

**MEMO**

**To:** The UVM Faculty Senate  
**From:** Curricular Affairs Committee of the Faculty Senate (Stephen Everse, Co-Chair)  
**Date:** April 8<sup>th</sup>, 2021  
**Re:** Approval of a Proposal from the College of Nursing and Health Sciences for a New Minor in Integrative Health

---

On April 7<sup>th</sup>, 2022, the Curricular Affairs Committee (CAC) unanimously approved a proposal from the College of Nursing & Health Sciences (CNHS) to create a new minor in Integrative Health in the Department of Rehabilitation and Movement Sciences. On January 17<sup>th</sup>, 2022 the CNHS Curriculum Planning Committee endorsed the proposal as does Dean Anderson. The anticipated start date is Fall 2022.

***Program Description and Rationale***

The proposed IH minor includes 15 credits (9 required and 6 elective credits) of coursework through which students learn theoretical and empirical underpinnings of Integrative Health, a paradigm in health care that involves the integration of medical care, complementary care and self-care to promote whole person health. Through the minor, students will learn about the use of IH in health promotion and prevention and how it can enhance the patient experience, improve population health, reduce costs, and decrease healthcare workforce burnout. The minor will help students to identify what further training they may need to become health care providers and create an opportunity for students to understand the interdisciplinary nature of IH. Offering the program as a minor allows students from many disciplines, including those requiring a minor, to gain a credential in IH to complement their major program of study.

***Justification and Evidence for Demand***

UVM has offered classes in IH for well over a decade. These classes were incorporated into a Certificate of Integrative Health in 2018. Enrollment in that program has well surpassed expectations every year, demonstrating significant student demand for programs in IH. The proposed minor will extend accessibility of IH offerings to students who are required to complete a minor and may have faced difficulties incorporating the IH certificate alongside a minor during their time at UVM. Beyond campus, IH represents a growing field locally and nationally, and UVM's programming in the IH field is developing a national reputation. Based on enrollment in the IH certificate, growing interest in IH and UVM's reputation in the IH arena, it is expected the proposed minor will have significant interest and offer a draw for students to UVM.

***Relationship to Existing Programs***

The proposed minor is not anticipated to have negative impact on any other department or academic unit. In fact, a number of departments offer courses that are appropriate electives for students in the proposed IH minor. This diversification of perspectives adds an important strength of the program. Along with interdisciplinary focus, the issue of behavioral change is important to IH. While the Larner College of Medicine offers a minor with emphasis on the neuroscience of behavioral change, the proposed IH minor includes concepts related to behavioral change through the lens of several IH modalities from personal, clinical and

population health perspectives. The proposers have included a letter of support for the proposed IH minor from Dr. Jim Hudziak, head of LCOM's Behavioral Change minor. There are also similarities noted with a proposed minor in Integrative Health and Wellness Coaching. The proposers clarify that the IH minor provides students with exposure to the field of IH study useful for personal health and exposure to future career exploration while the Health Wellness Coaching minor is specifically aligned with the career path to becoming a Board-Certified Integrative Health and Wellness coach.

### ***Curriculum***

To earn the minor in IH, students must complete 15 credits: 9 credits from required courses, plus 6 credits of electives as shown below:

Number	Name	Credits
	REQUIRED COURSES	
HLTH 101	Introduction to Integrative Health	3
HLTH 102	Science and Evidence in Complementary and Alternative Medicine	3
HLTH/ENVS 107	SU: Human Health and the Environment	3
	PLUS	
	Elective 1	3
	Elective 2	3

Students will select 6 credits of elective courses from an array of options from various departments under 7 categories: Mindfulness/Mind & Body, Behavioral Change, Travel/Global Health, Health and the Environment, Inclusion/Diversity, Yoga/Movement and Integrative Nutrition and Herbalism.

### ***Admission Requirements and Process***

The minor will have no prerequisites and will be compatible with all majors. There are no eligibility restrictions.

### ***Anticipated Enrollment and Impact on Current Programs***

The original certificate in Integrative Health Care started in 2018 and has increased its enrollment expectations every year it has been offered. (In spring 2021, 54 students were enrolled.) With the shift from a certificate program to a minor, CNHS anticipates increased interest across campus and controlled growth in enrollment as resources allow within the strategic plan of the College. The proposed Minor will have no anticipated deleterious effects on any other department or academic unit at the University. All required courses are currently existing in the catalogue. There has been demonstrated broad interest within the campus community for the Certificate in Integrative Healthcare and they anticipate that the proposed Minor will represent an excellent opportunity for students in a diverse array of undergraduate Majors to learn about integrative health, a topic that can promote self-care as well as complement their degree as they enter their respective career paths.

### ***Intended Start Date***

Fall 2022 (pending Board of Trustees approval)

### ***Advising***

Students will be advised by their home academic unit advisors. Students' curricular questions specific to the minor will be addressed by the Program Director or designee.

### ***Assessment Plan***

The Integrative Health Minor will undergo academic program review as per the department APR cycle as defined by Curricular Affairs Committee. The Minor will be evaluated using evidence of enrollment, retention and completion. Individual courses will be evaluated through student evaluations, attendance, grades, peer evaluations and Integrative Health Education Committee review. The Integrative Healthcare Education Committee will ensure course content is in accordance with the Academic Consortium for Integrative Medicine & Health.

### ***Staffing Plan, Resource Requirements, and Budget***

Existing faculty and staff resources are adequate to support this transition to a Minor. There are no anticipated additional faculty needed. Current University library resources have been adequate for the Certificate, and there are no anticipated additional needs for the Minor. Current University and CNHS facilities and technological resources are also adequate to support the proposed Minor.

In terms of the budget, Income and Expense modelling by CNHS indicates that the Integrative Health educational programming is currently bringing in more in income than expenses, and that the College has the capacity to take over the cost for faculty and administration for this program beginning in the Fall of 2022.

### ***Evidence of Support***

The Dean of CNHS (Noma Anderson) and the Chair of RMS (Theodore Angelopoulos) have both indicated strong support for the proposed minor. Strong outside support has also been indicated by the Interim Associate Dean of RSEN (Jen Pontius), the Director of the Dana Medical Library (Denise Hersey), and the Chair of Developmental Psychopathology (Jim Hudziak).

### ***Summary***

In summary, the College of Nursing and Health Sciences (CNHS) proposes to offer a 15-credit Undergraduate Minor in Integrative Health for students at the University of Vermont. The field of integrative health combines medical care, complementary care and self-care to promote whole person health. It reaffirms the importance of patient and the practitioner being equal partners, focuses on the whole person, is informed by evidence, and makes use of all appropriate therapeutic approaches using interventions that are natural and less invasive whenever possible. We recommend approval of this minor as a replacement for the existing certificate.