

240,000 Sq. Ft.: Using Emerging Data to Plan Cutting Edge Student Health & Wellness Space

Christopher Holstege
Professor, School of Medicine
Executive Director
Department of Student Health & Wellness
Division of Student Affairs

April 25, 2014

The Good Old Days



Report on Vital and Social Statistics in the United States

https://www.cdc.gov/nchs/data/vsushistorical/vsush_1890_1.pdf

RELATIONS OF AGE TO DEATHS.

21

The following table shows for the registration states the proportion of deaths reported as due to each of certain specified causes or groups of causes, per 1,000 deaths from all known causes, in each of certain age groups, with distinction of sex:

From Table 2

CAUSES.	UNDER 5 YEARS.		10 TO 15 YEARS.		20 TO 25 YEARS.		40 TO 45 YEARS.		50 TO 55 YEARS.		60 TO 65 YEARS.		70 TO 75 YEARS.	
	Males.	Fe- males.	Males.	Fe- males.	Males.	Fe- males.	Males.	Fe- males.	Males.	Fe- males.	Males.	Fe- males.	Males.	Fe- males.
Measles, scarlet fever, and whooping cough..	42.17	56.51	19.70	33.68	2.56	5.17	0.84	1.42	0.19	0.21	0.79	0.18	0.57
Diphtheria and croup.....	82.13	85.66	158.63	172.77	9.22	13.46	3.78	3.32	1.36	2.14	0.86	1.76	0.54	0.56
Typhoid fever.....	1.86	2.07	72.58	86.38	99.29	61.08	24.77	19.70	13.23	14.17	7.89	7.24	5.43	4.48
Diarrheal diseases.....	194.73	204.51	31.10	29.28	13.34	20.70	18.69	24.21	21.40	29.62	24.37	40.88	29.49	40.88
Malarial fever.....	3.12	3.57	16.07	20.50	13.74	13.87	8.61	11.16	7.39	8.59	7.53	9.58	4.70	7.47
Consumption.....	13.79	14.28	80.87	187.41	391.29	444.72	262.86	245.43	176.30	131.57	115.95	90.16	55.91	54.88
Pneumonia.....	73.98	75.55	66.87	75.16	119.11	69.98	148.02	112.51	142.25	124.28	113.80	124.78	93.00	119.28
Inanition, debility, and atrophy.....	99.41	100.60	5.19	8.79	3.73	6.63	6.09	9.01	8.75	12.23	20.61	26.60	35.28	43.49
Cancer and tumor.....	0.73	0.57	2.59	2.44	5.69	5.39	22.89	95.89	45.34	116.98	53.77	105.23	45.05	71.60
Dropsy.....	0.54	0.49	4.67	5.86	2.75	2.07	2.52	6.41	6.42	10.95	8.78	12.52	12.67	10.83
Diseases of the nervous system.....	118.30	121.92	105.24	82.97	46.11	44.10	87.97	84.50	118.51	135.44	160.57	153.20	201.38	184.39
Diseases of the respiratory system, exclud- ing pneumonia and croup.	70.17	73.95	21.77	28.79	26.10	27.12	41.57	41.30	52.14	55.16	63.62	69.43	66.76	84.19
Diseases of the digestive system.....	28.21	26.13	62.21	52.71	29.43	47.00	53.54	65.75	57.60	73.62	69.00	69.63	51.75	50.21
Diseases of the urinary system.....	4.61	3.98	25.40	19.03	25.51	40.37	66.97	74.06	87.76	77.27	95.16	65.13	104.40	49.65
Accidents and injuries.....	17.08	14.23	172.63	39.53	133.05	25.88	110.22	28.01	90.48	25.54	61.11	21.12	34.74	19.04

Report on Vital and Social Statistics in the United States

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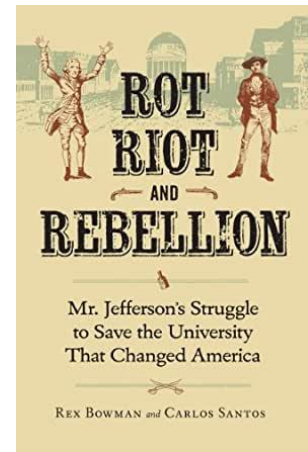
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The Good Old Days - 1827

- *But while the students slept badly, ate poorly, fought constantly, lost their money gambling, and woke with hangovers, the heaviest burden was attending class.*
- *Meanwhile, student caroused. Their main, unrepentant diversion, day and night, weekday and weekend, was drinking alcohol in access.*
- *They drank wine, peach brandy, “a stiff julep,” champagne, whiskey, and brandy mixed with honey – anything to get what the students called “corned,” or intoxicated*



Tradition Carries On...



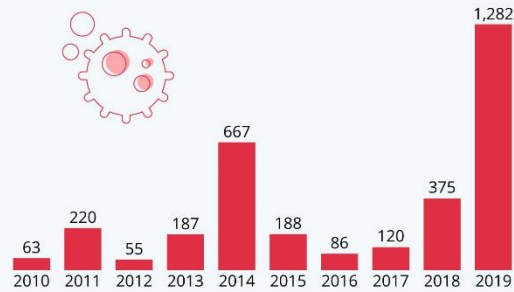
The Good Old Days - 1828

- *While the students parties with abandon, a new threat to the university's future swept into Charlottesville – disease.*
- *A great number of people seemed to be sick that season (October)...diagnosed with Measles. So badly was the disease that travelers feared to pass through Charlottesville and “there have been three deaths among the students.”*
- *However, as troublesome as Measles were, worse was yet come. A “nervous fever” arrived in the cold of winter...and while it ravaged the university, surrounding neighborhoods remained unscathed...typhoid...by March of 1829, at least six students would be dead.*

Diseases Remain a Risk

U.S. Measles Cases at New High in 2019

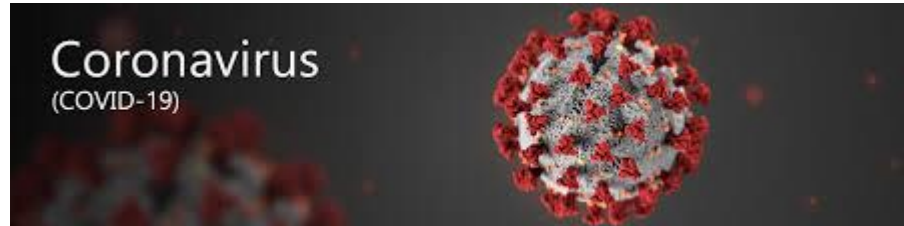
Number of measles cases reported in the U.S. (2010-2019)



Source: CDC



statista



DON'T LET MUMPS SPOIL YOUR FUN

MMR VACCINATION IS THE BEST PROTECTION AGAINST MUMPS!

ASK YOUR STUDENT HEALTH SERVICES ABOUT WHERE YOU CAN GET VACCINATED.

MALARIA IS A PLANE RIDE AWAY

<p>MALARIA IS DEADLY BUT PREVENTABLE</p> <ul style="list-style-type: none"> Present in 87 countries outside U.S.* Spread by mosquitoes Causes fever Preventable with medication 	<p>U.S. MALARIA CASES HIGHEST IN 45 YEARS</p> <p>93% of U.S. residents with malaria did not take all prevention medication</p>	<p>CLINICIANS, ASK ABOUT TRAVEL AND ASSESS RISK</p> <ul style="list-style-type: none"> Prescribe prevention medication Advise patients to: <ul style="list-style-type: none"> Take ALL doses Prevent mosquito bites Seek care for fever
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*111. doi:10.1186/14752875-1-111. © 2009 CDC. All rights reserved. Published by Springer. Malaria: A Deadly but Preventable Disease. CDC. https://www.cdc.gov/malaria/about/faq/faq_072009_081791

CDC.GOV [bit.ly/s7002a1](https://www.cdc.gov/malaria/about/faq/faq_072009_081791) MMWR



Facts about Ebola

- You can't get Ebola through air
- You can't get Ebola through water
- You can't get Ebola through food
- You can only get Ebola from touching bodily fluids of a person who is sick with or has died from Ebola, or from exposure to contaminated objects, such as needles. Ebola poses no significant risk in the United States.

The Good Old Days

- The University of Virginia's first School of Medicine professor, Dr. Robley Dunglison, opened a dispensary in the Anatomical Hall and saw patients for several hours each week.
- Between the 1820s and 1930s, student health services were delivered by medical school faculty on a fee-for-service basis.
- Prior to the construction of any health facility, physicians would care for students in their Lawn rooms or would ask residents of the pavilions to temporarily house an ill student.
- Starting in 1826, smallpox vaccinations were encouraged by the Board of Visitors, and the University provided vaccinations from a dispensary.
- Infectious diseases were a major problem in those days and were compounded by lack of cleanliness in the dormitories and the pavilions where food was served.

Fifteen UVA first years violently ill, hospitalized



C-VILLE Writers



2:01 p.m. Nov. 18, 2014

An outbreak of gastrointestinal illness swept through first-year dorms over the weekend and 15 students were hospitalized, the [Cav Daily reports](#).

Student Health Director Chris Holstege sent an email to first years Sunday and said the outbreak is being investigated by the local health department. He also said there was no factual basis to support rumors that the retching was caused by food poisoning and that it could be a fast moving stomach virus.

An unnamed resident advisor told the Cav Daily that 10 of his residents got sick after eating at Runk and Observatory Hill dining halls, and that students in different dorms became ill within hours Friday evening. He described the main symptom of the outbreak as extreme vomiting.

Other symptoms, according to the email, include diarrhea, fatigue, lack of appetite, abdominal growling and cramping, and nausea, which should all clear up within couple of days.

HEALTH NEWS

Health department: Sick UVA students had norovirus

AP

The Associated Press

November 20, 2014 7:30 pm

< a min read



CHARLOTTESVILLE, Va. (AP) — State health officials say more than a dozen University of Virginia students that fell ill last weekend had norovirus.

The Virginia Department of Health is still trying to seek the cause of the outbreak that hospitalized within a 24-hour period. More students also showed gastrointestinal symptoms.

