

PEER HEALTH UNIVERSITY NETWORK: HEALTHCARE BOUND, AND BOUND TO HELP.



CALIFORNIA STATE UNIVERSITY
FULLERTON™



HEALTH EDUCATION AND PROMOTION 2013-2014 ANNUAL REPORT



PHOTOS COURTESY OF CSUF STUDENTS JASPER GONZALES, JUSTIN IBARRA, JOELAINA MANZALA AND JOVANNYS MEJIA.



Health Education and Promotion

Student Health & Counseling Center

The Health Education Promotion department, within the Student Health and Counseling Center, is dedicated to training student “Peer Health Educators” to do meaningful programming that serves the Titan Community. These Peer Health Educators persist to graduation and become medical professionals who serve as responsible Health Educators in all client interactions.

Peer Health University Network (PHUN)

“By advocating and embodying healthy lifestyle choices, the Peer Health University Network inspires our diverse Titan community to work towards a healthier tomorrow”

Peer Health University Network (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 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 drug use, nutrition, physical fitness, stress management, mental health, and general wellness.

Titans Value Peer Education

PHUN members gain access to three high-impact practices which increase their retention and persistence to graduation rates. Students participate in 50-100 hours of *service learning* each year through 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 in 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.

ANATOMY OF THE PHUN HUT

Hutters - volunteer students who staff the PHUN Hut- are always eager to chat with those walking by. They strive to inform CSUF students of available resources, and they are always ready to start a meaningful conversation about health!

Social Media is big at the Hut. PHUN's instagram and SHCC's facebook page tell visitors where to find the Hut on campus and both sites keep followers informed about upcoming health events.



facebook/csufhealth



@phunstagram

Condoms & Lube are always available for free at the Hut. The Student Health & Counseling Center makes condoms available to all students who choose to be sexually active in order to prevent the spread of sexually transmitted infections (STI's).

Visitors use **Whiteboards** to create their own health messages or make a pledge to be healthier. They then snap a picture to share with their friends through social media & text messages!

Campus Resources are an important part of Hut outreach. Health brochures and pamphlets are always available, and Hutters can answer any questions about services at the Health Center or CAPS.



New **games** are available every week to support the health message, making the hut an interactive and engaging learning experience for every visitor. Our spin wheel, loved by Hut fans everywhere, typically incorporates trivia questions about health statistics or campus resources

Prizes correlate to the topic of the week and Hut visitors always receive a prize for participating in the weekly activity. Themed buttons and magnets are trademark prizes at the Hut and are popular among collectors.

Interested in bringing the Hut to your event?
Want to *become* a Hutter?
Contact Kerri Boyd, MS, CHES,
Health Educator and Hut Coordinator
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PHUN HUT



9,222 students were reached through the PHUN Hut.
Goal for 2014-2015: 10,000

TOTAL TITAN PARTICIPATION



Nearly 1/3 of the campus population participated in health promotion activities. Goal for 2014-15: 14,000

SERVICE HOURS



PHUN members volunteered 5,671 service hours.
Goal for 2014-15: 6,000

REACHING HIGHER

70 Hours of Health & Leadership Training



206 Health and Safety Workshops



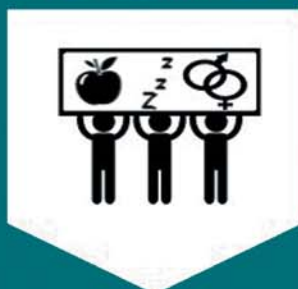
131 Days of PHUN Hut Outreach



16 Certified Peer Educators



8 Student-Led Health Committees



24 Campus-Wide Events





PROMOTING HEALTHY BEHAVIORS THROUGH INVOLVEMENT

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.^{1,2} Numerous studies have demonstrated that their peers influence youth's health behaviors about sexuality, violence and substance use.^{1,3} Peer education draws on the credibility that young people have with their peers, leverages the power of role modeling, and provides flexibility in meeting the diverse needs of today's youth.^{1,3}

