Building Capacity for Student Success through Health Promotion

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Boynton Health Promotion
Objective

Participants will understand how health promotion builds capacity for student success.
Health and Health Behaviors of University of Minnesota Students

- Spring 2015
- 17 Post Secondary Institutions Across Minnesota
- Over 12,000 respondents statewide
- U of MN 2,023 respondents
- 34% response rate
Mental Health Condition Diagnosis

<table>
<thead>
<tr>
<th></th>
<th>All Students</th>
<th>Males</th>
<th>Females</th>
</tr>
</thead>
<tbody>
<tr>
<td>Within Lifetime</td>
<td>32.7%</td>
<td>24.0%</td>
<td>38.5%</td>
</tr>
<tr>
<td>Within Past 12 Months</td>
<td>15.2%</td>
<td>10.5%</td>
<td>17.7%</td>
</tr>
</tbody>
</table>
# Mental Health Stressors

<table>
<thead>
<tr>
<th>Stressor</th>
<th>% Who Report Experiencing With Past 12 Months</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arrested</td>
<td>0.3</td>
</tr>
<tr>
<td>Attempted Suicide</td>
<td>0.8</td>
</tr>
<tr>
<td>Bankruptcy</td>
<td>0.3</td>
</tr>
<tr>
<td>Death of Someone Close to You</td>
<td>15.6</td>
</tr>
<tr>
<td>Diagnosed With a Serious Mental Illness</td>
<td>6.7</td>
</tr>
<tr>
<td>Diagnosed With a Serious Physical Illness</td>
<td>2.4</td>
</tr>
<tr>
<td>Excessive Credit Card Debt</td>
<td>5.1</td>
</tr>
<tr>
<td>Excessive Debt Other Than Credit Card</td>
<td>11.4</td>
</tr>
<tr>
<td>Failing a Class</td>
<td>7.0</td>
</tr>
<tr>
<td>Fired or Laid Off From a Job</td>
<td>1.8</td>
</tr>
<tr>
<td>Getting Married</td>
<td>3.5</td>
</tr>
</tbody>
</table>
# Mental Health Stressors

<table>
<thead>
<tr>
<th>Stressor</th>
<th>% Who Report Experiencing With Past 12 Months</th>
</tr>
</thead>
<tbody>
<tr>
<td>Issues Related to Sexual Orientation</td>
<td>3.2</td>
</tr>
<tr>
<td>Lack of Health Care Coverage</td>
<td>3.5</td>
</tr>
<tr>
<td>Parental Conflict</td>
<td>12.6</td>
</tr>
<tr>
<td>Put on Academic Probation</td>
<td>3.5</td>
</tr>
<tr>
<td>Roommate/Housemate Conflict</td>
<td>19.2</td>
</tr>
<tr>
<td>Serious Physical Illness of Someone Close to You</td>
<td>13.7</td>
</tr>
<tr>
<td>Spouse/Partner Conflict (Includes Divorce or Separation)</td>
<td>6.6</td>
</tr>
<tr>
<td>Termination of Personal Relationship (Excluding Marriage)</td>
<td>15.3</td>
</tr>
<tr>
<td>Zero of the Above Stressors</td>
<td>40.0</td>
</tr>
<tr>
<td>One or Two of the Above Stressors</td>
<td>41.6</td>
</tr>
<tr>
<td>Three or More of the Above Stressors</td>
<td>18.4</td>
</tr>
</tbody>
</table>
## Likelihood of Calling 911 in an Alcohol/Drug-Related Situation

<table>
<thead>
<tr>
<th>Response</th>
<th>Percent Among All Students</th>
<th>Percent Among Students Who Did Not Use Alcohol Within the Past 30 Days</th>
<th>Percent Among Students Who Did Use Alcohol Within the Past 30 Days</th>
</tr>
</thead>
<tbody>
<tr>
<td>Very Likely</td>
<td>65.0</td>
<td>67.5</td>
<td>64.1</td>
</tr>
<tr>
<td>Somewhat Likely</td>
<td>24.9</td>
<td>23.9</td>
<td>25.2</td>
</tr>
<tr>
<td>Somewhat Unlikely</td>
<td>7.3</td>
<td>5.2</td>
<td>8.1</td>
</tr>
<tr>
<td>Very Unlikely</td>
<td>2.8</td>
<td>3.4</td>
<td>2.6</td>
</tr>
</tbody>
</table>
Sexual Activity

