

# Healthy Campus 2020

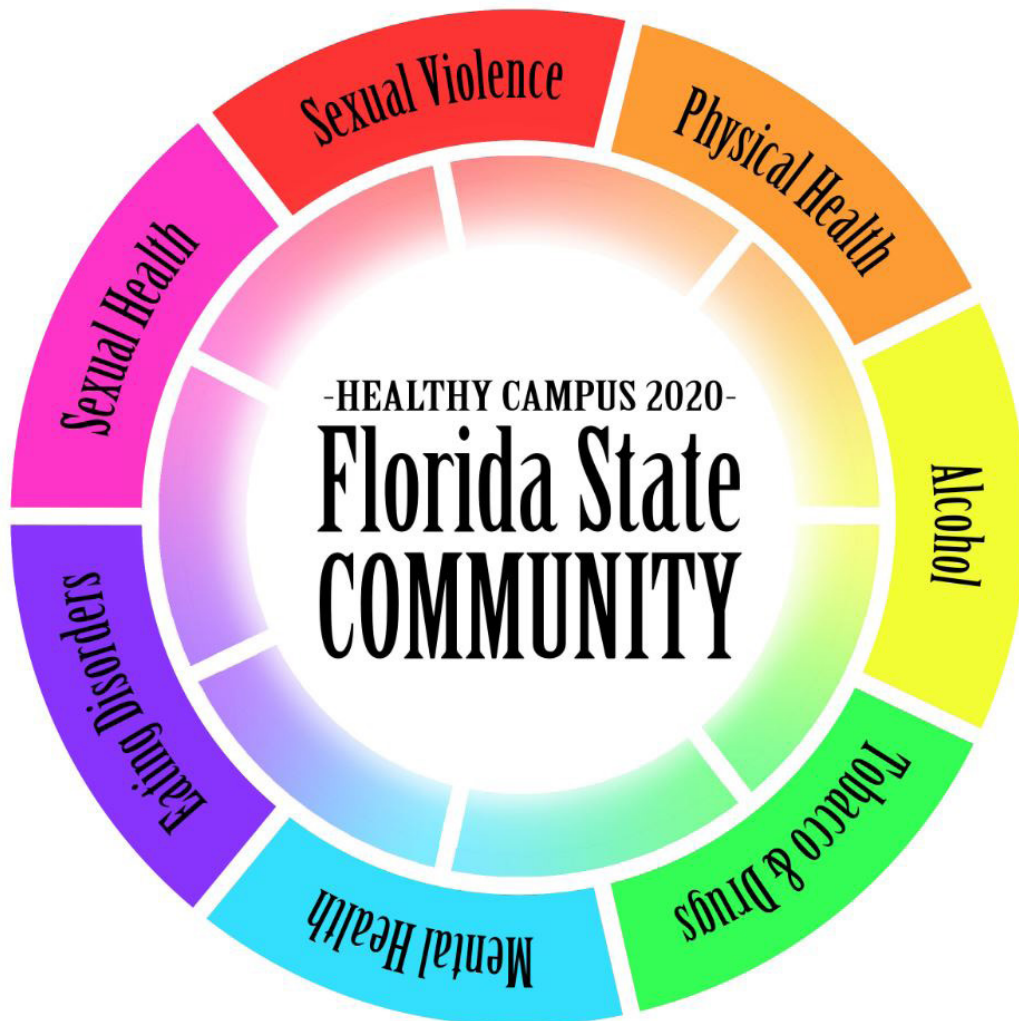
Spring & Summer 2014 Update

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.



# ALCOHOL

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

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 Education's 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 Education's 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.

## ALCOHOL TEAM MEMBERS

Barber, Kathy	Student Life Cinema
Barningham, Kaitlyn	Health Promotion
Benbrook, Anna	Health Promotion
Bramblett, Jim	FSU Employee Assistance
Brock, Robyn	Student Union
Bukanc, Rachel	Student Rights and Responsibilities
Denton, Lisa	University Counseling Center
Failing, Andrea	New Student & Family Programs
Frentz, Kevin	Health Promotion
Heneghan, Patrick	Housing
Howell, Rick	FCPR
Hunt, James	Office of VP for Student Affairs
Izquierdo, Jeremy	FSUPD
Juarez, Freddy	Graduate Student, Dean of Students
Kouns, Holly	University Libraries
Lata, John	Athletics
Lawson, Tiffany*	Health Promotion
Lopez, Frank	Greek Life
Magnuson, Amy	Health Promotion
Norwood, Jessica	Campus Rec
Pedersen, Catherine	New Student & Family Programs
Peoples, Heather	MADD
Peters, Annette	UCC
Pruett, Kori	Health Promotion
Prum, Andra	Health Services
Rezaei, Rose	Health Promotion
Weingarten, Ilese	UCC
Wilke, Dina	College of Social Work

