

# NUTRITION AND WELLNESS AT UNIVERSITY OF NORTHERN IOWA

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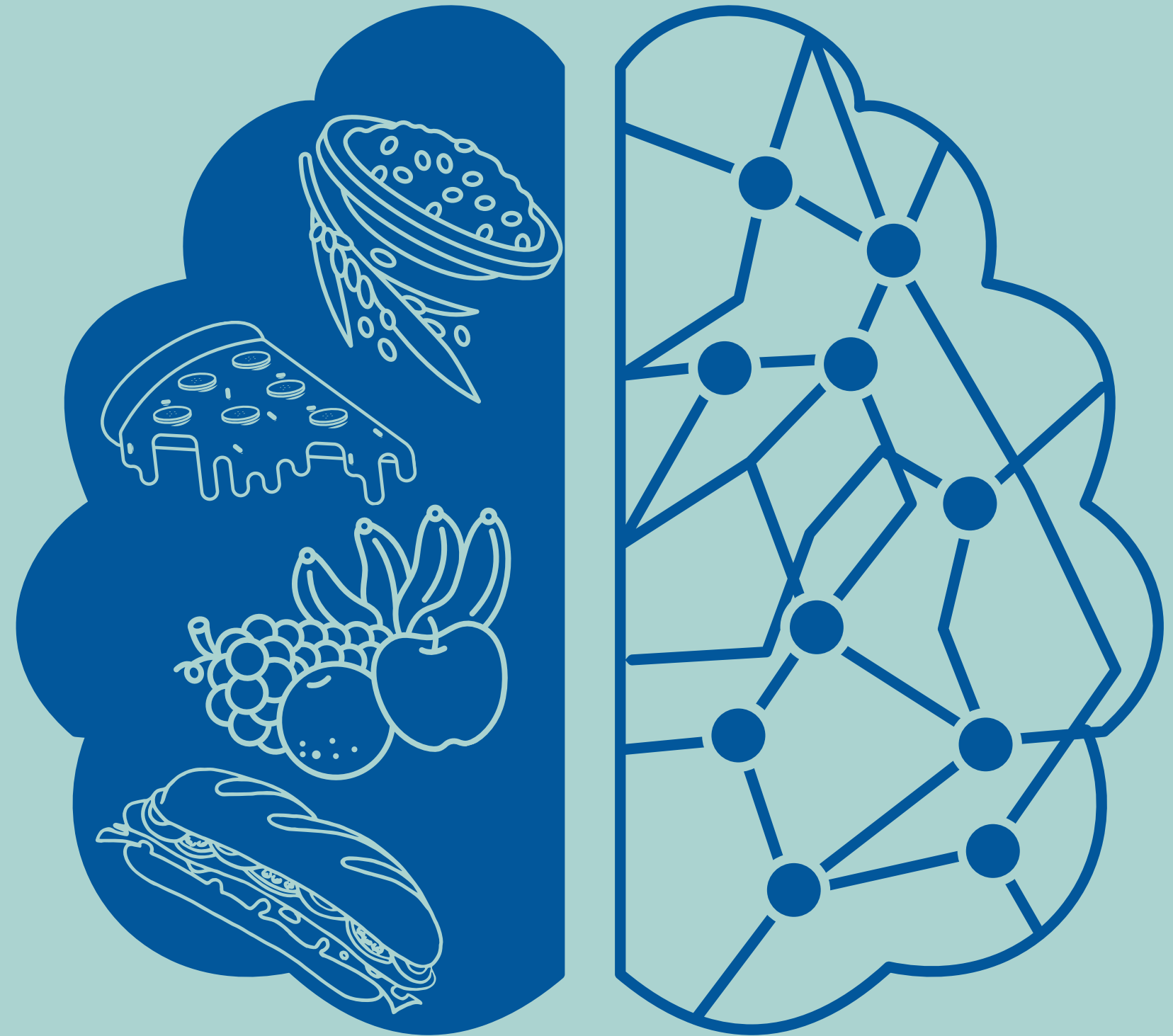


# OVERVIEW:

What is a campus dietitian?

## **NUTRITION: overall health and academic performance**

- Cognitive Function
- Energy and Concentration
- Mood and Mental Health
- Immune Function
- Physical Health
- Long-Term Health Habits



# MISSION AND GOALS

Empower and inspire the campus community to embrace a culture of holistic well-being through evidence-based nutrition guidance, fostering healthy lifestyles that contribute to optimal academic and personal success. We are committed to providing accessible, personalized nutrition services, education, and resources that empower individuals to make informed choices for lifelong health through...

1. Optimized individual health.
2. Community engagement and education
3. Accessible and Inclusive Services
4. Campus collaboration and partnerships
5. Continuous Professional Development



# CAMPUS INITIATIVES



- Healthy Campus Coalition
- Eating Disorder Group
- Housing
- Wellness Coaching
- UNI Local Food Program
- Campus Activities Board
- Athletics
- Dining

# PRACTICAL TIPS FOR STUDENTS

**Establish Healthy Eating Habits**

**Prioritize Regular Physical Activity**

**Mindfulness and Stress Management**

**Positive Social Media Consumption**

**Prioritize Sleep**



# Q & A

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# THANK YOU!

Please encourage students  
to take advantage of the  
available resources.