Healthy Campus 2020
Spring & Summer 2014 Update

Florida State University
Proposed Enhancements for 2014-2015

1. Separate Sexual Violence and Sexual Health (CATFISH) to create 2 separate teams.
   a. Sexual violence team has developed 4 workgroups:
      i. Continuum of Care
      ii. Curriculum Development
      iii. Public Relations and Marketing
      iv. Policy

2. Expand Nutrition & Fitness to include Sleep health and rename group to Physical Health

3. Develop 3 workgroups within the Alcohol Strategic Health Team (based on level of prevention)
   a. Individual Level Prevention
   b. Institutional Level Prevention
   c. Community Level Prevention

4. Eating Disorders group become a “work group” and implement The Body Project, a campus wide initiative to prevent body dissatisfaction and eating disorders.

5. Tobacco group to expand to other drugs including marijuana and abuse of prescription medications

6. Additional committee will develop comprehensive Healthy Campus marketing plan to launch Spring 2015.
This Spring, the Alcohol Prevention Team conducted a comprehensive review of our current alcohol and drug policies, initiatives and enforcement initiatives. A review of these policies is required every other year in order to comply with the US Department of Educations’ Drug-Free Schools and Campuses Regulation Act. The team also identified students’ attitudes and perceptions on impactful high risk drinking prevention initiatives through focus groups conducted throughout the semester. And finally, an annual high risk event (St. Patrick’s Day) was identified and a safe alternative was offered to students during that time.

Objectives
1. Decrease the percentage of students who consume 5 or more drinks at a time.
2. Decrease the percentage of students who report doing something they regretted as a result of their drinking.
3. Increase the percentage of students who avoid drinking games.

Biennial Review

In order to comply with the US Department of Educations’ Drug-Free Schools and Campuses Regulation Act, we are required to conduct a review of our alcohol and drug policies every other year. This will also assist us in improving our prevention programs.

A program and policy inventory and enforcement analyses was conducted along with supporting documentation, such as descriptions of our programs and policies; procedures for annual notifications; and assessment of program effectiveness and enforcement consistency.

A review of the high risk drinking data was also conducted and examined in an effort to continually monitor and assess the drinking behaviors of FSU students.

<table>
<thead>
<tr>
<th>Indicator</th>
<th>2013 Spring</th>
<th>2014 Spring</th>
<th>2020 Target</th>
</tr>
</thead>
<tbody>
<tr>
<td>Students who had 5 or more drinks at a time</td>
<td>F 37% M 49%</td>
<td>F 33% M 59%</td>
<td>F&lt;32% M&lt;44%</td>
</tr>
<tr>
<td>Students who did something they regretted as result of their drinking</td>
<td>F 37% M 34%</td>
<td>F 35% M 41%</td>
<td>F&lt;32% M&lt;29%</td>
</tr>
<tr>
<td>Students who don’t (always) avoid drinking games</td>
<td>F 72% M 73%</td>
<td>F 66% M 78%</td>
<td>F&lt;67% M&lt;68%</td>
</tr>
</tbody>
</table>

*Committee Chair
Since 2002, 40%-50% of student report drinking 5 or more drinks in a sitting in the past two weeks. The highest percentage of reported binge drinking occurred in 2008. Students who report binge drinking 1 or 2 times in the past 2 weeks has increased in the past two years, but having 3-5 binge drinking episodes has decreased.

Students shared that they are more likely to remember seeing posters or remembering initiatives that have a “shock factor” but that isn't necessarily what will have an impact on their behavior long term.

Students also discussed specific high risk periods for excessive drinking
- Freshman summer C semester
- Pre-game
- First week of each semester
- Any Holiday
- Fridays
- Birthdays (especially 21st)

Concerning trends on campus:
- Competitions to see who can “black out” first
- Seeing highly drunk students around campus
- “Waltzing” on 21st birthdays (going to as many bars as possible)
- Drinking and driving
Alcohol Prevention Focus Group Data, Cont.

Suggestions for interventions that may have more of an impact:
- Interactive (skits)
- Fun/silly activities
- Small groups during orientation
- Promote how “selfish” it is to engage in high-risk drinking behaviors
- Show what people have lost from high-risk drinking behaviors (“I lost my scholarship because…”)

The team discussed the helpfulness of this information to assist with future prevention initiatives and to be used with other opportunities that engage students on this topic such as Freshman Orientation. This was also an opportunity to merge our programs and policies with the wealth of data that we have collected around this issue to help guide our future initiatives.

