

## HEALTH and WELLNESS



### Sustainability in Health and Wellness

Typically health and sustainability are considered separate topics at colleges. At Macalester, the Sustainability staff and Health staff have collaborated to bridge this gap. The concept of sustainability has traditionally included environmental health issues (i.e. lead pollution in drinking water or air pollution from factories). In the health arena, sustainable food, beverage, and transportation are primary gateways for access into healthier lifestyles. Both sustainability and health have connections at the personal, community, and global level.

This connection is represented in our addition of a "well-being" dimension in the classic sustainability diagram, explicitly demonstrating the overlap of health and sustainability.



### By the Numbers

-  Free sustainacup program distributed **325 menstrual cups** to students in its first month
-  Water bottle fillers placed across campus have **saved over 1.2 million plastic bottles** from going into landfills and incinerators and polluting the air and water



# Programs

-  **Tobacco-Free Campus:** In 2015 Macalester implemented a tobacco-free campus policy called #Share the Air, prohibiting smoking, the use of tobacco products, and the use of electronic cigarettes anywhere on the Macalester College property.
-  **Water Bottle Ban:** In 2011 Macalester instituted a ban on selling bottled water in vending machines, retail locations, and at athletic events. In conjunction with the ban, automatic bottle filling stations have been installed throughout campus.
-  **Free SustainaCup Program:** In 2019 the Sustainability Office and Health and Wellness collaborated on a program to provide free menstrual cups to students.
-  **Macalester Urban Land and Community Health (MULCH):** On-campus student community garden and chicken coop that give student access to local food.
-  **MacSHARE:** Started by students and the Sustainability Office and then transferred to Entrepreneurship, MacSHARE purchases bulk organic food and resells to the Macalester community.
-  **MacBike:** A student-run organization that promotes bicycle use on campus and in the greater Twin Cities community. MacBike offers free bike fixing.
-  **Bike Share:** Students, staff, and faculty can rent a bike (along with a helmet and lock) from the Library with a valid Mac ID for three days with one renewal (up to six days total).
-  **Zap Reader Program:** Free program to incentivize bicycling and walking as a form of transportation throughout the metro. Macalester has installed a ZAP Reader on the corner of Macalester Street and Summit Avenue as a part of the greater program.
-  **Wellness and Health at Macalester (WHAM):** Organizes many physical activity classes for staff including mindfulness, yoga, pilates, and circuit training. Throughout the year WHAM and the Sustainability Office co-sponsor speakers and outreach events including Lunch-and-Learn sessions. In the spring there is also collaboration for Bike- or Walk-to-Work Day.
-  **Farmers Market:** A weekly farmer's market visits campus during the growing season, offering fruits and vegetables to the Macalester community.

