

***Our mission is to support student success by promoting sustainable health behaviors and fostering a culture of wellness.***



ALCOHOL & DRUGS



FITNESS



NUTRITION



SEXUAL HEALTH



SLEEP



STRESS MANAGEMENT



TOBACCO

## Student Wellness

### → Staff

- Dietitian
- Fitness specialist
- Health educators
- Substance abuse counselor

### → Services

- Nutrition consultations
- Fitness and exercise consultations
- Alcohol, e-cigarette, and other drug prevention, evaluation, and education
- Tobacco cessation consultations
- Sexual health supplies and information
- Stress management consultations
- Sleep program and consultations
- Educational outreach workshops on a variety of health topics

### → Locations

- Westlawn Building
- Campus Recreation & Wellness Center

### → Contents

*5K/10K Training Program*  
*5 Weeks to Wellness*  
*Fit in Four*  
*Health Ninjas*  
*Healthy Hawk Challenge*  
*Intuitive Eating*  
*Light Therapy*  
*LOTT*  
*Mirage*  
*Pieces*  
*Red Watch Band*  
*Refresh*  
*RISE*  
*Summary Page*

# 5K/10K TRAINING PROGRAM



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## STUDENT WELLNESS

### 52 students

PARTICIPATED AS RUNNERS

The 5K/10K Training Program is a free four week program for all running levels to prepare participants for a 5K or 10K race, improve or maintain running skills, or just to be healthy.

### 15 students

GAINED LEADERSHIP EXPERIENCE AS TRAINING CAPTAINS

Runners can meet new people, run with friends, win cool prizes, and get weekly support and motivation for race preparation.



## KNOWLEDGE CHANGE

Of those who completed the evaluation (n=12)

100% of runners reported learning new skills that will help them live a healthier lifestyle

75.0% of runners reported learning more about physical activity and running nutrition as a result of the program

## BEHAVIOR CHANGE

Of those who completed the evaluation (n=12)

75.0% of runners reported making social connections as a result of the program

100% of runners reported planning to continue their own running program after the program ended

### WHAT STUDENTS THOUGHT

I loved it and I'm so glad I signed up. • It was helpful to have everything laid out in advance. • The camaraderie of having a group to train with really helped motivate me to run. • It was helpful to have warm up and cool down ideas and nutrition ideas in the emails. • I liked having someone there to motivate me to keep going and push myself.

# 5 WEEKS to WELLNESS



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## STUDENT WELLNESS



**5 Weeks to Wellness** was implemented for the first time in the spring 2014 semester. The program focuses on exercise, nutrition and well-being. Participants were sent weekly goals, expert tips and support. The goal was to accumulate as many tokens as possible over the five weeks by eating healthy, exercising regularly and improving self-care habits.

➔ **416 students**  
REGISTERED FOR  
THE PROGRAM

➔ **147 students**  
COMPLETED THE  
EVALUATION

Of those who  
completed the  
evaluation:

➔ **86.8%**  
SAID THEY WILL  
APPLY THE SKILLS  
LEARNED TO HELP  
THEM LIVE A  
HEALTHIER  
LIFESTYLE

➔ **91.4%**  
WOULD  
PARTICIPATE IF  
THE PROGRAM  
WAS OFFERED  
AGAIN

## BEHAVIOR CHANGE

Changes (n=147 who completed pre- & post-survey)	Before	After
<b>Nutrition</b>		
Daily fruit & vegetable servings ***	2.7	3.5
Daily cups of water ***	5.1	6.1
New healthy foods tried in last month ***	2.6	4.1
Days chose water instead of a sugary or alcohol beverage (per week) ***	5.2	6.0
Days eating lean protein (per week) **	4.3	4.9
<b>Physical Activity</b>		
Days of strength training (per week) ***	2.2	3.1
Days of flexibility exercises (per week) ***	2.0	3.3
Percent meeting physical activity recommendation for health **	65.3%	77.6%

\*p<.05 \*\*p<.01 \*\*\*p<.001

### WHAT STUDENTS THOUGHT

5 Weeks to Wellness made me realize that it's okay to carve out time during my day to exercise and take care of myself. I feel like being more conscious about what I was eating also helped me have more energy for when I needed to do a study marathon. Overall, I feel a lot more motivated and positive about changing my eating and exercise habits into a healthier lifestyle. ● I liked that it incorporated self-care challenges as well, because that's something that's commonly overlooked. ● It helped me to make better food choices and encouraged me to work harder towards a healthier me. The weekly emails were awesome.

