Abstract

In this project, we created resources for Penn Nursing that explore the integration of wellness and sustainability. We reviewed the content and design of peer institution web pages about wellness and sustainability, and drafted a web page about why and how Penn Nursing connects wellness and sustainability. The remaining stages of the process, completing the web page and incorporating wellness and sustainability into events, provide opportunities for future work.

Project Overview

The first stage of the project was to study websites on wellness and sustainability by peer institutions and Penn. The second stage of the project was to create content for the Penn Nursing website. We worked with Lucia DiNapoli, Joe Gomez, and Meredith Swinney, staff at Penn Nursing, during the first semester of this year-long project on the research stage as well as the beginning of the web content development stage. We worked with Lucia DiNapoli and Joe Gomez during the second semester to continue drafting the new web page. The final stage of the project will be to incorporate sustainability into a series of wellness days that will engage Penn Nursing students, faculty, and staff in the intersection of these two topics.

We reviewed peer institutions’ web content on health, wellness, sustainability, and the environment, as well as the intersection of these topics. The list of 38 peer institutions whose websites we reviewed was generated during the Integrating Climate Change into the Penn Nursing Curriculum project, which was carried out last year by an Eco-Reps team working with Penn Nursing staff. We narrowed down this list into a shorter set of websites that we found most informative to more closely examine. We analyzed these web pages for the ways in which wellness was conceptualized and the ways in which connections were made between health and wellness and between sustainability and environment. We also considered elements of web design in our review and identified those websites best suited to serve as models for Penn Nursing’s website.

Based on our website research findings and with our input, our Nursing partners drafted and revised a Penn Nursing mission statement on Wellness and Sustainability as well as an outline for our new web page. After reviewing the Penn Nursing web pages on Mission and Values, Wellness, and Sustainability, as well as the Wellness at Penn website, we revised the mission statement into an introductory paragraph for our new web page before drafting the rest of the web page. We wrote paragraphs introducing and about how wellness is connected to four pillars of sustainability (social,
economic, environmental, and personal) at Penn Nursing, and met with our Nursing partners several times to discuss the language and structure of the proposed web content.

Research Findings

Wellness
We identified the wellness websites of four peer institutions from the original list of 38 peer institutions that included helpful and relevant information on the topics of wellness, sustainability, and the intersection of the two from which content for the Penn Nursing website could be developed. Each of these institutions’ wellness models included environmental wellness as a dimension of wellness, with only slight differences in their respective definitions of environmental wellness. In addition, these four institutions had appealing user interfaces.

Connections Between Wellness/Health and Sustainability/Environment
We selected four web pages as key examples that were particularly informative for thinking about how to connect wellness and sustainability on the Penn Nursing website. One way to approach the connections between wellness and sustainability was to consider environmental sustainability as part of environmental wellness, which was listed as a dimension of wellness by several peer institutions. Another way was to consider wellness as part of sustainability in terms of the long-term well-being of individuals and alongside environmental, social, and economic parts of sustainability. The overlap between practicing wellness and practicing sustainability could also be emphasized, as could organizing connections by topical categories.

Web Design
We found that several websites used larger introductory sentences or paragraphs to successfully draw focus. We also noted that carefully selected uses of color and font size, simple and clean design, and asymmetry could be helpful in organizing a web page. A large picture at the top of the web page or a short informative video were also design elements that we found engaging.

Penn Nursing Mission and Values
We found that Penn Nursing’s Mission and Values are consistent with Penn Nursing’s commitment to both wellness and sustainability, as committing to wellness and sustainability supports their values of integrity, social justice, innovation, inclusion, and impact as well as their mission to “to make a significant impact on health by advancing science, promoting equity, demonstrating practice excellence, and preparing leaders in the discipline of nursing.”

Events
During the process of researching peer institutions for web content on wellness and sustainability, we found articles on events that incorporated both sustainability and wellness and that could potentially serve as examples for future Penn Nursing events. These events also raise ways of understanding the connections between wellness and sustainability.

Results and Evaluation
Research
We reviewed the wellness and sustainability websites offered by peer institutions, selected key website examples to inform our creation of a new webpage, noted observations and comparisons about these websites, and presented our findings to our Nursing partners (see Appendix H, Presentations on Research Findings).

Web Development
We worked with our Nursing partners to develop a web page draft with proposed structure, design, and language that will be implemented in the coming months by the Penn Nursing staff. We developed this draft in collaboration with our Nursing partners based on our research findings and through several rounds of discussion and revision. Our Nursing partners submitted a version of the web page draft to the Nursing Marketing and Communications department; William Parker, the Director of Marketing and Communications, volunteered his time to draft a mockup of the web page which Penn Nursing will review.

Our proposed web page will feature a photograph at the top of the page, below which there will be a larger introductory paragraph about wellness and sustainability at Penn Nursing. Below this the dimensions of wellness and pillars of sustainability will be introduced. Finally, there will be four square images each representing a pillar of sustainability (social, economic, environmental, and personal) arranged in a two-by-two square. When a box is clicked, it will expand into a paragraph containing a sentence defining that pillar of sustainability, a sentence providing an example of how Penn Nursing practices that pillar, and a sentence about how that pillar relates to wellness.

