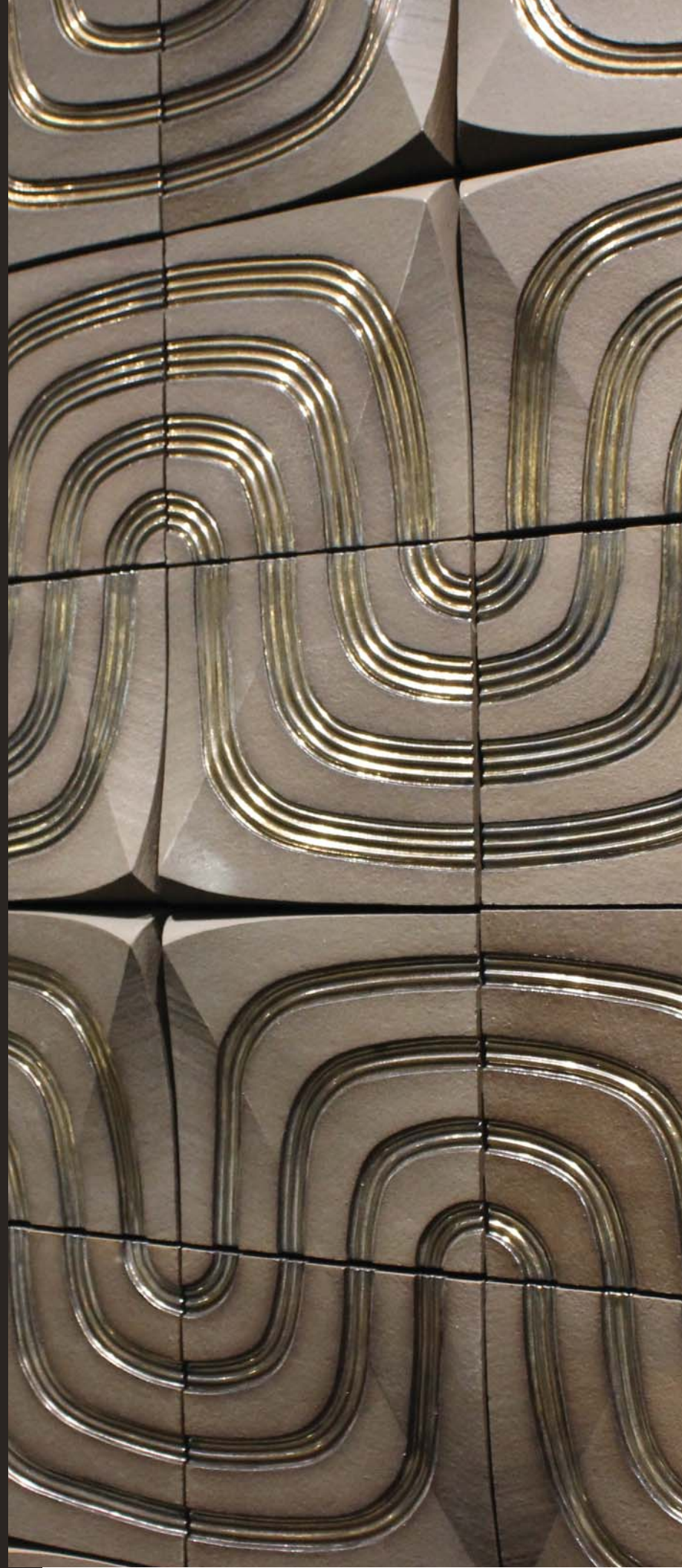




The Center for Health Advocacy & Wellness

Annual Report
2015



Guess What!

In January 2016, Health Promotion formally changed their name to the Center for Health Advocacy and Wellness (CHAW) to more adequately reflect the focus of the department.

The Center for Health Advocacy and Wellness will continue to be responsible for utilizing evidence- and theory-based principles to plan, implement, and evaluate comprehensive health and wellness programs, events, and initiatives.

Primary prevention efforts will continue to include power-based personal violence, high risk behaviors (alcohol, tobacco and other drug use,) and eating disorders; while advocating for students to make healthy decisions related to nutrition, sexual health and relationships. Healthy Campus initiatives are also a primary focus for CHAW.

Some Of

CHAW's 2015

Accomplishments

- Received a \$614,584.00 grant from the Florida Department of Health allowing CHAW to hire a full time staff member focused on Green Dot—a bystander intervention for power based violence.
- Hosted a Green Dot Trainer Certification workshop where 40 faculty and staff became Certified Green Dot Facilitators
- Expanded condom distribution to include the Student Life Center, Strozier, Dirac, and The Union.
- Redesigned the Healthy Campus Website to make it easier for faculty, staff, and students to determine how they play a role in a healthier campus
- Collaborated with the Victim Advocate Program and the Title IX Director to develop a Coordinated Community Response Team for the prevention of power-based personal violence.
- Health Promotion reached 14,896 total students
 - 5,517 students - Sexual Violence Prevention
 - 1,610 students - Alcohol and Drug
 - 2,814 students - Nutrition, fitness and Body Image
 - 1,750 students - General Health and Wellness
 - 5,517 students - Sexual Health
- 128 presentations given
- 104 Outreach Events (Health Spot, Tabling, NEDAW, LYBD, Healthier Spring Break, Body Project, etc, PRIDE HIV Testing, etc.)
- 46 students completed the PHE class in 2015
- Staff presented at 4 regional, national and International conferences.
 - American College Health Association, Orlando (Amy & Kori)
 - NASPA prevention Conference, MD (Kori & Rose)
 - Southern College Health Association, Charlotte, NC (Heather)
 - International Conference on Health Promoting Universities, Kelowna, CA (Amy)

