Departmental Strategic Plan Goals

Goals, objectives, strategies, and targets have been established for all eight priority areas (alcohol and other drugs, general health, physical activity, mental health, nutrition, sexual health, tobacco, and violence prevention) based on Healthy People/Healthy Campus/Healthy UND 2020. Data from the National College Health Assessment (ACHA-NCHA), North Dakota Alcohol and Other Drug Survey, and other sources are used to determine needs and track progress. Goals, objectives and learning outcomes have been determined for each priority area.

Progress & Accomplishments

According to ACHA-NCHA data, UND-specific results from the 2016 survey indicated progress in:

- Students engaging in high risk drinking of alcoholic beverages during the past two weeks (5+ drinks in one sitting, binge drinking) has declined each year since 2010. Those who reported using a designated driver (always or most of the time) when partying or socializing has increased from 89.0% in 2014 to 89.6% in 2016.

- Tobacco use among UND students continues to decline, with 9.7% of students reporting using cigarettes (within the last 30 days) in 2014 to 6.4% using cigarettes in 2016.

- Students indicated they received information from their institution on topics of sexual assault and relationship violence prevention. In 2016, 80% of students indicated they had received information on this topic compared to 56% in 2014. This is likely due to the requirement of the Campus Clarity module which was implemented in Fall 2014.

Program Evaluation Results

Compared to previous years, the amount of programs and outreach increased dramatically. However, there wasn’t significant evidence that the increase in programmatic efforts had an impact on student learning.

One popular passive “program” is Toilet Talks. Toilet Talks are infographics about health topics placed in bathroom stalls around campus. The November 2015 issue of Toilet Talk on Sleep was assessed using a QR code that linked to an online survey. 96% of respondents agreed that by reading the publications they learned new information about health and wellness topics.

Another popular resource is the online magazine Student Health 101 (SH101), which is distributed monthly to all UND students. There were 38,568 visits to the magazine in 2015-2016. Each month, students have the opportunity to share what they have learned from reading SH101. This academic year:

- 81% of UND students have learned something they would apply to their daily lives.
- 49% of UND student intended to get involved, take advantage of a campus resources, and/or ask for help.
Challenges

One challenge the H&W Promotion Team faced was turnover in full-time staff which put additional responsibilities on the existing Health & Wellness Coordinator and Director. Vacancies occurred with an administrative position and a Health & Wellness Coordinator, which were filled in the fall. The H&W Promotion Team also added a new position to the team in January to oversee violence prevention efforts.

Another challenge facing the H&W Promotion Team was preparing for the retirement of the Director, a position that wasn’t being refilled as a result of budget cuts at an institutional level. Because this position was not being filled the decision was made to integrate and move the H&W Promotion Team and the Wellness Center into one department to better support Health & Wellness initiatives.

Priorities for the Future

• In anticipation of the H&W Promotion Team integration with the Wellness Center, additional opportunities to collaborate on educational initiatives that will best support the health and wellness goals of UND students will emerge. The integration will also create opportunities to re-focus on the Seven Dimensions of Wellness as a tool for a healthier lifestyle.

• Maintain programs and services offered through Health Promotion and increase awareness about programs and services offered at the new location.

• Identify opportunities for collaboration that will allow funds to be spent in a more efficient way to support broader institutional Health & Wellness outcomes.

Use of Results

The use of Toilet Talks as a way to disseminate health information is popular and effective. This method will be continued and information will be streamlined to align better with topics outlined in upcoming issues of SH101 and programs.

Educating first-year students on health topics can create lasting benefits when they make positive, healthy choices. Next year, programs will be more focused on specific populations of students rather than more programs reaching the most amount of students. Each Peer Educator will be assigned to a resident assistant to understand that particular community and collaborate on effective programs which are tailored to the needs of that population.

Student Learning Outcomes

The H & W Promotion Team assists the UND community in learning to:

• Identify and utilize health and wellness resources.
• Make informed decisions about personal health and wellness based on evidence and best practices.
• Appreciate the connection between individual health and wellness with personal/academic success.

These outcomes are met by offering an array of presentations, programs, peer education opportunities, and outreach events in all eight priority areas. Overarching learning outcomes are routinely assessed across the spectrum of topics and at presentations and programs such as House Party and De-Stress Fest. Peer Educator learning outcomes related to skills gained from employment, are also evaluated.

Assessment Results

Learning outcome result from the House Party program indicated student’s agreement with an:

• Increased knowledge of negative consequences of binge drinking (86.6%).
• Increased understanding of the North Dakota Medical Amnesty Act after attending House Party (87.4%).
• Increased awareness of UND campus and Grand Forks community alcohol and drug resources (87.8).
• Increased understanding of the relationship between alcohol and sexual violence (77.2%).

Peer Educator results related to practical competence included:

• Most of the Peers (50%, n=4) indicated their ability to effectively manage non-academic commitments was strong, 35% (n=3) indicated their ability as ok, and 1 person indicated their ability as weak.

Use of Results

While data from the House Party event should increase knowledge of resources, consequences and the relationship of alcohol and sexual violence, qualitative data indicated that students experience the same type of event multiple years in a row. Next academic year, the House Party event will be discontinued and two new alcohol and other drug events will be created and implemented.

To better serve the Peers in managing their roles, a program planning model is being created to better outline programs and communicate plans more effectively with supervisors.