

JOURNAL OF  
**American College**  
HEALTH

January/February 2010  
Volume 58  
Number 4

*Student Health Center  
Brooks College of Health  
University of North Florida  
Jacksonville, FL*



Published in Cooperation With the American College Health Association

In 2007, construction began on an addition to The Brooks College of Health at the University of North Florida, adding approximately 33,000 square feet onto four floors. In addition to housing classrooms and office space for the Nursing Program, Student Health Services relocated to the second floor of this facility in August 2008. The new Student Health Center occupies 8,900 square feet, including 10 state-of-the-art exam rooms, a procedure room, clinical laboratory, digital imaging, an educational conference room, and travel health. It provides primary care services to students, faculty, and staff. The Brooks College addition is certified by the U.S. Green Building Council that encourages environmentally responsible buildings. (PPI Construction; Photo courtesy Mario Peralta Photography)



**University of North Florida**  
**January/February 2010; Volume 58 Number 4**



JOURNAL OF  
**American College**  
HEALTH

March/April 2010  
Volume 58  
Number 5

*Patton Hall Health Services  
Georgia Military College  
Milledgeville, GA*



Published in Cooperation With the American College Health Association

Georgia Military College (GMC) is one of five military junior colleges that participate in the Army's Early Commissioning Program. Its Health Services is located in Patton Hall, a simple concrete structure built by college cadets in the late 1940's as an officer's club. The building style coordinates with the historical campus that includes the renovated Gothic-style Old State Capitol Building. Until being remodeled for Health Services in 2006, Patton Hall had been used as Reserve Officers' Training Corps (ROTC) offices. Its current design includes a clerical and clinical area, two nurse's offices, and an infirmary room.

The Health Services is a nurse-directed school clinic staffed by a registered nurse and a licensed practical nurse working under protocol in consultation with a local physician. It provides health education, counseling, and care for minor illnesses and injuries for preparatory school cadets, junior college cadets, faculty, and staff.



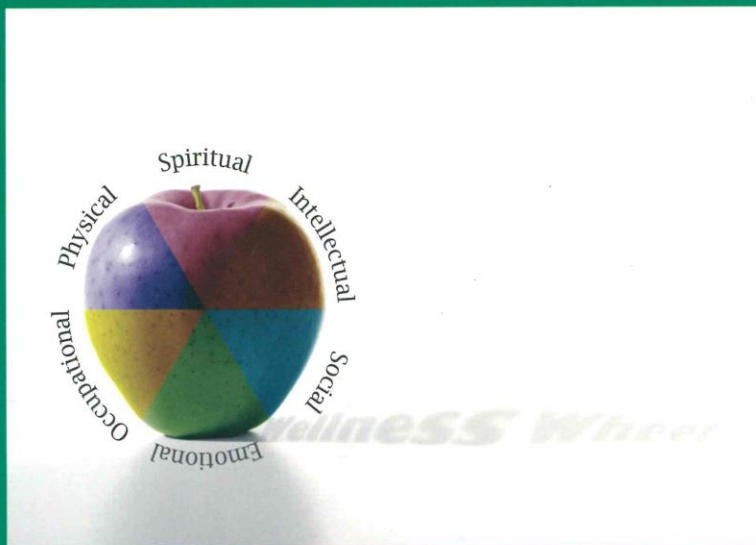




JOURNAL OF  
**American College**  
HEALTH

May/June 2010  
Volume 58  
Number 6

*The 6 Dimensions of Wellness*  
*National Wellness Institute*  
*Stevens Point, WI*



Published in Cooperation With the American College Health Association

Conducting a Google ‘image’ search for *Wellness Wheels* yields a colorful array of models that reflect the efforts of many of our colleagues in college health to customize the abstract concept we call wellness to their own programs. One might assume that the wheels originated from some ancient concept or symbol, such as the “Circle of Life” or “Medicine Wheel.” Stone wheels dating to 4500 BC exist in the northern Great Plains, supposedly put there to remind us to always be in balance and harmony with nature, find our purpose in the universe, and become a whole person. But in fact, the modern wellness wheels come from multiple other origins embedded within a rich history of the wellness movement in the United States.