**591 students**  
REGISTERED FOR  
THE PROGRAM

**299 students**  
COMPLETED THE  
EVALUATION

*Fit in Four* was offered from October 1-28 as an online, 4 week program that encouraged students to “kick off to better health” by increasing their physical activity and intake of fruits and vegetables. Participants received weekly health tips and motivational emails to help them add additional fruits and vegetables and activity minutes each week through the program. The final week’s goal was to complete 40 minutes of physical activity and eating 4 to 5 servings of fruits and vegetables with a variety of at least 3 colors on 5 days during the week. All students were eligible for a prize for participating.

## BEHAVIOR CHANGE

	Pre	Post
Daily servings of fruit***	1.7	2.8
Daily servings of vegetables***	1.8	3.0
Daily number of different colors of fruits and vegetables consumed ***	2.1	2.9
Total minutes per week spent doing moderate to vigorous-intensity physical activity***	159.9	238.9

\*p<.05 \*\*p<.01 \*\*\*p<.001

### WHAT STUDENTS THOUGHT

The online quizzes made it very easy to track how many servings of fruits and vegetables I consumed during the week. It also made it very easy to track and report my physical activity. | What I liked most about FIT in FOUR was how it made me become more motivated to eat more fruits and vegetables and do more exercise than I would do. Then going onto ICON and doing the quizzes and feeling proud of what you have accomplished.



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## STUDENT WELLNESS



### 60 students

WERE NOMINATED BY THEIR PEERS



### 10 students

NEWLY ACCEPTED



### 22 students

ATTENDED AT LEAST ONE MEETING

**Health Ninjas** are students nominated by their peers who recognize the influence that students have on one another when it comes to making healthy choices. They are trained and equipped with interesting health knowledge that may be used in everyday conversations. Through these conversations, healthy practices are supported and myths are dispelled. It is an exciting opportunity for students to improve the health of their friends, peers and the greater campus community.

## CAMPUS ENGAGEMENT

The Health Ninjas met 9 times during the semester and attended 5 social events, including workouts and events with UI REACH students.

Health Ninjas went to 8 monthly RA meetings for each of the residence halls to distribute safer sex supplies and promote services.

## ASSESSMENT

Of those who completed the end of year evaluation (n=10)

**100%** feel knowledgeable about health topics and have developed a better understanding of peer influence.

**90.0%** feel a sense of community in the group and have developed leadership skills.

**100%** agree that the program encouraged them to adopt healthy behaviors.

**90.0%** agree that their health has improved from participating in the program.

### WHAT STUDENTS THOUGHT

Teaching and learning about health topics is crucial and important to a college students well being • Best club that I'm involved in • I like how it's organized, more like a big family and we share health related topics and some promotion • As an international student, joining this program definitely put me out of my comfort zone, which benefits me a lot. I have been more active to communicate with native speaker, share some health related topic. Health Ninjas also provide us great opportunities to learn some nutrition knowledge as well as overall aspect of health.

# HEALTHY HAWK CHALLENGE



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## STUDENT WELLNESS

### 3,087 sophomores & juniors

COMPLETED THE ONLINE HHC SURVEY

For the seventh year, the entire University of Iowa sophomore class was invited to take part in an online health risk assessment dubbed the **Healthy Hawk Challenge (HHC)**. The program was offered to juniors as well, starting in January. This tool provided personalized feedback on many health behaviors. Students who met specific high-risk criteria were asked to participate in the second part of the HHC — an evidence-based alcohol intervention aimed at lowering their risk. 60% of students were invited for part two.

