

Health Promotion Annual Report 2014



NO MORE
Why is it important to know more?
NO means no! finding taking
advantage of someone
is never right.

NO MORE
Why is it important to know more?
We need to
teach boys about
consent, not
teach

WELLNESS

HW be well. do well.
university health services

Healthy
es
Health
les



Our Mission

The Health Promotion Department at University Health Services encourages students to make healthy lifestyle decisions that facilitate academic success and lead to life-long health and wellness. The Health Promotion Department provides quality, research-based wellness services and Health Promotion programs available to all FSU students.

Health

Promotion

Accomplishments

- Launched FSU's Tobacco Free policy in January 2014, prohibiting tobacco use on university grounds. Roughly 90% of students surveyed have not used a cigarette in the past 30 days, up from 88% in 2013.
- Implemented Think About It, a sexual violence prevention online interactive program for all incoming students. A total of 4746 (55.8% first year students) completed the program during the Fall 2014 semester.
- Developed a Campus-based Sexual Assault Primary Prevention Plan for FSU.
- Developed a comprehensive mental health resource guide for students, staff, and faculty in collaboration with the Healthy Campus Mental Health Committee.
- Developed a Healthy Campus website, healthycampus.fsu.edu, to combine initiatives, data and resources of all the Strategic Health Teams.
- Implemented the Body Project, a 2-session, 4 hour intervention program to more than 100 students to improve body image and prevent disordered eating.
- Coordinated seven Healthy Campus strategic health teams to address Alcohol use, Eating Disorders, Mental Health, Physical Health, Sexual Health, Sexual Violence, and Tobacco and Other Drug Use.
- Employed more than 20 undergraduate and graduate students who received hands-on experience in health education and health promotion.
- Developed a new academic course, Concepts in Peer Health Advocacy through the Nutrition, Food and Exercise Sciences Department. The course addresses current college health issues that include: sexual violence, high-risk drinking, tobacco cessation, healthy relationships, eating disorders, nutrition and fitness, sexual health, and emotional health.



What Students are Saying

"It was relevant to my life,
informational, and fun!"

-Facts on Tap

"I have gained confidence in myself
that I didn't even know existed."

-The Body Project

"GREAT event! Please do more."

-The Anatomy of Sex

"FSU values its student's health"

-Tobacco Free FSU

"LOVE THIS SO MUCH!
::thumbs up emoji::"

-Condom Bingo

"If a friend comes to me seeking
support I will believe them. I will
challenge my friends and tell them not
to pressure anyone into sex."

-kNOw MORE



Outreach



Presentations & Events

Sexual Violence Prevention: **4,365**

Nutrition, Fitness, & Body Image: **1,083**

General Health & Wellness: **2,609**

Alcohol & Drugs: **626**

Sexual Health: **2,126**

Tobacco: **596**

Total Students Reached:

11,405

Our professional staff members provide students with educational resources. Campus organizations are able to request tailored presentations from a Health Promotion staff member, so whether it is a residence hall meeting, leadership cohort, or academic course, Health Promotion is an active participant in campus life.





At Health Promotion, we make practical use of research-based methods to offer all students access to excellent consultation and treatment. We offer in-house nutrition, tobacco cessation, alcohol education, and sexual health consultation services, as well as web-based services for drug, alcohol, and sexual violence prevention education.

Services & eHealth

- Nutrition Consultation/Education: **704**
- SMART Choices Sessions: **497**
- Tobacco Cessation Counseling: **12**
- HIV Testing: **320**
- Condoms Distributed*: **37,656**
- Alcohol EDU: **3,586**
- Think About It: **3,586**

*Does not include outreach & testing





Student Involvement & Development

Health Promotion employed 10 undergraduates and 11 graduate students in 2014 that received hands-on experience in health education and were responsible for:

- Facilitating one-on-one nutrition education sessions
- Conducting sexual violence prevention discussions
- Facilitating the alcohol and drug education course SMART Choices
- Staffing the Health Spot during university events to educate peers
- Facilitating the Body Project sessions
- Designing texts and visuals for various marketing agendas
- Maintaining the Healthy Campus website

In the Classroom

Health Promotion initiated the university-recognized three credit hour course, Concepts in Peer Health Advocacy. During the Fall 2014 semester, 14 students completed the course, discussing the scope of current health issues on college campuses and examining theoretical models of peer education to strengthen their understanding of prevention programs. Upon completion of the course, students can become a certified Peer Health Educator through BACCHUS.