Luther Gulick, MD, developed the YMCA’s inverted red triangle symbol in 1891 depicting mind, body, and spirit. Influenced by Halbert Dunn’s *High-Level Wellness* book in 1961, John Travis, MD, MPH, then developed his Illness/Wellness Continuum model in 1972 to illustrate the relationship of treatment to wellness. (continued)

JOURNAL OF  
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HEALTH

May/June 2010  
Volume 58  
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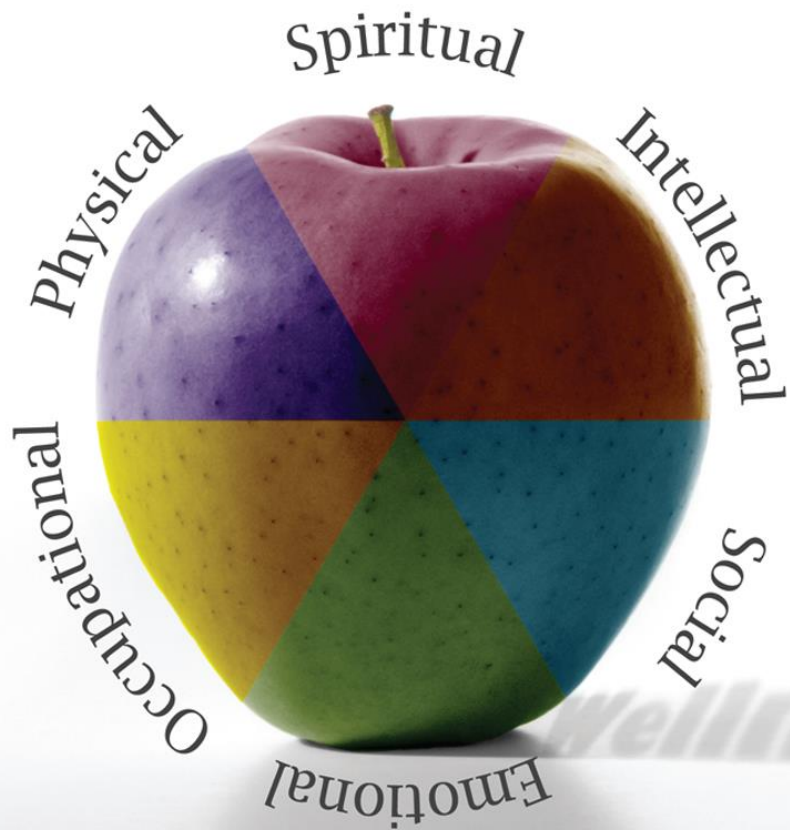
*The 6 Dimensions of Wellness*  
*National Wellness Institute*  
*Stevens Point, WI*



Published in Cooperation With the American College Health Association

After visiting John Travis' Wellness Resource Center, believed to be the first wellness center in the United States, Don Ardell, PhD, created a 5-dimensional circular wellness model during his doctoral studies in 1974. This model included the elements of nutritional awareness, stress management, environmental sensitivity, and physical fitness configured into an outer circle surrounding an inner circle representing self-responsibility. One important difference from the works of the early wellness pioneers, Don Ardell rejected spiritual approaches to well-being. Around 1975, John Travis developed a multi-dimensional model, the *Wellness Inventory*, based on the 12 dimensions of his Wellness Energy System that was eventually also developed into a circular representation. In 1976, Bill Hettler, MD, influenced by the dimensions of well-being described by the ancient Greeks, Gulick's triangle, Dunn's continuum, and Ardell's circle, created the "Wellness Wheel" consisting of 6 triangles configured into a hexagonal configuration. This model has been adopted by over 200 colleges and universities around the world. In recognition of this milestone in the history of wellness, Beth Alongi of Southern Illinois University Carbondale has created the cover photo for this issue based on Dr. Hettler's Six Dimensions of Wellness model.