## SURVEY RESULTS (online)



**705 sophomores & juniors**

COMPLETED THE EVALUATION

**92.2%**

COULD LIST ONE THING THEY LEARNED ABOUT THEIR HEALTH AFTER TAKING THE HHC

**81.1%**

COULD NAME ONE THING THEY HAD DONE TO IMPROVE THEIR OVERALL HEALTH AFTER TAKING THE HHC

## CAMPUS RESOURCES:

49.5% of Healthy Hawk Challenge participants reported turning to a campus resource after taking the Healthy Hawk Challenge. The most common resource was Student Health clinical services (29.5%), followed by Student Wellness services (21.8%) and University Counseling Service (21.8%).

## ALCOHOL EDUCATION RESULTS (in-person)

**475 sophomores & juniors**

COMPLETED THE ALCOHOL INTERVENTION

**132**

COMPLETED THE 3-MONTH FOLLOW UP

**101**

COMPLETED THE 6-MONTH FOLLOW UP

**142**

COMPLETED THE 12-MONTH FOLLOW UP

**81**

COMPLETED THE 24-MONTH FOLLOW UP

	Change after 3 months	Change after 6 months	Change after 12 months	Change after 24 months
Number of binge drinking occasions in the last 2 weeks	1.3 to 0.9**	1.3 to 0.9**	1.4 to 1.0**	1.6 to 0.9***
Average typical number of drinks	4.8 to 3.9***	4.8 to 3.3***	4.9 to 4.0***	5.1 to 3.8***
Average typical BAC	.07 to .06***	.07 to .04***	.07 to .05***	.08 to .05***
Percent who had any negative consequences from use	92.9% to 72.4***	91.1% to 63.1%***	88.1% to 78.5%*	93.7% to 74.7%***

12 month data from 2017-2018 and 24-month data from 2016-2017 alcohol education participants

\*p<.05 \*\*p<.01 \*\*\*p<.001

# INTUITIVE EATING



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## STUDENT WELLNESS

➔ **18 students**

COMPLETED THE WORKSHOPS

➔ **100%**

OF PARTICIPANTS WHO COMPLETED THE EVALUATION AGREED THAT IE HELPED THEM CREATE A HEALTHY RELATIONSHIP WITH FOOD.

➔ **100%**

OF PARTICIPANTS AGREED THAT IE HELPED THEM VALUE BALANCE, MODERATION, AND VARIETY IN THEIR EATING.

➔ **83.3%**

AGREED THAT IT HELPED THEM CHOOSE NUTRITIOUS CHOICES TO FUEL THEIR BODIES, WHILE STILL ALLOWING "PLAY FOODS".

*Intuitive Eating (IE)* is an evidence-based approach that teaches students how to create a healthy relationship between mind, body, food, and exercise. Intuitive Eating workshops and programming launched in Fall 2011. All Intuitive Eating workshops are free for students. One session is offered once a semester.

## BEHAVIOR CHANGE

A pre-post comparison of 18 students shows there were some significant changes.

	Before	After
<b>Stages of Change</b> (1=precontemplation, 2=contemplation, 3=preparation, 4=action, 5=maintenance)		
Healthy relationship with food and exercise	3.1	3.6
<b>Confidence</b> (1=not confident; 2=somewhat confident; 3=confident; 4=very confident)		
Trust body to tell self when to eat*	2.0	2.7
Trust body to tell self what to eat	1.7	2.2
Trust body to tell self how much to eat**	1.4	2.1
Manage negative emotions without using food	2.3	2.6
Respect and appreciate body*	2.3	2.8
Focus on how it feels to move body instead of the calorie-burning effects of exercise**	2.2	3.1
Make food choices that honor health and make self feel good*	2.1	3.0
Distinguish between biological hunger and emotional hunger***	1.8	2.9

\*p<.05 \*\*p<.01 \*\*\*p<.001

### WHAT STUDENTS THOUGHT

I started to see some improvement in the way I view my body, being more appreciative, honoring more | Limiting/policing your body and hunger isn't healthy and it's healthier to respect and appreciate your body and how it is. | Going to try to look more at how I like my body to move in exercise, rather than meeting a calorie goal. | My body is smart and I can trust it. I should strive to take care of my body, not neglect, restrict, or abuse it. | Be more merciful and caring about my food and body.



