

Standing Committee Annual Report

Name of Committee or Council:

HEALTH PROMOTION CMT

Chair:

KADI BLISS

Meeting Dates in Current Year:

9/11/18, 10/22/18, 11/26/18, 2/11/19, 3/18/19, 4/15/19

Major Actions or Accomplishments:

- 1) Our committee worked on National College Health Assessment (NCHA) administration and data analysis/planning to include:
 - a) IRB submission early spring 2019, and IRB acceptance.
 - b) development of additional demographic questions to be added to the survey.
 - c) Brainstorming about marketing techniques to increase participation numbers.

The survey is set to be administered for a three-week period beginning September 23, 2019. A random sample of fulltime students will be selected (800 freshmen, 500 sophomores, 400 juniors, 300 seniors, and 200 graduate students; n=2,200).

- 2) Peer educator program investigation during Spring 2019.
 - a) We have a peer education subcommittee that has met and brainstormed ideas and investigated best practices. The committee met with Jo Baldwin to investigate collaborative opportunities for working with her current Delta Impact Grant (also involving peer education).
 - b) Kadi Bliss and Melissa Gomez met with VP of Student Affairs, Eric Norman, to receive his input and suggestions about evidence-based peer education programs.
 - c) The committee has decided to utilize the BACCHUS train the trainer model, but will need funding.
 - d) The committee partnered with Eta Sigma Gamma and Psychology Club (student organizations) to develop and deliver peer education presentations on the topic of healthy relationships and alcohol awareness. Peer educators delivered these presentations in April 2019 to four sections of HHP 1250.
 - e) Future plans are to analyze NCHA results to determine focus areas for peer educator programming and other campus prevention and promotion initiatives.
- 3) Health Promotion Events hosted by the committee:
 - a) Fall Break Wellness Expo in partnership with public health undergraduate students (health promotion event held at MUC)
 - b) Great American Smoke out tabling event in partnership with Health Services (tobacco prevention and awareness event held at MUC)

- c) Breast Cancer 5k in partnership with University Recreation (physical activity event held on campus)
- d) Field Day in partnership with Eta Sigma Gamma (physical activity and stress management event held at the Dunn Bowl)
- e) Healthy Cooking Classes in partnership with University Dining (nutrition event held at the Caf)
- f) Kick Butts Week in partnership with Montgomery County Health Department (tobacco event held at numerous locations on campus)

Over 300 students attended these events.