Ted W. Grace, MD, MPH  
Executive Editor





JOURNAL OF  
**American College**  
HEALTH

July/August 2010  
Volume 59  
Number 1

*Iowa State University  
Ames, Iowa*

**Student Health Center**

Serving Students for Over a Century



1884

1997

Published in Cooperation With the American College Health Association

Our colleagues at Iowa State University recently celebrated the 125<sup>th</sup> anniversary of the presence of Health Services on their campus. In 1884, the Iowa Agricultural College and Model Farm built the Sanitation Building, hailed by its founder, Dr. David Fairchild, as “the first college hospital organized in this country.” As the first appointed college physician, Dr. Fairchild treated minor illnesses and injuries in college students, supervised sanitation of other college buildings, and served residents in the surrounding community.

Over the years, four different campus buildings housed Health Services, but Thielen Student Health Center opened in 1997 as their first campus facility built solely for housing Student Health Services. Today’s Thielen SHC is fully accredited by the Accreditation Association for Ambulatory Health Care (AAAHC), continuing the tradition of providing quality health care to the students of Iowa State University that began so long ago. In the words of Dr. Fairchild, “ ... it was a beginning which has brought great results. Look with pride and satisfaction upon the efforts of those who assumed so many personal risks to maintain the cultural features of this institution.” (Cover montage by Beth Alongi @bethalongiphotography.com)  
Ted W. Grace, MD, MPH  
Executive Editor



July/August 2010 Volume 59 Number 1

# Student Health Center

Serving Students for Over a Century



1884

1997

JOURNAL OF  
**American College**  
HEALTH

September/October 2010  
Volume 59  
Number 2

*Health & Counseling Center  
St. Edward's University  
Austin, TX*



Published in Cooperation With the American College Health Association

St. Edward's University opened its new Residential Village in January 2009, combining retail, residence hall, and service space to create a sense of "downtown living" in the heart of campus. Designed by the renowned Chilean architect, Alejandro Aravena, this 119,000 square foot complex added three new residence halls to campus. Its innovative design features ultra-modern private rooms and double room suites for 300 students, along with numerous student conveniences, including two new dining options, outdoor study space, and a convenience shop. The red "Glass Wall" in the upper-floor common areas reflects the campus color palette, tying the new facility to the surrounding campus architecture. Residential Village also houses the newly combined Health & Counseling Center in Lady Bird Johnson Hall. Conveniently located, it provides one-stop health, wellness, and counseling services to support the academic success of their students. Photo credit: Rebecca Marino.



**St. Edward's University**  
**September/October 2010; Volume 59 Number 2**

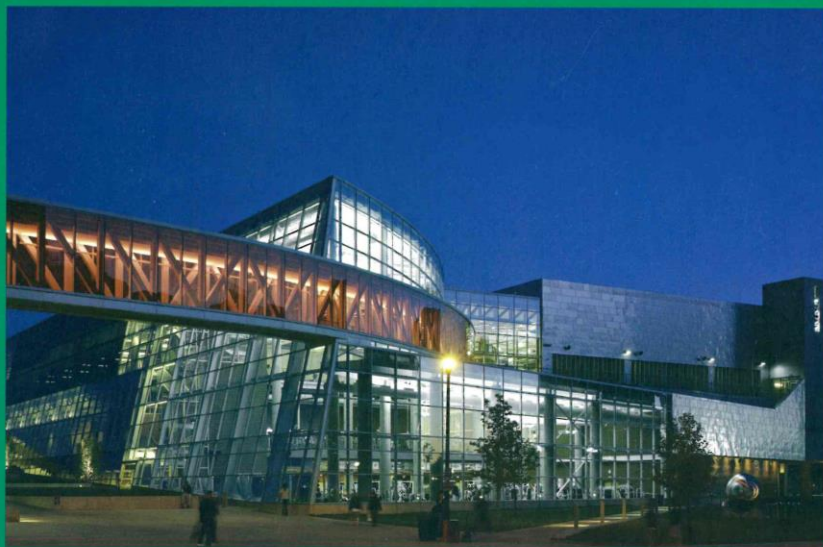




JOURNAL OF  
**American College**  
HEALTH

November/December 2010  
Volume 59  
Number 3

*Recreation and Physical Activity Center  
The Ohio State University  
Columbus, OH*