The Daily Progress reports (<http://bit.ly/1xXrLKO>) that officials say the outbreak may have been caused by an infected food handler or through person-to-person contact.

Department spokeswoman Elizabeth Beasley said seven of eight samples collected by the department have tested positive for the virus. Symptoms of norovirus include vomiting, diarrhea, fever and body aches.

1800's Health Challenges

exhibits.hsl.virginia.edu/centennial/beginnings/

- After many years of proposals submitted by medical faculty, the University finally built an infirmary (The Old Student Infirmary) in 1858.
- The infirmary was constructed to help manage and stop a series of epidemics of typhoid fever that killed several students and resulted in the University closing for several months at a time.
- The building included an innovative central heating system, special louvered windows to promote ventilation, and cisterns in the attic to collect rain water.



The Infirmary, 1857. Established to provide inpatient medical care for students at the University, under the direction of the medical faculty. This building still stands on the University grounds, near McKim Hall. Photo: Historical Collections, CMHSL, UVa.

Varsity Hall



1857 Cost for Services

- Prior to the construction of the infirmary, fee for service to see a student was \$1 per visit; this was replaced in 1857 with a "comprehensive" health fee of \$5 per school year (rising to \$7.50 in 1869) which covered all student health services.

1938

- At the urging of medical school faculty, the University appointed a committee to study the possibility of establishing a student health service with a dedicated staff, mission, and facility.
- The Department of Student Health was thus established in 1938, Dr. Andrew Hart was appointed director, and the department was housed in the Entrance Building next to the University Hospital.



Growth

- Over the next 40 years enrollment increased from 5,000 post-war to 16,500 in 1979, and women first matriculated in 1970.
- The changes in enrollment and demographics necessitated an increase in staff to nearly 45 FTE's and a larger and more comprehensive ambulatory care facility.
- A new building (the Elson Student Health Center) was completed in the late fall of 1989 and occupied in January of 1990.



Preventive Health

- During the late 1970's and 1980's the mission of the Department shifted from primarily episodic care to a more preventive health care model.
- This resulted in the development of a peer-based health education program as well as greater emphasis on disease prevention and health promotion in the clinical areas.
- The General Medicine provided sports and travel medicine services, supported the University's immunization requirements, and responded to public health issues (e.g. HIV, STIs, influenza, and meningococcal disease).
- Behavioral health services (CAPS) were rolled into the Department of Student Health in 1999 and began to evolve into a comprehensive model including the provision of psychiatric assessments, short-term psychotherapy, group therapy, crisis intervention, psychiatric consultation, academic support/accommodations, and referral services.

2013

- Executive Directors retires
- VP & Chief Student Affairs Officer – Pat Lampkin

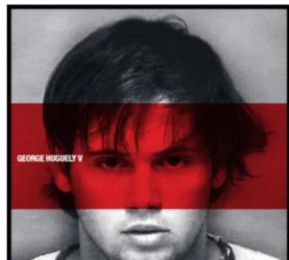
Threat Assessment

George Huguely and Yeardley Love: Love, Death, and Lacrosse

The case against George Huguely in the death of fellow UVA lacrosse player Yeardley Love seems open-and-shut, but why did it happen? And could it have been prevented?

WRITTEN BY HARRY JAFFE | PUBLISHED ON JUNE 1, 2011

TWEET SHARE



Love and Death in Charlottesville

Two athletes became a campus couple. They also tried to break it off. The case against George Huguely on the death of Yearley Love seems open-and-shut, but why did it happen? And could it have been prevented?

By Harry Jaffe

THE CAVALIER DAILY

SERVING THE UNIVERSITY COMMUNITY SINCE 1890

COVID-19 NEWS SPORTS OPINION H&S LIFE A&E MAGAZINE MULTIMEDIA ADVERTISE ABOUT Search

News

Student dies in murder-suicide

By Jenn Roberts
January 15, 2003

Facebook Twitter Email Print

A University of Virginia Student Slipped Into a Coma After Drinking Too Much Soy Sauce

The Washington Post

Democracy Dies in Darkness

U-Va. professor retires after investigation indicates he had inappropriate sexual contact with student

By Nick Anderson
December 13, 2018

stress, Shock Follow Accident

By Nick Anderson

OVERSIZED TRUCK HIT BY CAR

By Nick Anderson

A RAPE ON CAMPUS

BY SABRONA RUBIN ERDELY

SECTIONS

UVA Today

FIRST-YEAR STUDENT DIES IN FALL FROM ROOF; INVESTIGATION CONTINUES, COUNSELING AVAILABLE

March 28, 2011 | Carol S. Wood, cwood@virginia.edu

March 28, 2011 — Thomas W. Gilliam IV, a first-year student in the University of Virginia's College of Arts & Sciences and a member of First-Year Council, died early Monday after falling from the roof of the Physics Building.



The University is doing all it can to assist the student's family and friends during this terribly difficult time. The Office of the Dean of Students is assisting the Gilliam family and Tom Gilliam's many friends in every way possible and is getting support for those who need it. The dean's office also is contacting his professors.

After the incident was reported to 911, Gilliam was taken to the U.Va. Medical Center, where he was

Issues to Resolve

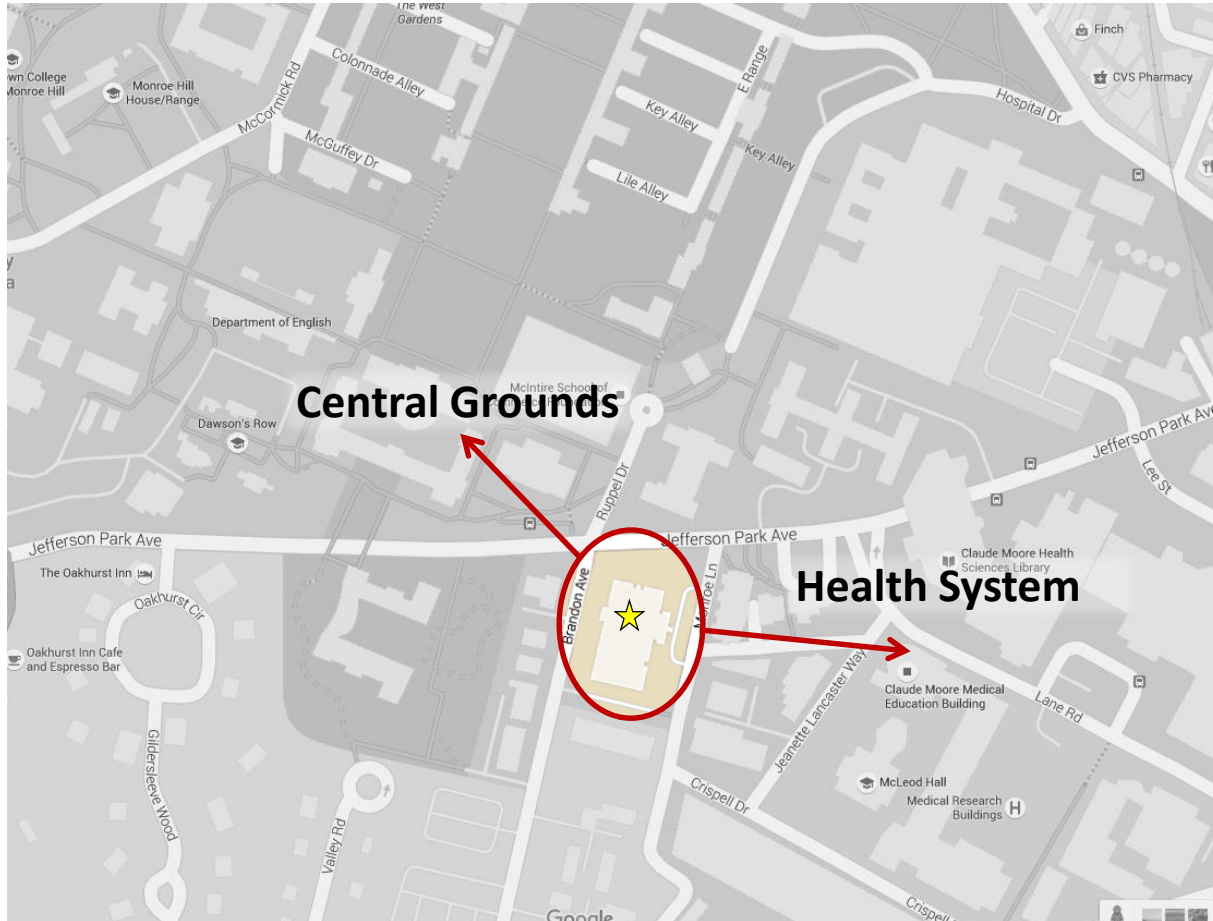
- Programs
- Collaboration
- Teaching
- Expertise
- Building
- Prevention
- Wellness/Wellbeing
- Research

Data

- External
 - Center for Collegiate Mental Health
 - Sunbelt Survey
 - National College Health Assessment
 - Association for University & College Counseling Center Director
- Internal
 - Student Information Services (SIS)
 - Medicaat
 - Epic
 - Accessible Information Management (AIM)
 - Safe Grounds
- Linking – HIPAA/FERPA constraints

