Campus Health Report and Strategic Plan
2014 — 2016

University of Central Oklahoma
Healthy Campus Initiative
Health & Wellness Tenant of Transformative Learning

The University of Central Oklahoma considers the integration of health and wellness a core responsibility of the mission to provide a transformative education experience to students. UCO supports a holistic and integrative approach to academics, defining health and wellness as not just the absence of illness, but rather a state where optimal personal and social well-being allows students to fully engage in their academic experiences, resulting in more successful outcomes. Creating a culture where growth, learning and resilience are cultivated, UCO promotes health and wellness as a foundation of student success.

UCO Healthy Campus

As part of a national initiative, University of Central Oklahoma’s Healthy Campus is the vehicle in which health and wellness tenet is integrated throughout the university environment. Through collaborative efforts across campus, UCO Healthy Campus promotes a climate that supports the development and maintenance of a healthy body, mind and spirit for all members of the UCO community. Utilizing standards of practice for health promotion and an understanding of health behavior theories, the UCO Healthy Campus Leadership Team develops programs that address leading health issues and behaviors to enable students to achieve academic learning objectives.
Healthy Campus Report Data

The National College Health Assessment (NCHA), a research survey organized by the American College Health Association (ACHA), collects data about students' habits, behaviors, and perceptions on prevalent health topics. The ACHA-NCHA survey compares data from 57 schools (both public and private) from large and small campuses with over 34,000 students surveyed. This survey is administered to UCO students every two years. The most recent survey for UCO, conducted in Spring 2014, resulted in 1060 surveys with a 77% response rate. For the purposes of this report, comparison data will focus on improvements made at UCO since the prior survey in 2012. To find out how UCO compared to other colleges and universities, you may view the complete ACHA-NCHA UCO executive summary on the UCO Healthy Campus web site.

Priority Areas

This Campus Health Report and Strategic Plan outlines the assessment, impacts, strategies and measurements of programs as they relate to the Health and Wellness Tenet of Transformative Learning. Based on the ACHA-NCHA data, the following Priority Areas have been established as key focus areas where efforts need to be made to improve the health and wellness of our campus. The Priority Areas are:

- Physical Activity and Nutrition
- Mental Health and Well-Being
- Sexual Health
- Sexual Assault
- Environmental Health
- Mission Integration

For More Information on the UCO Health Report, UCO Healthy Campus or other health and wellness related information, consult the following resources:

UCO Wellness Center:  http://www.uco.edu/wellness/
UCO Healthy Campus Web site:  http://www.ucohealthycampus.com
UCO Healthy Campus Priority Area Snapshot: Physical Activity & Nutrition

Long-term Vision

The long-term vision of UCO Healthy Campus is to improve health, fitness and quality of life through daily physical activity by promoting health and reducing chronic disease associated with diet and weight.

<table>
<thead>
<tr>
<th>INDICATOR</th>
<th>UCO 2012</th>
<th>UCO 2014</th>
<th>UCO 2016 GOAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Individuals who report meeting national physical activity guidelines</td>
<td>47.2%</td>
<td>49.9%</td>
<td>54.9%</td>
</tr>
<tr>
<td>Individuals who report no moderate intensity exercise in the past week</td>
<td>26.8%</td>
<td>24.1%</td>
<td>21.7%</td>
</tr>
<tr>
<td>Individuals who report no vigorous intensity exercise in the past week</td>
<td>40.4%</td>
<td>37.1%</td>
<td>33.4%</td>
</tr>
<tr>
<td>Individuals who report no strength training exercise in the past week</td>
<td>49.4%</td>
<td>45.3%</td>
<td>40.8%</td>
</tr>
<tr>
<td>Individuals who report no fruit or vegetable consumption</td>
<td>11.1%</td>
<td>9.7%</td>
<td>8.7%</td>
</tr>
<tr>
<td>Individuals who report they are overweight or obese based upon body mass index</td>
<td>41.3%</td>
<td>39.9%</td>
<td>17.2%</td>
</tr>
<tr>
<td>Individuals who report they are underweight based upon body mass index</td>
<td>4.4%</td>
<td>4.9%</td>
<td>4.4%</td>
</tr>
</tbody>
</table>

According to the ACHA-NCHA data, UCO has improved in almost all areas of physical activity and nutrition from 2012 to 2014. Through successful programming initiatives, we are increasing awareness of the importance of good health and nutrition through diet and exercise.