Published in Cooperation With the American College Health Association

The field of college health had its beginnings at Amherst College in a gymnasium housing the Department of Hygiene and Physical Education [JACH cover-photo, 2006; Vol. 55 (1)]. Now campus planners are once again combining health and wellness services with physical activity programs in comprehensive new facilities. For example, the late Mike Dunn, former Director of Recreational Sports at Ohio State University, wisely invited the Student Wellness Center to be housed within a new Recreation and Physical Activity Center (RPAC) that was completed in 2007.

When many colleges and universities were moving health promotion and wellness units into administrative structures under student health services, OSUs Student Affairs' leaders moved the reporting structure of the Student Wellness Center out from under their health center. This change provided Wellness with the independence, status, and budgetary flexibility necessary to establish wider partnerships that improved the safety and quality of life for the entire campus community. (continued)



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**American College**  
HEALTH

November/December 2010  
Volume 59  
Number 3

*Recreation and Physical Activity Center  
The Ohio State University  
Columbus, OH*



Published in Cooperation With the American College Health Association

The Mary A. Daniels Student Wellness Suite is housed within the new RPAC facility that is featured on the cover of this issue.

Centrally-located on campus, the Recreation and Physical Activity Center boasts more than half a million square feet of recreation, meeting, fitness, and aquatic space. Some 8,000 students, faculty, and staff visit RPAC each day. This state-of-the-art complex provides greater campus visibility to services aimed at developing the whole student, as well as meaningful opportunities for community wellness connections. These changes have proven visionary as the Student Wellness Center has expanded its services, engaged nearly 200 student volunteers annually, increased external funding, and adopted a highly successful community-based programming model. *(Images courtesy of Photography @ Brad Feinknopf 2008)*  
Ted W. Grace, MD, MPH  
Executive Editor

