

1 **Resolution Number:** 205-2024

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3 **Title:** Feasibility Study for Council on Wellness

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5 **Reference Committee Assignment:** Membership

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7 **Sponsor:** Hakeem Alhady, Vice-Chair of Wellness Chapter, Tufts '26;
8 Emely Vidal, Chapter President, Tufts '25;
9 Tareina Rogers, District One Trustee, Tufts '25

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11 **Financial Impact:** none

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13 **Board of Trustees Comments:** The Board of Trustees agrees with the sponsors' assessment of the
14 importance of wellness. ASDA's current wellness efforts to address barriers and concerns faced by all
15 dental students should be evaluated. The Board recommends a yes vote.

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17 **Reference Committee Comments:** The Reference Committee recommends a yes vote and to be placed
18 on the Consent Calendar.

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20 **Background:** As students within an extremely stressful field focused on the care of the communities
21 around us, the necessity to provide a focus on physical, mental, and spiritual wellness grows. Though
22 efforts, especially on chapter and district levels, have been and are currently being considered to
23 continue and improve the care of student leaders, we ask for ASDA's consideration on establishing a
24 Council on Wellness to help continue producing more widespread initiatives to promote opportunities
25 of improved wellbeing. With dentists, and dental students reporting higher than average rates of
26 mental, and physical health issues – establishing a safe place for students to convene, promote, and
27 obtain resources grows ever more important.

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29 Currently, the Five Dimensions of Health and Wellness are the primary focus for National ASDA, with
30 external efforts being provided by Chapter and District level committees. However, there appears to not
31 be an internally focused counterpart for those efforts. Following the ADA's Health and Well-Being
32 Summit, and the push for improving Wellness in Dentists. Our recommendation would be to continue
33 following the ADA's vision of empowering the dental community in prioritizing their well-being and turn
34 our attention for Wellness inwardly toward our current and future members; therefore, be it

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36

RESOLUTION

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38 **Resolved,** that the 2024-2025 Board of Trustees be tasked with investigating the feasibility of a Council
39 on Wellness that focuses on the needs, barriers and concerns faced by all dental students and student
40 leaders; and be it further

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42 **Resolved,** that the board report back to sponsors the week following the 2024 Fall Council Meeting and
43 report back to the 2025 House of Delegates.

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45 **Action:** The Chair moves resolution 205-2024 with the recommendation of a yes vote and to be placed
46 on the consent calendar.