Successful Programs and Initiatives 2012 — 2014

- Outdoor Fitness, Recreational Activity Areas & Campus Walking Trails
- Fitness Programs & Services, including free group fitness classes
- Polar Body Age Screenings
- National Education Programs such as National Nutrition Month, Supermarket Smarts, Campus Cook, and Broncho Bites
- Health Education Programs such as Dorm Room Workout, Women on Weights & Office Workout
- Policy changes to include Flex time and support for faculty/staff to exercise
- Exercise is Medicine (Medical Integration)
- Community Garden
- Healthy Vending Machines
UCO Healthy Campus Priority Area Snapshot: Physical Activity & Nutrition

2014-2016 Objectives

- Increase number of individuals’ meeting national guidelines for physical activity
- Increase number of individuals who consume at least five daily servings of fruit and vegetables
- Decrease number of individuals who are classified as “Underweight” or “Class I-IIII Obesity” as defined by BMI

Strategic Program Initiatives 2014 — 2016

The Healthy Campus Leadership Team has developed three programs to facilitate improvements in physical activity and nutrition at UCO. In addition to programs already in place, the following initiatives will encourage campus-wide participation and involve multiple groups and collaborators.

- Campus-Wide Physical Activity Incentive Campaign
- Healthy Vending Machine Expansion and Marketing
- National Nutrition Month Education and Awareness

Physical Activity & Nutrition Resources for Students, Faculty and Staff

UCO Wellness Center  www.uco.edu/wellness/
UCO Healthy Campus  www.uco.edu/wellness/hf/healthycampus/index.asp
UCO Central Pantry  www.uco.edu/student-affairs/vslc/Central%20Pantry/index.asp
Campus Activities  www.uco.edu/student-life/cae/index.asp
UCO Dining  www.uco.edu/administration/housing/

This is not a complete list.

For additional information including community resources, consult the UCO Health Resource Guide available on the UCO Wellness Center Web site at www.ucohealthresources.com

For more information, contact the UCO Manager of Health Promotion at (405) 974-2320
Long-term Vision

The long-term vision of UCO Healthy Campus is to improve mental health and well-being by ensuring access to appropriate, quality mental health services that decrease adverse impacts of stress and enhance student success.

<table>
<thead>
<tr>
<th>INDICATOR</th>
<th>UCO 2012</th>
<th>UCO 2014</th>
<th>UCO 2016 GOAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Individuals who report overall level of stress as “tremendous”</td>
<td>9.7%</td>
<td>8.9%</td>
<td>8.0%</td>
</tr>
<tr>
<td>Individuals who report they felt overwhelming anxiety in the past 2 weeks</td>
<td>20.5%</td>
<td>22.7%</td>
<td>20.4%</td>
</tr>
<tr>
<td>Individuals who report stress had a negative impact on academic performance</td>
<td>26.6%</td>
<td>27.2%</td>
<td>24.5%</td>
</tr>
<tr>
<td>Individuals who report anxiety had a negative impact on academic performance</td>
<td>17.3%</td>
<td>17.4%</td>
<td>15.7%</td>
</tr>
<tr>
<td>Individuals who report they seriously considered suicide</td>
<td>8.5%</td>
<td>11.1%</td>
<td>10.0%</td>
</tr>
<tr>
<td>Individuals who report they received psychological or mental health services from UCO’s counseling or health services</td>
<td>6.6%</td>
<td>4.8%</td>
<td>5.3%</td>
</tr>
</tbody>
</table>

UCO continues to look for effective ways to improve mental health and well-being and to reduce stress, anxiety and thoughts of suicide among students. We recognize that mental health is an important part of a student’s overall health and has a significant impact on academic performance. Given the increase in students who have reported seriously considering suicide, UCO has made a concerted effort to focus on suicide prevention measures.