2013 Location: Brandon Ave/JPA

Ease of Student Access Bridging the Academic Village and the Health System



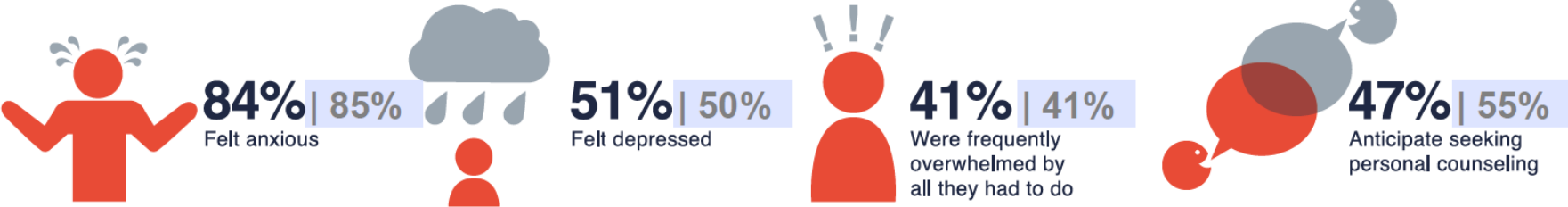
1989: Original building completed

1999: Major Addition to integrate CAPS

35,142 SF Total space

Cooperative Institutional Research Program (CIRP) Freshman Survey

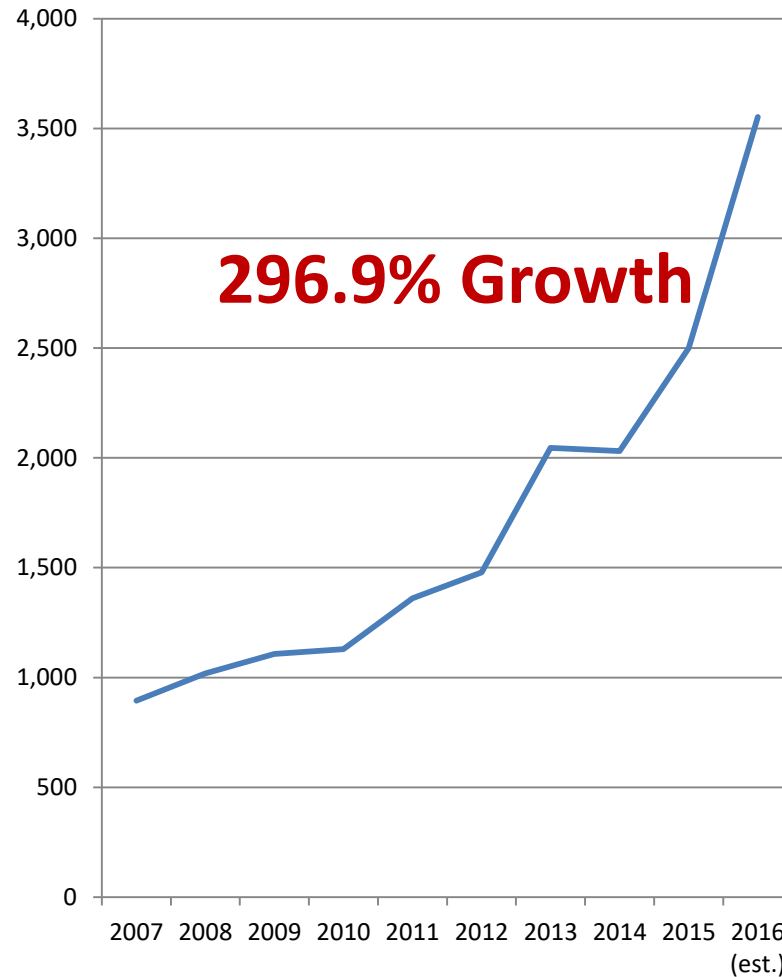
(National results are shown in NAVY; University of Virginia results are shown in Gray)



UVa Growth Examples: SDAC Visits

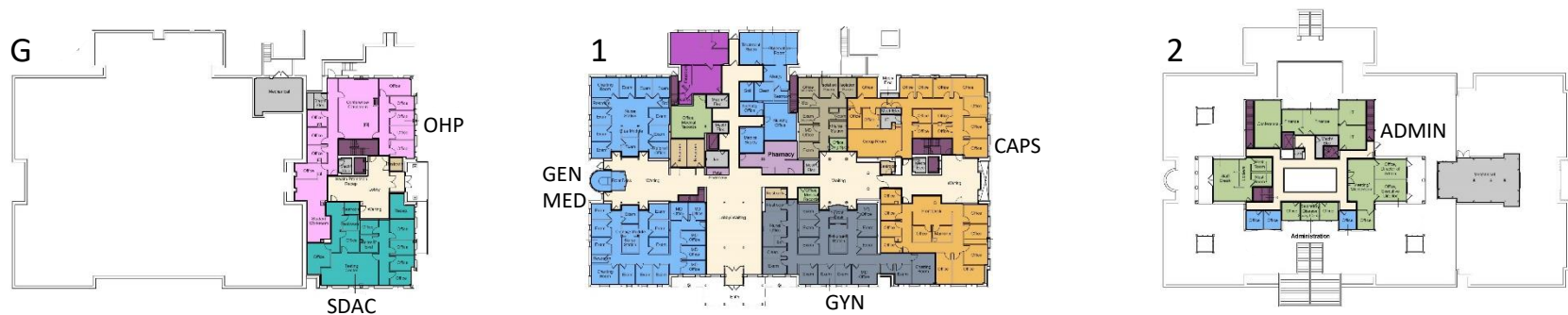
FY's 2007 - 2016

SDAC



Reasons for Space Constraints

- **Aging building** (1989 and 1999)
- **Inefficient, inflexible** arrangement of Clinics and Services
- Services **unified** over time (e.g. SDAC, OHP, CAPS)
- 2 decades **enrollment growth** + future projected growth
- **Increased complexity** of cases
- **Increased demand & utilization** of SH resources
 - Increased student use
 - Health insurance changes



A New Focus on Wellbeing



- Health Ed Classes
- Nutrition
- Cooking Classes
- Eating Disorder Care
- Mindfulness/Meditation
- Fitness Integration
- Develop Healthy Habits
- Bio-Feedback
- Sexual Education
- Violence Prevention
- Substance Abuse Services
- Peer Education

Education & Research

 **UNIVERSITY OF VIRGINIA** | Department of Student Health

SEARCH THIS SITE 

 USING OUR SERVICES

 MEDICAL SERVICES

 COUNSELING AND PSYCHOLOGICAL SERVICES

 HEALTH PROMOTION AND WELLBEING

 STUDENT DISABILITY ACCESS CENTER

 ABOUT US

ABOUT US

STUDENT HEALTH LEADERSHIP

THE GORDIE CENTER

HOME / ABOUT US / STUDENT HEALTH OFFICE OF RESEARCH EXCELLENCE (SHORE)

Student Health Office of Research Excellence (SHORE)

MISSION STATEMENT

The Student Health Office of Research Excellence (SHORE) facilitates the exploration of scientific study pertaining to the student population with the goal to improve student health and wellbeing. The SHORE team assists with enrolling student research participants who are representative of our collegiate populations with the utmost respect for each individual and assuring research projects are managed in full compliance with regulations and guidance. Our inclusive mission quality research with the goal of benefiting the student population, higher education, and soc

PURPOSE OF CLINICAL RESEARCH

Contents lists available at ScienceDirect

 Drug and Alcohol Dependence

journal homepage: www.elsevier.com/locate/drugalcdep

Full length article

Differentials and trends in emergency department visits due to alcohol intoxication and co-occurring conditions among students in a U.S. public university

Duc Anh Ngo^{a,c,*}, Nassima Ait-Daoud^{b,d}, Saumitra V. Rege^e, Christopher Ding^e, Lauren Galloni^e, Susan Davis^e, Christopher P. Holstege^{e,c}

^a Department of Student Health, Division of Student Affairs, University of Virginia, 405 Brodus Avenue, Charlottesville, VA 22908, United States
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ARTICLE INFO

Keywords:
Alcohol intoxication
College medicine
Emergency department
ED
Healthcare drinking

ABSTRACT

Background: Few studies have explored the epidemiology of students presenting to the emergency department (ED) as a consequence of hazardous drinking. This study examined differentials and trends in ED visits following alcohol intoxication and co-occurring conditions among students presenting to a major U.S. university health system.

Methods: The ED electronic medical records from academic years 2010–2015 were queried for student visits and their records were linked to the university's student admission database. Student alcohol-related visits were identified based on ICD-9 codes. Student characteristics and trends in the rate of alcohol intoxication per 100 ED student visits were analyzed. A random sample of 600 student clinical records were returned to validate diagnostic codes.

Results: There were 9616 student ED visits (48% males) in the ED of which 1001 (10.4%) visits involved alcohol intoxication. Two thirds of ED visits with alcohol intoxication had a co-occurring diagnosis, with injuries (28%) being the most common condition. The rate of alcohol intoxication varied greatly by student demographics and complex-related factors. There was a linear increase in the rate of alcohol intoxication from 0.7% in 2009–10 to 12.3% in 2014–15 ($p < .001$). The increase was greater among female students, students below 20 years of age, Asian students, and student athletes. In the sample reviewed, only two thirds of ED visits with alcohol intoxication were recorded by diagnostic codes.

Conclusion: The rate of ED visits following alcohol intoxication varied by student demographic characteristics and complex-related factors with a rising trend over the study period.



Journal of American College Health

ISSN: 0744-8481 (Print) 1940-3208 (Online) journal homepage: <http://www.tandfonline.com/loi/vach20>

Health insurance literacy: A mixed methods study of college students

Alicia L. Nobles, Brett A. Curtis, Duc A. Ngo, Emily Vardell & Christopher P.

Drug and Alcohol Dependence 188 (2018) 341–347

Contents lists available at ScienceDirect

 Drug and Alcohol Dependence

journal homepage: www.elsevier.com/locate/drugalcdep

Full length article

Trends in incidence and risk markers of student emergency department visits with alcohol intoxication in a U.S. public university—A longitudinal data linkage study

Duc Anh Ngo^{a,c,*}, Saumitra V. Rege^e, Nassima Ait-Daoud^{b,d}, Christopher P. Holstege^{e,c}

^a Department of Student Health, Division of Student Affairs, University of Virginia, 405 Brodus Avenue, Charlottesville, VA 22908, United States
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ARTICLE INFO

Keywords:
Alcohol intoxication
Emergency department
Incidence
Data linkage

ABSTRACT

Background: To examine the trends in incidence and socio-demographic, organizational, academic, and clinical risk markers of student alcohol intoxication associated with emergency department (ED) visits.

Methods: Student admission data from 2009 to 2015 were linked to primary healthcare data and subsequent ED visits with alcohol intoxication identified using ICD-9 codes within one year following the first (index) enrollment each year. Incidence rates per 10,000 person-years were calculated. Cox proportional hazard regression provided adjusted hazard ratios (HR) (95% CI) for the association between student characteristics and subsequent ED visits with alcohol intoxication.