**Ohio State University**  
**November/December 2010; Volume 59 Number 3**

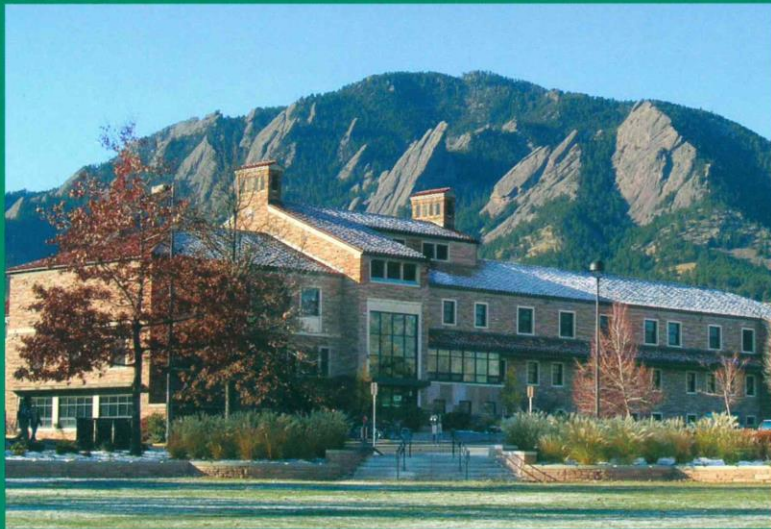




JOURNAL OF  
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HEALTH

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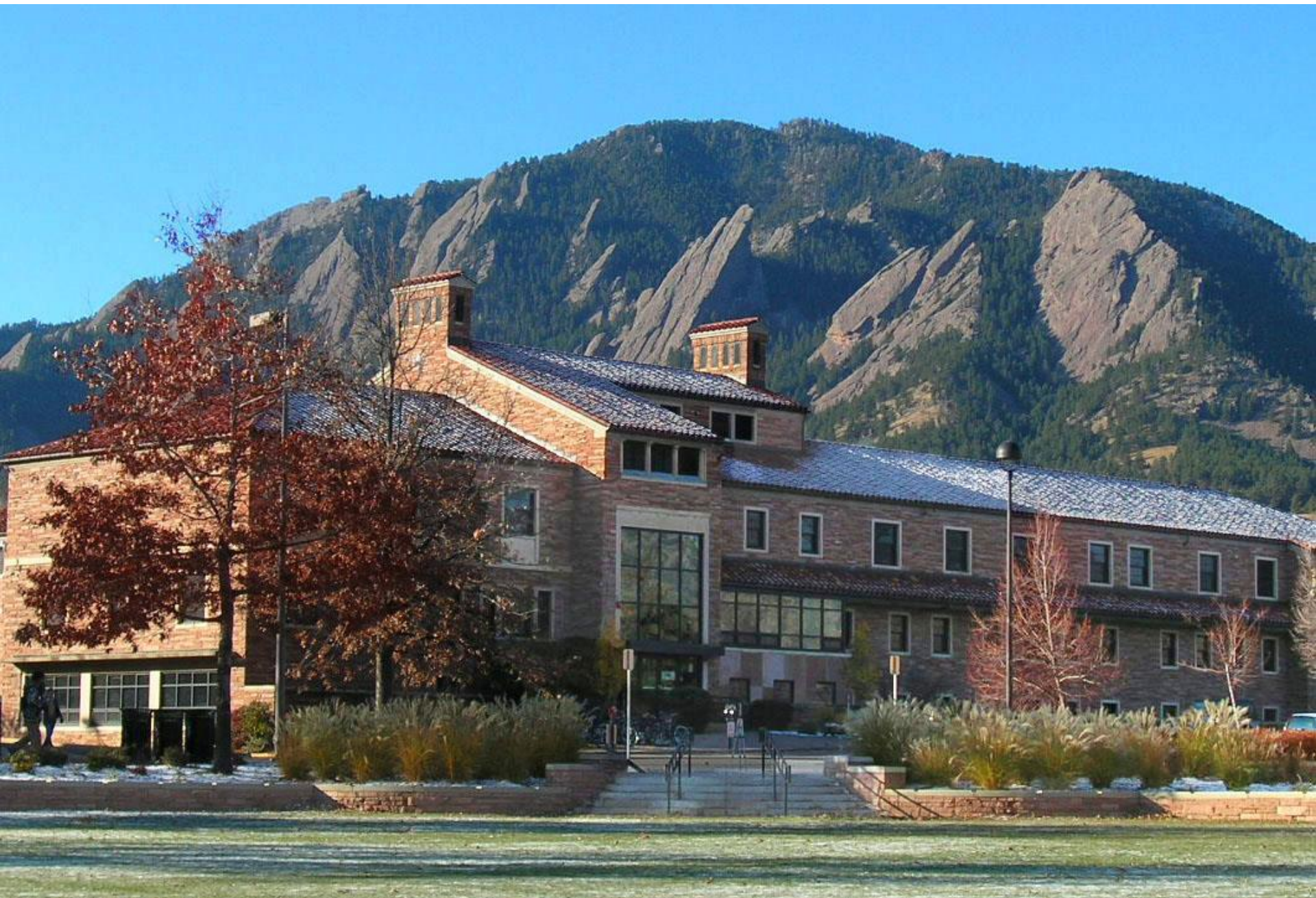
*Wardenburg Health Center  
University of Colorado  
Boulder, CO*



Published in Cooperation With the American College Health Association

On the cover of this issue of the Journal of American College Health, a crisp January morning dawns on Wardenburg Health Center at the University of Colorado at Boulder. In 1955, Fred and Effie Wardenburg presented the University of Colorado with a gift of \$1 million to enlarge the student health facilities. Since the building opened in 1959, it has been renovated and remodeled several times to accommodate a student population that has grown from 11,200 to 30,200. Currently, Wardenburg Health Center offers primary care, women's health, sports medicine, laboratory, radiology, peer health education, and mental health services. Today, the Center schedules over 65,000 patient visits per year and employs over 200 staff and students to serve the university community.







