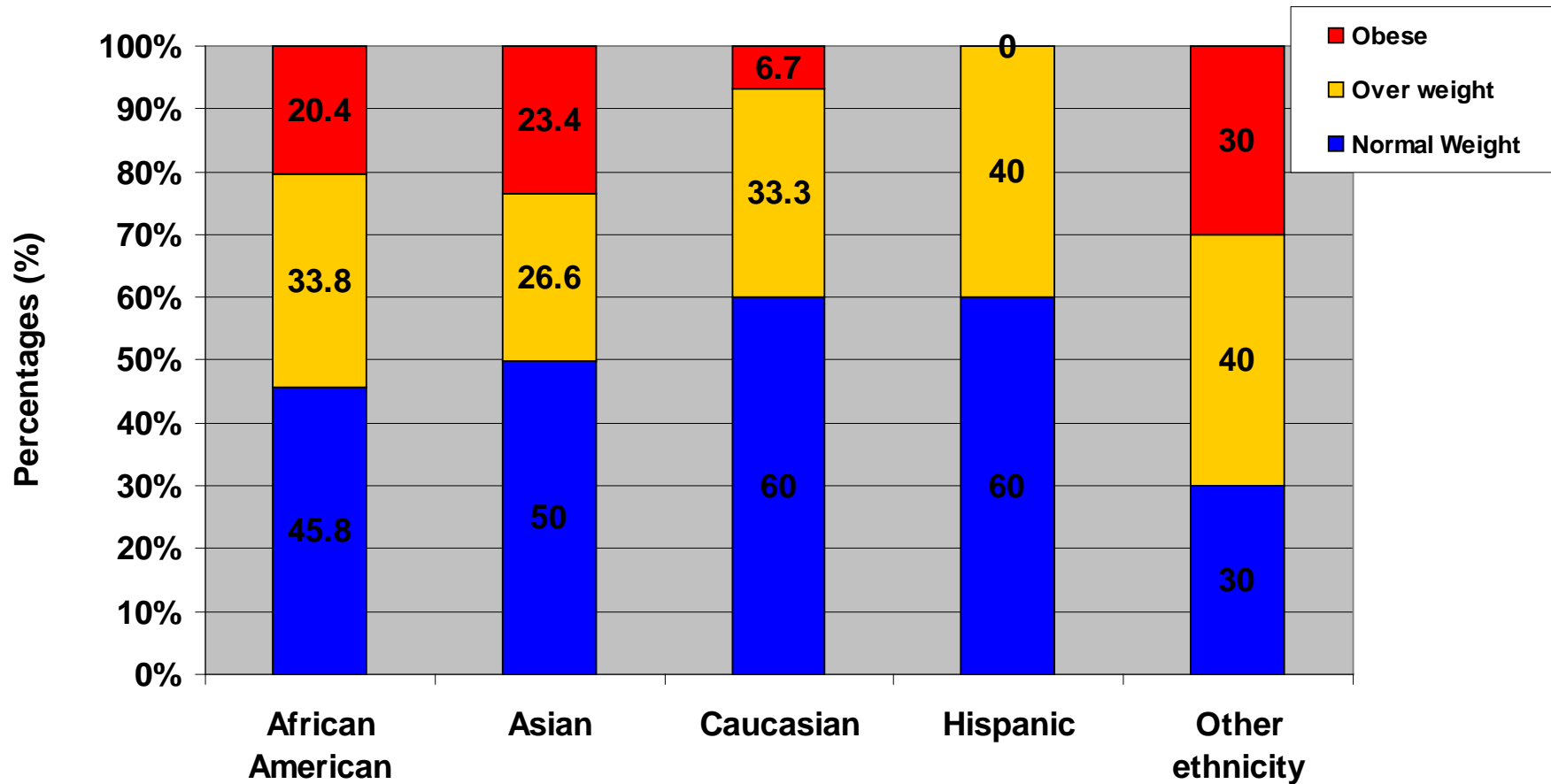


UM Health Fair 2011

Diastolic Blood Pressures



Percentage of respondents in each BMI category



2011

University President charges committee (School of Public Health, Department of Health & Sports Science, Student Health Services, Loewenberg School of Nursing, and Dept of Human Resources) with healthy campus initiative.