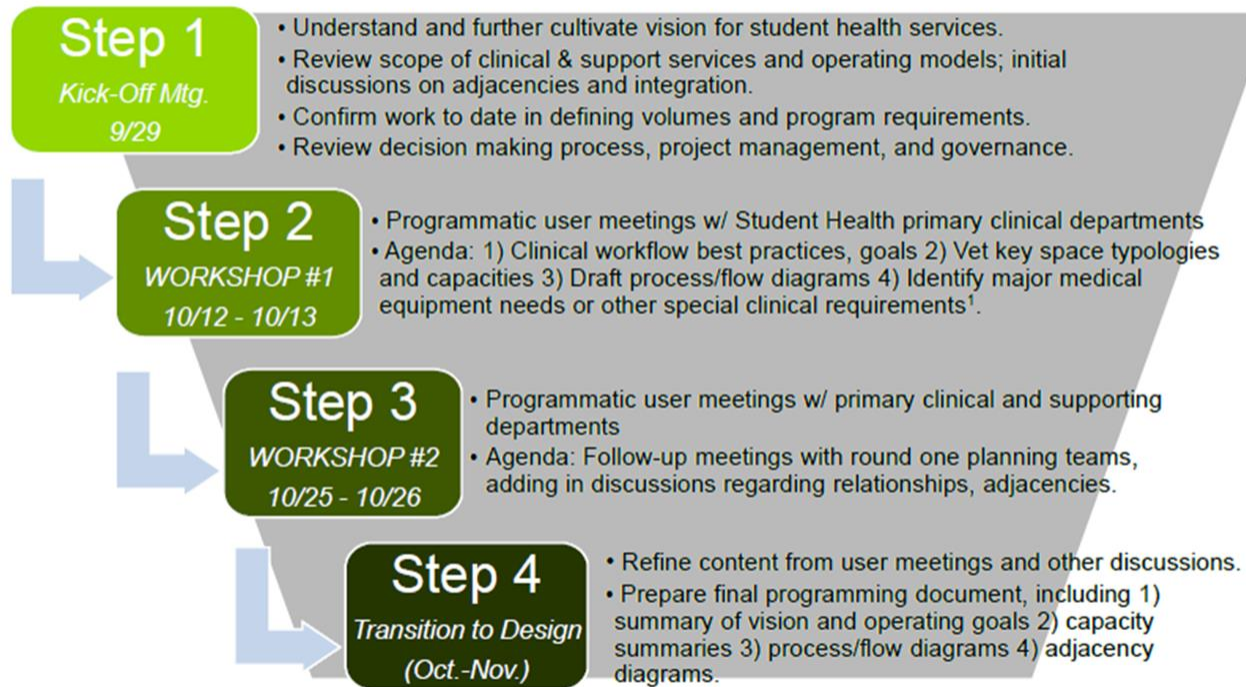
Results: Of 177,128 students aged 16–49 enrolled, 899 had at least one ED visit with alcohol intoxication, resulting in an incidence rate of 59/10,000 person-years. Incidence increased linearly from 45/10,000 person-years in 2009–10 to 71/10,000 person-years in the 2014–15 academic year ($p < .0001$). HRs (95%CI) of student characteristics associated with this outcome were: males (versus females): 1.38 (1.21–1.58); below 20 years of age (versus 25–30 years): 3.36 (1.99–5.65); Hispanic (versus Asian) students: 1.61 (1.16–2.25); parental top dependency: 1.49 (1.16–1.91); Greek life member: 1.98 (1.69–2.30); member of an athletic team: 0.82

Student Health and Wellness Center Schedule

- **Schedule**

- BOV Review - June 7, 2018
- BOV Approval - September 5, 2018
- Schematic Design - Complete
- Engage Key Design Assist Partners and Secure Pricing Estimates (~70% of Total Construction Value)
 - Electrical
 - Mechanical and Plumbing
 - Structural Steel
 - Concrete
 - Deep Foundations
- Preliminary Design Complete - November 1, 2018
- VM Process
- Award Early Site and Grading Contract - Ready to Go
- EST. Begin Construction - January 1, 2019
- Final CD Design Complete - June 1, 2019
- Price and Award Remaining Construction Packages - July 15, 2019
- EST. Substantial Completion - Spring, 2021

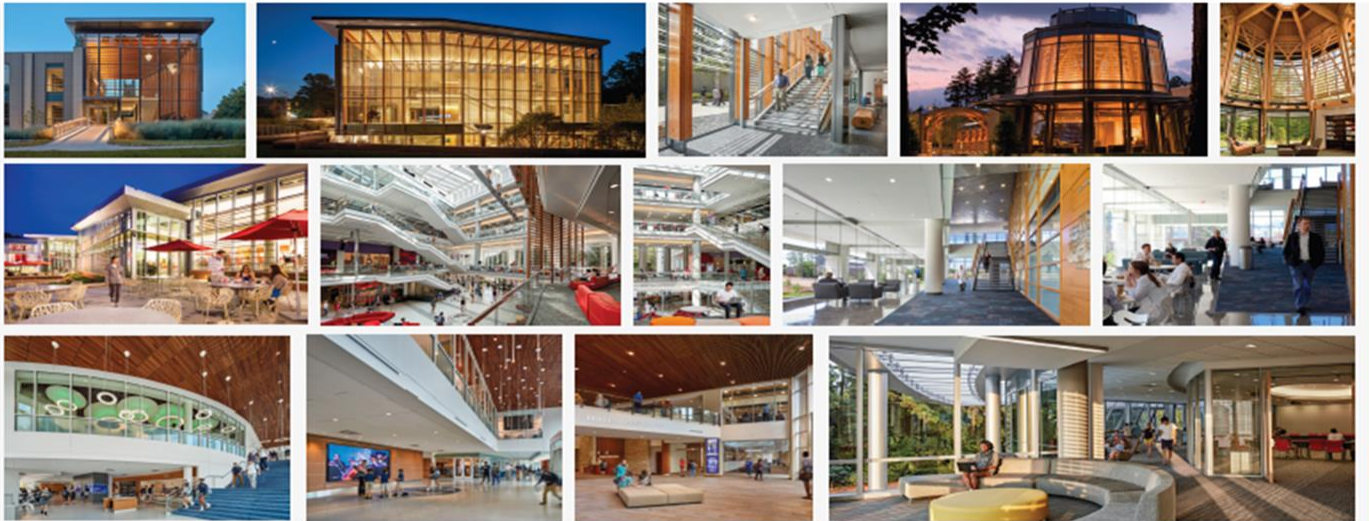
program verification roadmap



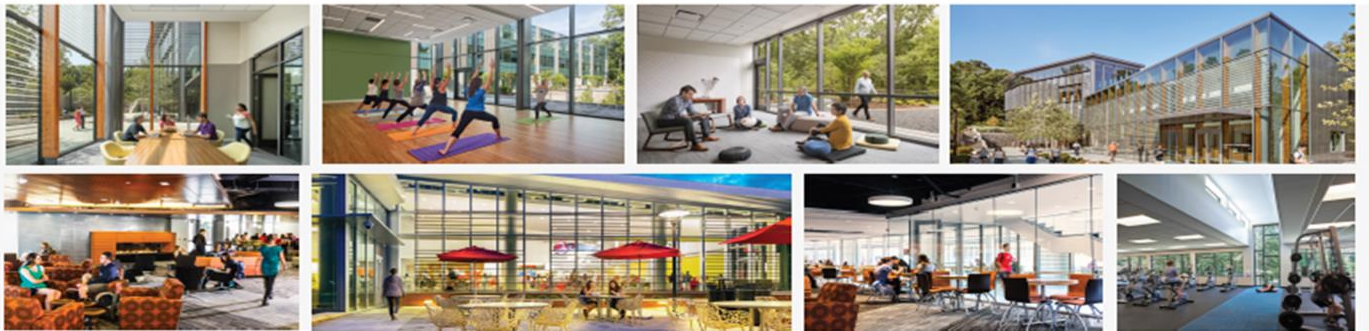
1. Detailed equipment planning will take place during schematic design & design development.