Our website research findings (see Appendix D, Research Findings: Connections Between Wellness/Health and Sustainability/Environment) informed our decision to present some of the connections between wellness and sustainability by connecting wellness to four pillars of sustainability. While sustainability is traditionally defined in terms of three pillars (social, economic, and environmental), we included a fourth pillar (personal) in order to explicitly include wellness as part of sustainability. The meaning of personal sustainability was a crucial area of discussion for us when writing the web page content. We saw that personal sustainability could have two meanings: living a healthy lifestyle, or practicing the other three pillars of sustainability as an individual. After deliberation, we integrated these two meanings into one definition: practicing self-care, using personal resources wisely, and being attentive to one’s environment are ways of individually modeling the social, economic, and environmental pillars of sustainability, as well as steps in living a healthy lifestyle.

Remaining steps in the implementation of the web page to be executed by Penn Nursing include: agreeing upon content of final web page, reviewing and editing the web page mockup into a suitable design, asking people not involved in the drafting to provide feedback on their experience of the web page mockup, making changes based on their feedback, publishing the web page, and publicizing the new web page.
**Engagement**

We started brainstorming ideas for building upon the work of this project and engaging the Penn Nursing community with the intersection of wellness and sustainability, which is the final part of the project that Penn Nursing staff will plan and execute. Researching, brainstorming, and planning public engagements to share connections between wellness and sustainability with Nursing students offers one way to build upon the work of this project. Along with developing a new event or activity featuring the connection between wellness and sustainability, existing initiatives which focus on wellness or sustainability could be reframed to highlight the connection between the two topics; for example, sustainability could be explicitly incorporated into Wellness Days. We discussed event ideas such as incorporating a wellness and sustainability table into Wellness Wednesdays or Wellness Week, and incorporating a short interactive or reflective component. Ideas for events should actively integrate wellness and sustainability and be engaging for Nursing students. Course offerings and curricula should also be examined and potentially revised to incorporate connections between wellness and sustainability.

**Conclusion**

Through this project, we sought to explore the intersection of health, wellness, and sustainability, as well as how this intersection could be integrated into a nursing curriculum. We accomplished this by researching the wellness and sustainability websites of peer institutions. From these websites, we gathered information and ideas for creating a web page for Penn Nursing. Finally, website content was drafted with the unanimous approval of everyone involved and will be uploaded in the coming months as a page on the Penn Nursing website.

Future projects can build on this one by using the list of peer institutions, the information gathered from these wellness and sustainability websites, and the web page that will be published on the Penn Nursing website as a foundation. The content and the design of the website can continually be expanded, renewed, and refreshed as needed. Finally, this information can be marketed to students through a series of events or other means to boost its exposure and to educate the student body.
Appendices

Project Contacts
1. Lucia DiNapoli (luciad@nursing.upenn.edu)
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List of Peer Institutions
1. Peer Institutions
2. Useful Peer Institution Websites and Ideas
3. Peer Institution Rankings
4. Project from last year: precedent

Research Findings: Wellness

1. The University of Wisconsin
   This site includes seven dimensions of wellness in its model: Career and Academic, Financial, Physical, Social, Environmental, Spiritual, and Emotional. Environmental wellness is defined as “taking care of the setting in which you work, study and play and realizing how these settings affect you. It’s important to understand your impact on the earth and work towards a symbiotic relationship with your environment.” Subcategories listed under Environmental Wellness are Outdoor Activities, Global Environment, Safety, Personal Environment, Sustainability, Campus Areas, and Relationship with Nature. Sustainability is defined as “avoiding depleting the Earth’s resources to maintain a natural balance.” The website also features a thought-provoking quote: “The environment is everything that isn’t me.’ -Albert Einstein.”

2. The University of Maryland, Baltimore
   This wellness home page is called the “Wellness Hub.” Eight dimensions of wellness are listed: Physical, Spiritual and Ethical, Social, Emotional, Cultural, Intellectual, Financial, and Environmental. Environmental wellness is defined as “trying to live in harmony with the earth by understanding the impact of your interaction with nature and your personal environment, and taking action to protect the world around you. It also involves protecting yourself from environmental hazards such as air pollution, ultraviolet radiation in the sunlight, chemicals, noise, water pollution, and second-hand smoke. Environmental wellness also includes taking time to enjoy and appreciate the natural world.” The website includes links to environmental resources.

3. Illinois Wesleyan University
   Six dimensions of wellness are listed on this website: Physical, Spiritual, Social, Emotional, Intellectual, and Environmental. Environmental Wellness is discussed in the following context: “Increasingly, personal health depends on the health of the planet - from the safety of the food supply to the degree of violence in a society. Other examples of environmental threats to ultraviolet radiation in sunlight, air and water pollution, lead in old house paint, and second hand tobacco smoke in indoor air. Wellness requires learning about and protecting yourself against such hazards - and doing what you can to reduce or eliminate them, either on your own or with others.”