Objective

Provide environmental and normative support for healthier eating and increased physical activity

Strategic Activities

1. Collaborate with university departments, organizations, and vendors
2. Partner with Aramark Campus Food Service
3. Feature convenient, enjoyable venues for physical activity (stairs, walking trails)
4. Promote shared responsibility

Memphis Healthy U Partners

1. President's Office
2. Provost's Office
3. Student Affairs
4. Human Resources
5. Business and Finance
6. School of Public Health
7. Loewenberg Sch Nursing
8. Health and Sport Science
9. Student Govt Assoc
10. Student Health Services
11. Residence Life & Dining
12. Student Recreation Ctr
13. Tiger Dining
14. Athletics
15. Communications, Public Relations & Marketing

Summer and Fall 2012

May: New student orientation begins

June: Healthy U Box Lunches on Aramark Catering menu

June: Website goes live

Aug 22: New faculty orientation (healthy meals)

Aug 26: RecFest

Sept: *Tigers Feel Great* begins

Sept: Weekly zumba at UC begins

Sept: Rec Center group fitness activities begin

Oct 1: Tobacco policy roll-out

Oct 2: ***Tiger Blue Goes Green 2012***: Bike to Campus Day

Oct 3: Health Fair Fun Run

Nov 16: Desk to 5 K Run



Eat Healthy



Fresco Grilled Beef Soft Taco
160 calories, 4.5 g fat

Fresco Bean Burrito
350 calories, 8 g fat

**Fresco Burrito Supreme
with Chicken**
350 calories, 8 g fat



Aramark

- JUST 4 U \$5.00 MONDAYS –
11:00 am – 2:00 pm Just 4 U
- Healthy lunch
for an incredible price.



Healthy U Box Lunch



MEMPHIS HEALTHY U
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- \$10.19 Per Person
- Choose Any Sandwich served with Baked Chips, Fresh Fruit Cup, Carrot Stix and Bottled Water

Healthy U Sandwich choice

- Roasted Turkey on Whole Wheat Bread w Lettuce & Tomato
- Roasted Turkey Wrap w Lettuce & Tomato
- Roast Beef on Whole Wheat Bread w Lettuce & Tomato
- Roast Beef Wrap with Lettuce and Tomato
- Vegetarian Sandwich on Ciabatta Bread w Lettuce, Tomato, marinated Vegetables
- Vegetarian Wrap w Marinated Vegetables, Lettuce & Tomato

Move More



2013

Interim President requests daily noon fitness activities on the Alumni Mall

2013

- Shared responsibility for activity leadership across 17 colleges, departments, and the community
- Graduate assistants coordinate day-to-day operations
- Variety of activities (yoga, football toss, Tai Chi, Zumba, etc)
- Avg 33 participants/ day









VETERANS DAY MARCH & RECOGNITION WALL

Tuesday, November 11, 12:30 pm
Alumni Mall

Featuring Guest Speaker

Corporal Joseph R. Tiscia, Jr.

United States Marine Corps, Recipient of The Silver Star & Purple Heart
Former U of M Student

March Through Campus | Write Thank You Cards to Troops

#WEFIGHTLIKETIGERS

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BOARD



MEMPHIS HEALTHY U
AN AFFILIATE OF THE UNIVERSITY OF MEMPHIS

memphis.edu/alumni/tigertroops.php

March In March

celebrating
WOMEN OF CHARACTER, COURAGE & COMMITMENT



Kick off Women's History Month at Midday Moves!

Monday, March 3, 12:30 pm
Alumni Mall

Participate in a one-mile march around campus beginning in front of the Administration Building and ending at University Center where the official opening ceremony for Women's History Month will commence.

