



Be Healthy Co-Op

Coordinated Efforts of Student Health and Wellness Departments

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Objectives



- Examine strategies for collaborating on events
- Understand the current structure of UH Health and Wellness in the Department of Student Affairs and Enrollment Services compared to other universities
- Describe the benefits & challenges of integrating collaborative programming among health and wellness departments
- Identify benefits of effective communication between departments in a variety of settings
- Identify creative solutions associated with cohesive marketing

Programmatic Silos



- College/Department Health Fairs
- Health Initiatives- Tobacco Task Force, Sexual Violence and Prevention
- Student Group Health Fairs
- Health Promotion Outreach Events
- Health Education Workshops

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- 1) How can the departments work together to maximize resources to increase participation and have the biggest impact?
 - 2) What are the limitations of each department to conduct quality programming or outreach events?

Breaking Down Silos



- 2013
 - Healthy Campus 2020 - Healthy Coogs 2020- 11 Objectives
 - Five distinct areas of focus: 1) Mental Health and Disorders, 2) Injury and Violence Prevention, 3) Substance Abuse, 4) Fitness and Nutrition and 5) Sexual and Reproductive Health.
 - University wide representation
 - Florida State Executive Summary as a guide for partners
- MAP IT Framework
 - Mobilize, Assess, Plan, Implement, Track

Healthy Coogs 2020 Objectives

- Identify current and ongoing nationwide health improvement priorities in higher education as well as local
- Increase campus community awareness and understanding of determinants of health, disease, and disability and the opportunities for progress;
- Provide measurable objectives and goals that can be used at institutions of higher education;
- Engage multiple stakeholders to take actions that are driven by the best available evidence and knowledge to strengthen policies, improve practices, and empower behaviors change;
- Identify and promote relevant assessment, research and data collection needs.

Health and Wellness Section of DSAES



2012- Creation of a new position

Assistant Vice President for Student Affairs - Health and Wellness

STAY HEALTHY

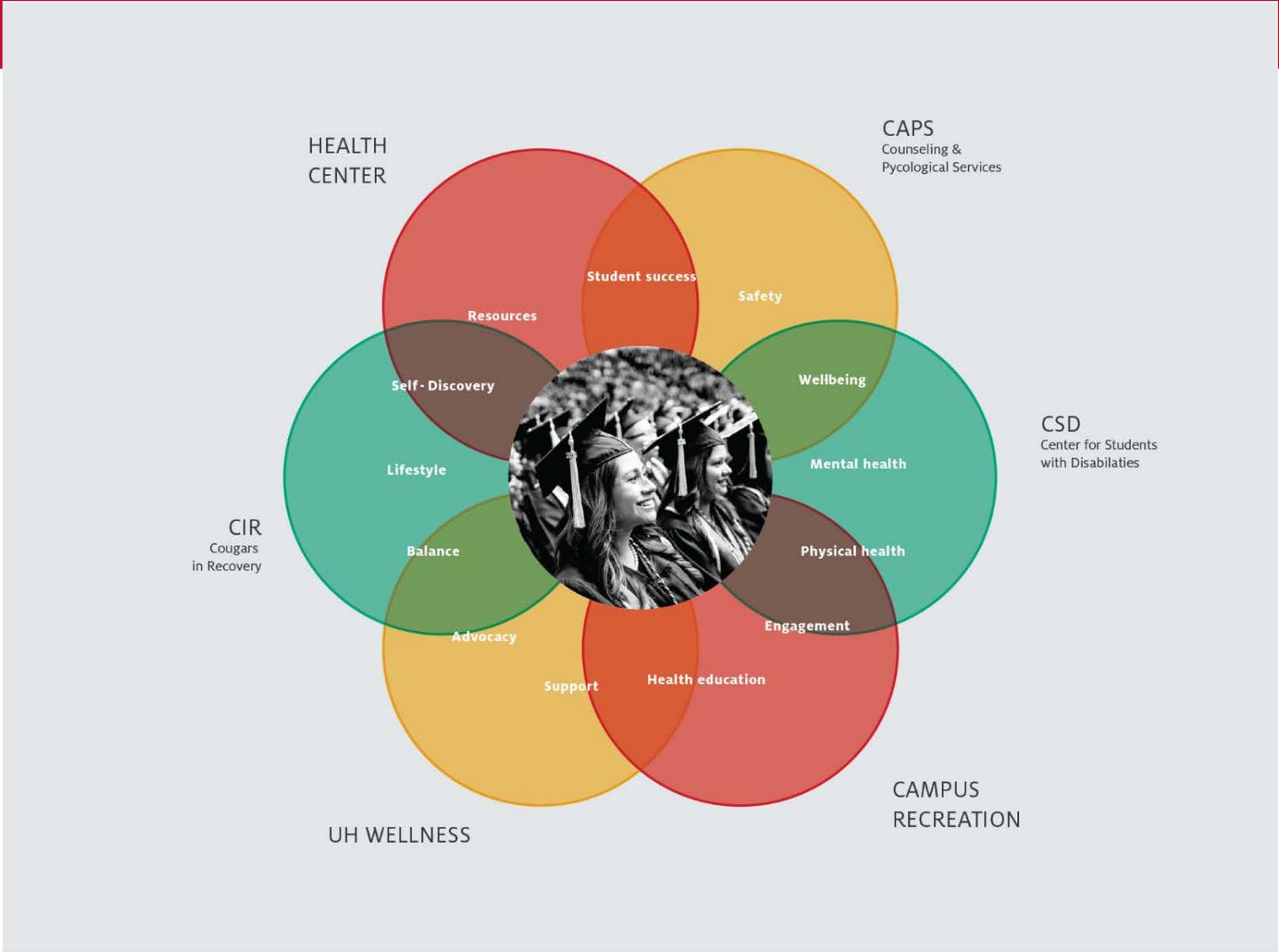
- Health Center
- Counseling and Psychological Services (CAPS)
- Center for Students with disABILITIES (CSD)
- UH Wellness
- Campus Recreation
- AD Bruce Religion Center
- Cougars in Recovery (CIR) is under Get Support

