



**Health Education
Annual Report
2004-2005**

Health Educator:

The Department of Health Services received funding for a 10-month Health Educator position. Several candidates were interviewed over the summer and early fall. Beth-Anne Vieira was hired in September 2004.

Peer Health Education Program:

My primary responsibility was the establishment and advisement of a Peer Health Education program. Wendy MacKinnon and Laura Sullivan, two students who had been trained as Peer Health Educators in Fall 2003, were instrumental in the rebirth of the program. We recruited new Peer Health Educators in late September-early October and held our "Kick Off" Meeting on October 12, 2004. Ten students joined the program and four were chosen to serve as officers. (Note: We lost two students in the spring semester. One student transferred to another school; the second student had a scheduling conflict but has expressed interest in rejoining the program next year.)

The Peer Health Educators attended weekly meetings throughout the year. The students also participated in EDU 451, Contemporary Issues & Challenges-A Peer Mentoring Seminar, in the spring semester. Dr. Michael Laliberte, Assistant Vice Chancellor for Student Affairs, instructed this course which is required for the Peer Health Educators and Peer Mentors. Additional training in various health topics (sexual health, alcohol, eating disorders and body image, and intimate partner violence) was incorporated into the course for the Peer Health Educators; I provided this instruction.

Awareness Events:

The Peer Health Educators coordinated many health awareness events, as detailed below.

Great American Smokeout: November 18, 2004

- Distributed over 50 Quit Kits to smokers interested in quitting. Quit Kits contained information on quit smoking strategies, a list of online resources, and quit smoking aids such as mints, sugar free gum and straws.
- Distributed hundreds of stickers to non-smokers to raise awareness that most UMD students don't smoke.
- Distributed information on quitting smoking.

World AIDS Day: December 1, 2004

- Sold 65 Condomgrams to promote safer sex and raise funds for our organization.
- Designed a panel for the AIDS Memorial Quilt.
- Collected donations for the Greater New Bedford Community Health Center's HIV/AIDS treatment services.
- Distributed information on HIV/AIDS, sexually transmitted diseases, contraception, and safer sex.

Safer Sex Week/Valentine's Day: February 14, 2005

- Sold Condom Roses to promote safer sex and raise funds for our organization.
- Distributed information on HIV/AIDS, sexually transmitted diseases, contraception, and safer sex.

Eating Disorders Awareness Week: March 2-3, 2005

- Staffed informational table in Campus Center to raise awareness about Eating Disorders.
- Distributed information on Eating Disorders.

Safe Spring Break: March 9, 2005

- Displayed 150 full color posters with information on how to stay safe over Spring Break.
- Gave away 200 Safe Spring Break Kits containing condoms, SPF-23 lip balm, SPF-15 sunblock, and Purell hand sanitizer.
- Gave away Blood Alcohol Content (BAC) cards.
- Participated in the Spring Break Pre-Game event organized by Greek Affairs.
- Distributed information on skin cancer, safer sex, alcohol, alcohol poisoning, and “date rape” drugs.

Sexual Assault Awareness Month: April

- Observation of a Day to End Sexual Violence. April 5th. Informational table in Campus Center. (*Health Education + Women’s Resource Center*).
- Clothesline Project Display. April 11-April 15. The Clothesline Project is a visual display that bears witness to the violence against women. During the public display, a clothesline is hung with shirts. Each shirt tells the story of a woman’s experience with violence. Shirts are created by survivors themselves or by someone who cares about the survivor. The UMD community had the opportunity to view an existing Clothesline and to design T-shirts to be added to the display. (*Health Education + Women’s Resource Center*.)
- Hear Me! Stories of Rape: A Collection of Powerful Monologues from Various People. April 16. (*Produced by the Enchanted Experience. Sponsored by the Enchanted Experience and the Women’s Resource Center.*)

Save a Life Tour: April 22, 2005

- A drunk driving simulator, hosted by the Athletic Department, the Health Education Program, and Peer Health Educators.
- The simulator was set up in the Tripp Athletic Center. Student athletes were required to participate in the program. Most of the additional foot traffic came from the Fitness Center.
- Distributed information on alcohol, alcohol poisoning, and DUI.
- *The Standard Times* printed a favorable front-page article, including photos, about the event.