\*Committee Chair

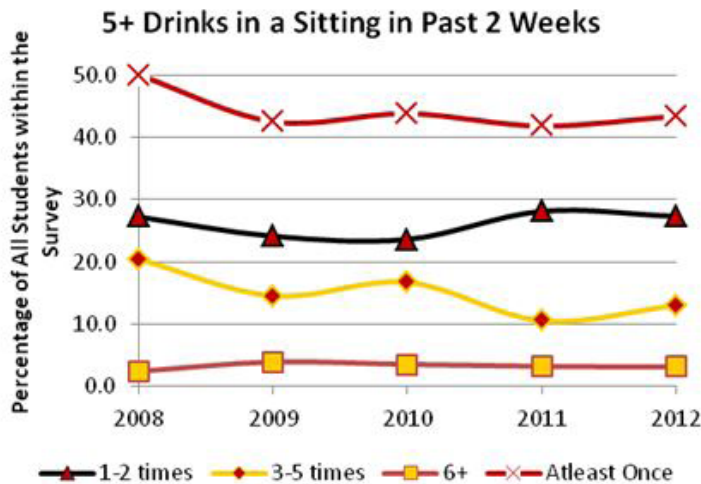


Figure 1: National College Health Assessment Data, FSU. Since 2002, 40%-50% of student report drinking 5 or more drinks in a sitting in the past two weeks. The highest percentage of reported binge drinking occurred in 2008. Students who report binge drinking 1 or 2 times in the past 2 weeks has increased in the past two years, but having 3-5 binge drinking episodes has decreased.

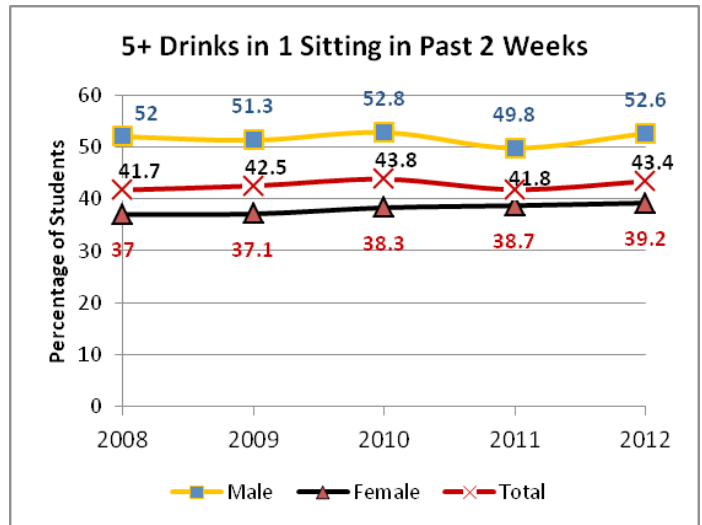


Figure 2: National College Health Assessment Data, FSU. On average, between 41-43% FSU students report consuming 5 or more drinks in one sitting over the past 2 weeks. A higher percentage of males than females generally report consuming 5 or more drinks at one time.

## Alcohol Prevention Focus Group Data

Several members from the team assisted with the recruitment, advertisement and facilitation of student focus groups to identify effective prevention methods for high risk behaviors. Seven focus groups were conducted between February 7 and April 9, 2014. A total of 96 students participated.

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)

Date	Underage Possession	Drug Arrests	Marchman Act (MA) or DUI
2014	5	-	1 MA
2013	14*	-	-
2012	3	1	1 MA
2011	25	1	3 DUI

*\*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

Indicator	2013 Spring	2014 Spring	2020 Target
Students who received information about eating disorders at FSU	F 38% M 30%	F 33% M 28%	F >42% M >35%

## 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”

## EATING DISORDER TEAM MEMBERS

Barningham, Kaitlyn	Student, Health Promotion
Bourgoin, Kadie Ann	University Counseling Center
Brewer, Asha	Chiropractic & Massage
Brown, Tiffany	Psychology Department
Crume, Allison	Office of VP Student Affairs
DiPiero, Beverly	Campus Recreation
Faibish, Marissa	Campus Recreation
Fisher, Heather*	Health Promotion, UHS
Hitchcock, Blair	Graduate Student, Athletics
Madden, Jamila	Graduate Student, HP
Magnuson, Amy	Health Promotion, UHS
Ormsbee, Lauren	Campus Recreation
Peters, Allison	Student Activities, Oglesby Union
Pulido, Alex	Student, Psychology
Robinson, Michelle	Greek Life, DOS
Rodarte, Regina	Case Management, DOS

\*Committee Chair

## Nutrition Clinic Initial Intake Data

	Male	Female	Total
Report feeling uncomfortable with their body	45%	58%	55%
Report feeling “overwhelmed” about their weight, body and/or body image	55%	64%	51%

(Males, n=177, Females, n=562)



## Body Dissatisfaction Among FSU Students, Cont.

“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.

	Percent of women at or below normal weight	Percent of women trying to lose weight
2012	80%	58%
2013	78%	57%
2014	78%	52%

*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.”

	Percent of men at or above normal weight	Percent of men trying to gain weight
2012	94%	30%
2013	96%	25%
2014	97%	28%

*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.