JOURNAL OF  
**American College**  
HEALTH

April/May 2011  
Volume 59  
Number 5

*Sindecuse Health Center  
Western Michigan University  
Kalamazoo, Michigan*



Sindecuse Health Center was financed in 1986 by a one million dollar gift from Gordon and Elizabeth Sindecuse. Twenty years later, the facility was renovated to add over 18,000 square feet of additional space. The renovation created a much more attractive entrance and lobby area, as well as expanded the business office to improve patient privacy. The pharmacy was completely remodeled to include a drive-up window for patient convenience, and on-site parking was added to better serve Western Michigan University students, faculty, staff, and retirees.

The multispecialty medical staff at Sindecuse Health Center includes seven physicians and three physician assistants. The health center also provides medical social work, health promotion/education, travel clinic, sports medicine clinic, occupational health clinic, and full ancillary services (physical therapy, pharmacy, laboratory, and radiology). The Office of Health Promotion and Education offers workshops, service learning, and peer education opportunities for students, and strengthens interdisciplinary partnerships by addressing critical health needs of the entire University community.

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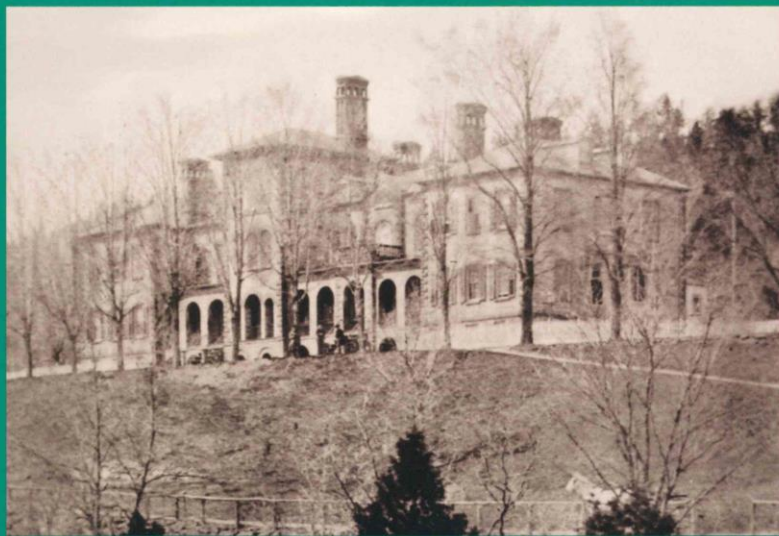




JOURNAL OF  
**American College**  
HEALTH

June/July 2011  
Volume 59  
Number 6

*The Cadet Hospital (1830)*  
*US Military Academy*  
*West Point, New York*



Published in Cooperation With the American College Health Association

The Cadet Hospital at the United States Military Academy in West Point, New York, opened in 1830. This means it is the oldest campus-based college health infirmary in the country. The hospital was originally a two-story structure built of stone and covered a ground area of 40 X 131 feet. The central part of the building contained the administration offices, dispensary, and sick wards. The two wings accommodated the Surgeon, Assistant Surgeon, and their families. In 1838, a third story was added to the central portion of the building. This configuration is seen in existing photographs, including the one used on the cover. This undated cover photograph is probably from the latter half of the 19th century. A new Cadet Hospital was occupied in 1884, and the original Cadet Hospital was used for other purposes until its demolition somewhere between 1960 and 1962. (Photo courtesy of the U.S. Military Academy Archives, West Point, New York)

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## Editorial

# The Special Historical Section of the *Journal of American College Health*

Ted W. Grace, MD, MPH  
Guest Editor

It has been a labor of love serving as the guest editor for this special historical issue of the *Journal of American College Health (JACH)* that commemorates the founding of the first structured college health program in the United States. In 1861, Dr Edward Hitchcock Jr was appointed Professor of Hygiene and Physical Education, and initiated anthropometric measurements of students as part of his curriculum. From those humble beginnings in Barrett Gymnasium featured on our second photo-cover in the 2006 (vol 55, no 1) the majority of the 18 million college students in the United States today have access to some organized arrangement for student health care. As we celebrate those who paved the way for the college health field, it helps us to appreciate our current achievements even more.