Beyond the Classroom

After completing Concepts in Peer Health Advocacy, certified Peer Health Educators are eligible to join the health advocacy group, Healthy Noles. Healthy Noles host educational presentations for their peers, advocating for healthy lifestyles and behaviors. Various departments on campus request Healthy Noles at university events, to distribute health resources and engage with students one-on-one at the Health Spot. Healthy Noles serve as the student voice of Health Promotion, ensuring that students play an active role in promoting health and wellness on campus.



Meet

the

Staff



Kaitlyn Barningham

Office Coordinator

"Never believe that a few caring people can't change the world. For, indeed, that's all who ever have." – Margaret Mead



Anna Benbrook, MS, CHES

Sexual Health Coordinator

"Injustice anywhere is a threat to justice everywhere" – Martin Luther King, Jr.



Heather Fisher, MS, RD, LD/N

Nutritionist

"Intuitive Eaters march to their inner hunger signals, and eat whatever they choose without experiencing guilt or an ethical dilemma."



Kevin Frentz, PhD

Health Promotion & Policy Coordinator
"Be a positive role model to others: love and respect yourself enough to live a healthy lifestyle."



Tiffany Lawson, MS, CHES

Alcohol & Drug Prevention Coordinator
"It's kind of fun to do the impossible"
– Walt Disney



Amy Magnuson, PhD, RD, LD/N

Director of Health Promotion
"I wanted to dedicate my life to doing good for others." - Earl W Stafford



Kori Pruett, MS

"One person can make a difference, and everyone should try." – John F. Kennedy



Rose Rezaei, MEd

Assistant Director of Health Promotion

"Each others' lives are our best textbooks." - Gloria Steinem



Lynn Vinson, BS, CTTS

Tobacco Cessation Facilitator

"Steady plodding brings prosperity;
hasty speculation brings poverty."
Proverbs 21:5



**Welcome our
Newest Staff!**

Health Promotion welcomed 4 new staff in 2014!

Help us welcome Tiffany Lawson, Kaitlyn Barningham, Kori Pruett, and Rose Rezaei into the family.

Our Newest Student Groups

VOX: Voices for Planned Parenthood

Formed at FSU in 2014, VOX is a national program to educate and mobilize college students in support of reproductive health and rights. Through VOX, college students across the country organize events on and off campus to raise public awareness about reproductive rights, educate young people about sexual health, work with and support their local Planned Parenthood health centers, and mobilize advocates of reproductive freedom.



MARC (Men Advocating Responsible Conduct)

MARC is committed to generating awareness surrounding relationship and sexual violence. MARC seeks to challenge behaviors and assumptions that are counterproductive in an environment that promotes strength, skill, and character. MARC will engage men to actively create solutions that reinforce behavioral norms regarding civility and respect. MARC is committed to creating a culture change around power based violence by engaging bystanders, supporting survivors, and creating spaces to dialogue.



NOle MORE

Students involved in NOle MORE focus on power-based violence and the culture that promotes it. Members facilitate discussions and implement programs focused on bystander intervention and healthy relationships. This group provides a space for all students to come together to take an active role in preventing sexual violence on campus. Founded in 2014, the organization provides students with leadership opportunities and the ability to enhance communication skills. Students have the opportunity to shape the dialogue to make Florida State University a safe and inclusive place for everyone.

The Body Project

In Summer 2014, Health Promotion trained 9 students to become facilitators of the Body Project, an evidence-based intervention program to improve body image and prevent eating disorders in females. Student facilitators of the Body Project are trained in body dissatisfaction concepts and media literacy to lead group discussions on body image. Groups of 8-12 students meet twice for 2 hour discussions, engaging in conversations to find trends in the thin-ideal and participating in constructive exercises. Since its introduction to the university, the Body Project has reached 200 students and grown to include 25 trained student facilitators.



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