Successful Programs and Initiatives 2012 — 2014

- Be-Mindful Week including therapy dog program “Dog-Gone Stress”
- Sleep Awareness Week
- Faculty Training module on Stress
- Question, Persuade & Refer (QPR) Suicide Prevention Program
- Labyrinth
- Mental Health referrals
- Exercise is Medicine (Medical Integration)
- Stress Management components implemented for Healthy Life Skills & Success Central academic classes
- Y Chapel “Quiet Time”
UCO Healthy Campus Priority Area Snapshot: Mental Health & Well-Being

2014-2016 Objectives

- Reduce overall level of stress reported by UCO students and employees
- Reduce the number of life challenges reported as traumatic or difficult to handle

Strategic Program Initiatives 2014 — 2016

The Healthy Campus Leadership Team has determined strategic programs to facilitate improvements in mental health and well-being at UCO. In addition to on-going programs already implemented, the following initiatives will create a greater awareness of mental health issues and resources available.

- Adjunct Faculty Learning Module and Orientation Program
- Suicide Prevention and Education Awareness Program
- Mental Well-Being Awareness and Education

Mental Health & Well-Being Resources for Students, Faculty and Staff

SAM—Student Assistance by Mercy  telephone: 1-855-225-25AM for 24-hour assistance
UCO Wellness Center  www.uco.edu/wellness/
UCO Healthy Campus  www.uco.edu/wellness/hf/healthycampus/index.asp
UCO Center for Counseling and Well-being  www.uco.edu/student-affairs/scc
UCO Alcohol and Drug Abuse Prevention  www.uco.edu/student-affairs/adap/index.asp
UCO Psychology Clinic  www.uco.edu/ceps/dept/Professional-Studies-Programs/psy/clinic/index.asp

This is not a complete list.
For additional information including community resources, consult the UCO Health Resource Guide available on the UCO Wellness Center Web site at www.ucohealthresources.com

For more information, contact the UCO Manager of Health Promotion at (405) 974-2320
Long-term Vision

The long-term vision of UCO Healthy Campus is to improve sexual health outcomes through comprehensive sex education and providing access to sexual health services and programs on campus.

<table>
<thead>
<tr>
<th>INDICATOR</th>
<th>UCO 2012</th>
<th>UCO 2014</th>
<th>UCO 2016 GOAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Individuals who report using a condom for vaginal intercourse</td>
<td>47.1%</td>
<td>49.5%</td>
<td>54.5%</td>
</tr>
<tr>
<td>Individuals who report using a condom for anal intercourse</td>
<td>23.7%</td>
<td>27.6%</td>
<td>30.4%</td>
</tr>
<tr>
<td>Female students who report an unintended pregnancy</td>
<td>3.6%</td>
<td>3.1%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Individuals who report use of contraception during vaginal intercourse</td>
<td>46.5%</td>
<td>43.4%</td>
<td>47.7%</td>
</tr>
<tr>
<td>Individuals who report receiving the Human Papillomavirus/HPV (cervical cancer vaccine)</td>
<td>31.5%</td>
<td>32.7%</td>
<td>36%</td>
</tr>
<tr>
<td>Individuals who report using (or partner using) emergency contraception within the last 12 months</td>
<td>18.3%</td>
<td>19.7%</td>
<td>17.7%</td>
</tr>
</tbody>
</table>

Sexual health is a critical component of overall student health. UCO Healthy Campus has implemented several comprehensive programs and initiatives to increase awareness and education of sexual health services both on and off campus.

**Successful Programs and Initiatives 2012 — 2014**

- Sexual Health Awareness Week
- World AIDS Day
- Sex in the Dark
- Sexual Health Community Partnerships
- Sexual Health Education Modules for Academic Curriculum
- STI & HIV Screenings
- HPV Vaccination Clinic
- Health Education Programs
- Free Condoms on Campus
- Sexual Attitude Reassessment (SAR) Training
2014-2016 Objectives

- Increase the proportion of students using condoms for vaginal and anal intercourse
- Increase the proportion of students using contraception for vaginal intercourse
- Decrease the proportion of female students who report an unintended pregnancy in the last 12 months

Strategic Program Initiatives 2014 — 2016

The Healthy Campus Leadership Team has developed programs to facilitate improvements in sexual health for all orientations and genders across campus. Through continuing programs that have already been implemented and adding additional programs to educate and increase awareness, UCO hopes to provide students with the resources they need to be sexually healthy.