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## STUDENT WELLNESS

**88 students**  
COMPLETED THE PRE & POST SURVEY

**121 students**  
CHECKED OUT LIGHT BOXES DURING THE 2018-19 SCHOOL YEAR

*Light Therapy* is one way to help treat Seasonal Affective Disorder (SAD), a form of depression associated with the lack of natural light during the winter months. Student Wellness and University Counseling Service offer students the ability to check out light boxes to try for free for two weeks. University of Iowa Student Government funded the new initiative, and Student Wellness started offering light boxes in November of 2018.

## STUDENT VOICE

"I found light therapy extremely helpful. I see a psychiatrist at the student health center who recommend I try light therapy and it was really nice to be able to go directly from my appointment to the front desk and receive a light box. I found that the light box really helped regulate my sleeping schedule. I liked the light box so much I actually went out a purchased the same box for myself." -Jessica G.

### Checkout Locations:

**STUDENT WELLNESS**  
WESTLAWN - 45  
CRWC - 32

**UNIVERSITY COUNSELING SERVICE**  
WESTLAWN - 24  
UCC - 20

## CHANGES IN FEELINGS, DEPRESSION SEVERITY

Eight questions from the PHQ-9 were used as a pre and post-survey to measure changes in depression severity. Upon returning the light box, there were several significant changes in feelings and the severity of depression.

Over the last 2 weeks, how often have you been bothered by the following problems (0=not at all; 1=several days; 2=more than half the days; 3=nearly every day)	Pre	Post
Little interest or pleasure in doing things**	1.3	0.8
Feeling down, depressed, or hopeless***	1.3	0.7
Trouble falling or staying asleep, or sleeping too much***	1.8	1.1
Feeling tired or having little energy***	2.1	1.2
Poor appetite or overeating***	1.6	0.7
Feeling bad about yourself ***	1.2	0.6
Trouble concentrating on things***	1.6	0.6
Moving or speaking so slowly that other people could have noticed***	0.8	0.3
Overall sum of scores***	11.7	6.1

\*p<.05 \*\*p<.01 \*\*\*p<.001

### How did you hear about the program?

**STAFF:** 35.4%  
**SIGNAGE:** 22.0%  
**EMAIL:** 15.6%  
**WORD OF MOUTH:** 14.6%  
**WEBSITE OR TABLING:** 12.2%

### How effective?

**VERY EFFECTIVE:** 23.9%  
**SOMEWHAT EFFECTIVE:** 40.9%  
**SLIGHTLY EFFECTIVE:** 27.3%  
**NOT EFFECTIVE:** 8.0%

# LOOK ONCE THINK TWICE



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## STUDENT WELLNESS



### 41 students

ATTENDED LOTT TRAINING  
DURING THE 2018-2019  
ACADEMIC YEAR



### 35 students

COMPLETED THE EVALUATION

*Look Once Think Twice (LOTT)* is a group class based on bystander awareness principles. LOTT is offered to students who are found responsible for being in the presence of, but not consuming, alcohol or drugs in the residence halls. The aim of LOTT is to help empower students to speak up and/or remove themselves from situations they find to be uncomfortable or against their personal beliefs.



## POST TRAINING RESULTS

Of those who completed the evaluation (n=35)

**91.7%** of students agreed they thought more critically about how their choices align with their values

**93.8%** of students agreed that LOTT taught them new ways to act as active bystanders

**91.7%** of students agreed that they were more comfortable taking action in a situation that could have a negative outcome

### Students were asked how to intervene in the following scenarios:

*You see a student who is drunk and having trouble standing at a party.*

- **100%** of students could identify two examples of how to intervene

*Your roommate has some friends from high school visiting.*

*They are pre-gaming in your room before heading downtown.*

- **100%** of students could explain how intervening affects a personal value of achievement



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## STUDENT WELLNESS

➔ **813 students**

ATTENDED THE  
MIRAGE

➔ **52 HIV TESTS**

➔ **29**  
DONATING  
BUSINESSES

➔ **17**  
INFOSTRAVAGANZA  
ORGANIZATIONS

➔ **8**  
PROFESSIONAL  
PERFORMERS

➔ **4**  
AMATEUR  
PERFORMERS

*The Mirage* was held for the seventh year on November 30th. This annual event has three purposes:

1. Build community between and within identity groups with specific focus on LGBTQA identities.
2. Increase the understanding of HIV/AIDS issues, prevention, and treatment in the local and global community.
3. Provide education regarding safer sex practices across sexual orientation.

