

UCI Student Wellness
& Health Promotion

**2017-2018
ANNUAL
REPORT**



VISION

To be a leader in collegiate health promotion by focusing on the unique and relevant health needs and concerns of UCI students in support of their academic success

MISSION

We empower students to make informed decisions that 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 and sustainable **habits**
- Take **pride** in achieving your personal best
- Inspire **community** by leading fellow Anteaters to be healthy

VALUES

Advocacy • Awareness • Empowerment

SIGNATURE PROGRAMS

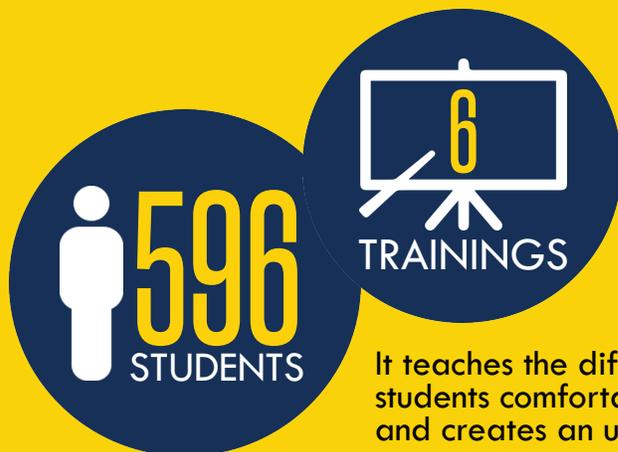
STEP UP! BYSTANDER

The Step Up UCI! Bystander Intervention Program is an interactive training program that encourages students, faculty and staff to be proactive bystanders when they recognize something that concerns them. Through becoming more familiar with bystander theory and behavior, participants become more skilled and confident in intervening in these situations.

The primary goal of the Step Up UCI! Bystander Intervention Program is to help create a caring campus community and environment, where everyone looks out for and takes care of each other. Operating under the following mantra, the program hopes to achieve that goal: See Something ... Say Something ... Do Something!
Website: www.StepUpBystander.uci.edu



BEHIND HAPPY FACES



Behind Happy Faces is a training program that uses interactive exercises and guided discussions to get students talking about the topic of mental health.

It teaches the difference between mental health and mental illness, gets students comfortable with talking about the full spectrum of mental health, and creates an understanding of how to get people the appropriate help.

By helping students understand that mental health is very similar to physical health, it reduces the stigma around talking about it and helping people seek help for various mental health challenges. This helps normalize the conversation and encourages people to both share and seek help for the challenges they face. It also prepares participants to be more knowledgeable and supportive when they need to support a friend, family member or acquaintance.

SEXUAL & RELATIONSHIP HEALTH

WORKSHOPS

Sexual and relationship health workshops are designed to provide awareness and knowledge of HIV/AIDS and other STIs, birth control options, safer sex behaviors and practices, and healthy relationships, including consent, boundaries and communication.

HIV/AIDS

This workshop consists of the most updated information about HIV infection and AIDS, including modes of transmission, symptoms, HIV testing, prevention methods, treatment and public health/social implications of HIV/AIDS.



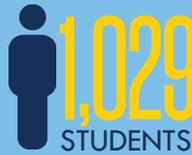
CAN WE TALK?

This workshop gives an overview of STIs, birth control, consent/boundaries and communication). Practice using communication skills by providing scenarios & discussion on how to respond.



SEXUAL HEALTH

This workshop includes an overview of STIs (symptoms, mode(s) of transmission, testing and treatment), birth control (types, effectiveness, health concerns & pros/cons), and safer sex practices. The importance of consent, communication and getting tested is emphasized.



CONSULTATIONS

Individual consultations provide students with information about HIV or other STIs, birth control methods, concerns about sexual health and relationships and any questions students have so they can make informed and safe decisions.



ALCOHOL & OTHER DRUGS

WORKSHOPS

Alcohol and Other Drug workshops are centered on content-norming and combating false information about substance use and abuse.

ALCOHOL 101

Students learn the foundational knowledge about alcohol & alcohol safety and how to keep themselves safe and others around them when confronted with challenging situations.



MARIJUANA 101

Students learn the basics about marijuana. What is it? What are the effects? Who uses it and how is it used?

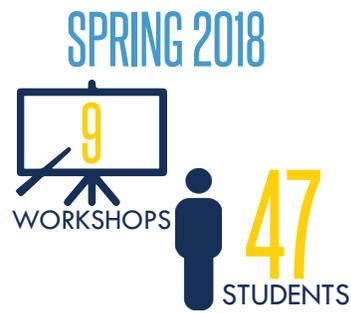
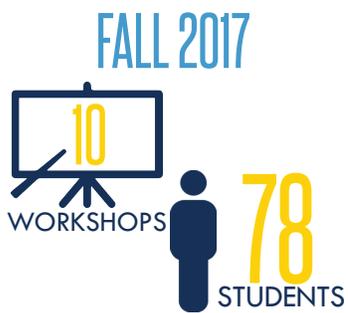


SO YOU THINK YOU CAN PARTY?