- Comprehensive Sexual Health Education
- Access to sexual health resources on campus

Sexual Health Resources for Students, Faculty and Staff

UCO Wellness Center  http://www.ucowellnesscenter.com
UCO Center for Counseling and Well-Being  www.uco.edu/student-affairs/scc/
UCO Health Promotion  http://www.uco.edu/wellness/hf/healthpromotion/
Women's Outreach Center  www.uco.edu/student-life/woc/
Student Alliance for Equality (SAFE)  www.uco.edu/la/studentlinks/orgs/safe.asp
UCO Psychology Clinic  www.uco.edu/ceps/dept/Professional-Studies-Programs/psy/clinic/index.asp

This is not a complete list.

For additional information including community resources, consult the UCO Health Resource Guide available on the UCO Wellness Center Web site at  www.ucohealthresources.com

For more information, contact the UCO Manager of Health Promotion at (405) 974-2320
Long-term Vision

The long-term vision of UCO Healthy Campus is to provide a safe environment and culture that does not tolerate violence or victim blaming and instead fosters healthy relationships.

<table>
<thead>
<tr>
<th>INDICATOR</th>
<th>UCO 2012</th>
<th>UCO 2014</th>
<th>UCO 2016 GOAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Individuals who report experiencing a physically abusive relationship</td>
<td>5.2%</td>
<td>4.0%</td>
<td>3.6%</td>
</tr>
<tr>
<td>Individuals who report experiencing an emotionally abusive relationship</td>
<td>14.8%</td>
<td>13.6%</td>
<td>12.2%</td>
</tr>
<tr>
<td>Individuals who report experiencing a sexually abusive relationship</td>
<td>3.1%</td>
<td>3.1%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Individuals who report being sexually touched without their consent</td>
<td>7.1%</td>
<td>6.4%</td>
<td>5.8%</td>
</tr>
<tr>
<td>Individuals who report being sexually penetrated without their consent</td>
<td>2.3%</td>
<td>2.4%</td>
<td>2.2%</td>
</tr>
<tr>
<td>Individuals who report being stalked</td>
<td>8.6%</td>
<td>7.0%</td>
<td>6.3%</td>
</tr>
</tbody>
</table>

Through the development of the UCO Project SPEAK (Support, Promote, Educate, Advocate for Knowledge) office in early 2014, sexual assault advocacy and programming have become a positive standard for the university.

**Successful Programs and Initiatives 2012-2014**

- UCO Project SPEAK office
- Sexual assault and relationship violence advocacy
- Peer Advocacy student group
- UCO Violence Prevention Project
- Sexual Assault Awareness Month
- Domestic Violence Awareness month
UCO Healthy Campus Priority Area Snapshot:
Sexual Assault

2014-2016 Objectives

- Decrease the proportion of students who report being sexually penetrated without their consent
- Decrease the proportion of students who report being sexually touched without their consent
- Decrease the proportion of students who report being in a sexually abusive relationship

Strategic Program Initiatives 2014 — 2016

The Healthy Campus Leadership Team has committed to implementing the following programs to bring awareness and education to the Central Community in the area of sexual assault and violence on campus. In a united effort between multiple partners on campus, UCO Healthy Campus strives to end sexual violence on our campus.

- Bystander Intervention Training and Education
- Sexual Assault Awareness Education and Programming

Sexual Assault Resources for Students, Faculty and Staff

UCO Project SPEAK  
http://www.uco.edu/student-affairs/vpp/index.asp

UCO Center for Counseling and Well-Being  
http://www.uco.edu/student-affairs/vpp/index.asp

UCO Health Promotion  
http://www.uco.edu/wellness/hf/healthpromotion/

Women's Outreach Center  
www.uco.edu/student-life/woc/

Student Alliance for Equality (SAFE)  
www.uco.edu/la/studentlinks/orgs/safe.asp

UCO Psychology Clinic  
www.uco.edu/ceps/dept/Professional-Studies-Programs/psy/clinic/index.asp

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For more information, contact the UCO Manager of Health Promotion at (405) 974-2320
Long-term Vision

The long-term vision of UCO Healthy Campus is to raise awareness of and change personal behavior related to environmental sustainability and to work with university policy-makers to establish sustainable practices in key areas such as food service, vending, retail, and trash and water management.