St Patty’s Day Alternative Event

FSU provided an alternative to the “All You Can Drink Green Beer” that our local establishments promote on St. Patrick’s Day. Student Activities sponsored FSU’s first “St. Patty’s Day on the Union Green” that was moved to the Club Downunder. Over 500 students attended this event.

Alcohol and Drug Incidents (FSU Police Department)

<table>
<thead>
<tr>
<th>Date</th>
<th>Underage Possession</th>
<th>Drug Arrests</th>
<th>Marchman Act (MA) or DUI</th>
</tr>
</thead>
<tbody>
<tr>
<td>2014</td>
<td>5</td>
<td>-</td>
<td>1 MA</td>
</tr>
<tr>
<td>2013</td>
<td>14*</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>2012</td>
<td>3</td>
<td>1</td>
<td>1 MA</td>
</tr>
<tr>
<td>2011</td>
<td>25</td>
<td>1</td>
<td>3 DUI</td>
</tr>
</tbody>
</table>

*Sunday, March 17, 2013 was the last day of Spring Break at FSU

2014-15 Initiatives for the Alcohol Strategic Planning Team

1. Create and examine a more specific data dashboard of high risk drinking behavior to align with objectives and evidenced-based methods to reduce student harm and risk.
2. Develop work groups to address 3 levels of primary prevention: individual, institutional and community.
EATING DISORDERS

<table>
<thead>
<tr>
<th>Indicator</th>
<th>2013 Spring</th>
<th>2014 Spring</th>
<th>2020 Target</th>
</tr>
</thead>
<tbody>
<tr>
<td>Students who received information about eating disorders at FSU</td>
<td>F 38%</td>
<td>F 33%</td>
<td>F&gt;42%</td>
</tr>
<tr>
<td></td>
<td>M 30%</td>
<td>M 28%</td>
<td>M&gt;35%</td>
</tr>
</tbody>
</table>

Objectives

1. Increase the percentage of students who receive information about eating disorders at FSU.
2. Increase the percentage of students who receive information about eating disorder prevention at FSU.
3. Decrease the percentage of students who use harmful or excessive behaviors to lose weight at FSU.
4. Decrease the percentage of students with negative body image.

Body Dissatisfaction Among FSU Students

The Eating Disorder Prevention team identified body dissatisfaction as a primary contributor to disordered eating patterns and other harmful behaviors in both men and women after examining Counseling Center and Nutrition Clinic data.

Counseling Center Initial Intake Data (Spring 2014)
47.5% reported feeling unsatisfied with their body shape
37.9% reported feeling “dissatisfied with my weight”

Nutrition Clinic Initial Intake Data

<table>
<thead>
<tr>
<th></th>
<th>Male</th>
<th>Female</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Report feeling uncomfortable with their body</td>
<td>45%</td>
<td>58%</td>
<td>55%</td>
</tr>
<tr>
<td>Report feeling “overwhelmed” about their weight, body and/or body image</td>
<td>55%</td>
<td>64%</td>
<td>51%</td>
</tr>
</tbody>
</table>

(Males, n=177, Females, n=562)
“Thin-ideal” societal pressures encourage women to attempt to decrease their body weight, generally at all costs and “muscular ideal” societal pressures encourage men to attempt to increase their muscle mass and body weight often through extreme measures.

Our NCHA data show that most female students at FSU are at a healthy body weight according to current body mass index (BMI) standards, yet most women report trying to decrease their current weight.

<table>
<thead>
<tr>
<th>Year</th>
<th>Percent of women at or below normal weight</th>
<th>Percent of women trying to lose weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>2012</td>
<td>80%</td>
<td>58%</td>
</tr>
<tr>
<td>2013</td>
<td>78%</td>
<td>57%</td>
</tr>
<tr>
<td>2014</td>
<td>78%</td>
<td>52%</td>
</tr>
</tbody>
</table>

National College Health Assessment, FSU 2014

In addition, most male students at FSU are at a healthy body weight according to their BMI, but many are trying to gain weight, likely trying to obtain the “muscular ideal.”