## INFOSTRAVAGANZA ASSESSMENT

**109** completed the paper scavenger form & evaluation.

93.6% could name at least one thing they learned or will do differently as a result of attending the casino & infostravaganza.

As a result of the condom casino & infostravaganza...

**85.3%** learned new info about different identities

**88.1%** learned skills/info that was useful to them

**90.0%** will apply the skills/tools learned to live a healthier lifestyle

**98.2%** will encourage others to engage in healthy behaviors

## EVENT ASSESSMENT

208 attendees completed an online survey assessing the whole event.

**57.0%**

OF ATTENDEES SAID THEY WOULD BE EITHER SOMEWHAT LIKELY OR VERY LIKELY TO BE DRINKING IF THEY WERE NOT THERE

**93.0%**

AGREED THE MIRAGE EXPOSED THEM TO HOW OTHERS DIFFERENT AND SIMILAR TO THEM EXPERIENCE THE WORLD

## WHAT STUDENTS THOUGHT

*"I love watching people so confident and talented entertain a crowd and have fun on stage!"*

*"I've never had much access to this kind of community or resources before back home so it was really nice to be able to learn so much and feel safe during this event."*

*"Seeing all of the campus partners/organizations around the room. It's really special to see so many people from different parts of the university and its surrounding community come together to teach students valuable life skills in a fun and exciting environment."*

*"My favorite part was talking to people who had different identities than I do. I learned a lot from these conversations. I also liked the information tables as they were very informative about different campus resources."*



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## STUDENT WELLNESS

**279 students**

ATTENDED PIECES IN THE 2018-2019 ACADEMIC YEAR

**125 students**

COMPLETED THE 3 MONTH FOLLOW UP SURVEY

*Pieces* is one of Student Wellness' alcohol education programs. *Pieces* consists of two individual sessions which focus on personal reflection of alcohol-related behaviors, identification of strategies to reduce negative consequences, and alcohol education. Current research indicates brief, individual sessions based on personal feedback are more effective with college students than group education.

### WHAT STUDENTS THOUGHT

*"It helped me learn about my alcohol tolerance level and helped me gain confidence in saying I should be able to say no to alcohol when I need to."*

*"PIECES helped me realize how much alcohol I was consuming and definitely put things into perspective."*



## KNOWLEDGE CHANGE

98.4% of participants who completed the evaluation could name one way *Pieces* helped them.

## BEHAVIOR CHANGE

3 month follow up survey

**56.7% OF STUDENTS WERE MOTIVATED TO CHANGE THEIR BEHAVIORS FROM THE 1ST TO THE 2ND SESSION.**

Significant Changes (n=125, completed pre- & post-survey)	Pre	Post
<b>Alcohol Use</b>		
Typical number of drinks per occasion *	4.5	3.6
Average BAC ***	0.06	0.04
<b>Negative Consequences (Past 30 Days)</b>		
Did something later regretted **	16.8%	4.0%
Got in trouble with police **	7.2%	0.0%
Had a hangover ***	40.8%	24.0%
Average number of consequences **	0.5	0.3
Any negative consequences ***	48.8%	28.0%
<b>High Risk Drinking Behaviors (Past 30 Days)</b>		
Pre gaming ***	60.8%	42.4%
Average number of high risk behaviors **	2.0	1.5
<b>Protective Behaviors (Past 30 Days)</b>		
Any protective behaviors	96.0%	84.0%

\*p<.05 \*\*p<.01 \*\*\*p<.001



## STUDENT WELLNESS

**842 students** COMPLETED RWB DURING THE 2018-19 SCHOOL YEAR- HIGHEST EVER!

The **Red Watch Band Program (RWB)** finished its tenth year at The University of Iowa in 2018-2019. The training is provided to students for free with the goal of preventing alcohol overdose deaths and toxic drinking. Students are taught the knowledge and skills to "make the call," and using role plays, given opportunities to build confidence to intervene on behalf of another.

