# Healthy Campus Fall 2016



## Alcohol

• Provided alcohol prevention education program to Housing residents with 2016-17 grant funds.

- 4179 (73%) first year and new transfer students completed AlcoholEdu, the on-line alcohol education program this Fall.
- Revising and updating current Alcohol Policy.
- Conducting brief motivational interviewing training to clinical staff.

• Reached over 1000 students at 18 alcohol prevention or education events including Experience Tallahassee, Housing's Haunted House, MADD Coffee Talk and Athletics Seminole Leadership program.

#### **Physical Health**

• Over 350 participants attended the Love Your Body Day event with collaboration among Student Dietetic and Seminole Sports Nutrition Associations, Women's Student Union, and Campus Sustainability.

Nearly 70 students participating in the 2-2 hour peer facilitated Body Project where students challenge the sociocultural ideals of beauty and masculinity and discuss solutions to improve body satisfaction. To date, 439 students have participated in the Body Project and 82 students have completed the 2 day Facilitator training.
Over 150 students participated in Healthy Cooking classes coordinated by Graduate Nutrition students. Topics included "Breakfast of Champions," "Tailgate Cookout," "The Flavors of Fall," and "Jazz up your Veggies."

### **Mental Health**

• Developed a training for faculty and staff that provides an overview of how to C.A.R.E (communicate concern, ask questions, refer to resources and encourage help seeking).

• Faculty and staff training is designed for key contacts in the department that people can turn to for help and support. A second general training helps create awareness of the issue and identify resources in their department as well as on campus.

• Conducted five suicide prevention trainings to faculty and staff in three departments: the College of Business, College of Nursing, and the College of Communication and Information.

#### **Interpersonal Violence Prevention**

• Began year two of Green Dot and reached over 1300 students through focus groups, trainings and events. In addition, thousands of other students learned about Green Dot through social media and print media efforts.

• Over 650 students participated in a sexual violence prevention or healthy relationship program.

• Green Dot hosted Jimbo's True Seminole Tailgate, Connecting the Dots: Green Dot National Day of Action, and Green Dot Day at the Seminole Festival this Fall.

• More than 120 students participated in a Green Dot social media campaign encouraging students to share proactive bystander messages.

#### **Sexual Health**

- Reached nearly 900 students in 15 outreach events and presentations.
- SGA providing funding for 300 HIV tests.
- Recieved Female Condom College Health Minigrant for 300 free internal condoms.