<table>
<thead>
<tr>
<th>Year</th>
<th>Percent of men at or above normal weight</th>
<th>Percent of men trying to gain weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>2012</td>
<td>94%</td>
<td>30%</td>
</tr>
<tr>
<td>2013</td>
<td>96%</td>
<td>25%</td>
</tr>
<tr>
<td>2014</td>
<td>97%</td>
<td>28%</td>
</tr>
</tbody>
</table>

National College Health Assessment, FSU 2014

The Body Wellness Group, facilitated through the University Counseling Center is an ideal program for students who receive counseling services but unfortunately, this does not reach the majority of students at FSU with body dissatisfaction concerns.

Members from the Eating Disorder Prevention team piloted body image programs with several student organizations (Rho Gamma’s sorority leadership group, To write love on her arms RSO and Zeta Tau Alpha sorority) and these programs were very well received by the participants. The team recommended that the university adopt a more formalized, campus-wide body image program to address the high rates of body dissatisfaction among both men and women at FSU.

**Assessment of Eating Disorder Behaviors**

Students are encouraged to assess their own eating and activity behaviors using the “Test Your Mood” screening tool, provided by the University Counseling Center to determine if professional counseling would be helpful for them. This tool was promoted during the student-facilitated Eating Disorder Awareness Week events, the past 2 Spring semesters. Over 100 students completed the screening in 2014 with a 78% increase from the prior year.

<table>
<thead>
<tr>
<th>Year</th>
<th>Number of Students who completed the screening</th>
<th>Percent of students who screened at “high risk”</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spring 2013</td>
<td>58</td>
<td>83%</td>
</tr>
<tr>
<td>Spring 2014</td>
<td>103</td>
<td>71%</td>
</tr>
</tbody>
</table>
The team will continue to collaborate with student organizations to promote this tool each Spring and throughout the year to encourage students to seek professional services for eating and weight concerns. In addition, an FSU eating disorder resource guide for men was developed in addition to the resource guide for women to encourage both men and women to seek professional help if needed.

Limited data exists on eating disorder behaviors of FSU students who do not receive treatment from the University Counseling Center or Health Services therefore the Eating Disorder team recommends administering a comprehensive campus wide study of eating and body image to students next year.

### 2014-15 Initiatives for the Eating Disorder Prevention Team

1. Promote the Body Project and train additional students to become peer leaders and facilitate the sessions among their peers.
2. Promote eating disorder screenings and resources for male and female students.
## MENTAL HEALTH

<table>
<thead>
<tr>
<th>Indicator</th>
<th>2013 Spring</th>
<th>2014 Spring</th>
<th>2020 Target</th>
</tr>
</thead>
<tbody>
<tr>
<td>Students report that stress impaired their academics</td>
<td>F 33%</td>
<td>F 35%</td>
<td>F &lt;26%</td>
</tr>
<tr>
<td></td>
<td>M 20%</td>
<td>M 28%</td>
<td>M &lt;14%</td>
</tr>
<tr>
<td>Students who received information on how to help others in distress</td>
<td>F 32%</td>
<td>F 31%</td>
<td>F &gt;39%</td>
</tr>
<tr>
<td></td>
<td>M 35%</td>
<td>M 35%</td>
<td>M &gt;42%</td>
</tr>
<tr>
<td>Students who received information on stress reduction from FSU</td>
<td>F 56%</td>
<td>F 45%</td>
<td>F &gt;62%</td>
</tr>
<tr>
<td></td>
<td>M 49%</td>
<td>M 54%</td>
<td>M &gt;56%</td>
</tr>
</tbody>
</table>

### Objectives

1. Increase the proportion of students who report receiving information on:
   a) depression/anxiety
   b) how to help others
   c) relationship difficulties
   d) stress reduction
2. Reduce the proportion of students who report that their academic performance was adversely affected by:
   a) stress
   b) anxiety

### Wrap Up

The mission of several university departments and student groups at FSU is to improve the mental health status of our students. Historically, these areas functioned as separate entities and for that reason the primary role of the Healthy Campus Mental Health team is to identify all university related mental health resources and collaborate to develop consistent goals and objectives to improve the mental health status of FSU students. Student organizations including the National Alliance on Mental Illness (NAMI) on Campus also joined the team to help ensure that student groups and departments can dovetail on evidenced-based initiatives. The emphasis for the first year for the Mental Health team was to establish a cohesive group of members across various campus departments that will work together on consistent goals and objectives to improve the mental health status of the FSU community.

