

10th Anniv. of Healthier Campus Initiative®



Why is this important, especially for HBCUs?

- 33% of college students **reported eating somewhat more** since the pandemic; 52% engaged in **low physical activity**¹
- 44% reported symptoms of **depression**² and 15% said they were considering **suicide** and a lack of physical exercise worsens preexisting **mental health** conditions³;
- 56% of first-generation students identified as **food insecure**⁴

See for yourself!



Howard University Largest Farmers Market: [VIDEO](#)

Miss Cheyney Relaxation Tips: [VIDEO](#)

Mr. Cheyney Making Seamoss [VIDEO](#)

NIRSA article on Cheyney University

Campus Rec Highlight on Oakwood University

Sources: (1) Impact of COVID-19 on college student diet quality and physical activity; Melissa D. Olfert, Rachel A. Wattick, Emily G. Saurborn, and Rebecca L. Hagedorn (2) The Mental Health Crisis on College Campuses; Mary Ellen Flannery (3) The surprising link between physical activity and emotional health, Jon Walker (4) Food Insecurity on Campuses, Tessa Cooper

How is support provided year-round?

Food pantries, indoor & outdoor fitness, healthy eating & mental health - 80 campuses 2 mil students.



Will support also go directly to students?

Yes! Students will receive elearning modules. Donate to help your alma mater and/or HBCU.

Can corporations, nonprofits and member organizations help? Absolutely!

Contact: Kimberly (see info below) for partnership/sponsorship opportunities by July 30th

Are all contributions tax deductible? YES

501c3 EIN: 88-3269801 – TAX Deductible

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Thank you!



Kimberly O'Shields, Founder and CEO
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