**6,299 students** COMPLETED RWB IN THE PAST 10 YEARS

Students register for classes online through the Student Wellness website.

### Students Helping Students

5.5% of participants who took the evaluation reported that they took action in an emergency situation in the three months following the RWB training. 59.1% of participants reported discussing RWB with their peers.

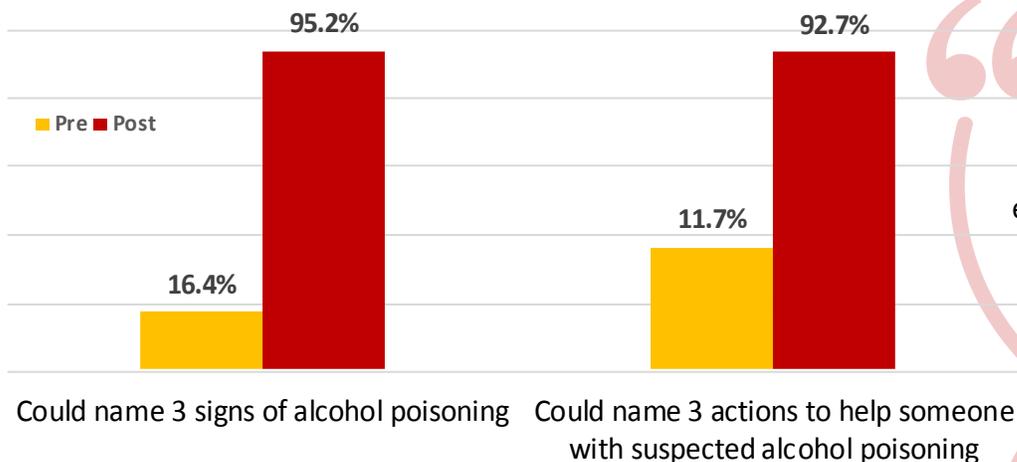
## BEHAVIOR CHANGE

164 students completed a three month follow-up survey. Of these, **68.3%** of students changed their own drinking behavior as a result of the training. The most common drinking behavior changes include alternating non-alcoholic and alcoholic drinks (44.1%), drinking fewer drinks (43.1%), not exceeding a set number of drinks (33.3%), drinking on fewer days (31.1), and avoiding drinking games (16.6%).

About 23.2% of students reported not drinking prior to the training, so a total of **91.5%** of participants either didn't drink from the start or changed at least one drinking behavior after the training.

100% of students were satisfied with the training  
99.6% would recommend the training to a peer  
98.6% said they would be more willing to intervene in an emergency, as a result of the training

### Knowledge Gains



### WHAT STUDENTS THOUGHT

Everything was demonstrated perfectly in my opinion | I enjoyed how it was partly led by a current student | I thought it was extremely informative and boosted my confidence in my ability to respond in an emergency situation

# REFRESH



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## STUDENT WELLNESS

**616 students**

REGISTERED FOR THE PROGRAM

**117 students**

COMPLETED THE EVALUATION

**Versions**

APP: 80.9%  
EMAIL: 12.0%  
APP + APPT: 7.1%

**Participation**

76.5% OF EMAIL VERSION USERS AND 63.4% OF APP USERS REPORTED DOING AT LEAST HALF OF THE PRACTICE ACTIVITIES

*Refresh* aims to provide Hawkeyes with the skills, strategies and support to achieve more restful nights. Students can participate via email or app. In the first portion, the app helps students assess their sleep habits through questionnaires and sleep monitoring. The second portion of the program guides students through their customized sleep improvement plans, providing them with strategies, skills and support along the way.

Students can have a sleep consultation or can also check out a heart rate monitor to go with the app version. Starting in April 2019, SleepRate provided a sponsorship for the program.