The keynote speech at the American College Health Association's (ACHA) 2010 Annual Meeting was so well received that I asked Heather Munro Prescott, PhD, to convert her address to an article for this issue. "Student Bodies, Past and Present" provides a wonderful historical account of how college health has evolved over time in conjunction with shifting standards of medical care and public health practices in the United States. In her article, Dr Prescott conveys how the history of college health is intertwined with the history of diversity in higher education, explaining that the growth of health services was one way in which colleges and universities made higher education accessible to women, racial minorities, veterans, and persons with disabilities.

Connie Criehtfield, MSH, RN, CS, and David Kraft, MD, both graciously agreed to update their past articles from our journal on the histories of college health, nursing and college mental health, respectively. Rachel Mack documents the his-

tory of ACHA for this special issue, and John Dorman, MD, contributes a touching Viewpoint article linking his family and career to our founder, Edward Hitchcock Jr. Finally, William A. Christmas, MD, presents a landmark article that documents the existence of college health programs in the United States dating to 1830. Whereas the college program established at Amherst College was the first civilian college health program in the country, the military academies led the way some 31 years earlier. The remainder of the issue has contemporary articles, many relating to lifestyle behaviors addressed in Dr Edward Hitchcock's day, such as physical activity in college students.

When we began the photo-covers for *JACH* in 2006 (vol 54, no 6), the original plan was to chronicle the history of college health through a series of historical photographs. At that time, Dr Reginald Fennell, 1 of 3 Executive Editors of *JACH*, challenged me to include photographs that recognized the rich diversity of people involved with college health over the years. That challenge was repeated with this special edition of *JACH*, but the available college health textbooks include scant information about college health services for minority students from the 19th century. Finding evidence of college health programs or dedicated medical facilities serving diverse populations during that era proved nigh impossible. However, an online search of historically black colleges and universities (HBCUs) did reveal that many of their institutions were established in the 1800s.

Educational opportunities for black Americans were virtually nonexistent before the Civil War, except for vocational training provided in informal settings. In 1837, a group of Philadelphia Quakers offered elementary and high school level instruction for blacks at the Institute for Colored Youth (now Cheyney University). Lincoln University in Pennsylvania and Wilberforce University in Ohio were established in 1854 and 1856, respectively. Between 1861 and 1870,

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black churches, the American Missionary Association, and the Freedmen's Bureau founded a number of private colleges and universities for the education of blacks, including some 13 normal (teaching) schools.

The Morrill Act of 1863 gave federal lands to states for the purpose of opening colleges and universities, but only 1 black land-grant college was founded under this legislation, Alcorn University (now Alcorn State) in 1871. The second Morrill Act of 1890 rectified this problem by specifying that states using federal land-grant funds must either make their schools open to both blacks and whites, or else allocate separate funding for segregated black colleges. As a result, 16 black institutions were founded by state legislatures between 1870 and 1910.

Unfortunately, I was unable to locate any photographs related to college health from these early black colleges and universities. There were photographs of graduating classes from nursing schools and students working in construction at HBCUs, but it was impossible to determine if the students were participating in formal industrial training classes or financing their education through work programs.

After several trips to Wilberforce University in central Ohio, I was able to find a picture of a former campus medical

facility. Tawawa Hospital was built in 1916 and utilized as a campus infirmary until it was destroyed by a tornado in 1974. A librarian helped me locate the picture in a box of old photographs sitting in a storage room in the back of the library. Mrs Brown told me the descriptions written on the back of the pictures had been recorded by alumni passing them around at school homecoming events (J. Brown, Wilberforce University, Ohio, personal communication, March 2007).