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 to youth also provide young people with opportunities to increase their self-discipline and self-esteem and to gain positive stature in the community; broader career choices; and a better understanding of diversity.⁴

PHUN Student Learning Outcomes

Students who engaged in service learning through PHUN report significant knowledge acquisition and behavior change as a result of their participation. Results from the 2014 Peer Health University Network Member survey,



- Made a positive lifestyle change as a result of PHUN service
- No change (19%)



- Can identify 3 risk-reduction strategies related to alcohol use
- Can identify 2 risk-reduction strategies related to alcohol use (2%)



- Can identify 3 changes that students can make to improve their nutrition status
- Can identify 2 changes to improve nutrition status (3.2%)



- First generation college student
- Non-first generation student



- Significantly more competent presenting ideas effectively to others
- More competent presenting ideas effectively to others



- Significantly more competent role modeling healthy choices
- More competent role modeling healthy choices

References

- 1 Sloane BC, Zimmer CG. The power of peer health education. *Journal of American College Health* 1993; 41:241-245.
- 2 Milburn K. A critical review of peer education with young people with special reference to sexual health. *Health Education Research* 1995; 10:407-420.
- 3 National Hemophilia Foundation. *Peer-to-Peer Health Education Programs for Youth: Their Impact on Comprehensive Health Education*. New York: The Foundation, 1994.
- 4 National 4-H Council. *Creating Youth/Adult Partnerships: Training Curricula for Youth, Adults and Youth/Adult Teams*. Bethesda, MD: The Council, [1999].

Request a Health Education Presentation for your student organization, residence hall, or athletic team:



Nutrition 101

College students are always on the go and eating healthy is sometimes the last priority on their list. This presentation covers the basic components of a healthy diet, common barriers to eating well in college, and tips for eating out.



Sexual Health - The Lowdown on Gettin' Down

Discussing the importance of sexual responsibility may be difficult for some individuals; however, this presentation offers an educational overview of sexually transmitted infections, barrier and contraceptive methods, and sexual communication skills. With a little bit of humor and a lot of information, this presentation makes for an educational and socially relevant experience.



Sexually Transmitted Infections (STIs)

This workshop covers common STI symptoms, routes of transmission, prevention and treatment. We also discuss how to overcome communication barriers that can lead to STI transmission, including what questions to ask your partner, how to bring up STD testing, and ensuring that sex is consensual and pleasurable to all parties.



Find Your Balance (General Health & Wellness)

"Being healthy" means taking care of your physical, mental, emotional and spiritual wellness. This presentation will help you explore the meaning of wellness in your daily life, as well as common barriers to being "your best self" every day. Each dimension of health is examined, particularly as it contributes to your academic success. Want to earn more A's in class? The secret might be getting more Zzz's each night...



Stress Free Productivity

Have you found yourself stuck on a project or unable to concentrate due to wandering thoughts and distractions? Based on David Allen's bestselling book, "Getting Things Done: The Art of Stress-Free Productivity," this presentation demystifies the process of "getting things done" and gaining control over procrastination habits. Learn how to break down assignments and projects efficiently in order to obtain true peace of mind.



"Titan Up the Party" - Alcohol Awareness

Is there such a thing as responsible drinking? Sure there is! This presentation addresses standard drink size, binge drinking defined, and how to be a friend when alcohol poisoning is a concern. Also covered is alcohol's relationship to sexual assault and academic performance.



Illegal Drugs and Marijuana

Illicit drug use is often misperceived as being a part of the college experience. This presentation covers prescription drug abuse, street drugs, study drugs, and marijuana. Learn about the most commonly used illegal and prescription drugs, the warning signs of drug dependence and addiction, and the real data concerning drug use at CSUF.



Question, Persuade, Refer (QPR) - Suicide Intervention Training

Suicide is the second leading cause of death in college students, and it is preventable. Students and staff are often in an excellent position to prevent suicide by being able to refer someone who may need help. QPR is designed to empower bystanders to help someone who may be considering suicide.

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