## BEHAVIOR CHANGE

Evaluation of the Refresh program yielded positive results on all sleep measures, and significant changes (in the past 7 days) were found in the following measures:

### Reductions in:

- Difficulty falling asleep \*\*\*
- Difficulty staying asleep \*\*\*
- Problems waking too early \*\*\*
- The extent that their sleep problem interferes with daily functioning \*\*\*
- Worry about not being able to fall asleep \*\*\*

### Increases in:

- Satisfaction with their current sleep pattern \*\*\*
- Sleep quality \*\*\*

Percent with high insomnia scores (10+) \*\*\*

78.2%

36.1%

Total sleep disturbance score (PROMIS) \*\*\*

23.9

18.9

\*p<.05 \*\*p<.01 \*\*\*p<.001

## WHAT STUDENTS THOUGHT

*What I really needed for my sleep was suggestions for a strategy that works for people who work in the late evening and early morning. I felt a lot less upset about my sleep when I was told that a biphasic sleep cycle is normal and I didn't have to get all 8 hours in one fell swoop. I also felt a lot better after I started letting myself take an afternoon siesta as needed.*

*"It was helpful, helped me at least become aware of issues with my sleep and offer a little guidance about steps to take."*



In the fall of 2014, Student Health & Wellness began offering a new alcohol education program called **RISE**.

RISE is a 30-minute one-on-one consultation targeted at students with minor alcohol violations. It is composed of various reflection and goal-setting activities to help students critically think about how their behaviors and actions might conflict or interfere with their overall goals and success throughout college. The RISE consultations implement a harm-reduction approach and include components of motivational interviewing to help empower students to make a change and become more involved with other activities on campus.

Students discuss how the surrounding environment could potentially affect their overall perceptions about drinking. The RISE program can also help connect students to other SW and campus resources to help address any other issues they are experiencing that could potentially be affecting their overall health and wellness.



### 18 students

ATTENDED A  
RISE SESSION  
DURING THE  
2018-19  
ACADEMIC  
YEAR

## KNOWLEDGE CHANGE

Student worksheets completed during the session indicated...

- 100% of participants could name two ways alcohol could affect their semester goal(s).
- 100% could name one way campus culture/environment could influence an individual's choice with alcohol.
- 100% could name one reason that it is best to wait until age 21 to drink.
- 100% could name one strategy to reduce negative consequences while drinking.
- 100% could name one alternative to drinking.
- 100% could name one thing that they learned during the 30 minute session, including watching their consumption rate, learning what blackouts are, and doing other activities like attending late night campus events.





<b>ALCOHOL &amp; DRUGS</b> .....	<b>1,939</b>
2017-2018 .....	1,766
2016-2017 .....	1,721



<b>FITNESS</b> .....	<b>359</b>
2017-2018 .....	396
2016-2017 .....	358



<b>NUTRITION</b> .....	<b>516</b>
2017-2018 .....	587
2016-2017 .....	556



<b>SLEEP</b> .....	<b>40</b>
2017-2018 .....	16
2016-2017 .....	11



<b>STRESS MANAGEMENT</b> .....	<b>21</b>
2017-2018 .....	30
2016-2017 .....	32



<b>TOBACCO</b> .....	<b>4</b>
2017-2018 .....	3
2016-2017 .....	8

644 wellness appointments took place at the CRWC in 2018-19, compared to 702 in 2017-18 & 704 in 2016-17.

**2018-2019  
TOTAL.....2,879**

2017-2018 .....	2,798
2016-2017 .....	2,686

**OUTREACH**  
events

**Health Expos 1,400**

2017-2018: 1,300  
2016-2017: 1,200

**Health Fair 2,700**

2017-2018: 2,700  
2016-2017: 2,100

**Orientation Events 9,241**

2017-2018: 13,747  
2016-2017: 14,442

**Total Outreach 37,028**

2017-2018: 46,869  
2016-2017: 50,930

**ONLINE**  
interventions

**Alcohol 6,098**

2017-2018: 6,160  
2016-2017: 7,544

**Marijuana 114**

2017-2018: 185  
2016-2017: 104

**ONLINE**  
screenings

**Depression 567**

2017-2018: 567  
2016-2017: 606

**Anxiety 494**

2017-2018: 484  
2016-2017: 392

**Bipolar Disorder 170**

2017-2018: 156  
2016-2017: 121

**Disordered Eating 120**

2017-2018: 104

**Substances 574**

2017-2018: 421  
2016-2017: 186

**PTSD 67**

2017-2018: 61  
2016-2017: 43

**Gambling 3**

2017-2018: 20

