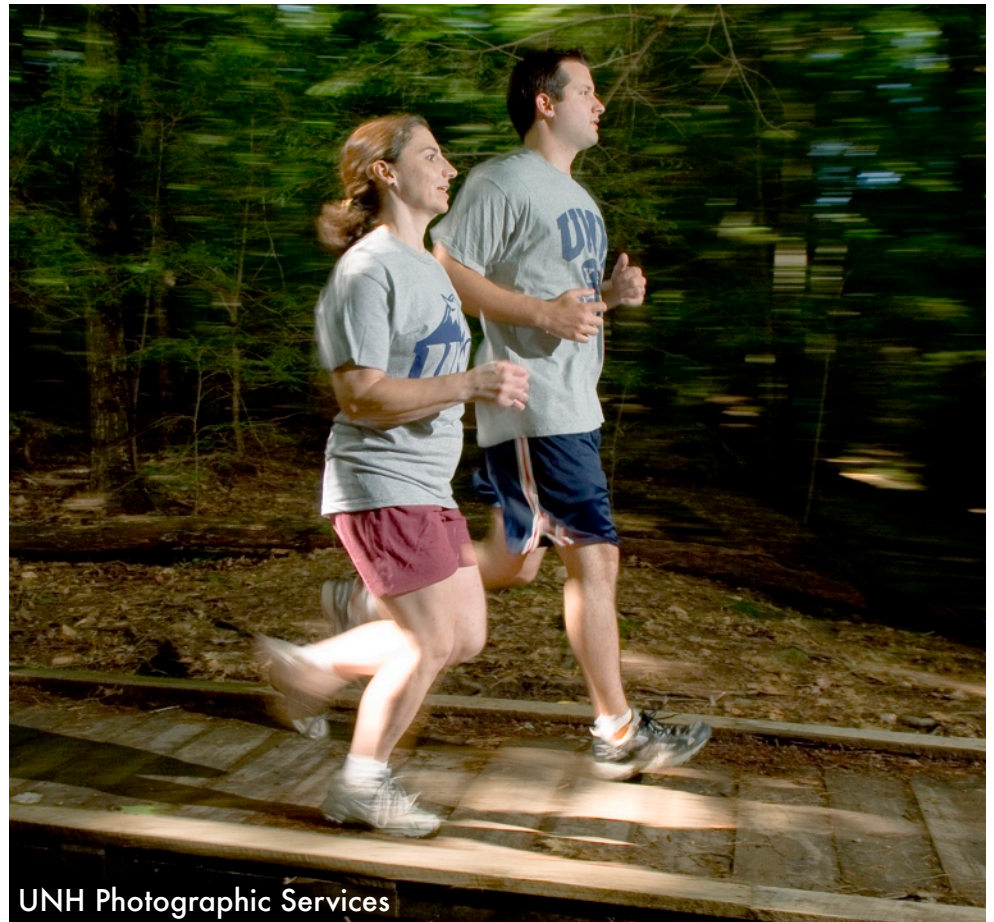


sustainability



SEPT/OCT
2009



UNH Photographic Services

Making UNH the Healthiest University by 2020: Healthy UNH

Nearly \$40 million dollars. That's what UNH spends each year on healthcare benefits for employees and their dependents. Employees are spending more of their own money on healthcare too.

Yet spending so much guarantees so little - both in terms of healthy people and a healthy bottomline. While healthcare costs are rising for many reasons, actual health and quality of care are not.

That's why last year UNH President Mark Huddleston formed the Healthy UNH Action Committee - to bring real, sustainable solutions to this complex set of issues. A cross-campus team of faculty, staff and students, the committee has researched the big picture of wellness, illness, and cost trends at UNH - including an overview of programs and services already offered -

and recently submitted recommendations to President Huddleston. "Healthy UNH's vision is to make us the healthiest university community in the country by 2020," explains College of Health and Human Services Dean Barbara Arrington, who co-chairs Healthy UNH with VP for Finance & Administration Dick Cannon.

Healthy UNH's values and objectives include:

- Creating value for the money USNH, UNH, employees and students invest in medical care, including establishing metrics to assess the cost, quality, and effectiveness such care.
- Improving the health of our entire community, including preparing students to make informed health choices, through programs, curricula and research.

- Recommending a reimbursement system, delivery mechanisms, wellness programs, food policies, and more that help sustain health and healthcare.
- Leveraging resources and technology and engaging collaboratively to promote health and well-being.
- Integrating into other UNH priorities, like sustainability.