Precedents

public space
social space



shared
amenities

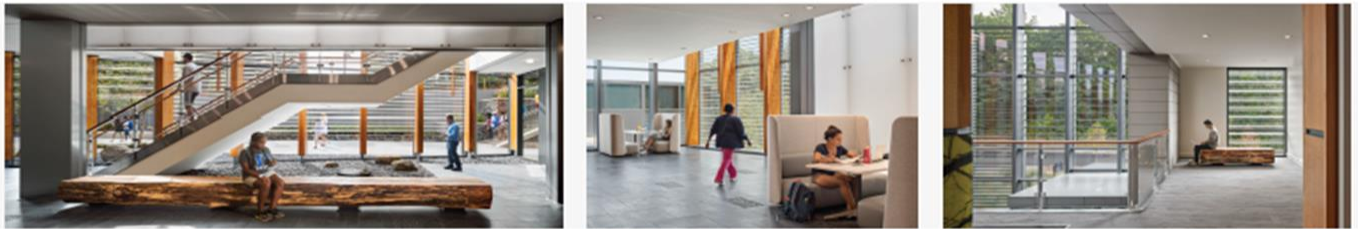


Precedents cont'd

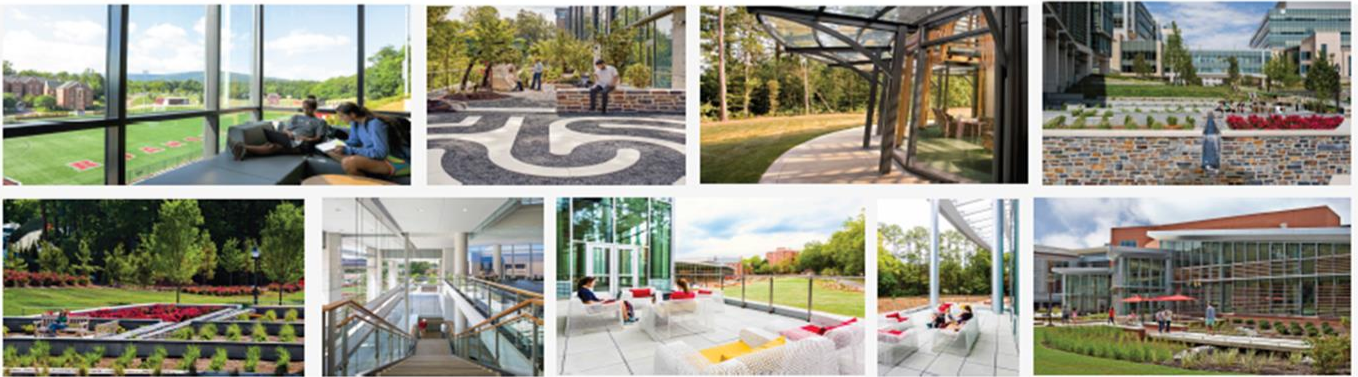
collaboration



student focused



connection to landscape



Project Goals and Design Intent



Promoting
Research +
COLLABORATION



Student Focused
SOCIAL SPACE



Meeting
SUSTAINABILITY
Goals



Paradigm Shift to
WHOLE STUDENT



Responding to
Regional
CONTEXT



Providing
FLEXIBILITY +
Opportunities for
Growth

Student Health and Wellness Themes



Design for **ACTIVITY**



Prioritize **ACCESSIBILITY & INCLUSIVITY**



Tie into Campus **GREEN INFRASTRUCTURE**



Focus on **OCCUPANT EXPERIENCE & COMFORT**



Promote **HEALTHY FOOD HABITS**



Prioritize **INDOOR ENVIRONMENTAL QUALITY**



Interior Concepts



Graphic Concept

- ▶ Connectivity and Community through Earth's four spheres

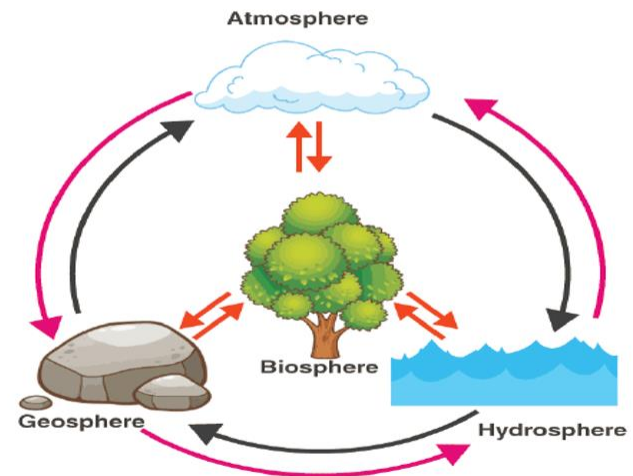
The Earth's Spheres

- Hydrosphere
- Lithosphere/Geosphere
- Biosphere
- Atmosphere

All are connected, yet all are individual. It is a way to connect people to nature in a more abstract and therefore inclusive way.

Visuals will focus on patterns and imagery of from each sphere.

Visuals and wayfinding will move from more abstract to more literal as visitors approach their destinations.



Additional Content

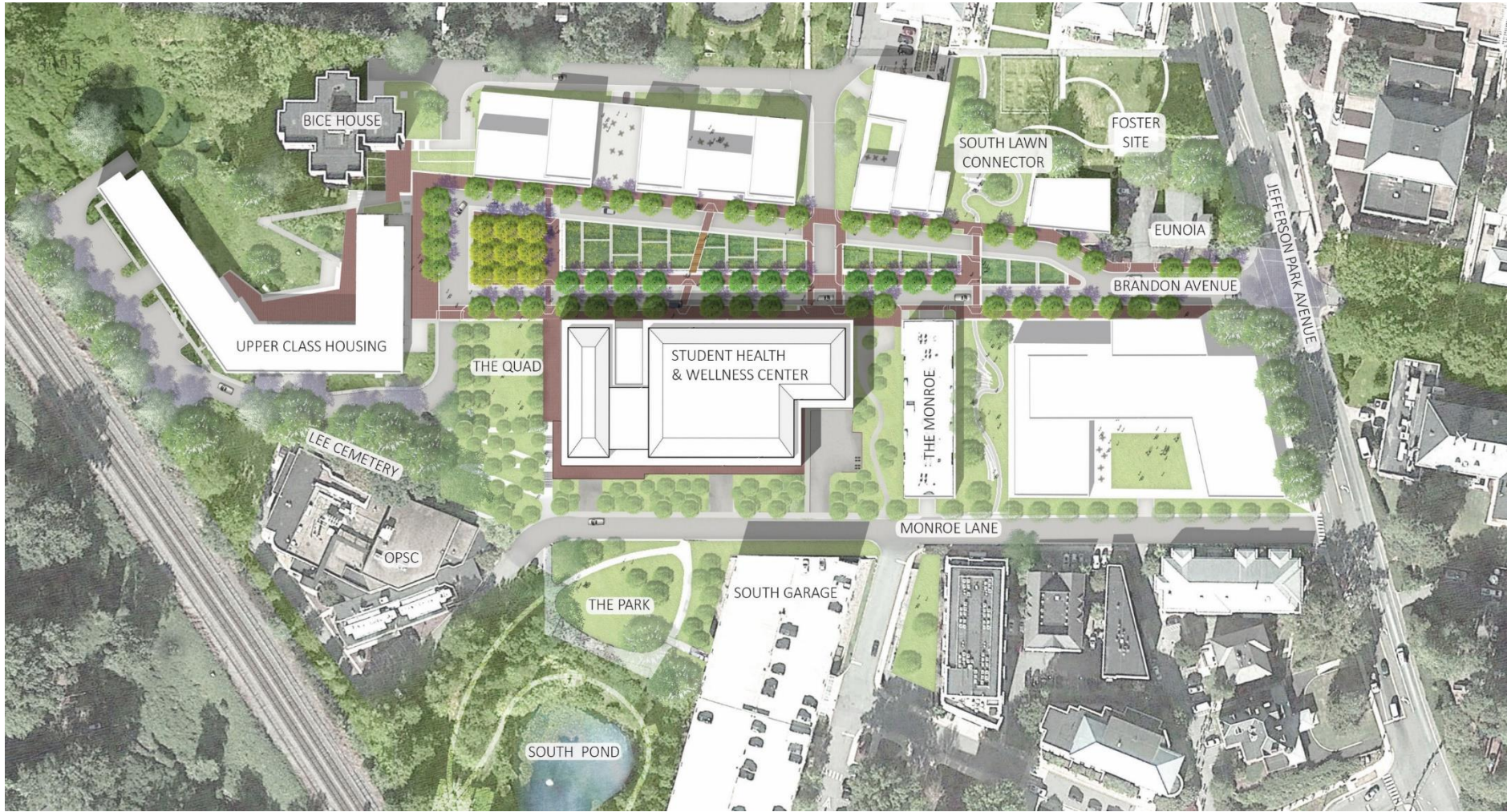
Extending through the Building

- Elements from the Spheres that Heal
- Medicinal Plants of Virginia
- Improving Health and Wellness through Access to Nature
- Edible Plants (Teaching Kitchen)
- Local Attractions