What Students are Saying

"This was the sex ed I should have gotten in High School"

-The Art of Foreplay

"The students really enjoyed the class! I will tell the other RAs about the cooking classes offered through the Health Promotion Office."

-Broward Hall Cooking Class

"I really appreciate the time spent together, it was a very clearing experience for me mentally"

-Smart Choices

"I'll definitely be back for another (Real Talk Real Sex) workshop series event"

-50 Shades of Noles

"We need more workshops like these."

-Elemental Workshop during With Love. Without Violence. Week

"The food is great! I definitely want to make the recipes. Thanks for having this event at our dorm!"

-Degraff Cooking Class



Outreach

Presentations & Events

Sexual Violence
Prevention

2014: 4,365

2015: 5,517

Nutrition/Body
Image

2014: 1,083

2015: 2,814

Sexual
Health

2014: 2,126

2015: 3,205

Alcohol, Tobacco
& Other Drugs

2014: 1,220

2015: 1,610

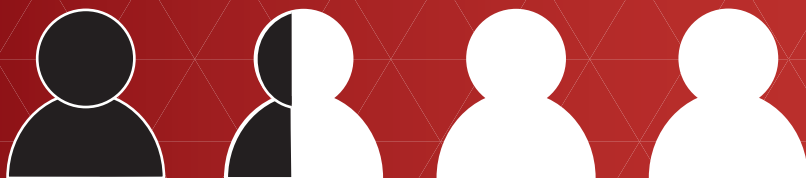
General
Health/Other

2014: 2,609

2015: 1,750

Total Students Reached

In 2015 we reached a total of 14,896 students.
That's 3,491 more students than in 2014



That is basically educating 1.4 out of 4 students!



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: **876**

SMART Choices Sessions: **468 (in 142 Sessions)**

HIV Testing: **311 in office, 147 outreach**

Condoms Distributed*: **44,994**

Alcohol EDU: **6,992 (Fall & Summer only)**

Think About It: **5,694**

*Does not include outreach & testing





Student Involvement & Development

Health Promotion employed 12 undergraduates and 18 graduate students in 2015 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
- Administering confidential HIV testing

GREEN DOT GRANT

CHAW received a \$614,584.00 grant through the Florida Department of Health and a \$10,000 grant from the Avon foundation to develop Green Dot at FSU, a bystander intervention program to reduce power based personal violence.



OTHER GRANTS



- Received \$10,000 from the Miller Coors Foundation to assist with current university efforts that promote substance free, alternative programming.
- Collaborated with the University Counseling Center and the College of Education to receive a 3-year, \$300,000 grant from the Substance Abuse and Mental Health Services Administration (SAMHSA) to address suicide prevention efforts at FSU.
- Received FC2 Female Condom Mini Grant for 3rd year in a row, receiving 300 free internal condoms.
- Was selected to be an Advocates for Youth Great American Condom Campaign Safe Site for 3rd year in a row, receiving 500 Trojan Condoms.

Meet

the

Staff



Joi Alexander, MA, CHES, RHED

Assistant Director

Give the world the best you have, and the best will come to you.



Kaitlyn Barningham, BS

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 & Communication Coord.

For me giving up is way harder than trying –Kanye West



Heather Fisher, MS, RD, LD/N

Dietitian

One cannot think well, love well, sleep well, if one has not dined well - Virginia Woolf



Amy Magnuson, PhD, RD, LD/N

Director

Life's most persistent and urgent questions is, 'What are you doing for others?' - MLK Jr.



Kori Pruett, MS

Sexual Violence Prevention Coordinator

Be somebody who makes everybody feel like a somebody. – Kid President



Rose Rezaei, MEd

Assistant Director

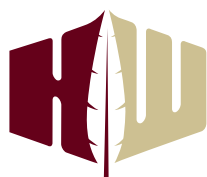
Each others' lives are our best textbooks. - Gloria Steinem

The Body Project

The Body Project is a body image program for FSU students with body dissatisfaction, an established risk factor for eating disorders. This group-based intervention provides a forum for young women and men who have internalized the thin-ideal or muscular ideal to critique it in verbal, written, and behavioral exercises.

In 2015

- 94% of participants reported that participation in the Body Project improved their body image
- After completing the Body Project, 84% of participants felt that they could be a role model for healthy choices.
- After completing the Body Project, 97% of participants felt confident in their ability to address the thin or muscular ideal with others.



be well. do well.
university health services

Center for Health Advocacy & Wellness

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