



**Health Education
Annual Report
2005-2006**

Peer Health Education Program:

Funding from the Student Fee Allocation Committee allowed for the Peer Health Education program to be restructured as a departmental program, not a student-run organization.

All Peer Health Educators from the 2004-2005 academic year, with the exception of those who graduated or transferred, continued with the program.

A formal application and interview process was created for the program. Three new Peer Health Educators were recruited into the program. These students will receive training in the Fall 2006 semester.

Programming:

Those Peer Health Educators who received training in Spring 2005 began offering small-group programs in residence halls, classrooms, and to student organizations. Two programs are available—Sex Jeopardy, a sexual health program, and an eating disorders program.

Awareness Events:

The Peer Health Educators coordinated—or assisted with the coordination of—many health awareness events, as detailed below.

University Health Fair: September 28, 2005

- 11 UMD Departments and 9 community-based health care and wellness providers participated

Great American Smokeout: November 17, 2005

- Distributed 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, 2005

- Sold Condomgrams to promote safer sex
- Condom demonstrations
- Distributed information on HIV/AIDS, sexually transmitted diseases, contraception, and safer sex.
- Viewing and discussion of HBO documentary, "Pandemic: Facing AIDS"

Safer Sex Week/Valentine's Day: February 14, 2006

- Gave away safer sex kits to promote safer sex
- Condom demonstrations
- Distributed information on HIV/AIDS, sexually transmitted diseases, contraception, and safer sex.

Love Your Body Day: March 1, 2006

- AM Stretch/Yoga
- Chair Massages
- Blood Pressure Screenings
- Blood Glucose Screenings
- “Love Your Body Day” Basket Raffle
- Free healthy snack giveaways
- Free hot chocolate giveaway
- Informational tabling in Campus Center to raise awareness about Eating Disorders and body image
- Distributed information on Eating Disorders.

Safe Spring Break: March 15, 2005

- Gave away 250 Safe Spring Break Kits containing condoms, SPF-23 lip balm, SPF-15 sunblock, and Purell hand sanitizer.
- American Cancer Society offered free skin analysis and distributed information on skin cancer prevention.
- Distributed information on skin cancer, safer sex, alcohol, alcohol poisoning, and “date rape” drugs.

Pre-Finals Stress Reduction

- Massage therapists from the Wellness Resource Center provided free chair massages during finals period in the fall and spring semesters.

Individual Consultations:

I assisted several students with health-related concerns, including: eating disorders, sexual health, substance abuse, relationship issues, smoking cessation, and stress/time management.

Educational Resources:

Ready to post educational bulletin boards, “Bulletin Boards in a Bag”, were developed for RAs on alcohol and tobacco. I provided several RAs with health information to post on bulletin boards in the residence halls or for use in health-related programming.

I also created flyers listing on-campus, local, and other resources (including web-based resources) for the following areas: Dating/Relationship Violence; Eating Disorders and Body Image; Nutrition and Sports Nutrition; Healthy Recipes.

I authored “Helping Students with Alcohol & Drug Problems: A Guide for UMass Dartmouth Faculty & Staff.” Guides were distributed to all university faculty and staff; funding from the Governor’s Highway Safety Bureau grant (see below) covered printing costs. The Department of Human Resources agreed to include the guide in informational packets distributed to all new hires.

In collaboration with student designers in Campus Design, I developed print materials for an alcohol education print campaign that will launch in Fall 2006. Funding from the Governor’s Highway Safety Bureau grant (see below) covered initial printing costs.

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 was launched at Orientation; incoming first year students were required to complete the alcohol component.

Grant-Supported Activities:

I was awarded a Governor's Highway Safety Bureau Alcohol Education Grant.

Grant funding supported the following activities:

- ½-day “An Introduction to Motivational Interviewing” training for Student Affairs staff (November 17, 2005 with Joanne O’Sullivan, PhD, APRN, BC, FNP)
- Development and distribution of “Helping Students with Alcohol & Drug Problems: A Guide for UMass Dartmouth Faculty & Staff.” The guide includes information on: drugs most commonly used by today’s college students; signs of substance abuse; approaching a student about their substance use/abuse; resources; and ways faculty and staff can help with campus alcohol and drug prevention.
- Development of printed materials for an alcohol education campaign, “Liquid Logic,” to launch in Fall 2006. There are four components to the campaign: (1) Educating students about what constitutes a standard drink (2) Educating students about safer drinking tips (3) Educating students to recognize the signs of alcohol poisoning and what to do if they believe someone is in trouble (4) How to get help with an alcohol problem

Women’s Health Luncheon Series:

I developed and coordinated a Women’s Health Luncheon Series, in collaboration with the Women’s Resource Center. Topics and speakers included:

- Anxiety and Depression (October 19, 2005)
Sharon Sousa, Ed.D., APRN, BC, Associate Professor of Community Nursing
- Complementary Health Panel (November 16, 2005)
Roberta Culbert-Costley, RN, Reiki Master
Cris Monteiro, Doctor of Acupuncture
Kate Katzburg, Licensed Massage Therapist
Anne Boisvert, Meditation Facilitator
Ali Benfeito, Yoga/Pilates Instructor
- Our Bodies, Ourselves (December 12, 2005)
Judy Norsigian, Executive Director and co-founder of the Boston Women’s Health Collective
- Body Image in Women of Color (December 14, 2005)
Vanessa Britto, MD, MPH, Director of Health Services, Wellesley College
Catherine Collins, RN, MS, CHES, Director of Health Education, Wellesley College

Speakers:

Health Education sponsored or co-sponsored the following speaking engagements:

- “Smashed: Story of a Drunken Girlhood” (October 19, 2005)
Koren Zailckas, author
- “Our Bodies, Ourselves” (December 12, 2005)
Judy Norsigian, Executive Director and co-founder of the Boston Women’s Health Collective
- “Home Alone with Him” (April 2, 2006)
Rachel Griffin, sexual assault survivor/presenter

Workshops:

I presented workshops on eating disorders, sexual health, and sexually transmitted infections.

Committees:

I participated in the following Committees:

- AOD Advisory Committee
- 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:

- Athletics
- Community Service
- Counseling Center
- Dining Services/Sodexo
- Greek Affairs
- Judicial Affairs
- Medical Laboratory Science Club
- National Student Nurses Association
- Nursing
- Office of Housing and Residence Life
- Orientation
- Pride Alliance
- Public Safety
- Religious Resource Center
- Student Activities
- Student Life
- Women’s Resource Center

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

- American Cancer Society
- Chickering Group, Boston

- Family Planning, Fall River & New Bedford
- Mello Chiropractic
- Northeast Medical Research Associates, Inc.
- Ortho-McNeil
- Partners for Clean Air
- Samaritans of Fall River and New Bedford
- Stanley Street Treatment and Resources (SSTAR), Fall River
- YMCA, New Bedford
- Wellness Resource Center, North Dartmouth

Professional Development:

Conferences, Workshops, & Other Training

- BASICS Training, Massachusetts Department of Public Health, August 2005
- New England College Health Association Conference, Burlington, VT, October 2005
- “Fundamentals of HIV/AIDS, Hepatitis, and STDs”, JRI Health, December 2005
- “MySpace, Friendster, and Facebook: Judicial/Legal Brief” (Audio Conference), PaperClip Communications, February 2006

Membership

- American College Health Association
- New England Health Education Network

End Notes:

I was out on maternity leave for the majority of the Spring 2006 semester.

I will submit, for our review and discussion, an addendum to this report outlining Health Education’s 2006-2007 program activities and goals and my outstanding/ongoing concerns.