	Number of Students who completed the screening	Percent of students who screened at “high risk”
Spring 2013	58	83%
Spring 2014	103	71%

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

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

## Objectives

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

## MENTAL HEALTH TEAM MEMBERS

Bamber, Mandy	College of Nursing
Barber, Kathy	Student Life Cinema
Beaumont, Greg	Athletics
Bolen, Melissa	Employee Assistance Program
Becker, Marty	Human Services Center, COE
Bramblett, Jim	FSU Employee Assistance
Carty, Kevin	Student, NAMI on Campus
Castillo, Sarah	CARE
Coburn, Mary	VP, DSA
Cormier, Eileen	College of Nursing
De Faria, Ludmila	Psychiatry Clinic, UHS
Dozier, Casey	Career Advising and Counseling
Ebener, Tim	Student Disability Research Center
Fisher, Heather	Health Promotion, UHS
Forney, Jean	Graduate Student, Psychology
Francis, Billy	Student Veteran Center
Gomez, Carlos	University Counseling Center
Hanley, Adam	Graduate Student, Counseling Psych
Hendrickse, Joshua	Student, Communications
Kleuver, Steven	Housing
MacFarlane, Darren	Case Manager, DOS
Mackintosh, Randi*	University Counseling Center
Magnuson, Amy*	Health Promotion, UHS
Mazza, Nick	College of Social Work
Moore, April	Campus Recreation
Nesic, Aleksandra	Center for Global Engagement
Nipper, Cathy	College of Social Work
Painter, Carol	COM
Raines, Amanda	Psychology
Russell, Jim	FSU Police Department
Schmidt, Brad	Psychology
Smith, Siouxniqua	Student Veteran Center
Vaught-Mijares, Roxanna	Student, NAMI on Campus
Wilkes, Mary	FSU Employee Assistance
Yarnell, Jordy	UCC/RENEW

\*Committee Co-Chair

## 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



# NUTRITION & FITNESS

Indicator	2013 Spring	2014 Spring	2020 Target
Students who report receiving information on nutrition from their institution	F 54% M 52%	F 45% M 49%	F>59% M>57%
Students who report receiving information on physical activity from their institution	F 62% M 61%	F 54% M 61%	F>67% M>66%
Faculty/staff who engage in no leisure time physical activity	N/A	-	-
Students, faculty/staff who meet current federal physical activity guidelines for aerobic physical activity	F 50.9% M 55.9%	-	F>55% M>60%

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.

## NUTRITION & FITNESS TEAM MEMBERS

Barningham, Kaitlyn	Health Promotion
Carlton, Kristin	University Health Services
DiBiasi, Mike	Campus Recreation
Faibish, Marisa	Campus 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	Oglesby Union
Plank, Jessica	Health Promotion
Trumbower, Jason	FSU Police Department

\*Committee Co-Chair

# SEXUAL HEALTH/VIOLENCE

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

## 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**	Florida Center for Prevention Research
Anna Benbrook**	Health Promotion
Amy Magnuson	Health Promotion
Rick Howell	Florida Center for Prevention Research
Melissa Ashton	Victim Advocate Program
Claudia Sanchez	Health Promotion Intern
Jade Matthews-Hughes	Housing
Joyce Carbonell	Women’s Studies
Rachel Russell	Women Student Union
Kathy Barber	Askew Student Life Center
Lauren Luffy	Student Activities Center
Ember Maselli	MSW Student
Rachel Bukanc	Student Rights & Responsibility
Gaby Megias	Health Promotion Intern
Sue Shapiro	Psychologist
Kelly Kalich	Undergrad Student
Alegra Padron	Women Student Union
Beth Gill	Medical School Staff
Nina Nguyen	Student, English
Latrisha Simmons	University Health Services
Catherine Pedersen	New Student Programs
Andrea Failing	New Student Programs
Karen Oehme	IFVS
Maggie Farmer	FSU Law Student
Ruth Krug	College of Business
Kori Pruet	Victim Advocate Program
Sarah Mirkin	HR EOC
Clinton Alexander	ROTC Dept Chair
Khadija Templer	Women Student Union
Kelsie Patton	Women’s Studies

\*Campus Action Team for the Improvement of Sexual Health

\*\*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 prevent 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.



# TOBACCO & OTHER DRUGS

Indicator	2013 Spring	2014 Spring	2020 Target
Students who report cigarette use within the last 30 days	F 10.6% M 14.6%	F 7.6% M 14%	F 6.8% M 12.6%
Students who report hookah use within the last 30 days.	F 8.8% M 9.6%	F 9.8% M 15.7%	F 8.9% M 14.1%
Students who report cigar, little cigars, clove cigars or clove cigarette use within the last 30 days.	F 2.6% M 11.7%	F 3.6% M 18.6%	F 3.2% M 16.7%
Students who report using marijuana within the last 30 days	F 19.3% M 31%	F 17.4% M 35.3%	F 15.7% M 31.8%
Students who report nonmedical use of stimulants (Adderall and Ritalin) that were not prescribed for them within the last 12 months.	F 12.8% M 14.8%	F 11.1% M 20%	F 10% M 18%

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.

## 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.

## TOBACCO TEAM MEMBERS

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

\*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](http://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.