Relay for Life: April 30-May 1

- Raised approx. \$700 for the American Cancer Society

Awards:

The Peer Health Educators were awarded the Outright Support Award by the Pride Alliance during their second annual Rainbow Recognition Award Ceremony.

Individual Consultations:

I assisted several students with health-related concerns, including: eating/nutritional concerns (obesity), sexual health, sexuality, relationship issues, depression, suicide (death of family member or friend), alcohol abuse/alcoholism, and stress/time management.

Educational Resources:

I provided several RAs with reliable health information to post on bulletin boards in the residence halls or for use in health-related programming. I also served as a resource for several students conducting research (for projects, papers).

I also created flyers listing on-campus, local, and other resources (including web-based resources) for the following areas: Depression & Suicide Prevention; Tobacco Cessation; Sexual Assault; and Sexual Health.

Collaboration between Athletics, Health Education, Health Services, Judicial Affairs, and Orientation permitted the purchase of MyStudentBody.com (MSB), an online prevention and education program for college students, developed and scientifically tested with support from the National Institutes of Health. MSB will be launched at Orientation; incoming first year students will be required to complete the alcohol component. Following its launch, UMD students will have 24/7 access to all three components of MSB.

The Torch:

I wrote a health column for *The Torch*, our student newspaper. Topics included: healthy eating on campus, smoking, emergency contraception, stress management, abuse of ADHD medication, eating disorders, safe spring break, and sexual assault. I was also interviewed by *Torch* reporters for several news articles.

UMD Health Issues Survey:

I developed and launched a web-based student Health Issues Survey. Over 800 students participated in the survey over a four-week period in February-March 2005. The survey measured which health issues are of most importance to students and how students wish to receive health-related information. I presented a summary of my findings to the Student Affairs Heads in April 2005 and later to the Counseling Center's staff. The survey provided me with valuable information and will guide many future health promotion efforts. (See **2005-2006 Activity & Goals.**)

Workshops:

I presented workshops on contraception, depression & suicide prevention, and stress reduction techniques.

Grants:

I wrote a proposal for the Governor's Highway Safety Board Alcohol Education Grant. (Proposals were due 5/27/05. Grant recipients have not yet been notified.)

Committees:

I was invited to participate in the following Committees:

- AOD Advisory Committee
- Substance Abuse Policy Committee (Athletics)
- Mental Health Policy Committee
- Sexual Assault Committee

Campus Collaborations:

Partnerships were vital to the establishment of the Health Education Program and are critical to our continued success. I formally collaborated with the following departments and student organizations over the past year:

- Academic Departments (Nursing, Graphic Design)
- Athletics
- Counseling Center
- Greek Affairs
- Office of Housing and Residence Life
- Orientation
- Pride Alliance
- Phi Kappa Theta
- Student Activities
- Student Life
- Women's Resource Center

I also benefited from the support from several community-based organizations, including:

- American Cancer Society
- Samaritans of Fall River and New Bedford
- Stanley Street Treatment and Resources (SSTAR), Fall River
- YMCA, New Bedford

Professional Development:**Conferences, Workshops, & Other Training**

- New England College Health Association Conference, Portsmouth, NH, November 2005
- "Youth Suicide Prevention: An Introduction to Gatekeeping", National Center for Suicide Prevention Training, January 2005
- "Alcohol, Drugs, and Transitional Issues for College-Bound High School Students" (Audio Conference), American Council on Drug Education, April 2005
- "Prescription and Over-the-Counter Drugs on College Campuses" (Audio Conference), American Council on Drug Education, April 2005
- "Understanding the Health Needs of GLBT Clients", Massachusetts Department of Public Health, June 2005

Membership

- New England Health Education Network