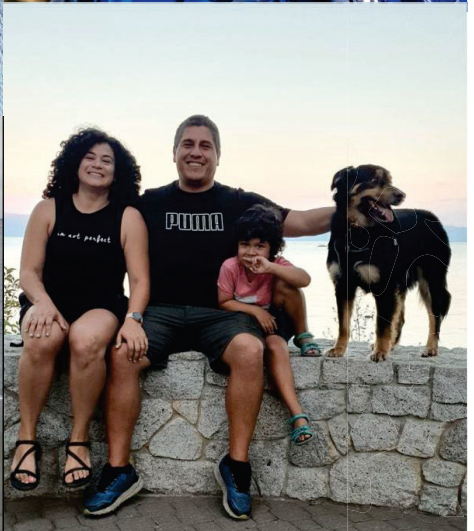


Student Parent Wellness Program Proposal

Marissa Weiss, PhD
Transfer Retention Specialist
Transfer and Reentry Center



UC DAVIS
Transfer and Reentry Center





Student Parents @UC Davis

Demographics

310

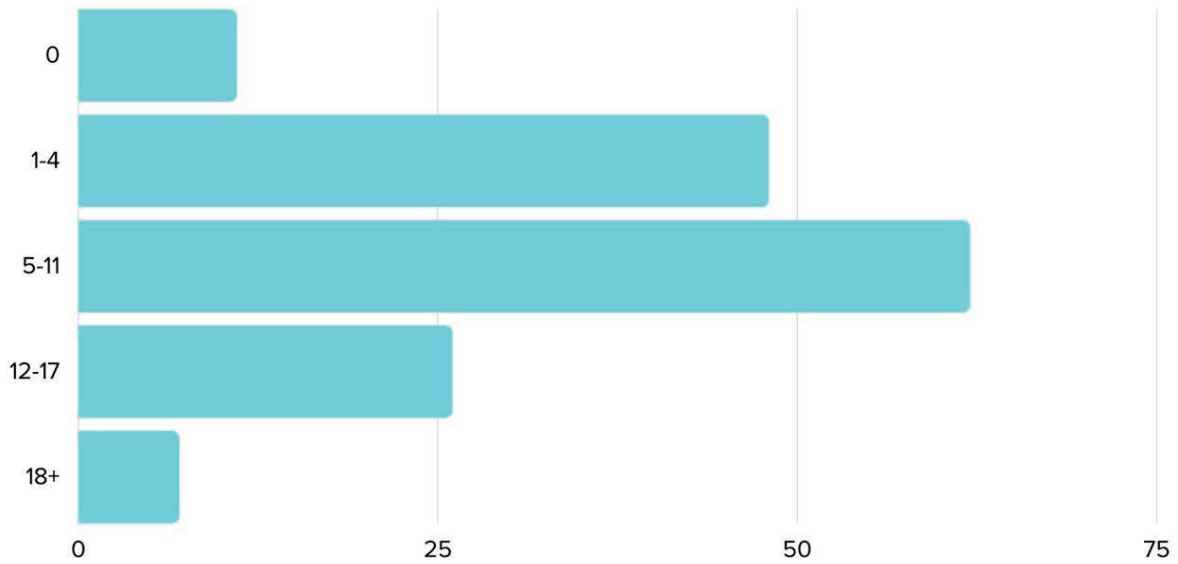
Estimated number of undergraduate student parents