For more information contact
jpsavell@memphis.edu or
901.678.3119

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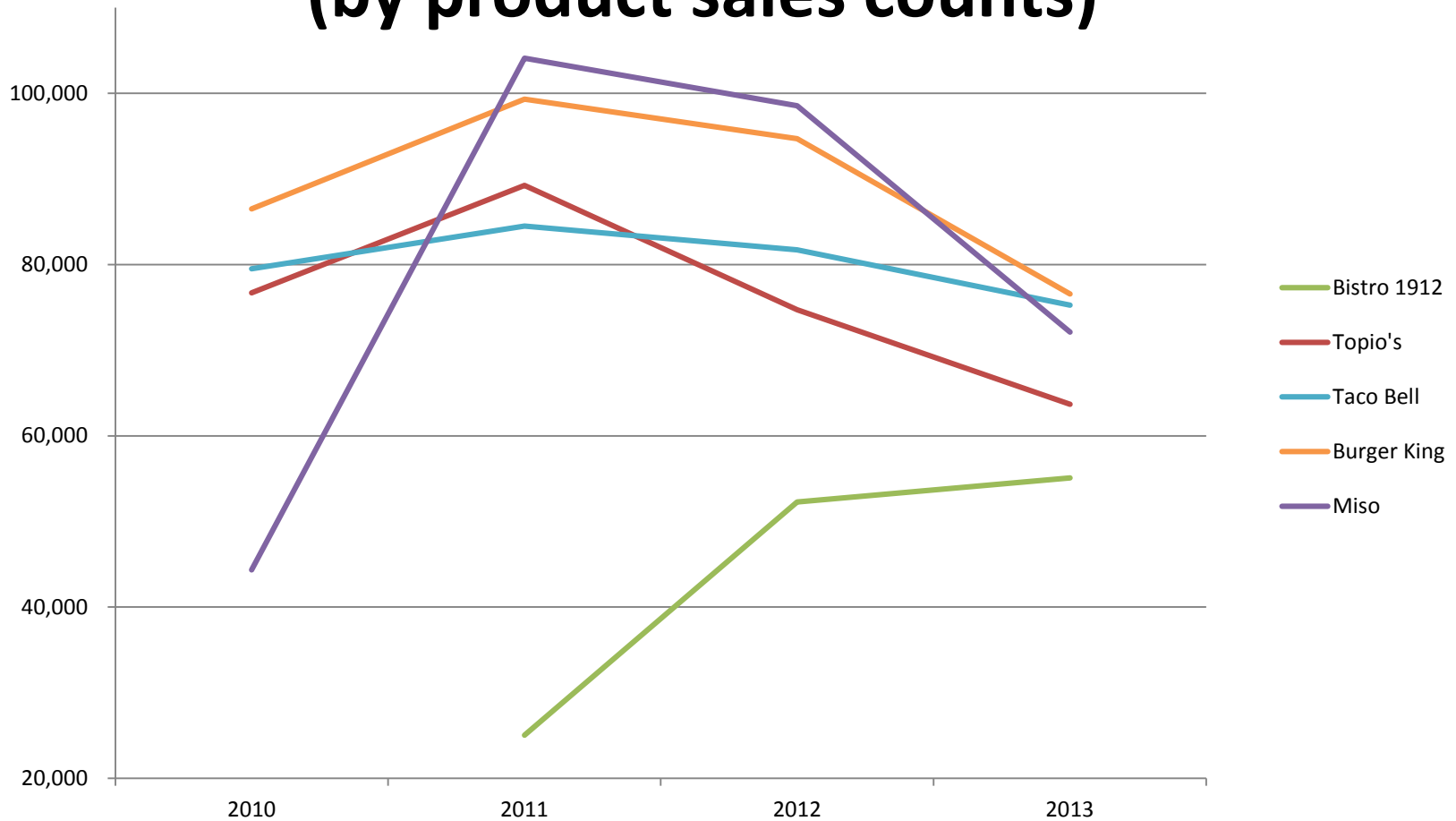
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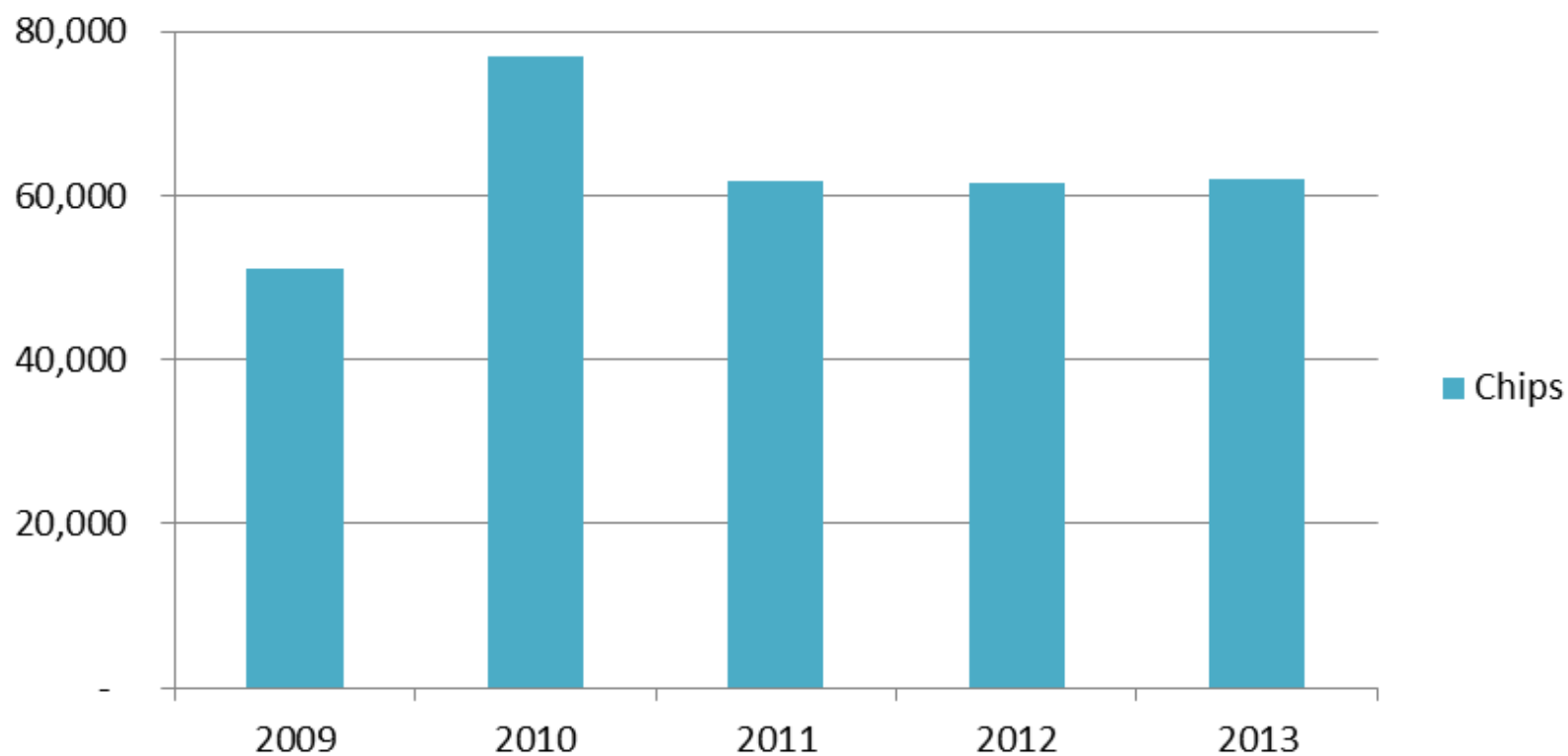