The team members also identified the need to compile the mental health resources at FSU onto a single rack card for students. Team members distributed fifteen hundred rack cards throughout various departments and offices on campus.
Wrap Up, Cont.

Additionally, the team developed a brief, student-focused video composed of student narratives to help reduce the stigma of seeking mental health services at FSU. This video is expected to be completed in Fall 2014 and discussions are underway for dissemination.

And finally, as a result of the collaborative committee, two research studies have begun to improve the mental health status of students and eliminate harm. The College of Education, University Counseling Center and Housing are piloting a suicide prevention program this fall in hopes that it may become a formalized program for residence hall staff. In addition, Campus Recreation staff is collaborating with faculty from the College of Human Sciences, Family Institute on a mental health and academic success study. This research combines stress reduction with physical activity to identify their impact on academic achievement.

One primary goal that our team identified was to compile all university related mental health resources into one, single, easy to read document: http://fla.st/1shXHmq

2014-15 Initiatives for the Mental Health Team

1. Include the newly developed videos in the Healthy Campus marketing campaign to reduce the stigma of mental health services and encourage help seeking.
2. Develop a comprehensive mental health plan for the campus that will include informing faculty of what to do when
Our team directed the major feat of bringing together all of the Healthy Campus teams for an overall health and wellness outreach event during the Spring semester. The second annual Fresh and Fit Fair conducted by student organizations, campus departments, and others included a live cooking demonstration, fitness demo’s, resources and even an academic department’s award ceremony. Hundreds of students learned about FSU’s Healthy Campus initiative and our plan to continue to move towards a culture of health at FSU.

Additional outreach events include cooking classes, fitness events, health and wellness presentations, and health risk

### Objectives

1. Increase the percentage of students who receive nutrition and fitness information from FSU
2. Reduce the percentage of faculty/staff who engage in no leisure time physical activity
3. Increase the percentage of faculty/staff who meet current federal physical activity guidelines for aerobic physical activity

### 2014-15 Initiatives for the Nutrition & Fitness Team

1. Rename the team to “Physical Health” and include student's sleep needs as an important component to address.
2. Identify distinct nutrition and exercise action items within a comprehensive plan to further promote healthy lifestyles.

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### NUTRITION & FITNESS TEAM MEMBERS

- Barningham, Kaitlyn: Health Promotion
- Carlton, Kristin: University Health Services
- DiBiasi, Mike: Campus Recreation
- Faibish, Marisa: Campbell Recreation
- Fisher, Heather*: Health Promotion
- Frentz, Kevin: Health Promotion
- Gomariz, Jose: Modern Languages and Linguistics
- MacDonald, Nathan: Center for Leadership and Social Change
- Magnuson, Amy: Health Promotion
- Moore, April*: Campus Recreation
- Ormsbee, Lauren: Campus Recreation
- Ormsbee, Michael: Nutrition, Food and Exercise Science
- Panton, Lynn: Nutrition, Food and Exercise Science
- Peters, Allison: Osage Union
- Plank, Jessica: Health Promotion
- Trumbower, Jason: FSU Police Department

*Committee Co-Chair
## SEXUAL HEALTH/VIOLENCE

<table>
<thead>
<tr>
<th>Indicator</th>
<th>2013 Spring</th>
<th>2014 Spring</th>
<th>2020 Target</th>
</tr>
</thead>
<tbody>
<tr>
<td>Students who report “always” and “frequently” using condoms during vaginal sex</td>
<td>F 54%</td>
<td>F 52%</td>
<td>F 58%</td>
</tr>
<tr>
<td></td>
<td>M 58%</td>
<td>M 64%</td>
<td>M 68%</td>
</tr>
<tr>
<td>Increase the percentage of students who report that they received information on STD/I’s.</td>
<td>F 62%</td>
<td>F 54%</td>
<td>F 65%</td>
</tr>
<tr>
<td></td>
<td>M 64%</td>
<td>M 68%</td>
<td>M 72%</td>
</tr>
<tr>
<td>Increase the percentage of students who have been tested for HIV.</td>
<td>F 27%</td>
<td>F 25%</td>
<td>F 32%</td>
</tr>
<tr>
<td></td>
<td>M 19%</td>
<td>M 18%</td>
<td>M 25%</td>
</tr>
<tr>
<td>Increase the percentage of men who got consent before sexual intimacy.</td>
<td>M 91%</td>
<td>M 90%</td>
<td>M 93%</td>
</tr>
</tbody>
</table>

### Objectives

1. Increase awareness of sexual health and sexual violence resources on campus, especially among at-risk populations.
2. Increase healthy behaviors related to sexual health across FSU’s campus, especially among at-risk populations.
3. Influence social norms in support of gender equality, respect and safety using targeted media for FSU men and women.
4. Create a database of existing FSU organizations committed to sexual health or sexual violence issues.