193

Number of student parents for whom we have some data

Demographics

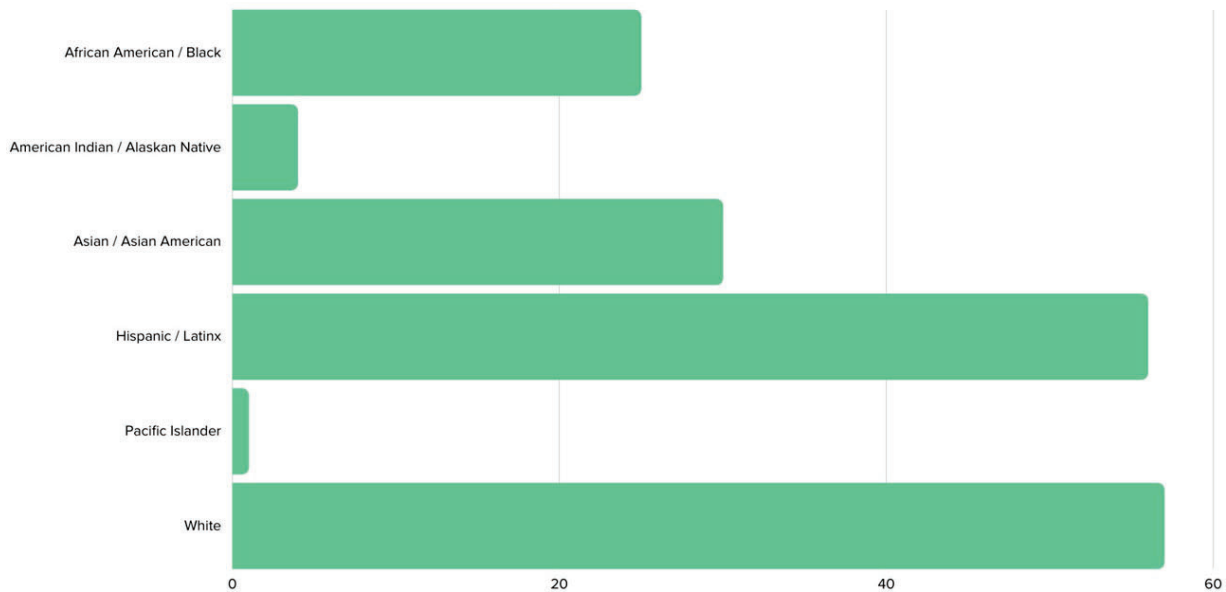
Age of Children



Based on data for 154 children of 116 students; average age: 7; in addition, 8 students are currently pregnant or have a pregnant partner

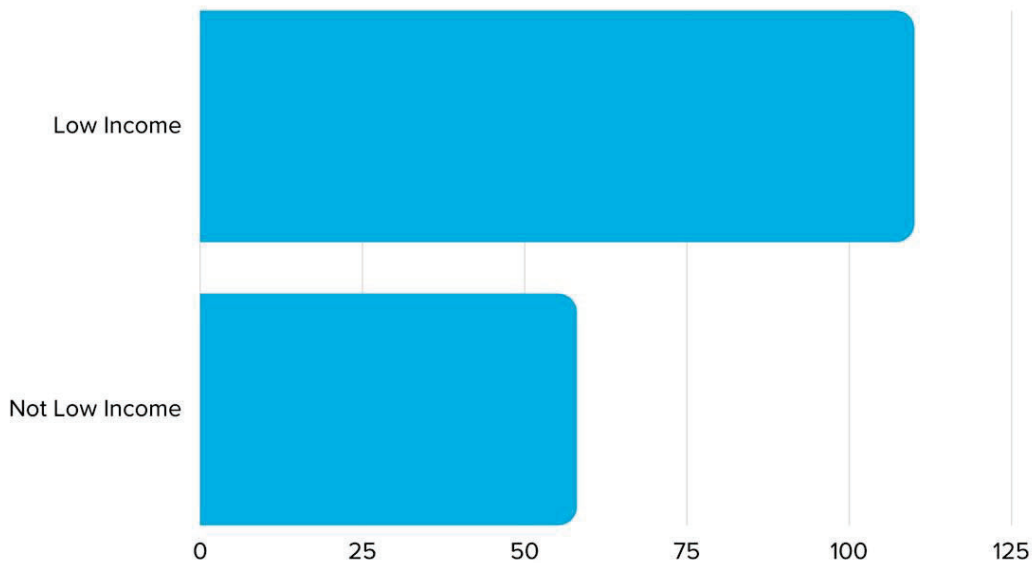
Demographics

Student Parents by Ethnicity



Based on data for 174 students

Students Parents by Income Level



Based on data for 168 students

UCOP Report: Basic Needs Challenges

"Undergraduate parenting students are more worried about their debt and financial circumstances (71 percent), and **more likely to cut down on personal/recreational spending** (73 percent) than other undergraduate students (56 percent and 64 percent, respectively)."

"About two-thirds (61 percent) of undergraduate student parents reported having experienced **food insecurity**, 15 percentage points higher than for other undergraduate students (46 percent)."