<table>
<thead>
<tr>
<th>INDICATOR</th>
<th>UCO 2012</th>
<th>UCO 2014</th>
<th>UCO 2016 GOAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Individuals who report they understand the connection between personal health and the quality of their natural, campus and social environments</td>
<td>n/a</td>
<td>87%</td>
<td>96%</td>
</tr>
<tr>
<td>Pounds of recycled cans</td>
<td>n/a</td>
<td>n/a</td>
<td>n/a</td>
</tr>
<tr>
<td>Pounds of recycled plastic bottles</td>
<td>n/a</td>
<td>n/a</td>
<td>n/a</td>
</tr>
<tr>
<td>Pounds of recycled paper &amp; cardboard</td>
<td>n/a</td>
<td>n/a</td>
<td>n/a</td>
</tr>
<tr>
<td>Number of events using mostly biodegradable products</td>
<td>n/a</td>
<td>n/a</td>
<td>n/a</td>
</tr>
<tr>
<td>National Survey of Student Engagement Indicators (TBD)</td>
<td>n/a</td>
<td>n/a</td>
<td>n/a</td>
</tr>
<tr>
<td>Pounds of food recovered and donated to food programs</td>
<td>n/a</td>
<td>n/a</td>
<td>n/a</td>
</tr>
<tr>
<td>Amount of run-off water collected and used for other purposes</td>
<td>n/a</td>
<td>n/a</td>
<td>n/a</td>
</tr>
<tr>
<td>Number of vending machines converted from plastic bottles to aluminum cans</td>
<td>n/a</td>
<td>n/a</td>
<td>n/a</td>
</tr>
<tr>
<td>Number of purchasing entities that do not buy single-use plastic containers</td>
<td>n/a</td>
<td>n/a</td>
<td>n/a</td>
</tr>
</tbody>
</table>

n/a = data not available

UCO encourages a culture where students associate good health with a quality environment and regard sustainability as an important responsibility.

As a new focus area for UCO Healthy Campus, we will strive to maintain an environmentally friendly community through future programs and initiatives to help meet our goal to be a healthy campus. We intend to use data collected in 2016 as a baseline for future measurement based on the indicators listed above.
UCO Healthy Campus Priority Area Snapshot: Environmental Health

2014-2016 Objectives

- Decrease the use of single-use plastic on campus
- Increase the proportion of the trash stream that is properly recycled
- Increase the use of biodegradable products for food service and take-away
- Increase the amount of food that is “recovered” (food previously thrown away) and donate to feeding organizations such as food banks and meal sites

Strategic Program Initiatives 2014 — 2016

The Healthy Campus Leadership Team has developed the following programs and initiatives to encourage an eco-friendly campus and create a culture where environmental responsibility is seen as an important aspect of health and wellness.

- Marketing & Social Media Campaigns to reduce single-use plastic on campus
- Education and Policy Changes to use biodegradable products for food
- Education Programs promoting culture to use refillable bottles for water
- Mercy Green Clinic Initiative
- Food Recovery Program
- Earth Day

Environmental Health Resources for Students, Faculty and Staff

UCO Environmental Health & Safety  www.uco.edu/administration/safety-transportation/ehs/index.asp
UCO Sustainability Policy  www.uco.edu/administration/green/files/UCO-Sustainability-policy.pdf

This is not a complete list. For additional information including community resources, consult the UCO Health Resource Guide available on the UCO Wellness Center Web site at www.ucohealthresources.com

For more information, contact the UCO Manager of Health Promotion at (405) 974-2320
UCO Healthy Campus Priority Area Snapshot: Mission Integration

Long-term Vision

The long-term vision of UCO Healthy Campus is to create a campus community environment conducive to wellness.

