INCREASED MEDICAL APPOINTMENTS THIS YEAR BY 20% OR 4,448 WITH THE HIRING OF ADDITIONAL MEDICAL STAFF TO MEET OUR CAMPUS NEED

THE HEALTH CENTER HAD ALMOST 40,000 TOTAL VISITS THIS YEAR!

49% OR 18,724 INDIVIDUAL CSUF STUDENTS USED HEALTH SERVICES AT THE HEALTH CENTER THIS YEAR. THAT’S HALF THE CAMPUS!

REACHING HIGHER

9,222 Students were reached

131 Days of PHUN Hut Outreach On Campus

Hutters
Are volunteer students trained and always eager to start an informed, meaningful conversation about HEALTH

ON CAMPUS EVERY DAY IN DIFFERENT LOCATIONS

FREE FLU VACCINES were made available to students for the first time this year at 6 on campus, mobile clinics. They included 1 at the Irvine Campus, 2 at Housing and 3 in the Quad. We partnered with the CSUF School of Nursing to help staff the clinics. Total number of free flu vaccines given was 1481. That’s almost a 500% increase over last year!

It was so much fun, we’ll be doing it again next year!

Student Health Center

focus

PHUN Hut Madness!

HEALTH EDUCATION and PROMOTION

13,425 STUDENTS, NEARLY 1/3 THE CAMPUS, PARTICIPATED IN HEALTH PROMOTION ACTIVITIES THIS YEAR

HELD 24 CAMPUS-WIDE EVENTS

DID 206 HEALTH AND SAFETY WORKSHOPS

ADVISED 8 STUDENT LED HEALTH COMMITTEES

IMPLEMENTED THE NATIONAL COLLEGE HEALTH ASSESSMENT TO IDENTIFY OUR CAMPUS NEEDS

375 STUDENTS PARTICIPATED IN NUTRITION EVENTS INCLUDING COOKING CLASSES AND THE TITAN FITNESS CHALLENGE

WE Can Do It!

Join the Fullerton Flu Fighters!

FREE FLU VACCINES
Peer Health University Network (PHUN)

Promoting Healthy Behaviors Through Involvement

Peer Health University (PHUN) is a student-based organization whose purpose is to promote healthy behaviors and choices to fellow California State University, Fullerton students and to assist with programs provided by the Student Health and Counseling Center’s Health Education and Promotion Department. Peer Health Educators (PHE’s) are trained to provide presentations and campus events on a variety of health topics affecting our college campus today, including reproductive health, alcohol, tobacco and other drugs, nutrition, physical fitness, stress management, mental health and general wellness.

PHUN members gain access to three high-impact practices which increase their retention and persistence to graduation. Students participate in 50-100 hours of service learning each year though the PHUN Hut and large outreach events such as Health Fairs and alcohol safety events. PHUN students work collaboratively in groups of 3-15 to plan and execute events, and many complete academic internships through their work with the organization. Furthermore, peer education is a high impact practice in the field of health promotion; peer educators themselves receive special training in crisis-intervention and risk reduction and are more likely to make healthy choices as a result of their participation in peer-driven programming. More than 80 CSUF students participated in PHUN this year!

Research suggests that people are more likely to change their attitudes and behaviors if they believe the messenger is similar to them and faces the same concerns and pressures.

Studies suggest that students who serve as peer educators often retain more health knowledge, hold more positive attitudes about healthy behaviors and report fewer risk behaviors compared to other youth. Programs offering active and meaningful involvement also provide opportunities to increase self-discipline and self-esteem, to gain positive stature in the community, to have broader choices and to have a better understanding of diversity.

Our very own Narayana Darst was selected as the 2014 Alcohol, Tobacco, and Other Drug Champion at the CSU ATOD Education Conference in April and is featured on the CSU website. Narayana has provided outstanding leadership for comprehensive alcohol, tobacco and other drug prevention programs. Her innovative programming has had a direct impact on changing CSUF students attitudes related to alcohol, tobacco and other drugs. She oversees campus alcohol sanctions, including CHOICES, BASICS, and PATH (marijuana intervention). She is focused on providing evidenced based programming to reduce alcohol and drug prevalence at CSUF.

Narayana has also been a driving force on the Presidential Directive 18 Steering Committee this past year with the implementation of a Smoke Free Campus at CSUF, informing the committee on current policy and programming. Her approach to an uncompliant student who still smokes cigarettes on our campus is full of understanding, helping the student appreciate and comply with the new policy. She was instrumental in creating the student organization Fresh Air Advocates to promote the new policy.

Congratulations, Narayana, for your contributions and an amazing year at CSUF!