

# GOAL 3: Good Health and Well-Being



## VILLANOVA 2030 OBJECTIVE

Promote healthy lifestyles as well as provide access to affordable and quality physical and mental health care for all Villanovans.

# 6.2%

**Objective Weight**

(Objective weight defined as the portion of the overall Sustainability Plan that this goal represents.)

### Metric Metric Description

- 3.1** Harmful drug abuse as measured by proportion binge drinking and proportion of student, faculty, and staff who use tobacco products or any illicit drug habitually.
- 3.2** Percentage of sexually active students practicing safe sex and prevention of STDs (condoms, or abstinence).
- 3.3** Percentage of University insurance provided physical and mental health care that is an out of pocket expense for a student, faculty, or staff member.
- 3.4** Minimum paid time allowed for faculty and staff who need to give care (maternal, paternal, dependent care) not including sick time or vacation time.
- 3.5** Proportion of students, faculty, and staff receiving age appropriate sleep per night during the semester.
- 3.6** Thriving quotient.

### 2021 Key Result

- Update student climate survey and health survey to better measure binge drinking and tobacco and drug abuse.
- Equal leave of 12 weeks for all employees without the use of sick or vacation time.
- Complete Thriving Quotient study.