<table>
<thead>
<tr>
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<th>UCO 2012</th>
<th>UCO 2014</th>
<th>UCO 2016 GOAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Individuals who report academics as traumatic or difficult to handle</td>
<td>43.1%</td>
<td>46.3%</td>
<td>41.7%</td>
</tr>
<tr>
<td>Individuals who report they understand and can explain the relationship between one's health and one's capacity to meet personal, academic and long term goals</td>
<td>92.2%</td>
<td>91%</td>
<td>100%</td>
</tr>
<tr>
<td>Individuals who report they can identify and utilize campus and community health/wellness resources and support available</td>
<td>n/a</td>
<td>n/a</td>
<td>40%</td>
</tr>
<tr>
<td>Individuals who report they are able to learn at full level of potential at UCO</td>
<td>n/a</td>
<td>93%</td>
<td>100%</td>
</tr>
</tbody>
</table>

Mission Integration differs from the other priority areas. Rather than focusing on a specific health outcome, the priority area addresses the way the Health and Wellness Tenet of Transformative Learning is institutionalized across the university. UCO has implemented programs and initiatives that integrate health and wellness with learning to maximize students’ potential for successful outcomes. By providing an academic environment that fosters students’ personal and social well-being, we increase their ability and readiness to learn and allow them to engage fully in learning.

Successful Programs and Initiatives 2012 — 2014

- Campus and Community health-related programs such as Safe Spring Break, National Alcohol Awareness Week, & Flu Campaign
- Student Immunizations
- Health & Wellness Faculty Liaison
- Transformative Learning Conference participation
- Community partnerships with Mercy Clinic and OCCHD
- Employee Wellness Coordinator
2014-2016 Objectives

- Decrease proportion of students reporting academics as traumatic or difficult to handle
- Increase proportion of students reporting they learn at the full level of potential
- Increase proportion of students reporting they understand and can explain the relationship between health and one’s capacity to meet personal, academic and long-term goals
- Increase proportion of students reporting they can identify and utilize campus and community health/wellness resources and support available

Strategic Program Initiatives 2014 — 2016

The Healthy Campus Leadership Team has developed the following programs and initiatives to ensure UCO fulfills the transformative learning tenet of Health and Wellness through mission integration. In addition to programs already in place, these additional initiatives will provide students with tools and resources to enhance their educational experience by incorporating health and wellness into their academic life.

- Veteran Support Initiative
- Healthy Campus Student Scholarship
- Health & Wellness Training for Academic Advisors
- Student Transformative Learning Record (STLR) Initiative—Health & Wellness Support

Mission Integration Resources for Students, Faculty and Staff

Veteran Student Support: www.uco.edu/student-affairs/veteran-student-support/
UCO Student Transformative Learning Record (STLR): www.uco.edu/central/tl/stlr/index.asp
UCO Transformative Learning: www.uco.edu/central/tl/index.asp
UCO Healthy Campus: www.ucohealthycampus.com

This is not a complete list.
For additional information including community resources, consult the UCO Health Resource Guide available on the UCO Wellness Center Web site at www.ucohealthresources.com

For more information, contact the UCO Manager of Health Promotion at (405) 974-2320
Through an integrative approach to support the health and wellness of the campus community, the University of Central Oklahoma is paving the way for a truly transformative learning experience for students. To fulfill our mission as an institution for higher education, it is our responsibility to provide the best education possible so that students become productive, creative, ethical and engaged citizens and leaders serving our global community. As students prepare for the challenges and opportunities they will encounter after graduation, we must surround them with the resources they need to dedicate themselves to their educational development.

Only by providing higher education opportunities that encompass body, mind and spirit are students able to fully engage in learning and embrace their potential to reach successful academic outcomes. This holistic approach to education strengthens the learning environment, allowing students to flourish.

The mission of UCO Healthy Campus can only be accomplished through the commitment of everyone throughout the campus community. Through education and collaboration, we strive to ensure that our campus is optimally and sustainably organized to support, strengthen and enhance health, enabling students and employees to achieve, learn, work and serve.

To learn how you can contribute to the health and wellness of our campus community, contact UCO Health Promotion at (405) 974-2320.
This report was developed by Jennifer Hasel as a Student Service Learning Project for the Health Communication and Promotion course, (MCOM 4533).

Thank you to the students, faculty, staff, and community partners that serve on the UCO Healthy Campus Leadership Team and Work Groups and to those who contributed to the UCO Campus Health Report 2014 — 2016.

A special thank you to Dr. Christy Vincent and Brittney Criswell for their time and expertise in the development of this report and for their invaluable leadership and guidance which made this project possible.

References