"Close to half (46 percent) of undergraduate parenting students reported that they **did not spend any time participating in physical activities**, while only 16 percent of non-parenting students did not do so."



Student Parent Wellness Program

Combination of previously funded UrbanSitter Gift Cards
and Healthy UC Davis Equity in Mental Health Grant



2-Generation Approach


Student Parents


- Benefit from time and resources to concentrate on their holistic well-being, which positively contributes to their health and academic success

Children of Student Parents

- Children benefit when parents have improved wellness; opportunities for physical activity and meals with their families

“Two-generation (2Gen) approaches build family well-being by intentionally and simultaneously working with children and the adults in their lives *together*. 2Gen approaches center the whole family to create a legacy of educational success and economic prosperity that passes from one generation to the next.” - Ascend at the Aspen Institute





By incorporating resources from Campus Recreation, Dining Services, Student Health and Counseling Services, and off campus partners, the UC Davis Student Parent Wellness Program offers a ***comprehensive, integrative, and collaborative*** approach to supporting student parents.

The UC Davis Student Parent Wellness Program will ***provide UC Davis student parents with support, opportunity, information and tools to engage in healthy behaviors.*** This program will provide:

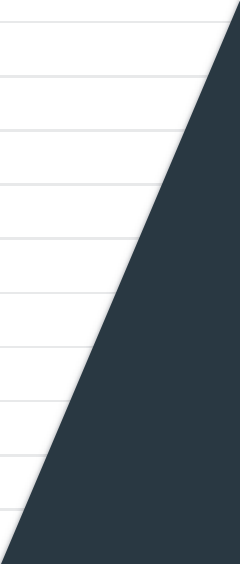
- Prepared meals at the Dining Commons and campus eateries
- Cooking demo with the Teaching Kitchen
- Opportunities for supervised care for their children
- A student parent-specific fitness class
- Registration in a 2K/5K



1 Food and Nutrition
Prepared meals at on campus eateries through Aggie Cash Cards; Teaching Kitchen Demo

2 Mental Health and Emotional Wellbeing
Kids Park Accounts; UrbanSitter Gift Cards; Youth Programs One-Day Camp

3 Physical Activity
Custom Fitness Class; 2K/5K registration



Budget

- **Food and nutrition**
 - Aggie Cash+
 - Use to buy meals at campus eateries
 - $\$150 \times 30 = \$4,500$
 - Cooking demo with the Teaching Kitchen
 - No cost
- **Mental and emotional well-being**
 - Kids Park Gift Cards
 - Drop in care for children ages 2-12
 - $\$20/\text{hour for 1 child} \times 3 \text{ hours} \times 3 \text{ visits} = \$180 + \$30 \text{ registration fee} = \$210 \times 15 = \$3,150$
 - One-day camp for the children of student parents (ages 6-12) with Campus Recreation Youth Programs
 - $\$60/\text{child for up to 20 children}$
 - $\$60 \times 20 = \$1,200$
 - Urban Sitter Gift Cards
 - $(\$100 \text{ gift card} + \$80 \text{ 3-month membership} + \$8 \text{ service fee}) \times 15 \text{ students} = \$2,820$
- **Physical activity**
 - Custom Wellness Class
 - 60-minute class at $\$150$ per class
 - 10 week class $\times \$150 = \$1,500$
 - 2K/5K Registration
 - $\$50/\text{adult}, \$30/\text{child}$
 - 10 adults $(\$50 \times 10 = \$500) + 15 \text{ children } (\$30 \times 15 = \$450) = \950

Total budget request: \$14,120

Feedback from Current Student Parent Wellness Program

- I love the program; some the activities are very helpful! I also love to have someone/community that reminds me to prioritize my own well-being
- Over all the program has helped me prioritize my health in ways I've always planned for but never got a chance to do before. I believe that being a student parent means it is a hard balance to prioritize things you want to do and things you have to do.
- it helped me gain more interaction with other parents at UC Davis, feel part of another community and diversified my experiences in Davis. Also, to pay attention to health/mental concerns.
- This program has improved our family's quality of life. We were especially helped with nutrition and time, and were glad to have the opportunity.



Learning Outcomes

- Understanding ways to improve wellness and balance for themselves and their families
 - Ability to identify campus resources that support students' wellness
 - How to incorporate strategies for balancing school and family responsibilities with personal well-being
- 