Exterior





Site Plan



Perspective from NW



Perspective from NW at Entry



Perspective from SW on Brandon Avenue - Green Street



Perspective from SW corner on Brandon Avenue – Green Street



Perspective from SE on Monroe Lane

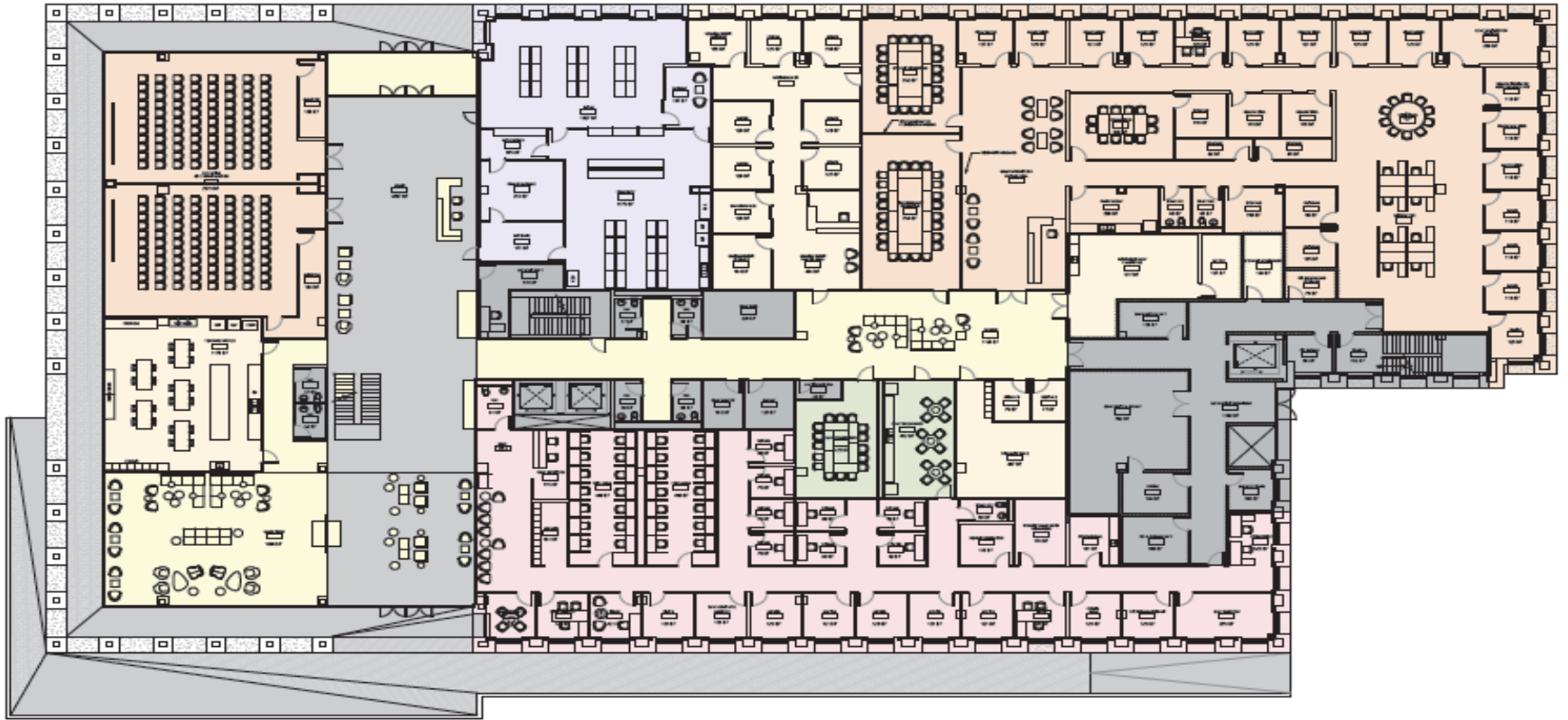


Perspective from NE on Monroe Lane



Perspective from Main Lobby Entry

Level 1 Floor Plan



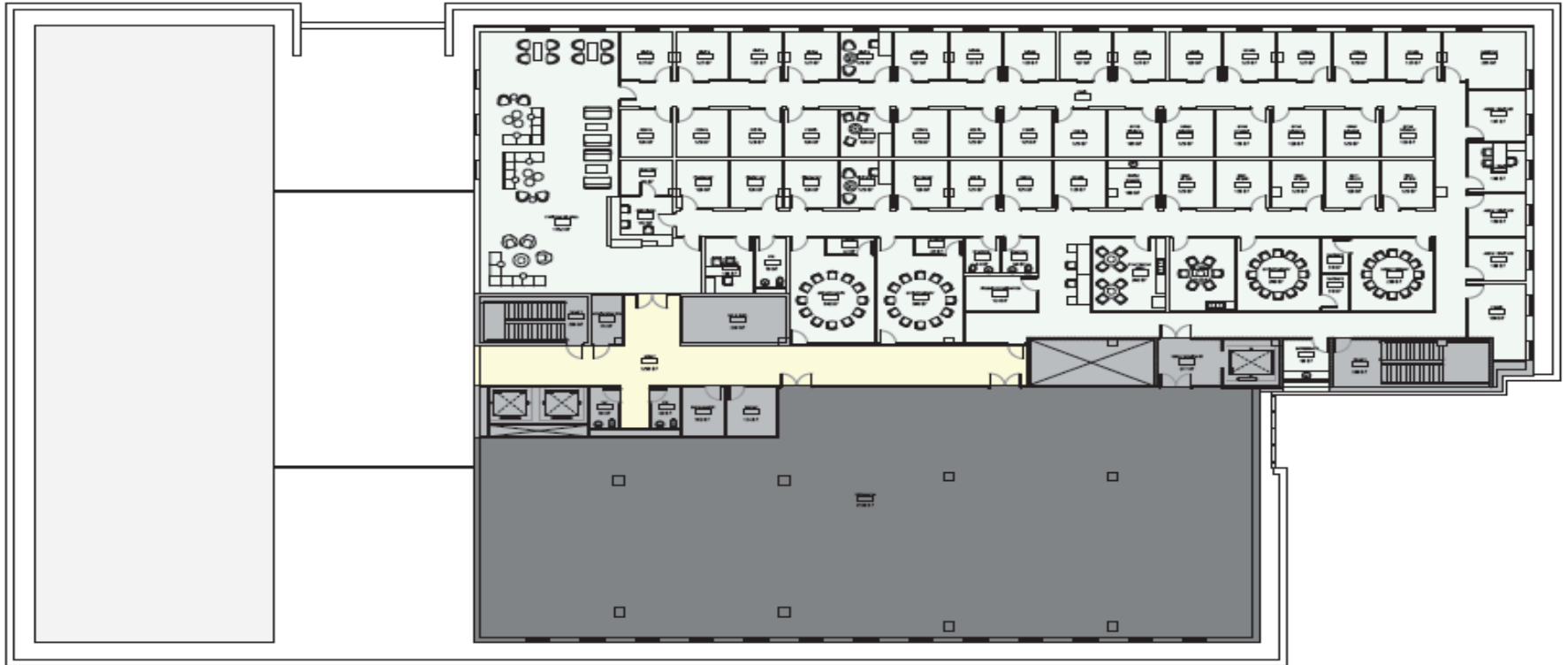
Level 2 Floor Plan



Level 3 Floor Plan



Level 4 Floor Plan



COVID 19 Responses to Construction/Design

- ▶ HVAC software changes to increase ventilation and increase air quality in the building
- ▶ Updated to MERV 16 filters (advertised to catch 95% or better of the same size particles in airflow)
- ▶ Easily wipeable furniture for infection control
- ▶ Additional six negative pressure rooms in Medical Services