Food Court Brand Trends (by product sales counts)



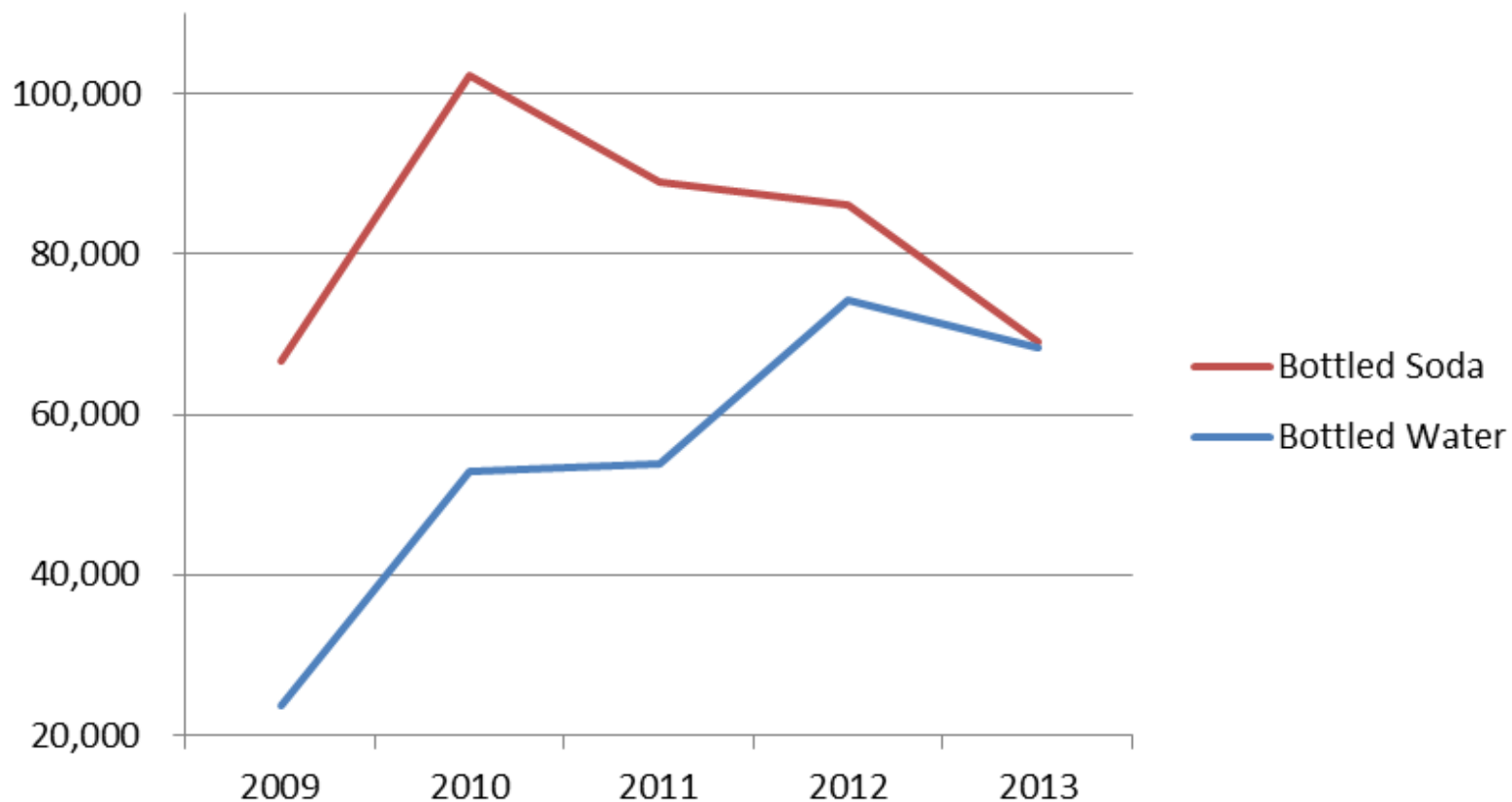
Chips Sales

(by product volume)



