



CALIFORNIA STATE UNIVERSITY
FULLERTON™

HEALTH EDUCATION AND PROMOTION

2014-2015 ANNUAL REPORT



CALIFORNIA STATE UNIVERSITY
FULLERTON™

STUDENT HEALTH AND
COUNSELING CENTER



HEALTH EDUCATION AND PROMOTION

The Health Education Promotion department, within the Student Health and Counseling Center, is dedicated to training student Peer Health Educators to provide wellness programming for the Titan Community. These Peer Educators persist to graduation and become health professionals who serve as responsible Health Educators in their future client interactions. The Health Education and Promotion Department is responsible for promoting healthy choices and behaviors through individual health counseling, group presentations, outreach events, and peer-to-peer education.

PEER HEALTH UNIVERSITY NETWORK

“By advocating and embodying health 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 choices to their fellow California State Fullerton students and to assist with wellness programs provided by the Health Education and Promotion Department. Peer Health Educators are trained for crisis-intervention and risk reduction strategies, and they provide community education on a variety of health topics including reproductive health, alcohol and marijuana use, nutrition, fitness, sleep hygiene, mental health, and 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 through the PHU Hut and outreach events like the Health Fair and Fullerton Flu Fighters. PHUN students work **collaboratively** to plan events and many complete **academic internships** through the organization.



facebook/csuhealth
@phunstagram

ANATOMY OF THE PHUN HUT

Social Media

is big at the Hut. PHUN's instagram and SHCC's facebook page tell visitors where to find the Hut on campus & keeps followers up to date.

Condoms & Lube

are always available for free. The SHCC makes condoms available to all students in order to prevent sexually transmitted infections.

Hutters

Volunteer "Hutters" are always eager to start a conversation about wellness with their fellow Titans. They strive to help students make healthy choices & learn accurate information.

Campus Resources

are an important part of Hut outreach. Health pamphlets are always available & Hutters can answer questions about Health Center services or counseling.

Games & Prizes

correlate to the topic of the week. Hut visitors always receive a prize for participating, making the hut an interactive and engaging experience for every visitor.



PHUN
Hut
Sponsored by:
Student Health and Counseling Center

REACHING HIGHER

PHUN Hut



20,981
student
visitors



18
health
topics



44
volunteer
Titans

HEALTH PROMO



181
wellness
workshops



28
campus
events



14,395
attendees

PEER TO PEER



6,640
service
hours



30 nationally
certified peer
educators

Certified Peer Educators

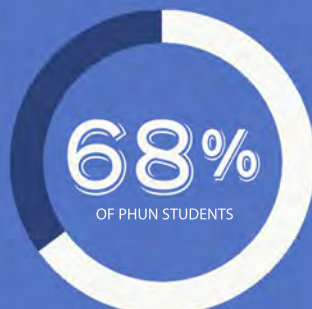
EMBODY WELLNESS



Research suggests that young 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} Students who serve as peer educators have also been shown to 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 peer educators also provide students with opportunities to increase their self-discipline, gain broader career choices, develop and a deeper understanding of diversity.⁴

Students who engaged in service learning through PHUN report significant knowledge acquisition and behavior change as a result of their participation.⁵

MADE A HEALTHY LIFESTYLE CHANGE



FEEL MORE COMPETENT
INTERVENING IN A CRISIS
SITUATION



FEEL MORE COMFORTABLE
REFERRING A FRIEND
TO CAMPUS COUNSELING



FEEL MORE CONFIDENT
INTERACTING WITH
STUDENTS WHO ARE
DIFFERENT FROM THEM
(IN RACE, GENDER, RELIGION, ABILITY,
CULTURE, SEXUAL ORIENTATION, ETC.)

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 teams. Bethesda, MD: The council, [1999].
5. California State University, Fullerton. 2015 PHUN General Member Survey. April 2015.

Request a Wellness Workshop

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.

Hot Topics in Nutrition



In today's world there are many food trends appearing in media. This presentation is an extension of our nutrition 101 workshop that discusses a wide range of nutrition trends like antioxidants, fiber, gluten free, vegetarian diets, organic food, and more!

Sexual Health- The Basics



Students will gain an educational overview of sexually transmitted infections, barrier and contraceptive methods, and sexual communication.

Sexually Transmitted Infections (STI's)



This workshop covers common STI's, STI' symptoms, common routes of transmission, prevention, and treatment. We also discuss what questions to ask your partner, how to bring up STD testing, and how to ensure 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 everyday.

ZZZ's Earn Degrees- Sleep Health



College students hold many misconceptions about sleep, including that sleep is a mere luxury. This workshop discusses the risks of sleep deprivation, sleep debt, and tools students can use to improve their sleep.

Titan Up the Party- Alcohol Awareness



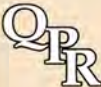
Is there such a thing as responsible drinking? Sure there is! This presentation addresses standard drink size, binge drinking, and how to be a friend when alcohol poisoning is a concern.

Drugs & Marijuana at Cal State Fullerton



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 Cal State Fullerton.

Suicide Intervention Training



Question, Persuade, Refer (QPR) is designed to empower students, staff, and faculty to help when a member of the Titan family may be considering suicide.

**Contact the Health Education
& Promotion Department**

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