

RYERSON UNIVERSITY

Ryerson University Health Promotion

Annual Report 2006-2007



Summary of Events and Activities

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For the Student Services Advisory Committee

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RYERSON HEALTH PROMOTION

Health Promotion Mission Statement

Ryerson Health Promotion provides students with education, information and guidance in making informed healthy lifestyle choices that contribute to achieving success in academic goals and lifelong health and wellness. We strive to work in collaboration with students to discover their best options for choosing a holistic view of health and maintaining balance in their lives.

Our Vision

In collaboration with the Student Services Department, Ryerson Health Promotion is committed to:

- Working with students so that they are able to make optimum choices for their personal health and wellness
- Contributing to the quality of the student experience at Ryerson
- Providing leadership and personal growth and skill development opportunities through Peer Health Educator or volunteer positions
- Supporting students to achieve their highest personal success both personally and academically

Staffing in Health Promotion

Ryerson Health Promotion is comprised of a dedicated team of student staff and volunteers. They work with the Health Promotion Nurse in the creation, execution and evaluation of the Peer Health Programs that we provide for the Ryerson Community. *Overall, 62 students have been involved in the Peer Health Education Program in 2006-2007.*

Program	OWSP/Paid Staff		Volunteer	
	2005-2006	2006-2007	2005-2006	2006-2007
AIDS Education Project	2	2	5	4
Responsible Party People	2	2	5	3
Nutrition Information Services	2	2	4	8
Stress Management Team	2	2	3	3
Leave the Pack Behind	2 (3 Paid by Brock U)	2 (3 Paid by Brock U)	0	2
General Health Promotion	1	0	2	4
CARE (Campus Alcohol Responsibility)	N/A	2	N/A	6

Educators)				
Newsletter Team	N/A	2	N/A	4
Nursing Placement Students			10	12
TOTAL	14	17	29	46



Summary of Student Contact (Up until Mid Feb 2007)

Program	# Students 06-07
AIDS Education Project	567
Responsible Party People	888
Nutrition Information Services	454
Stress Management Team	577 + 123 in RBB 2048
Leave the Pack Behind	2598
General Health Promotion	436
CARE (Campus Alcohol Responsibility Educators)	380
Newsletter Team	~ 200 + 3 newsletters complete
Other Events	
Theatre Tech Program	~100
Stairway to Health	~400
Flu Campaign (Nursing Placement Students)	1096
Faculty Team Workshops	25
BUS 100	147
Orientation	1400+
Healthy Living Week	600
Know the Score	350
LEAD/Leap Program	90
De-Stress Program	100
Blackboard Health Forum	56 + lots more who read the site
Total	10,587
Last Years Total	7433
Difference	3154

Peer Health Training: the Toronto Peer Health Network



For the third year in a row, students from Ryerson University, York University and U of T came together for a 3 day collaborative learning program. We were also joined this year by students and staff from the Humber College Peer Health Program, bringing our numbers to 120. This years learning program focused on assisting students to discover an increased depth to their role as Peer Health Educators through information and discussion on the principles of health promotion and student leadership as well as health promotion theory. Students also had the opportunity to learn about as well as practice important skills such as effective presentation, managing audience dynamics and team dynamics. The feedback from the students was immensely positive and they enjoyed networking with their peers. They are able to continue to do this throughout the year as well through the TPHN list serve.

The students joined together again in January for a mid-year learning program. This one day session gave the students further opportunity to practice their skills and reflect on their work in the fall semester. Students also enjoyed the continued opportunity to share with their peers ideas for successful programming. Students were able to present their ideas to the group and gain valuable feedback to assist them in improving program initiatives.

A new initiative this year was the introduction of the TPHN Learning Modules. Students were asked to complete 2 modules out of a possible 14 on specific health related topics that related to the work they would be doing throughout the year. These modules were created as PowerPoint presentations with voice over guides, additional resources and quizzes. Having students complete the appropriate module before the learning program weekend allowed students to come together with a similar base of health specific information. It also allowed the learning program to be more specifically geared towards skill developmental and communication rather than health specific information.