### Wrap Up

CATFISH compiled a comprehensive list of sexual violence prevention and response resources on campus. These resources were shared in the overall development of FSU’s sexual misconduct resources website. In addition, CATFISH collaborated with the Women’s Student Union and the Women’s Studies department to facilitate a Green Dot, Bystander Intervention program featuring Dorothy Edwards in April.

In addition, CATFISH collaborated with the Florida Center for Prevention Research to reduce misperceived norms, correct misperceptions and emphasize positive, healthful behaviors related to consensual sexual activity, bystander behavior, and survivor support. 0-2 sexual partners in the last year when 71% of FSU men did.

### CATFISH* TEAM MEMBERS

- Annelise Mennicke**
- Anna Benbrook**
- Amy Magnuson
- Rick Howell
- Melissa Ashton
- Claudia Sanchez
- Jade Matthews-Hughes
- Joyce Carbonell
- Rachel Russell
- Kathy Barber
- Lauren Luffy
- Ember Maselli
- Rachel Bukanc
- Gaby Megias
- Sue Shapiro
- Kelly Kalich
- Alegra Padron
- Beth Gill
- Nina Nguyen
- Latrisha Simmons
- Catherine Pedersen
- Andrea Failing
- Karen Oehme
- Maggie Farmer
- Ruth Krug
- Kori Pruett
- Sarah Mirkin
- Clinton Alexander
- Khadija Templer
- Kelsie Patton

*Committee Co-Chair
Wrap Up, Cont.
The following data was used in a social norm marketing campaign to help dispel myths:

- Students believe that 50% of FSU men get consent before sexual intimacy when 90% of FSU men actually do.
- Students believe that only 21% of FSU men had 0-2 sexual partners in the last year when 71% of FSU men did.
- Students believe that 82% of FSU men admire someone who intervenes to prevention sexual assault when 97% of FSU men actually do.

2014-15 Initiatives for CATFISH

1. Create a distinct Sexual Violence Prevention Task Force and a separate Sexual Health (CATFISH) team.
2. Promote an empowered, positive, and pleasure-based sex education program
3. Coordinate 4 sexual violence prevention workgroup teams:
   a. Continuum of Care: review current protocols for prevention, intervention, and after care and develop cohesive plan integrating these three pieces
   b. Curriculum Development: inventory existing programs, survey peer institution programs, create curriculum, develop script for presentations and trainings
   c. Public Relations and Marketing: ensure communications are correct, clear, consistent and concise
   d. Policy: review existing policies and practices. Streamline communication of policies. Create plan for educating staff about policies and mandatory duty to report.
## Objectives

1. Reduce the proportion of students who report cigarette use within the last 30 days

2. Reduce the proportion of students who report hookah use within the last 30 days.

3. Reduce the proportion of students who report cigar, little cigars, clove cigars or clove cigarette use within the last 30 days.

4. Reduce the proportion of students who report using marijuana within the last 30 days

5. Reduce the proportion of students who report nonmedical use of stimulants (Adderall and Ritalin) that were not prescribed for them within the last 12 months.

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### TOBACCO & OTHER DRUGS

<table>
<thead>
<tr>
<th>Indicator</th>
<th>2013 Spring</th>
<th>2014 Spring</th>
<th>2020 Target</th>
</tr>
</thead>
<tbody>
<tr>
<td>Students who report cigarette use within the last 30 days</td>
<td>F 10.6%</td>
<td>M 14.6%</td>
<td>F 6.8%</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>M 12.6%</td>
</tr>
<tr>
<td>Students who report hookah use within the last 30 days.</td>
<td>F 8.8%</td>
<td>M 9.6%</td>
<td>F 8.9%</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>M 14.1%</td>
</tr>
<tr>
<td>Students who report cigar, little cigars, clove cigars or clove cigarette use within the last 30 days.</td>
<td>F 2.6%</td>
<td>M 11.7%</td>
<td>F 3.2%</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>M 16.7%</td>
</tr>
<tr>
<td>Students who report using marijuana within the last 30 days</td>
<td>F 19.3%</td>
<td>M 31%</td>
<td>F 15.7%</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>M 31.8%</td>
</tr>
<tr>
<td>Students who report nonmedical use of stimulants (Adderall and Ritalin) that were not prescribed for them within the last 12 months.</td>
<td>F 12.8%</td>
<td>M 14.8%</td>
<td>F 10%</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>M 18%</td>
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</table>