Drone View 04/24/2021









Current State of Affairs



MEDICAL SERVICES



**COUNSELING AND
PSYCHOLOGICAL SERVICES**

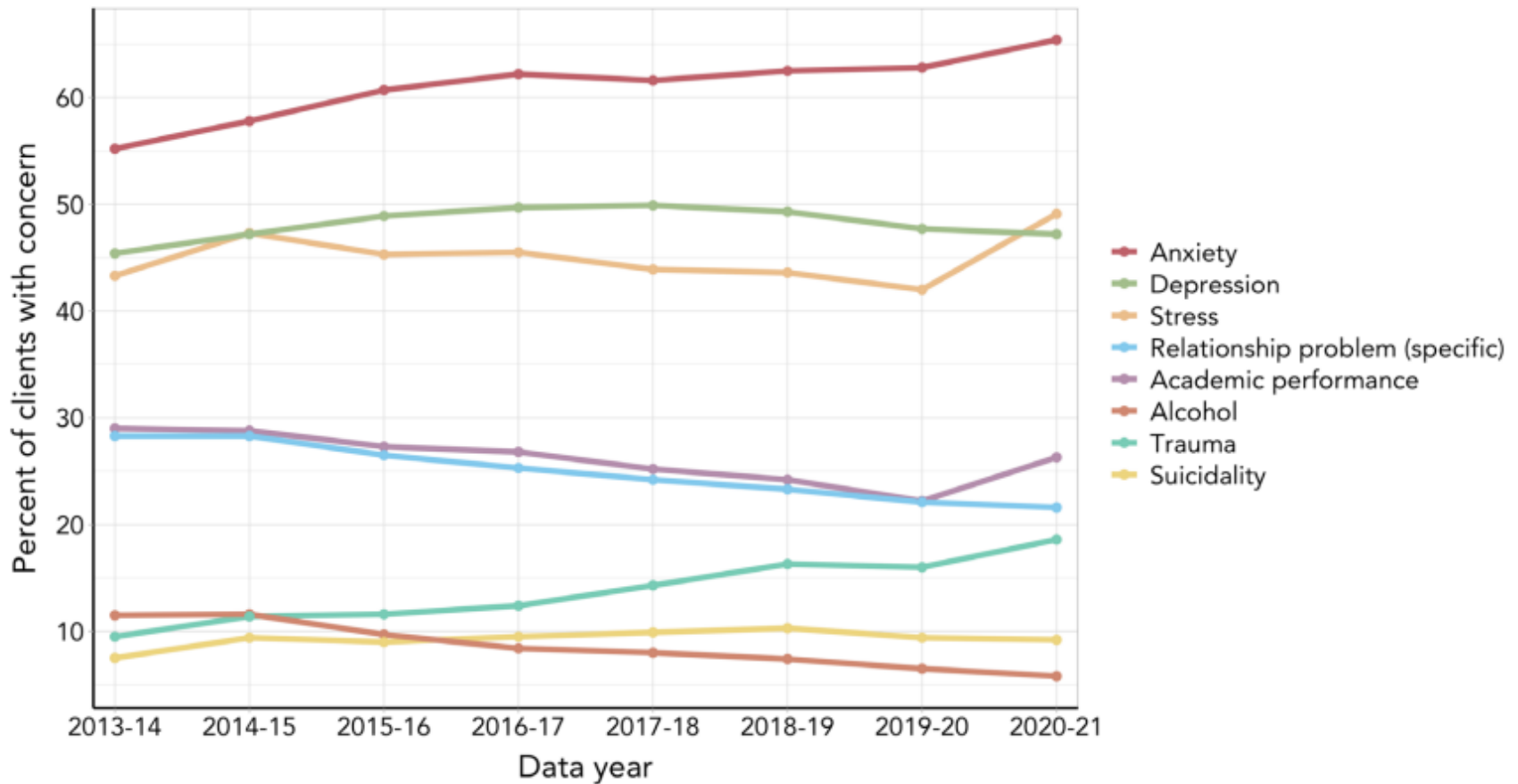


**STUDENT DISABILITY ACCESS
CENTER**



**HEALTH PROMOTION AND WELL-
BEING**

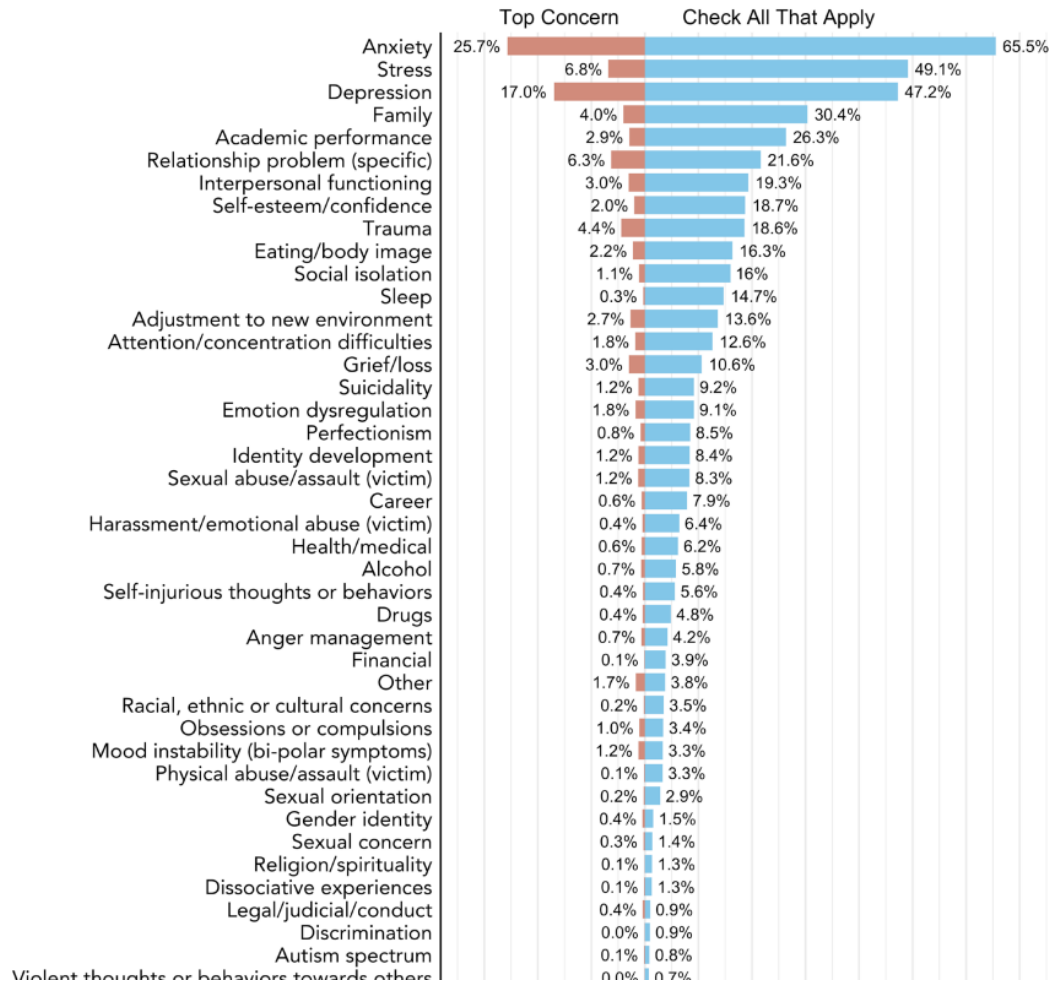
CLICC Trends (Check All That Apply): Percentage of Clients with Each Concern from 2013–2021



CCMH

CENTER FOR COLLEGIATE MENTAL HEALTH

CLICC Combined Top Concern and Check All That Apply



Overall UVA Student Utilization of SHW Services, Fall 2019 vs. Fall 2021

14.4%

increase in distinct student visits to CAPS

23.5%

increase in distinct student visits to Medical Services**

24.4%

increase in distinct student visits to OHP

22%

increase in distinct student visits to SDAC

12.5k

total distinct student visits to SHW in Fall 2021

Since the opening of the new SHW Building, the total number of student visits to SHW has increased by **22.3%** (32,862 total visits between July - Dec. 2019 compared to 40,189 total visits between July - Dec. 2021.)

Student* Utilization in FY21

18.7%

of enrolled students utilized CAPS services

46.7%

of enrolled students utilized Medical Services**

6.6%

of enrolled students utilized SDAC

54.5%

of enrolled students who have utilized SHW services at least once

** Includes care and testing appointments related to COVID-19



In the fall of 2021, CAPS partnered with TimelyCare, a virtual mental health care provider. All students who pay comprehensive fees with tuition have access to 12 scheduled counseling visits per calendar year, unlimited access to TalkNow (connect to a mental health professional in minutes), and psychiatric care and referrals.

WahooWell

The Office of Health Promotion's WahooWell program consists of two or more confidential, one-on-one meetings with a well-being facilitator. Students have the opportunity to be heard, encouraged, and validated in a way that motivates them to accomplish personally meaningful goals.

Hoos Connected

Small group of peers (6 - 10 students) meet each week to engage in activities and discussions around connection and community. Each group is led by two trained, upper-class student facilitators, who guide students through conversations that go beneath the surface level.

Collegiate Recovery Program

The SHW Substance Use Disorder Consultation & Treatment Team and our Collegiate Recovery Program (CRP) work to holistically support students navigating substance use concerns. CRP hosts weekly meetings, programming, and social events.

* Data from the March 2021 Spring Health Survey with responses from 607 UVA undergraduates. Collected by UVA Student Health and Wellness.

** Data from the February 2020 NCHA with responses from 904 UVA undergraduates. Collected by UVA Student Health and Wellness.

Student Health Office of Research Excellence (SHORE)



Mission Statement

The Student Health Office of Research Excellence (SHORE) facilitates the exploration of scientific study pertaining to the student population with the goal to improve student health and well-being. The SHORE team assists with enrolling student research participants who are representative of our collegiate populations with the utmost respect for each individual and assuring research projects are managed in full compliance with regulations and guidance. Our inclusive mission facilitates student participation in quality research with the goal of benefiting the student population, higher education, and society as a whole. **For additional information or if you have any questions**, please contact Karen Ahern, BSN, MBA, CCRC, via email

kaa7p@virginia.edu or at (434) 924-1549.



- ▶ Christopher Holstege, MD, Executive Director _____
- ▶ Meredith E. Hayden, MD, Associate Executive Director _____
- ▶ Bill Tolley, Director of Administration _____
- ▶ Karen A. Ahern, BSN, MBA, CCRC, Clinical Research Manager _____
- ▶ Jeanne Alhusen, PhD, CRNP, RN _____
- ▶ Sarah Knight, MPH, CHES, Data Initiatives and Evaluation Specialist _____
- ▶ Saumitra V. Rege, PhD, Epidemiologist _____
- ▶ Mark Silvestri, PhD, Staff Psychologist _____
- ▶ Kawai Tanabe, MPH, Epidemiologist _____
- ▶ Sara Gouldman, Executive Assistant _____

Student Health Research Database

The Student Health Research Database (SHRD) is a comprehensive integrated data repository which is created through linking multiple routinely collected student datasets across the university campus. The database has over 120,000 student cases from 2009 to the present. This database enables the de-identified following of students from time of first enrollment until graduation. It can serve as a cost-efficient longitudinal data source for multi-departmental surveillance, epidemiologic research, training, and service/quality improvement.

Current Clinical Trials and Studies

- Student Health Research Database IRB-HSR #17141. PI: Christopher Holstege, MD
- College Health Surveillance Network IRB-HSR #18454. PI: Christopher Holstege, MD
- Magnesium and Ribloflavin Treatment for Post-Concussion Headache. IRB-HSR #21920. PI: Stephanie Hartman MD
- Utilization of a screening and referral algorithm versus usual care in clinical decision making involving college students presenting with symptoms commonly associated with eating disorders. IRB-HSR #21292. PI: Tracy Bun, MD

Publications

- *Tanabe K, Hayden M, Rege S, Simmons J, Holstege, CP.* Risk Factors Associated with Concussions in a College Student Population. *Ann Epidemiol.* [Read Article](#)
- *Hayden M, Rozycki D, Tanabe K, Pattie M, Casteen L, Davis S, Holstege CP.* COVID-19 Isolation and Quarantine Experience for Residential Students at a Large, 4-year Public University *American Journal of Public Health.* *(Publication pending - October 2021: available online September 8, 2021).*
- *Tanabe K, Hayden M, Zunder B, Holstege CP*.* Identifying Vulnerable Populations at a University during the COVID-19 Pandemic. *J Am Coll Health,* 2021. [Read Article](#)
- *Holstege CP, Ngo DA, Borek H, Ait-Daoud N, Davis S, Rege S.* Trends and Risk Markers of Student Hazardous Drinking – A Comparative Analysis Using Longitudinally Linked Datasets in a Public University. *J Am Coll Health,* 2020; October: 1-8. [Read Article](#)
- *Kim J, Ngo DA, Rege S, Tolley W, Holstege CP.* Impact of Instituting Hard-Waiver on a Student Health Insurance Program at a Public University. *J Am Coll Health,* 2019. [Read Article](#)
- *Ngô DA, Rege SV, Ait-Daoud N, Holstege CP.* Development and validation of a risk predictive model for student alcohol intoxication associated with emergency department visits – a longitudinal data-linkage study. *Drug Alcohol Dependence,* 2019; 197:102-7. [Read Article](#)
- *Nobles AL, Curtis BA, Ngo DA, Vardell E, Holstege CP.* Health insurance literacy: A mixed methods study of college students. *J Am Coll Health,* 2018; Jul 6:1-37. [Read Article](#)
- *Ngô DA, Ait-Daoud N, Rege SV, Holstege C.* (2018). Validity of diagnostic coding of alcohol intoxication associated with student university hospital emergency department visits. *Addiction Medicine. J Addict Med,* 2018; Jun 28. [Read Article](#)
- *Ngô DA, Rege SV, Ait-Daoud N, Holstege CP.* Trends in incidence and risk markers of student emergency department visits with alcohol intoxication in a U.S. public university-A longitudinal data linkage study. *Drug Alcohol Depend.* 2018 Jul 1;188:341-347. [Read Article](#)
- *Ngô DA, Ait-Daoud N, Rege SV, Ding C, Gallion L, Davis S. et al.* (2018). Differentials and trends in emergency department visits due to alcohol intoxication and co-occurring conditions among students in a U.S. public university. *Drug and Alcohol Dependence.* 183: 89-95. [Read Article](#)
- *Vakkalanka JP, King JD, Holstege CP.* Abuse, misuse, and suicidal substance use by children on school property. *Clin Toxicol (Phila).* 2015; 53(9):901-7. [Read Article](#)





- ABOUT
- PROGRAMS
- PEOPLE
- COURSES
- SPACES
- EVENTS

CONCERT SERIES

- CALENDAR
- CONCERTS
- COLLOQUIA
- ARTS BOX OFFICE
- A/V POLICY
- SAFETY INFORMATION
- ARCHIVED EVENTS



The McIntire Department of Music produces over 120 concerts annually, bringing the innovation and diversity of our academic mission to the public. Our concerts are a vital part of the creative arts programming at the University of Virginia and in the Charlottesville community. Last year over 27,000 people attended Music Department concerts. From student recitals to faculty ensemble performances to concerts created in collaboration with world-famous guests, our concerts span a broad range of genres and styles. Musical diversity is a hallmark of the UVA Music Department's programming, and our resident groups reflect that. Our ensembles, such as the African Music and Dance, Baroque Orchestra, Wind Ensemble, Klezmer Ensemble, New Music Ensemble, Percussion Ensemble, Jazz Ensemble, Bluegrass Workshop, Mobile Interactive Computer Ensemble (MICE), all perform concerts each semester. And our larger groups such as the Cavalier

Marching Band, University Singers and Charlottesville Symphony perform many to sold-out crowds. Our faculty ensembles such as the Free Bridge Jazz Quintet, the Albemarle Ensemble and the Rivanna Quartet regularly perform dynamic concerts to large audiences in Old Cabell Hall. Our Digitalis Festival, TechnoSonics Festival and Chamber Music Series resonate across UVA's Grounds and in the Charlottesville Community.