Within Lifetime:
- All Students: 74.1
- Males: 74.3
- Females: 74.5

Within Past 12 Months:
- All Students: 63
- Males: 68.3
- Females: 70.4
Condom Use

- Vaginal Intercourse:
  - Did Not Use Condom: 46.5%
  - Used Condom: 52.5%
  - Don't Know: 1.0%
  - Total: 100%

- Anal Intercourse:
  - Did Not Use Condom: 59.0%
  - Used Condom: 38.0%
  - Don't Know: 3.0%
  - Total: 100%

- Oral Sex:
  - Did Not Use Condom: 90.1%
  - Used Condom: 8.9%
  - Don't Know: 1.0%
  - Total: 100%
# Meal Patterns

<table>
<thead>
<tr>
<th>Behavior</th>
<th>Underweight</th>
<th>Normal Weight</th>
<th>Overweight</th>
<th>Obese/Extremely Obese</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast Consumption (Past 7 Days)</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>0 Days Per Week</td>
<td>5.5%</td>
<td>4.9%</td>
<td>4.25%</td>
<td>6.1%</td>
</tr>
<tr>
<td>1-3 Days Per Week</td>
<td>14.3%</td>
<td>14.3%</td>
<td>21.6%</td>
<td>21.3%</td>
</tr>
<tr>
<td>4-7 Days Per Week</td>
<td>80.2%</td>
<td>80.8%</td>
<td>74.2%</td>
<td>72.6%</td>
</tr>
<tr>
<td><strong>Fast-Food Consumption (Past 12 Months)</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1-2 Times Per Month or Less</td>
<td>70.4%</td>
<td>68.9%</td>
<td>65.0%</td>
<td>58.8%</td>
</tr>
<tr>
<td>Once Per Week or More</td>
<td>29.6%</td>
<td>30.2%</td>
<td>35.0%</td>
<td>41.2%</td>
</tr>
</tbody>
</table>
When Health is Absent...

"When health is absent, wisdom cannot reveal itself, art cannot become manifest, strength cannot fight, wealth becomes useless, and intelligence cannot be applied."

Herophilus of Chalcedone  
Physician to Alexander the Great  
335-280 BCE
Poor Physical Health and GPA
2015 CSHS Aggregate Data (Undergraduates)
Poor Mental Health and GPA
2015 CSHS Aggregate Data (Undergraduates)
Mental Health Stressors and GPA
2015 CSHS Aggregate Data (Undergraduates)
Perceived Stress Level and GPA
2015 CSHS Aggregate Data (Undergraduates)
Perceived Ability to Manage Stress and GPA
2015 CSHS Aggregate Data (Undergraduates)
High-Risk Drinking and GPA
2015 CSHS Aggregate Data (Undergraduates)
Boynton’s Mission

- Boynton Health advances the physical, emotional, and social well-being of the University community.
- Boynton Health Promotion supports this mission by developing and implementing evidence-informed strategic plans to promote the well-being, support the success, and build the capacity of University of Minnesota students.
What is Health Promotion?

The process of enabling people to increase control over their health and its determinants, and thereby improve their health (WHO)
Social Determinants of Health

- Neighborhood and Built Environment
- Health and Health Care
- Social and Community Context
- Education
- Economic Stability

SDOH
Socioecological Model

- Public Policy
- Community
- Institution
- Interpersonal
- Individual
Health Promotion in Higher Education

- Health is the **capacity** of individuals and communities to reach their potential
- The specific purpose of health promotion in higher education is to **support student success**
- Health promotion professionals in higher education practice **prevention** (ACHA)
de-stress:
How the Program Started

● The CSHS has consistently shown that mental health conditions and stressors are prevalent among students
● The Provost's Committee on Student Mental Health initially recommended a peer group
● Boynton and SCS collaborated to create the group
de-stress:
What the Program is