Watch for more to come on Healthy UNH this fall!

Did you know?

USNH spends more than \$50 million dollars on healthcare. That's \$16,000 per year for a family policy - or \$84 of every \$100 of medical costs per employee.



Tip of the Month

Discuss health!

This year's University-wide Dialogue is "Taking Care of Self and Community: A University Dialogue on Health." All academic year you can read essays on health by UNH faculty, attend speakers and events on campus, and be part of the conversation. Visit unh.edu/academic-affairs/discovery/dialogue/index.html to learn more!

Upcoming Events

September 5
Going Green With The WildCATS!
UNH's first football game
12 PM start, Cowell Stadium, UNH
Durham

Contact: unhwildcats.com/sports/fball/2009-10/releases/09_go_green_fb

October 6
Student Sustainability Open Forum
Open to all UNH students!
1:00 - 4:00 PM, MUB 338/340
Meet UOS staff and student orgs to
discuss sustainability on campus

Contact: sustainableunh.unh.edu

September 19
NH Fish and Lobster Festival:
Celebrating 400 Years of Local
Seafood
12:00 - 4:00 PM
Prescott Park, Portsmouth, NH

Contact: prescottpark.org/events/food_festivals/fish.asp

October 1 - November 1
Annual Student Energy Waste Watch
Challenge
Compete to save energy &
emissions! Cool prizes for a cool
climate!

Contact: unh.edu/etf/challenge.html

September 23
Annual Local Harvest Feast
UNH Durham dining halls

Contact: unh.edu/dining and
sustainableunh.unh.edu/fas/unhlocalharvest.html

September - December
"Taking care of self and community:
a university dialogue on health"
Events throughout the semester

Contact: unh.edu/academic-affairs/discovery/dialogue/index.html



Joyce Massicotte,
Graduate
Student in
Resource
Administration &
Management,
former UOS
staffer

Profile in Sustainability

How will your work at the University Office of Sustainability (UOS) relate to your new graduate studies in resource administration and management?

At UOS, I have learned that communication and working together as a community are key components to mobilizing sustainability. I have also been exposed to the latest ideas, technology, projects, and policies out there that are trying to solve the bigger problems that threaten our sustainability. Pursuing a master's degree will allow me to learn more ways to motivate communities to use their natural resources responsibly and to research ways to utilize our resources more effectively.

What is "Go Green with the Wildcats?"

The first football game of the year on September 5th will be a "green" event to set recycling and sustainability as standards that will hopefully carry on throughout the year at all athletic events. Wildcat Corporate Partners will have tables around the stadium displaying their environmentally-friendly products and services. Volunteers will be there to remind fans to recycle. It is great that UNH Athletics is giving fans ways to lessen their environmental footprints.

What motivates you personally to be involved in sustainability?

What could be more rewarding than working to sustain all life here on our one planet? I believe that we can evolve to live in balance with our surroundings and each other. My involvement in sustainability can best be summed up in a quote from Tracy Kidder's book *Mountains Beyond Mountains* (2004, 79): "How could a just God permit great misery? The Haitian peasants answered with a proverb:...'God gives but doesn't share.' This meant...God gives us humans everything we need to flourish, but he's not the one who's supposed to divvy up the loot. That charge was laid upon us."

Learn more about "Go Green with the Wildcats" at www.unhwildcats.com.

Direct Deposits Go Paperless!

Starting this September, pay stubs are going paperless! USNH employees will receive an email message whenever they are paid via direct deposit instead of the paper notice they currently receive. Employees will also be able to access their pay stubs at <https://wise.unh.edu>. USNH estimates going paperless will save the system and its campuses 200,000 sheets of paper, the same number of envelopes, and over \$32,000 in paper, toner cartridge, and postage costs every year! Going paperless will also prevent the greenhouse gas emissions associated with delivering paper pay stubs. Kudos to the USNH Payroll Office and Computing & Information Services!



Since 1997, the University Office of Sustainability (UOS) – the oldest endowed sustainability program in higher education in the U.S. – has been transforming UNH into a *Sustainable Learning Community*:

A land grant, sea grant, and space grant university that unites the spirit of discovery with the challenge of sustainability across its curriculum, operations, research and engagement (CORE) through four initiatives designed around four key systems that underpin our ability to define and pursue quality of life – biodiversity, climate, food, and culture.

Discover sustainability at UNH.

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sustainableunh.unh.edu/contact.html