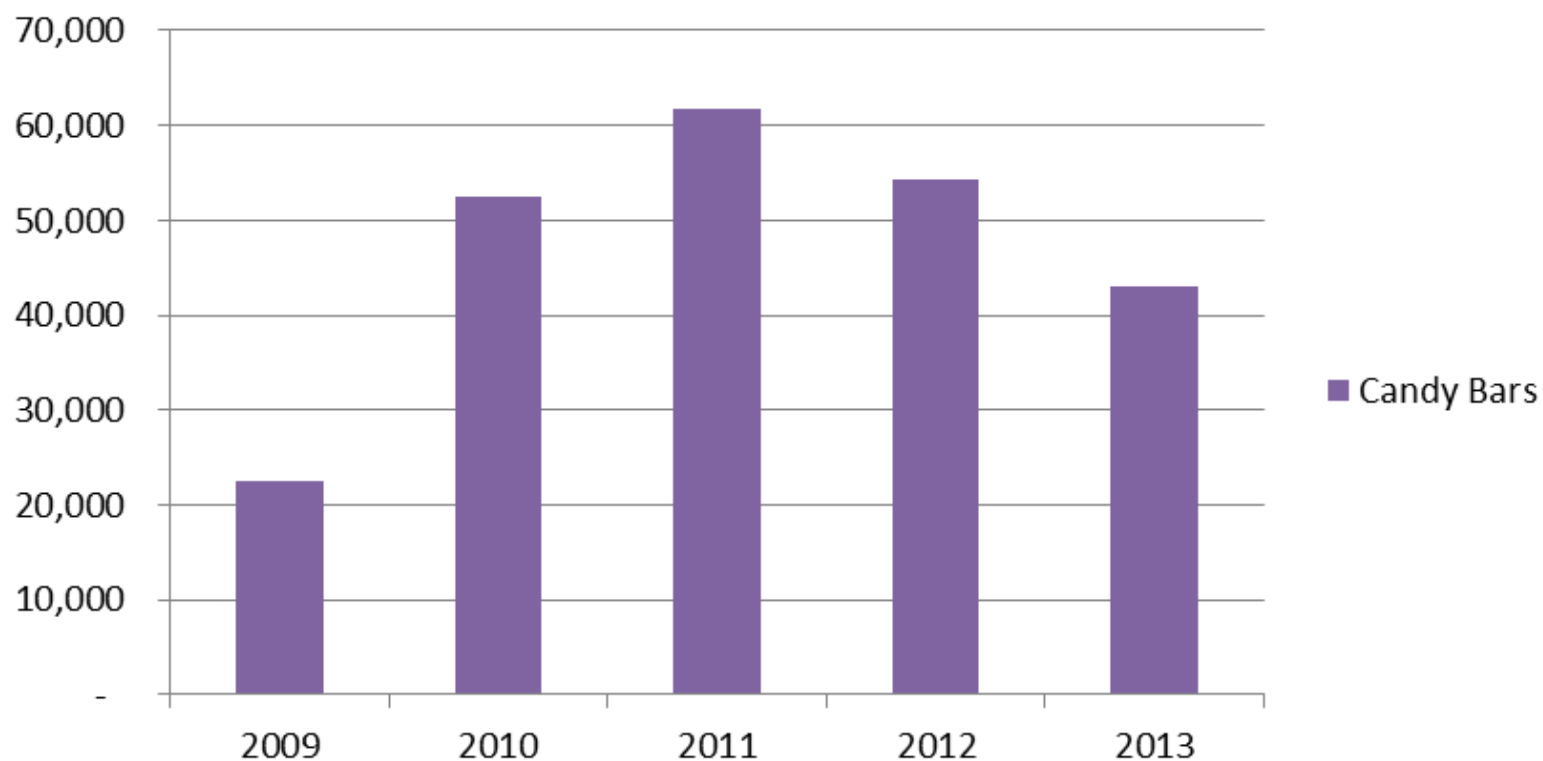
Bottled Water vs. Soda

(by product volume)



Candy Bar Sales

(by product volume)



September 2014

Midday Moves begin at 12:30 PM unless otherwise denoted. In case of inclement weather, events will be held at the Campus Recreation Center.

Follow us on Twitter @MiddayMoves and “Like” us on Facebook!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15 Midday Moves Kick-Off! 12 PM- 1 PM	16 Counseling Center: Midday Mindfulness 12:30-12:50p	17 YOGA 12:30-12:50p	18 KAN JAM 12:30-12:50p	19 Future Alumni of Memphis (FAM): DODGEBALL! 12 PM	20
21	22 Health & Sports Sciences: “FIELD DAY!” 12:30-12:50p	23 Human Resources: “TAILGATE GAMES” 12:30-12:50p	24 YOGA 12:30-12:50p	25 KAN JAM 12:30-12:50p	26 Nutrition Seminar: Bring Your Brooms, ‘Cause it’s a Mess! Mitchell Hall 403 11:30a- 12:30p	27
28	29 Public Health: “PLAYGROUND GAMES” 12:30-12:50p	30 Army ROTC: “BASIC TRAINING” 12:30-12:50p				

2014



2015

Come Move With Memphis Healthy U!

MID DAY MOVES

When:
Every Monday and Thursday
at 12:30 pm

Where:
Outside of the UC
on the Alumni Mall

What:
15-20 Minutes of Fun
Movement Activity

For the schedule of activities
and information regarding
inclement weather:
memphis.edu/middaymoves

All activities are free and
open to the public.

[f /middaymoves](#) [@MiddayMoves](#)

Driven by
doing.

U of M THE UNIVERSITY OF
MEMPHIS.



2016



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HEALTHY U**

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MEMPHIS HEALTHY U
***"DANCING WITH
THE TIGERS"***

**2016
KICK-
OFF**

**wed.
JAN.
27**

**11:30
UC ATRIUM**

**COME SHOW US
YOUR MOVES!**

BE PART OF OUR MUSIC VIDEO!

PROMOTING HEALTHY LIVING THROUGH FREE CAMPUS EVENTS
LEARN MORE AT MEMPHIS.EDU/MEMPHISHEALTHYU



A Tennessee Board of Regents Institution • An Equal Opportunity/Affirmative Action University

Lessons Learned

- Administrative directive/support critical
- Make food service changes “cost-neutral”
- Identify champions
- *“Start where the people are”*
- Welcome diverse perspectives and tailor accordingly

Opportunities for Collaboration

- Partner with university ROTCs to create a culture of health “pipeline”
- Develop relationships with local colleges/university presidents
- Work with Schools of Public Health/APHA via Surgeon General

THANK YOU!