Students hear about what the drinking culture really looks like at UCI while dispelling common misconceptions about alcohol.

ALCOHOL AWARENESS CLASS

Sanctioned students participate in either our weekly alcohol awareness class (Happy Hour) or our Brief Alcohol and Other Drug Screening and Intervention for College Students (BASICS).



CONSULTATIONS

Alcohol and Other Drug consultations focus on the individual needs of the students. Typically, students seek to better understand their own current habits involving substances while learning about adjustments they can make to keep themselves safe as well as the students around them.



WELLNESS

WORKSHOPS

Workshops educate students about stress and how to create a life of wellness through self-care strategies and time management. Student are asked to self-reflect and set goals to create positive change for themselves.

FINANCIAL WELLNESS

This interactive workshop will provide students with tips and tools to help them plan a budget and set financial goals.



YOGA/MEDITATION

In this workshop, students learn how to practice yoga and meditation to achieve relaxation with deep breathing exercises as well as strengthening and stretching poses.



TIME MANAGEMENT

This workshop provides tips and strategies to help make the most of the 24 hours in your day.



COOKING DEMO

In this workshop, students learn how to make healthy food on a budget by watching a live cooking demo. Students learn nutrition concepts, get to ask cooking questions, take home the recipe, and taste a sample.



STRESS MANAGEMENT & SELF-CARE

This workshop focuses on the key concepts of stress and how stress affects our body and mind. Students will explore their own personal stressors and discover tips to help deal with stress using self-care practices.



FOOD SECURITY & NUTRITION

This workshop was co-facilitated by CSWHP & FRESH Hub and presented for students and parents at SPOP. The workshop talked about the issues current students face regarding food insecurity and healthy nutrition at UCI and other college campuses.



CONSULTATIONS

Through 1-on-1 consultations and workshops, students can learn how to prioritize their time and prioritize their personal wellbeing. Students are educated about stress and how to create a life of wellness through self-care strategies and time management.

SUMMER 2017



FALL 2017



WINTER 2018



SPRING 2018



NUTRITION

WORKSHOPS

Workshops are centered around promoting balanced eating and body positivity which can reduce the risk of disordered eating as well as weight-related diseases such as prediabetes/diabetes, hypertension, cardiovascular disease and certain cancers.

SMART EATERS

This workshop series, created in partnership with the FRESH Basic Needs Hub, covers the basics of healthy nutrition, financial wellness, and provides simple cooking demos to help students combat food insecurity and stay healthy.



BODY IMAGE

This workshop offers information and discussion on positive body image including how to appreciate your body - your partner for life!



HEALTHY EATING ON A BUDGET

How to choose healthy foods to sustain energy throughout the day and teach how to shop for healthy foods and snacks that won't break a budget!



EATING FOR ENERGY

How to optimize diet for ultimate college success. This covers the basics of a balanced diet, meal planning, hydration, and reducing caffeine and sugar.

CONSULTATIONS

The session includes goal-setting, strategy development and an action plan. Various topics may include sports nutrition, weight management, body image, vegetarianism, etc.



MENTAL HEALTH AWARENESS

WORKSHOPS

Workshops explore holistic wellness utilizing components of the wellness wheel and de-stigmatize the negative connotation that society has placed on complications in mental health.

GOAL SETTING

Students learn about the steps needed to set and maintain goals that they want to achieve.



VISION & PURPOSE

Students will understand their personal values and discover their purpose. Interactive exercises including free-writing, reflection questions & vision boarding, help students develop their why statement and a clear vision for their future.



RESILIENCE

Students will learn and apply core concepts of building positive, healthy habits that support personal development in the areas of health & wellness, leadership, and positive psychology—specifically, increased orientation toward resilience.

CONSULTATIONS

Through consultations, students are invited to examine their current strengths and deficits when it comes to wellness while being made aware of self-care to improve their emotional state.



LARGE-SCALE EVENTS

ZOT HEALTH FAIR

The Zot Health Fair is an annual Fall quarter event for students and staff to engage with campus and community resources to learn about information and services available to promote and support a healthy campus lifestyle.



SPRING FEVER

Spring Fever is a campus event focusing on how students can make healthy and safe choices over Spring Break. The event includes interactive booths covering topics on alcohol education, dating safety, sexual health responsibility, and sun protection and hydration.

DE-STRESS FEST

De-Stress Fest is a quarterly event that occurs during Finals Week that provides stress-relieving activities, therapy dogs, as well as free snacks and drinks to help students relax.