Peer Education Program Activities

***data collected from Sept 06 to mid Feb 07*

AIDS Education Team

- Provides education and information and community referrals on STI's, contraception, negotiating safer sex, healthy sexuality and HIV/AIDS
- Gives out free condoms to groups and individuals on campus
- Provides interactive workshops provided all year in residence on topics above
- Other Events: AIDS Education Week, BUS 100 Workshops, Safer Sex Educational Displays and outreach activities

<i>Number of Events</i>	<i>Avg. # of staff at each event</i>	<i>Contacts Made</i>	<i>Upcoming Events</i>
11 + 4 Rez workshops	2	567	- additional Res workshops - 2 other Sex Ed Events - other outreach activities

Nutrition Information Service

- Provides One on One educational sessions – free for faculty and staff
- Provide education, resources, workshops and personalized information packages on many nutritional and healthy eating issues
- Assists students with meal plan design and healthy grocery shopping practice
- Other Events: Nutrition Month, Interactive Displays and other outreach, Eating Disorders Awareness Week, Stairway to Health (STH) (see below), Walking Group

<i>Number of Events</i>	<i>Avg. # of staff at each event</i>	<i># of Contacts Made</i>	<i>Upcoming Events</i>
17 + STH	2.3	454 (inc. 1-1 sessions)	- Nutrition Month - Eating Disorders Awareness Week - STH Data collection



Leave the Pack Behind

- Provide One on One assistance for students who want to quit smoking
- Provide education, resources and research on tobacco and smoking cessation
- Organizes and facilitates campus wide events/contests to encourage students to quit/cut back
- Provides referrals to the Health Center for Nicotine Replacement Therapy)
- Other Events: interactive residence presentations, display booths and outreach, Weedless Wednesday Event, Contest Registration and Wrap Up

<i>Number of Events</i>	<i># of Students Reached face to face</i>	<i># of One on One interactions</i>	<i># of promotional items given out</i>	<i>Upcoming Events</i>
39	1387	1117	2804	- End of Contest Party

Stress Management Team

- Provides education, information and resources on the effects of stress, its symptoms, how it can be controlled and eliminated as well as the importance of sleep
- Facilitates the De-Stress Workshop Series: workshops throughout the year to assist students in practising a wide range of stress reducing techniques
- Interactive activities and workshops about managing stress and sleep
- Other Events: “The De-Stress Zone” in RBB 2048 and FEAS specific outreach

<i>Number of Events</i>	<i>Avg. # of staff at each event</i>	<i># of Contacts Made</i>	<i>Upcoming Events</i>
19	3.0	700	- 5 sessions in RBB 2048 - 3 De-Stress Workshops



Responsible Party People

- Provide education, information and resources on how to ‘party smart’ – i.e., the responsible and safe consumption of alcohol and drugs
- facilitate interactive activities and workshops to get students involved in learning how to keep themselves and their friends safe while they are partying
- facilitate presentations and activities in residence on the topics above
- Other Events: Alcohol Awareness Week, Safe Spring Break Week, educational displays and outreach

<i>Number of Events</i>	<i>Avg. # of staff at each event</i>	<i># of Contacts Made</i>	<i>Upcoming Events</i>
19	3.0	888	- 1 more residence event - 5 outreach activities

General Health Team

- Education, information and resources on flu, hand washing and hygiene
- Provides interactive activities/workshops on campus to promote a healthy lifestyle and organizes and executes an extensive Flu/Pandemic Awareness Campaign (with the help of 6 nursing placement students)
- Facilitates our mascot, Mr. Smiley, and brings him to other teams events

<i>Number of Events</i>	<i>Avg. # of staff at each event</i>	<i># of Contacts Made</i>	<i>Upcoming Events</i>
15	2.5	436	- 5 more outreach activities - Promotional contest

Campus Alcohol Responsibility Educators (CARE)

- This team works with Ryerson security personnel to walk between key locations on campus where alcohol is currently being/will be consumed to provide education and awareness and assistance if needed.

<i>Number of Events</i>	<i>Avg. # of staff at each event</i>	<i># of Contacts Made</i>	<i>Upcoming Events</i>
9	1.5 (plus 1 Security Personnel)	380	- more volunteer recruitment - additional CARE nights in spring

Health & Wellness Newsletter Team

- Creates a newsletter every 2 months on a wide range of health and wellness topics/issues relevant to the Ryerson community.
- This is then posted on the Ryerson Health Promotion Website – www.ryerson.ca/studentservices1/healthpromotion

***The team has done some promotional activities for their newsletter, contacting about 200 students. We are in the process of installing a tracker on the website to see how many students are reading the newsletters. 3 Editions are done and posted and one more will be completed for the years end.



