

UCI

**Student Wellness
& Health Promotion**



**2014
2015**

advocacy • awareness • empowerment

OUR FOCUS



ALCOHOL & OTHER DRUGS

Provide students with the knowledge and self-efficacy to make informed decisions around alcohol and other drugs in an effort to prevent or reduce substance misuse/abuse.



SEXUAL HEALTH

Provide students with the knowledge and self-efficacy to make informed decisions regarding their relationships and sexual health practices.



MENTAL HEALTH AWARENESS

Raise awareness about the mental health continuum, reduce stigma associated with mental illness, promote help seeking behaviors and mental wellness practices, and prevent suicide through individual education and outreach events.



NUTRITION

Provide students with nutrition information that promotes healthy eating and well-being.



WELLNESS

Promote stress reduction, time management, sleep and nutrition to the students at UC Irvine through campus wide events, workshops and campus messaging.

OUR SERVICES

ANONYMOUS HIV TESTING

CONDOMS & LUBRICANT

EDUCATIONAL MATERIALS

HEALTH EDUCATOR CONSULTS

WORKSHOPS & TRAININGS

LACTATION STATION

TOBACCO "QUIT KITS"

TOBACCO FREE POLICY/ ADVOCACY

WELLNESS ROOM

REFERRALS ON/OFF CAMPUS

OUR PEERS

Our Peer Health Educators (PHEs) provide education and programming on the UCI campus. The PHEs are recruited during winter quarter and complete a 1.3 unit course in the spring. During this course students select an area of expertise, including stress/time management, nutrition, sexual health or alcohol and other drugs.



→PEER HEALTH EDUCATORS DEVELOP THE FOLLOWING SKILLS:-

*EFFECTIVE COMMUNICATION

*SUCCESSFUL FACILITATION OF HEALTH MESSAGES

*ABILITY TO UNDERSTAND HEALTH NEEDS OF A DIVERSE STUDENT POPULATION

*SELF-REFLECTION AND AWARENESS

UCI Student Wellness & Health Promotion



The *Center for Student Wellness and Health Promotion* empowers students to make informed decisions that support their individual health, as well as a healthy campus environment, in order to uphold the academic mission of the University.

Advocacy. Awareness. Empowerment.

ADVOCACY

⇒ INTERNSHIPS ⇒

⇒ PEER EDUCATION PROGRAM ⇒

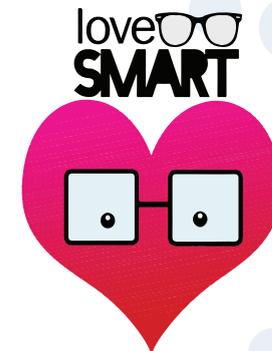
⇒ STUDENT ORGANIZATIONS ⇒

- ↳ *START
- ↳ *IMAGE
- ↳ *ACTIVE MINDS



CAMPUS ENGAGEMENT

BE SMART
LIVE, LOVE, PARTY WELL



BeSmart provides innovative health education and programming for the UCI campus community giving them opportunities to explore personal wellness, identify health goals that cultivate balance, and aid in students' success by providing supportive resources.

Step Up! is a bystander intervention training that educates students, faculty and staff to be proactive in helping others.

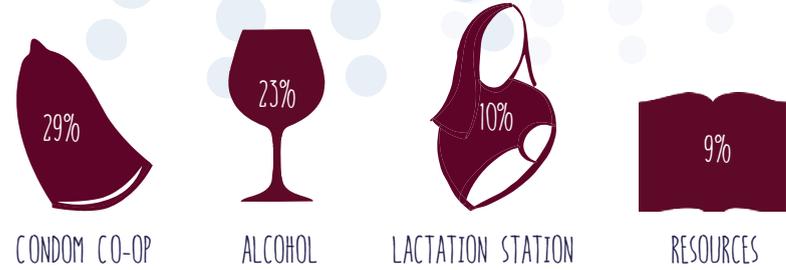


AWARENESS

VISITORS

6,250

REASON FOR VISIT



OUTREACH

6,176

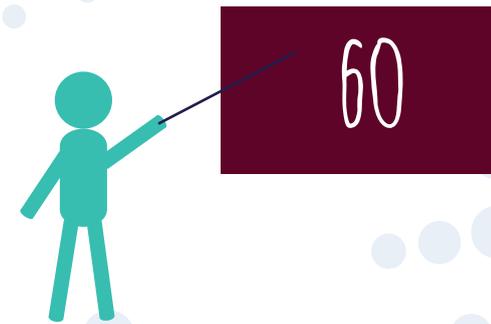
PARTICIPANTS

PROGRAMS INCLUDE:

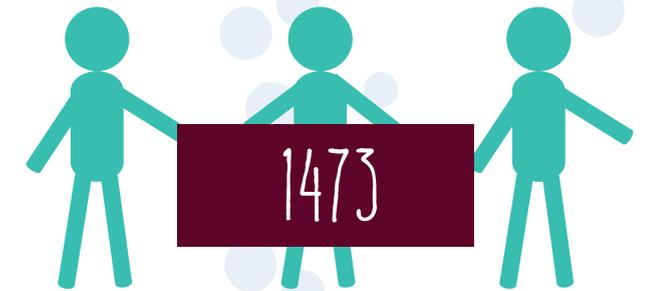
- ZOT HEALTH FAIR • BASICS SESSIONS •
- SPRING FEVER • DE-STRESS FEST •
- SEXUAL HEALTH + MED. SCHOOL COLLAB •
- WORLD AIDS DAY • PRESENTATIONS •
- TOBACCO CESSATION • TABLING •
- MENTAL HEALTH AWARENESS COLLAB •

EMPOWERMENT

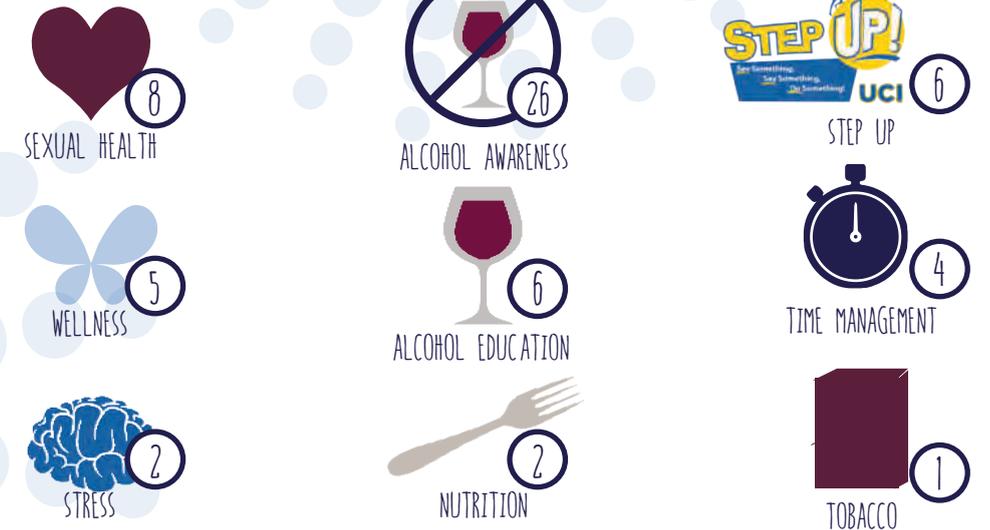
WORKSHOPS



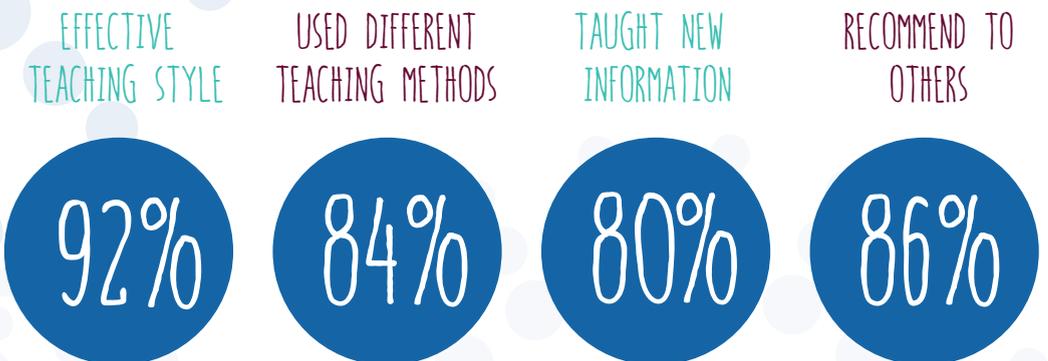
PARTICIPANTS



BREAK DOWN



How pleased were our workshop participants?





PROMOTING ANTEATER WELLNESS

We empower students to make informed decisions to support individual health and a healthy campus environment by providing comprehensive programs and coordinated services to:

- Build awareness through assessment and goal-setting
- Create balance by taking a wellness-based approach to health
- Develop healthy habits that are sustainable
- Take pride in achieving your personal best
- Inspire community by leading fellow Anteaters to be healthy

ZOT HEALTH EVENTS: Zot Health programs collaborate with the UCI Community to ensure that we are meeting the diverse needs of our campus.



ZOT HEALTH FAIR
FALL QUARTER



SPRING FEVER
WINTER QUARTER



DE-STRESS FEST
SPRING QUARTER