This page is designed for you to easily peruse the series of events we have to offer, but please consult our calendar page for further information about these concerts and all our other musical offerings at UVA.

UVA DEPARTMENT OF DRAMA

Undergraduate | Graduate | Dance | On Stage | People | News | Gallery | Resources | Heritage

Dance

About

Course Requirements

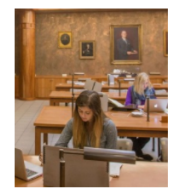
Dance

The Dance Minor program of the Department of Drama engages both practical and theoretical applications to unmaske dance as an investigative, expressive, and collaborative field of study. The program emphasizes the value of dance as an artistic practice and exposes our students to creative structures and methodologies that enable them to develop self-reflexive and critical thinking skills. Students explore the role of dance in relation to society and culture, acknowledging ways in which dance shapes and is shaped by the world. The Dance program offers dynamic, transformational learning experiences that provide students with skills to successfully navigate contemporary issues with confidence and socio-cultural awareness.

Each semester students are provided opportunities to hone their creative and movement practices through choreographing and performing in student, faculty and guest artist work for program concerts. Students majoring in a wide variety of disciplines elect to pursue a minor in Dance. In order to attain the Dance minor, students must complete 18 credits of academic coursework. For more information, please refer to the Course Requirements page.

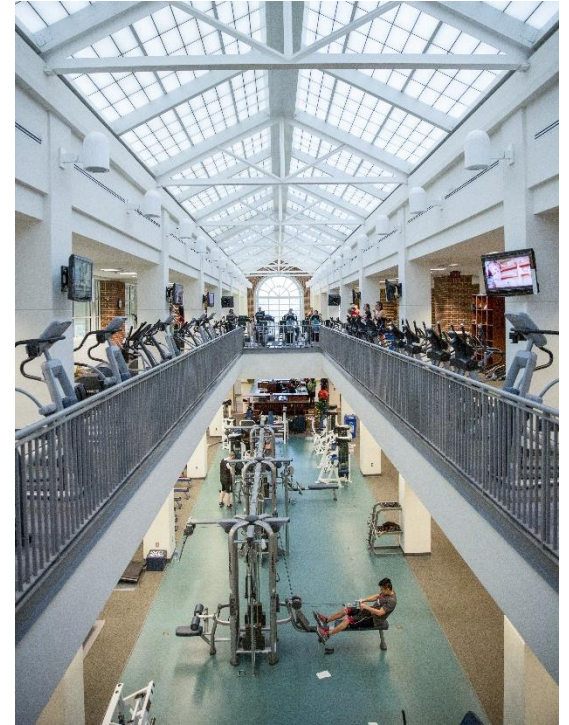
2015 Spring Dance Concert. Photo by Tom Daly.

Albert and Shirley Small Special Collections Library



The Albert and Shirley Small Special Collections Library holds more than 16 million objects including manuscripts, archival records, rare books, maps, broadsides, photographs, audio and video recordings and more.

Collections are particularly strong in American and British literature, the history of Virginia and the southeastern United States, the history and archives of the University of Virginia, sporting books and manuscripts, World War I, bibliography and book arts (including fine press books, pop-up books, artists' book, and typography).





www.outdoorsuva.org/index.php



Outdoors at UVA

- Home
- FAQ
- Upcoming Meetings
- Contact Us
- How the Club Works
- Activities
- Club Officers
- Committee Members
- Past Adventures
- Donate / Pay Dues
- Photo Gallery
- Join Outdoors at UVA

Outdoors at UVA Website

Outdoors at UVA is an exciting and fun outdoors club based at the University of Virginia, in Charlottesville, VA. We are a student-run organization, so most (but not all) of our members are [University of Virginia](#) students.



We have a large and active membership — over 400 members. Members participate in a huge variety of [activities](#) all over Charlottesville, surrounding areas and states, and even all over the US and world, at very low cost. Last year we led [over 250 trips](#). Outdoors at UVA has a talented and energetic corps of [officers and leaders](#), who plan outdoors trips and manage the organization. We have a large collection of top-quality, well-maintained gear that members can borrow for free. For more information, read [how the club works](#).



Membership is inexpensive and comes with a huge array of [benefits](#). If you're



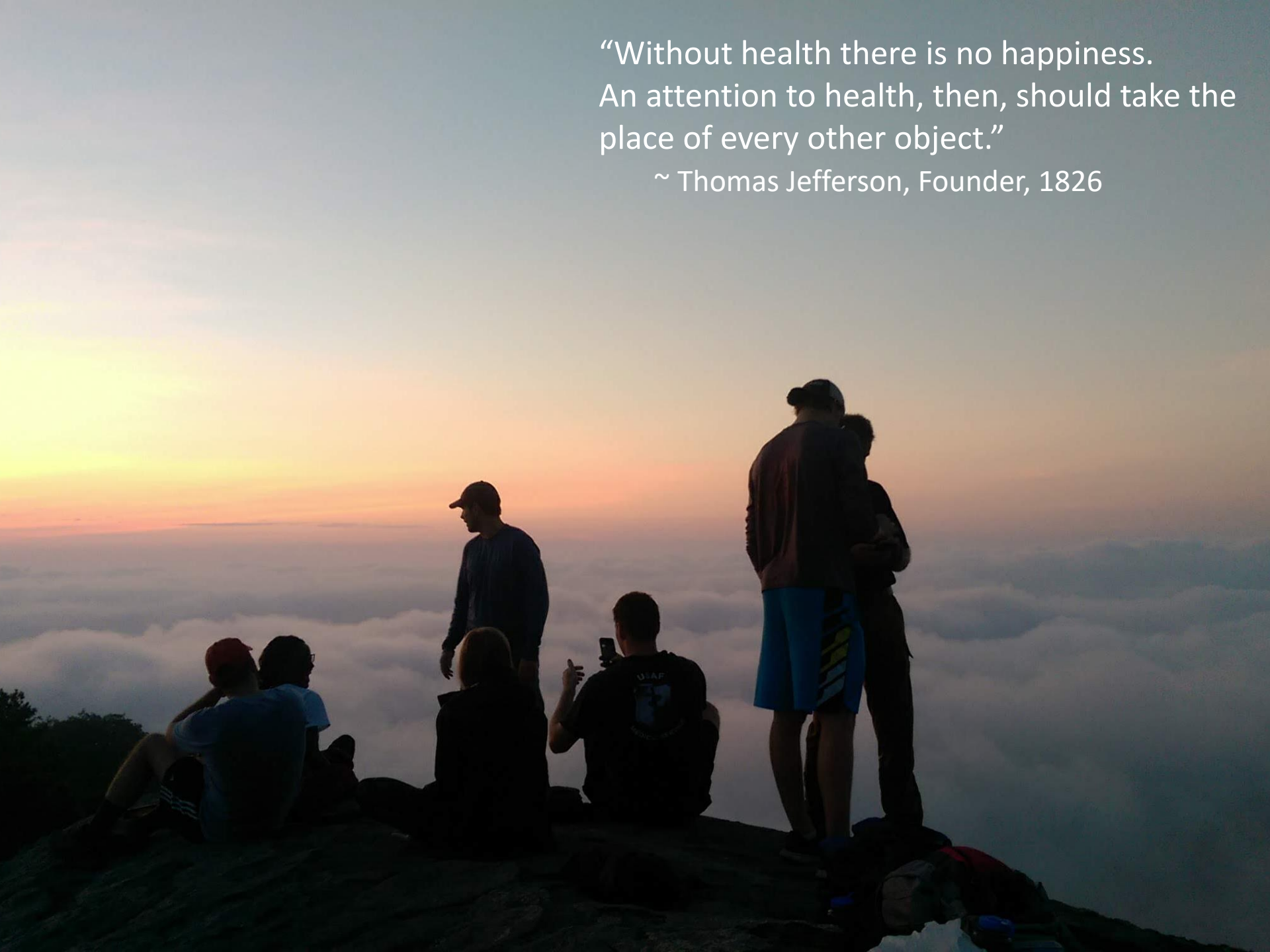
Intramural-Recreational Sports

Home	Membership	Sports	Recreation & Fitness	Schedules	Facilities	About Us
<h4 style="text-align: center;">Outdoor Recreation</h4> <div style="display: flex; justify-content: space-between;"> <div style="width: 40%;"> <p>What we are: Recreation Center & Resource Library Rebuilding Wall Poplar Ridge Challenge Course</p> </div> <div style="width: 30%; text-align: center;"> <p>Video Gallery</p> <p>Image Gallery</p> </div> <div style="width: 25%;"> <p>Summer Hours: May 21 - August 6 Mondays & Wednesdays: 4:00-6:30 PM Fridays: 2:00-6:00 PM Summer Closures (at Fall/Winter CLOSURE) May 29 (Memorial Day)</p> </div> </div> <div style="text-align: center; margin-top: 10px;"> <p>THE JEFFERSON TRUST AWARD WINNER</p> </div>						



“Without health there is no happiness.
An attention to health, then, should take the
place of every other object.”

~ Thomas Jefferson, Founder, 1826





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Bill Tolley

Director, Administration



**Christine Wagler, BSN,
RN**

Director of Nursing Services
Student Health and Wellness