4. Duke University
   Duke’s website includes a “What is Wellness?” tab which includes a description of their wellness model and each of its six components: Environmental, Financial, Intellectual,
Mind-Body, Social, and Spiritual. A “Practice Your Environmental Wellness” link includes five tips and brief explanations of each.

Research Findings: Connections Between Wellness/Health and Sustainability/Environment

1. University of North Carolina, Chapel Hill – Environmental Dimension of Student Wellness page
   The page on environmental wellness explains three environmental circumstances – social, built, and natural – and how people can shape their environments. This example explained how three categories of environment impact health. This example could be used as a template for the way Penn Nursing connects sustainability and wellness – the website could explore how X categories of sustainability impact wellness, or, how Y categories of wellness impact sustainability.

2. Emory University – Wellbeing page of Sustainability website
   Emory sees sustainability as not only encompassing traditionally considered aspects of sustainability (environment, economic, social), but also personal sustainability; that is, Emory defines sustainability such that health and wellness are part of sustainability, as expressed in their website:
   At Emory, sustainable living extends beyond implementing sustainable practices and using sustainable resources. Wellbeing initiatives recognize the intrinsic worth of all members of this community and provide programs that support the long-term health of students, faculty, and staff.

3. University of Virginia – Health & Wellness page of Environmental Stewardship section of Sustainability website
   This page includes a 90-second video sharing three wellness and sustainability behaviors: eating organic & local fruits and vegetables; using the stairs instead of the elevator; holding walking meetings which are illuminated by sunlight instead of electricity. More generally, this webpage makes a practical connection between wellness and sustainability and contains one short informative video, two practices that could be considered for the Penn Nursing webpage.

4. Harvard University – Health & Wellness section of Sustainability website
   Harvard divides health and wellness into four subtopics: personal well-being, chemicals of concern, tobacco and smoke, and food, providing resources and information on how each of these areas are practiced at Harvard. They organize the many possibilities of interaction between wellness and sustainability through topical categories, which is another approach that could be taken to organize content on the Penn Nursing webpage.

Research Findings: Web Design

1. University of Pennsylvania – Health & Wellness page of Student Resources section of Penn Nursing website
   The Penn Nursing website has an appealing design. The red, blue, and neutrals color scheme enhanced the content of the webpage while remaining consistent with the school colors. The introductory paragraph with larger text near the top of the page helps organize visual focus. We found the collapsible/expandable list of resources to be a helpful organizing tool.

2. University of Wisconsin – Wellness page of UWell website
The top of the page contained a colorful image followed by an introductory paragraph. This webpage also had an appealing color scheme with a balance of neutrals and somewhat brighter colors, and the webpage gave the impression of organization and cleanliness. Round icons were used as visual representations of each dimension of wellness.

3. **Harvard University – Health & Wellness page of Sustainability website**  
The top of the webpage presented two rectangles with introductory text in one and a photograph in the other. The body of the webpage increased the text size and selectively used green or blue font color to emphasize certain introductory information. Square images arranged in a larger square were used to represent each of the four subtopics. These simple graphics could be options for representing the subtopics within the Penn Nursing page. This webpage also contained expandable/collapsible lists of resources.

**Research Findings: Events**

1. **Duke University - Sustainable Duke's Gratitude Lunch**  
   Sustainable Duke’s Gratitude Lunch involved sustainable food practices (zero-waste, compostable plates, locally sourced vegetables) with a focus on gratitude intended to promote physical/mental health.

2. **Illinois Wesleyan University - Sustainability and Wellness Expo**  
   At Illinois Wesleyan University, an annual Sustainability and Wellness Expo, features exhibits and demonstrations about sustainable living. The theme of the 2011 expo was “Creating Healthy Communities.” In the article on this event, IWU Wellness Director Missy Smock said that sustainable living means healthier living personally, socially, economically, and environmentally.

**Research Findings: Penn Nursing Mission and Values**

1. **Values**  
   The web page names Penn Nursing's core values: integrity, social justice, innovation, inclusion, and impact. Practicing values of wellness and sustainability are part of practicing integrity. Another core value, social justice, involves valuing the wellness of communities and individuals as well as promoting sustainability. Innovative thinking can also be applied towards the promotion of wellness and sustainability. Sustainable thinking and action can support an inclusive approach to wellness. Integrating wellness and sustainability is important for having a positive impact.

2. **Mission**  
   Penn Nursing’s mission statement is, “Our mission is to make a significant impact on health by advancing science, promoting equity, demonstrating practice excellence, and preparing leaders in the discipline of nursing.” Promoting sustainability and promoting equity are mutually supportive practices. Practicing wellness supports practice excellence. Encouraging sustainability and wellness is also important in developing leaders who uphold their responsibilities to their communities and planet.

3. **Practice**  
   Promoting sustainability at Penn Nursing aligns with Penn Nursing’s commitment to global health, as it views health and wellness in a social context and cares for global society.

**Presentations on Research Findings**

1. **Research on Wellness Websites of Peer Institutions**
2. Wellness and Sustainability (and Environment and Health)
3. Similarities and Differences between Penn and Peer Institutions: Wellness
4. Wellness and Sustainability - selected examples and notes