- Strategy Change- Healthy Coogs 2020 will support the initiatives of university committees
- Tobacco-Free Campus Policy (Campus Community), Worksite Wellness (Staff and Faculty only) and the Substance Abuse Prevention Advisory Committee, SVPE
- Healthy U- Weeks of Welcome

Informal Collaboration for Programming



- Yoga
- National Anxiety Awareness Week
 - Screening
 - Workshops
- Conversations with Staff
- Fed Up Showing and Panel Discussion
- Combining Efforts



Formal Collaboration for Programming



- Revised Orientation Presentation- Be Healthy at UH
- Zumbathon
- Healthy Tail Gate
- Project Semi-Colon
- National Public Health Week
- Wellness Week

Media Plan

- Social Media
- Yard Signs
- Digital Signage
- Hand bills
- Website

Future Collaboration Process

- Community Change Process and the CHANGE tool
 - Commitment
 - Assessment
 - Planning
 - Implementation
 - Evaluation

“Division of Nutrition, Physical Activity, and Obesity.” *Centers for Disease Control and Prevention*, Centers for Disease Control and Prevention, 23 Feb. 2018, www.cdc.gov/nccdphp/dnpao/state-local-programs/change-tool/community-change-process.html.

Future Collaboration Process

- CHANGE (Community Health Assessment aNd Group Evaluation) Tool
 - Phase 1 Assemble the community team
 - Phase 2 Develop a team strategy
 - Phase 3 Review All Five CHANGE Sectors
 - The community at large
 - Institution/organization (departments or colleges providing health and wellness services)
 - Health care
 - School
 - Worksite
 - Phase 4 Gather Data
 - Phase 5 Review Data
 - Phase 6 Enter Data
 - Phase 7 Review consolidated data
 - Phase 8 Build the Community Action Plan or in this case
 - Be Healthy Co-Op University Action Plan

Future Collaboration Process



- Determining annual event/program
 - Fresh Check Day
- Strategic Planning Retreat
 - Yearly calendar

QUESTIONS

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