- Student-led health promotion group that helps students manage stress and connect with mental health resources on campus
- Provides Stress Check Ins: one-on-one appointments with a trained student volunteer to learn about stressors and stress management skills and strategies and get connected with stress management resources. Appointments scheduled at www.bhs.umn.edu/de-stress.
de-stress:
In Action!
Gopher Chauffeur: How the Program Started

- In 2007, in response to an increase in assaults on campus, the Minnesota Student Association purchased a van and recruited volunteers to provide safe rides home
- In 2008, Boynton began operating the service
Gopher Chauffeur: What the Program is

- Free transportation service that promotes safety in the campus community by providing U of M students with safe rides home
- Answers phone calls 10:00 pm-2:30 am on Thursday, Friday, and Saturday nights
- Operated by student employees who are CPR certified and trained in first aid
- 612-388-6911
Gopher Chauffeur: In Action!
Health Advocates: How the Program Started

- Created as a response to the large number of non emergencies going to the hospital ER
- Started in one residence hall in 1989 and expanded to all residence halls and Greek houses
- Has continued and expanded because Health Advocates are a resource for Housing, Community Advisers, and fraternities and sororities
Health Advocates: What the Program is

- Are appointed as health resources in their residence halls, fraternities, and sororities
- Are CPR- and first aid-certified
- Attend class each week, where they are trained to respond to common health-related issues
- Share information and prevention strategies with other students in their residence
- Refer students to health resources on campus
Health Advocates: In Action!

Promoting healthy choices and assisting those who need help.
PAWS: How the Program Started

- Created in 2013 from the success of having registered therapy animals at “Cirque de Stress”.
- Animals can serve as a significant source of social support, a critical component of human wellbeing.
- Program growth:
  - 2013 - Wednesdays, 2:30-4:30 at Boynton Health.
  - 2014 - added Tuesdays, 1-3 on STP.
  - 2015 - added Thursdays, 11:30-1:30 on West Bank
  - 2016 - added Mondays, 12-2 at RecWell
PAWS: What the Program is

- The mission of PAWS is to support student mental health and wellbeing by providing a consistent, cost-efficient, and engaging resource for social support.
- Weekly two-hour sessions open to the University of Minnesota community
- Over 100 registered therapy animal “teams”.
- Species = dogs, cats, rabbits, chickens, guinea pigs, fancy rats, miniature horses.
- To date, PAWS has seen over 24,650 visits.
PAWS: In Action!
SHADE: How the Program Started

- SHADE (Sexual Health Awareness and Disease Education) started in 1992 in response to the number of STIs in the population
- HIV prevention was a priority
- Healthy People 2000 identified a goal of 60% condom use at last intercourse
SHADE:
What the Program is

- Encourages students to make healthy choices related to sexual health
- Distributes sexual health resources (condoms, dental dams, lubricant, and safer sex kits)
- Offers sexual health programming to educate students about sexual health
- Provides Peer Confidential HIV Testing.
SNAC:
How the Program Started

- Student Nutrition Advocacy Collaborative (SNAC) formed in 2008 in response to high number of nutrition presentations requests
- Since evolved greatly to meet changing needs
SNAC:
What the Program is

Nutrition undergrad students serve as peer educators for:

- Cooking classes (in-home & larger group)
- Nutrition check-ups
- Grocery store tours
- Nutrition-related presentations
SNAC: In Action!

Students, how well are you eating?
Get a FREE nutrition check-up.
SOBER:
How the Program Started

Started in 2006 when students in recovery consulted with Boynton about starting a group to provide social support for students in recovery.
SOBER:
What the Program is

- Organization of students recovering from drug and alcohol addiction and their friends who are allies in the recovery movement
- Aims to provide social support for students in recovery through weekly meetings and regular social activities
SOBER: In Action!
Building Capacity for Student Success

- Understanding the health of our community is incredibly important
- Students’ health and health behaviors impact their ability to be successful
- Boynton’s health promotion programs are a resource for building capacity for student success
Thank You!

- [www.bhs.umn.edu/peer-health-promotion](http://www.bhs.umn.edu/peer-health-promotion)
- [www.bhs.umn.edu/services/wellness-paws.htm](http://www.bhs.umn.edu/services/wellness-paws.htm)
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