



CENTER FOR HEALTH ADVOCACY & WELLNESS

Together we thrive.

The Center for Health Advocacy & Wellness

Annual Report 2016



CHAW'S Mission

The Center for Health Advocacy & Wellness promotes a collaborative campus culture rooted in well-being and resilience. We envision a dedicated campus community that is enhanced and empowered by innovative health promotion standards of practice.

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.

CHAW'S

Values

- **Diversity and Inclusion**

We embrace diversity and are committed to creating and maintaining an inclusive environment in all of our decisions to ensure the best outcome for faculty, staff and students involved.

- **Student Development**

We facilitate the development of life and leadership skills through experiential opportunities, while developing and advocating for policies and programs that are student-centered.

- **Integrity**

We value honesty, transparency, and hold each other accountable for cultivating a workplace that respects, supports, and appreciates the uniqueness of all.

- **Innovation**

We strive to create an environment that encourages forward thinking, accepts grand challenges, and takes informed risks. We believe that the combination of best practice, creativity, and originality can improve the overall well-being of our campus.

- **Standards of Practice for Health Promotion in Higher Education**

We follow the American College Health Associations' Standards of Practice for Health Promotion in Higher Education that include 1) Alignment with the Missions of Higher Education 2) Socioecological-Based Practice 3) Collaborative Practice 4) Cultural Competency 5) Theory Based Practice 6) Evidence-Informed Practice and 7) Continuing Professional Development and Service.

- **CHAW reached 14,788 total students**

- 3,436 students - Sexual Violence Prevention/Green Dot

- 3,830 students - Alcohol and Drug

- 2,638 students - Nutrition, fitness and Body Image

- 2,904 students - General Health and Wellness

- 1,980 students - Sexual Health

- **170 presentations given**

- **104 Outreach Events** (Health Spot, Tabling, National Eating Disorder Awareness Week Love Your Body Day, Healthier Spring Break, Body Project, PRIDE HIV Testing, etc.)

- **37 students completed the Peer Health Advocacy class in 2016**

- **Staff presented at 5 regional, national and International conferences.**

- American College Health Association Annual Meeting, San Francisco, CA

- Southern College Health Association Annual Meeting, Wilmington, NC

- Society for Public Health Education 67th Annual Meeting, Charlotte, NC

- NASPA Strategies Conference: Violence Prevention, Orlando, FL

What Students are Saying

"It was very open, fun, engaging, and encouraging of questions."

-Sexual Health Presentation

"I liked learning about how much alcohol equals a standard drink and how to limit yourself."

-SMART Choices

"I learned new ways to protect myself and my partner."

-Sexual Health Presentation

"My four years in Healthy Noles has been the most wonderful, impactful, and meaningful experience I have participated in whilst at FSU."

-Healthy Noles

"I liked learning the different facts about alcohol and how dangerous it actually can be if you're not smart about it. I also liked the group discussion."

-SMART Choices

"The amount of events I've been a part of over the course of the four years is vast, yet each and every one has made me happy inside and touched my heart."

-Healthy Noles



Outreach

Presentations & Events

Sexual Violence
Prevention

2015: 5,517

2016: 3,436

Nutrition/Body
Image

2015: 2,814

2016: 2,638

Sexual
Health

2015: 3,205

2016: 1,980

Alcohol, Tobacco
& Other Drugs

2015: 1,610

2016: 3,830

General
Health/Other

2015: 1,750

2016: 2,904

Total Students Reached

In 2016, we reached a total of 14,788 students.



That is basically educating 1.4 out of 4 students!



At CHAW, 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: **721**

SMART Choices Sessions: **449 (in 206 Sessions)**

HIV Testing: **287**

Condoms Distributed*: **83,461 (85% increase from 2015)**

Alcohol EDU: **7,023 (Fall & Summer only)**

Think About It: **7,205 (27% increase from 2015)**

*Does not include outreach & testing





Student Involvement & Development

CHAW employed 11 undergraduates and 28 graduate students in 2016 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 campaigns
- Administering confidential HIV testing

COMMUNITY INVOLVEMENT

CHAW is an active member of the following coalitions: Leon County State Attorney's Office Sexual Assault Working Group, Tallahassee/Leon Responsible Decision Making Coalition (RDMC) which strives to build a stronger coalition working with others to improve the health and well-being of individuals in Leon County. The work group seeks to develop a unified tracking system to better understand the rates of adult sexual violence in our community, increase prosecution rates, and create a community wide bystander intervention training.



GREEN DOT YEAR ONE



- 12 Focus Groups with over 150 participants
- Conducted 6 Bystander Trainings with 182 students trained (April-October)
- Reached over 1000 students through 52 overview presentations

Total of 70 face to face programs reaching over 1330 students.

Professional Presentations

Anna Benbrook:

- **Creating a More Comprehensive Gender Inclusive Environment (2016, Mar).** Presented at the American College Health Association Annual (ACHA) Meeting, San Francisco, CA.
- **Effective Health Promotion Strategies for Working with the Transgender Student Population (2016, Mar).** Presented at the American College Health Association (ACHA) Annual Meeting, San Francisco, CA.
- **Real Talk Real Sex: The Planning, Implementation, and Evaluation of a Sex Positive Workshop Series (2016, Mar).** Presented at the Southern College Health Association Annual Meeting, Wilmington, NC.
- **Reaching LGBT on College Campuses (2016, Mar).** Panel presenter at the Society for Public Health Education (SOPHE) 67th Annual Meeting, Charlotte, NC.



Kori Pruett & Rose Rezaei:

- **Not Your Average Committee: Coordinated Community Response Team (2016, January).** Presented at the NASPA Strategies Conference: Violence Prevention, Orlando, FL.

Meet

the

Staff



Joi Alexander, MA, CHES, RHEd

Assistant Director

"Give the world the best you have, and the best will come to you." -Madeline Bridge



Jason A. Davis, MEd

Prevention Coordinator

"Intelligence without ambition is a bird without wings." – Salvador Dali



Jose Carval

Green Dot Coordinator

"No one ever achieved greatness by playing it safe." – Harry Gray



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

"vvvvEach 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 2016** 183 students completed the Body Project (2-session body image program) in 2016 bringing the total to over 500 students who have completed the program since its' inception in 2014.
- 93.2% of participants reported that participation in the Body Project improved their body image
 - After Completing the Body Project 97.4% of participants felt confident in their ability to address the thin or muscular ideal with others
 - 97.7% of participants would recommend the Body Project to a friend



Center for Health Advocacy & Wellness

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