It is not clear to me if the lack of photographic documentation of early college health programs for black students is because the students attended day schools and lived at home, health care was not provided by many of their residential schools, or information about minority student health programs has not been well preserved or documented. The reason could be a combination of all 3 factors, but I suspect the latter. The Editors of *JACH* call for historians and leaders at these institutions to submit future articles that document the history of college health services for minority students. We hope this historical issue will inspire leaders at organizations such as the National Association for Equal Opportunity in Higher Education, Hispanic Association of Colleges and Universities, Native American-Serving Non-tribal Institutions, and Asian American and Native



FIGURE 1. 1902 history class, Tuskegee University, Tuskegee, Alabama. Photo credit: Library of Congress.



American Pacific Islander-Serving Institutions to contribute to the historical literature on college health with future articles and photographs.

During my online search of digital photograph collections, I did find this 1902 photo from Tuskegee Institute (founded by Booker T. Washington in 1881; see Figure 1). Although I was instantly drawn to this photo, I never used it on a cover because I could not connect it to college health. In reviewing it again for this piece, however, it occurred to me that nothing could be more representative of college health than a classroom full of healthy students. When I study the students in this picture, I am captivated by the formality of their dress, the uncomfortable-looking wooden benches (women on the right and men on the left), the absence of books and writing implements—but most of all by their quiet dignity. Their pride is palpable—proud to be one of the first generation of black Americans to have an opportunity to pursue their education—because in the words of the Greek

philosopher Epictetus, “Only the educated are free.” I want to imagine that this group of students had access to a college health program—one that was true to the memory of our founders in its support of their academic success by helping them to achieve and maintain the highest possible levels of well-being.

#### ACKNOWLEDGMENTS

The author thanks especially Beth Alongi for editing the photographs for this historical issue of *JACH*.

#### NOTE

For comments and further information, address correspondence to Dr. Ted W. Grace, Director, SIU Student Health Center, Southern Illinois University, Mailcode 6740, 374 East Grand Avenue, Carbondale, IL 62901, USA (e-mail: [tgrace@siu.edu](mailto:tgrace@siu.edu)).





JOURNAL OF  
**American College**  
HEALTH

August–October 2011  
Volume 59  
Number 7

*Longbrake Student Wellness Center  
College of Wooster  
Wooster, Ohio*



Published in Cooperation With the American College Health Association

Founded in 1866, the College of Wooster is an independent liberal arts college that enrolls approximately 2,000 students. The College of Wooster's Longbrake Student Wellness Center opened in 2002 to provide both ambulatory and 24-hour overnight care to its students. The Center houses a wellness coordination office, three counseling offices, faculty/staff wellness office, conference room, five out-patient examination rooms, treatment room, laboratory, pharmacy, two-bed observation ward, and six overnight student rooms. A physician and nurse practitioner have regularly scheduled hours Monday through Friday, and registered nurses are available 24/7 on a walk-in basis during the academic year. Providers at the Longbrake Student Wellness Center offer an array of services including evaluation and treatment of acute illnesses and injuries, minor surgical procedures, school-related physical exams, medical and psychological consultation and treatment, immunizations, routine laboratory tests, and radiology services.

*Photo credit: Matt Dilyard*

**College of Wooster**  
**August/October 2011; Volume 59 Number 7**





JOURNAL OF  
**American College**  
HEALTH

November/December 2011  
Volume 59  
Number 8

*The Bryant Student Health Center  
Pittsburg State University  
Pittsburg, Kansas*



Published in Cooperation With the American College Health Association

The Bryant Student Health Center opened at Pittsburg State University in Pittsburg, Kansas in the fall of 2009. This \$4 million, 11,500 square-foot building brought together for the first time the University's rapidly growing Student Health Services with its Counseling Center. The Health Center logs more than 16,000 annual visits from its student body of more than 7,200. The facility boasts an electronic medical record system and on-line scheduling system that allows students to make appointments from their residence hall rooms or any networked computer. An unusual aspect of the project is that major funding for the building came from private donors, limiting facility costs to \$12 per semester for students. Visitors to the Bryant Student Health Center pass by "The Healer", a bronze sculpture by the late Joe Beeler, a renowned alumnus of Pittsburg State University. Joe Beeler was an American illustrator, artist and sculptor that specialized in the field of Western art.

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**(Inside Cover Photo)**

