

# IN PURSUIT OF A WELLNESS EMBEDDED CURRICULUM

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Curriculum Reimagined for  
21<sup>ST</sup> Century Relevance

STADIO  
HIGHER EDUCATION

## MENTAL HEALTH AND THE SDGs

- Sustainable Development Goal 3: **To ensure healthy lives and promote well-being for all at all ages**
- **SDG 4: Quality Education**
- World Health Organisation
  - Mental health is increasingly being acknowledged as an important part of achieving the Sustainable development goals
- SDGs are called the 2030 agenda for sustainable development
- They were adopted in 2015 as a call to action for all to end poverty, protect the planet and ensure that by 2030 all people enjoy peace and prosperity
- Where are we now? 8 years to go!



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## WELLNESS AND TOTAL HEALTH

- Definition of Wellness as part of total health
  - “A state of complete physical, mental, and social wellbeing, not merely absence of disease or infirmity” (WHO).
  - An active process through which people become aware of and make choices towards a more successful existence” (Hettler, 1977).
  - Total health is not just the absence of physical illness, it includes a state of mental, physical, psychological and social well-being.
- The concept ‘wellness’ came into being in the early 20<sup>th</sup> century. It is an industry that is going at a very fast rate globally.
- This is because life pressures are increasing and the need for mental wellness is increasing.
- About 450million people in the world suffer from one or another type of mental health condition (SA Depression and Anxiety group).



# DIMENSIONS OF WELLNESS



Source: Six dimensions of wellness model (Hettler, 1977)



## STUDENT WELLNESS

- Our students come from the same community and are not immune.
- Studies show that college students experience levels of stress, depression and anxiety
- Academic performance is negatively impacted by poor wellness
- Benefits of Wellness in the academic environment (Du Plessis, 2015):
  - Better academic performance
    - Have the energy and motivation to study
  - Students are healthier and happier
    - Endurance and perseverance levels are higher
  - Development of graduate attributes
    - Characteristics that employers are looking for

# CONCLUSION



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Failure to address student wellness will result in the following:

- High failure rate
- Lots of drop out
- Lower student numbers
- Business failure

Therefore:

It is in the interest of Institutions of Higher Learning to address wellness for the students by

- Identifying modules that can cover mental health topics
- Provide wellness support



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