Other Health Promotion Events and Activities

Stairway to Health NEW!

Our first ever Stairway to Health Launch and Stair Climb this year was a great success! We had a total of about 400 people at these 2 events and got a lot of attention on campus for our efforts! The stair climb went so well that we have decided to hold it every year as part of Healthy Living Week! Students and staff were very responsive and gave us lots of positive feedback on the events. For the rest of the year, we are encouraging people to continue to take the stairs through media and outreach activities.

Healthy Living Week and Health Fair

This year was our 6th annual Healthy Living Week and Fair in collaboration with the RSU. Although we had less traffic than last year, we were still able to encourage over 600

students to participate. Students and staff had a chance to visit close to 40 vendors both from the Ryerson community and learn about both traditional and alternative ways to choose a healthy lifestyle. There were events throughout the entire week as well and included Stairway to Health, educational displays and interactive events.



Walking Group

This year we have made an exciting connection for our walking group! Health Promotion has joined with the seniors groups out of Heaslip House to increase our walking group attendance and to begin to bring our services to a wider student population. Both the seniors and the Health Promotion staff look forward to continuing this partnership and increasing its strength next year! Overall this year we have had approximately 30 people join us for our walking group. It has been a very positive experience, especially for the Health Promotion staff that very much enjoys working with this particular group within the Ryerson community.

The De-Stress Zone in RBB 2048 **NEW!**

The Peer Health Educators in the Stress Management Team have taken great initiative to provide a variety of programming in the new Student Services space in the Ryerson Business building. The Peer Health Promoters have created a space in which students can drop by to re-focus, re-energize and rejuvenate! Throughout the year there was a wide variety of activities planned - all geared towards your total relaxation! The staff has been doing lots of outreach to promote this free service and get students interested in participating. To date, approximately 123+ students have joined us.

FLU/Pandemic Campaign **NEW!**

One of our largest campaigns this year was the Flu Campaign, facilitated by both Health Promotion staff and Ryerson Nursing students. The students used a wide range of modalities to educate the community about avoiding the flu, hand washing, pandemic flu and the flu shot. Strategies included posters, flyers, displays, workshops, class presentations, kits to faculty and staff and a needs assessment. The campaign lasted over 2 months and reached a large number of the Ryerson community. In total 1248

posters were put up, 701 people were reached through outreach events, 146 through displays and 249 through class visits and workshops.



What's Next?

Ryerson Health Promotion strives to continuously improve its efforts to meet the health and wellness needs of our community. With dedicated and creative student staff, we will provide new programs and work to strengthening others. Student involvement and collaborative efforts in program planning, implementation and evaluation has created a program that is geared towards optimizing student health which will assist in encouraging overall student success and academic achievement. Next year, data collection, program evaluation and completion learning outcomes will have a stronger focus and help move Health Promotion into the future of Student Services and Ryerson.

Future Initiatives

1. **Health and Wellness Program in Residence:** Health Promotion is partnering with the RAC and Housing to bring an active living/nutrition program to students living in residence. The goal is to begin the pilot project in the fall of 2007.
2. **HPV Vaccine Educational Campaign:** Health Promotion is partnering with the RSU Health and Safety Committee to bring information about the HPV Vaccine and others campus wide. The first event from this campaign should take place in March 2007.
3. **Resiliency and Relationships:** Health Promotion is working on events that will promote these issues to students on campus. The goal is to implement a Resiliency and Relationship workshop in the 2007-2008 academic year.
4. **Faculty Teams:** Health Promotions work with the faculties is growing! We will be continuing to work with Engineering, Graphic Communications Management and Business as well as strengthening new connections in Architecture, Computer Science and Community Services.
5. **Eating Disorders Workshops:** Health Promotion has partnered with faculty in the Nutrition Program to pilot a workshop called "Chocolate Covered Discontent" which will run twice this winter. The response has been very positive so far and we will hope to continue these in the future.