PILOT PROGRAMS

DOG THERAPY

Was a health education program designed to reduce stress among college students by providing access to social support and adaptive coping mechanisms. This intervention used a certified pet therapy dog accompanied by their owner, a trained pet therapy handler.

SLEEP EAZZZY

Was an event aimed to raise awareness about the importance of sleep, including that it is, in fact, a necessity. Our department discussed the risk of sleep deprivation and sleep debt among college students, and tools students can use to improve their sleep.

TITAN MASTER CHEF

Was a two-day event aimed to increase students' abilities to plan and prepare well-balanced meals, teach various ways to incorporate fruits and vegetables into their daily meals, as well as expand and improve participants' basic cooking skills.

2016-2017 GOALS

- Provide more professional development training for department staff
- Increase partnerships and collaborations throughout campus
- Increase engagement rate for all outreach events

- Increase the number of workshops and presentations to 200 per year
- Maintain high visitor totals in the hut (15,000+)
- Implement assessments and evaluations for each outreach program

HEALTH, EDUCATION & PROMOTION

2015-2016 ANNUAL REPORT
HEALTH EDUCATION & PROMOTION

MISSION STATEMENT
The Health Education and Promotion Department, within Student Wellness, is dedicated to promoting healthy choices and behaviors through individual health counseling, group presentations, outreach events, and peer-to-peer education. By advocating and embodying healthy lifestyle choices, we inspire our diverse Titan community to work towards a healthier tomorrow.

STUDENT COMMENTS

"Peers' health education is important because I find it easier to talk to my peers about specific topics, such as sexual health, alcohol, and drugs." - Joshua Gibson, Student

"I think it was really cool to be able to teach students new things that they aren't really familiar with, especially sexual health because it's such a taboo topic." - Araceli Casillas, Peer Health Educator

LEARNING OBJECTIVES

Peer health educators are trained to intervene and communicate pertinent health topics to their fellow Titans.

Students are able to distinguish and relate assumptions of common health behavior myths and how these misconceptions relate to the CSUF community.

A DIVISION OF:

California State University Fullerton
Student Wellness

HEALTH FAIR

Christine Lim: 2023 Year Award Winner

JOVANN'S MEDIA

Health Fair: Recognized Outstanding

BACCUS-WASSA At the Conference

The HEP Department provides education on health issues students face on a regular basis, such as sexual health, nutrition, mental health, alcohol awareness, and more.

PHUN HUT ENGAGEMENT RATES INCREASED (59%)

MCHE Certified Health Educators: Certified Outreach Trainers

1797 INDIVIDUAL APPOINTMENTS

173 WORKSHOPS & PRESENTATIONS

21,613 PARTICIPANTS

44 CAMPUS-WIDE EVENTS

39,424 STUDENT INTERACTIONS

17,811 PHUN HUT VISITORS

12.244 HOURS PHUN/FACILE MINDS