As of January 1 FSU became a tobacco-free campus! Anecdotal evidence indicates that smoking rates are down showing benefits of the new policy as follows:

- A decrease of secondhand smoke as reported by students, faculty and staff
- A decrease in the number of cigarette butts on campus grounds
- An increase in the number of students and staff desiring to quit

The Tobacco team coordinated a campus-wide Tobacco-Free FSU “Living Logo” event held at the stadium in January and again at the Relay for Life event on April 11, 2014.

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### TOBACCO TEAM MEMBERS

<table>
<thead>
<tr>
<th>Name</th>
<th>Department</th>
</tr>
</thead>
<tbody>
<tr>
<td>Archer, Tony</td>
<td>University Communications</td>
</tr>
<tr>
<td>Bowman, Te'Rel</td>
<td>Civic Center, Director of Event Operations</td>
</tr>
<tr>
<td>Bukanc, Rachel</td>
<td>Student Rights and Responsibilities</td>
</tr>
<tr>
<td>Bumpus, Kendra</td>
<td>Housing</td>
</tr>
<tr>
<td>Calohan, Claire</td>
<td>Panama City Campus</td>
</tr>
<tr>
<td>Carlton, Kristin</td>
<td>University Health Services</td>
</tr>
<tr>
<td>Conner, Melissa</td>
<td>Panama City Campus</td>
</tr>
<tr>
<td>D’Urso, Jennifer</td>
<td>Leon County Health Dept</td>
</tr>
<tr>
<td>Frentz, Kevin*</td>
<td>Health Promotion</td>
</tr>
<tr>
<td>Gibbs, Renisha</td>
<td>Human Resources</td>
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<tr>
<td>Gomariz, Jose</td>
<td>Faculty, Modern Language and Linguistics</td>
</tr>
<tr>
<td>Irvin, Vincent</td>
<td>Leon County SWAT</td>
</tr>
<tr>
<td>Jacobson, Tom</td>
<td>Facilities</td>
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<tr>
<td>Perry, David L.</td>
<td>FSU Police Department</td>
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<td>Rawls, Shiffany</td>
<td>Human Resources</td>
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<tr>
<td>Rowan, Alan</td>
<td>Faculty, Public Health</td>
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<tr>
<td>Solomon, Vanessa</td>
<td>Center for Leadership and Social Change</td>
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<td>Swiger, Laurie</td>
<td>Athletics</td>
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<td>Thomas, Laurie</td>
<td>Facilities</td>
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<tr>
<td>Usher, Chenikka</td>
<td>College of Medicine</td>
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<tr>
<td>Vinson, Lynn</td>
<td>Health Promotion</td>
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</tbody>
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*Committee Chair
2014-15 Initiatives for Tobacco & Other Drugs

The team is addressing concerns on campus where violations are occurring and empowering individuals to resolve conflicts in their respective areas. The team will provide conflict-resolution solutions and videos/vignettes of “How to Talk to Someone who is Not Following the Policy” on the tobaccofree.fsu.edu website in order for individuals to address these situations. “Compliance is everybody’s responsibility.” This new tag line is a reminder and clarification of the policy “Effective implementation of this voluntary policy depends upon the courtesy and cooperation of all members of the university community, not only to comply with this policy, but also to encourage others to comply with the policy.” Anecdotal testimonials from those who have successfully quit using tobacco will also be added to the website.

The team will also continue to ensure that the Tobacco-Free FSU Logo is visible on campus websites; ensure that the new policy is included in all student & employee handbooks, orientation sessions, in fan guides, athletic, concert, theatrical events, etc.

Additionally, the team will identify best practices and evidenced-based methods to reduce psycho-stimulant (Adderall) misuse and marijuana use.