SEX WEEK @ UCI

Sex Week @ UCI was designed to educate students on everything from STIs to sex toys to effective communication. The week consisted of interactive booths, topic specific lunch & learns and an evening event, "Let's Talk About It... Sex" College Summit, which was a collaboration with Planned Parenthood OC. The summit consisted of a panel of sexual health experts and workshops on topics like LGBTQ Health, Sexually Transmitted Infections and Healthy Relationships.

SERVICES



CONDOM CO-OP

The Condom Co-Op continues to be a popular and needed service. Students can access up to 10 free internal and external condoms and /or dental dams and 5 individual lubricants upon request daily. This service is crucial as barriers are the only way to protect against STIs for those who are sexually active.



ANONYMOUS HIV TESTING

The HIV testing program has been very successful in providing free, confidential and anonymous testing to students. Students receive their results in 20 minutes using the Federally-approved Oraquick In-Home HIV Testing kit. They also receive information on the importance of other STI screenings, establishing a well-care program while at UCI, and discussing healthy sexual and relationship behaviors and practices.



LACTATION STATION

Lactation station, which is one of only a few places on campus that is dedicated for nursing mothers. The room is attached to a private bathroom and continues to give nursing mothers a clean, safe and private space. Students, staff and faculty are welcome to use this service, as well as individuals participating in conferences at the Student Center when open.



TiPS TRAINING

TiPS Training is a certified Responsible Beverage Service (RBS) training for servers of alcohol. CSWHP has a relationship with UCI Dining & Hospitality Services, where we provide TiPS training for all of their staff who serve alcohol on campus. This training covers the basic physiology of how alcohol works in the body, signs and cues of various levels of intoxication, and effective strategies to address problem behaviors and situations.

ONLINE EDUCATION

The Center for Student Wellness & Health Promotion also utilizes online educational programs to supplement our efforts.

FIRST

First-year Internet Required Safety Training (FIRST) is a 40-minute program that covers both alcohol and sexual violence, and is required to be completed by all new students to campus (first-year and transfer students). The 20-minute alcohol section covers some basic info about alcohol physiology, campus data around alcohol use, and campus resources.



E-CHUG

E-CHUG (an online alcohol assessment tool) helps students assess their attitudes and behaviors associated with alcohol use. This module is required for students who take the Alcohol Awareness Class and/or BASICS appointments. Students can also access and take E-CHUG on their own, if they choose.



E-TOKE

E-TOKE (an online cannabis assessment tool) helps students assess their attitudes and behaviors associated with cannabis use. This module is required for students referred for AOD consultations, specifically for cannabis violations. Students can also access and take E-TOKE on their own, if they choose.



STUDENT INVOLVEMENT

PEER HEALTH EDUCATORS

CSWHP Peer Health Educators are a group of trained student volunteers who provide outreach to their fellow Anteaters on topics of alcohol and other drugs, sexual health, healthy relationships, nutrition, stress management, self-care, and mental health awareness. The PHEs educate and empower their peers to be proactive in maintaining their wellness and thus preventing negative effects from stress and lack of self-care, poor nutrition, unsafe sex, and unhealthy alcohol and drug use. The PHEs present these topics in front of groups in the form of presentations and also table at large and small events. Most outreach is requested by outside groups such as student organizations, housing communities, sororities and fraternities.



FIELD STUDY/PRACTICUM

The Center for Student Wellness & Health Promotion is one of many placement sites for students in the School of Social Ecology (4-unit course) & the Program in Public Health (8 unit course) to complete their internship. Supervised by the Assistant Director, students learn about all of the programs and services the CSWHP has to offer, work at the front desk, assist with tabling and other promotional events and work on various projects. Both programs require 100 hours to complete their internship with an evaluation submitted to their field study or practicum Director at the end of the quarter



PROGRAM ASSISTANTS

Program Assistants work with the Program Managers and Department Coordinator on various projects including data collecting & recording; front desk coverage, event coordination and coverage.



MARKETING ASSISTANTS

Marketing Assistants work with Program Managers to create, design and produce marketing materials for various programming events; they're responsible for managing the department's social media accounts, updating the website, creating & distributing monthly MailChimp.



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STUDENT ENGAGEMENT



OFFICE VISITS

514

STUDENTS



WORKSHOPS

6,344

STUDENTS

239

WORKSHOPS



CONSULTATIONS

213

STUDENTS



CONDOM CO-OP

3,851

STUDENTS



HIV TESTING

77

STUDENTS



LACTATION STATION

345

STUDENTS



EVENTS/OUTREACH

17,449

STUDENTS

141

EVENTS



ONLINE EDUCATION

9,623

STUDENTS

TOTAL
38,416
STUDENTS