



Annual Report 2009-2010

Ryerson University Health Promotion

Summary of Events & Activities

June 2010

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RYERSON
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RYERSON HEALTH PROMOTION

Health Promotion Mission Statement

Ryerson Health Promotion aims to promote the Health of Ryerson University community through education, advocacy and capacity building. We seek to create a campus environment that contributes to achieving success in academic goals and lifelong health and wellness. We strive to work in collaboration with Ryerson community groups and members to enable all members to increase their control over, and improve their health.

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

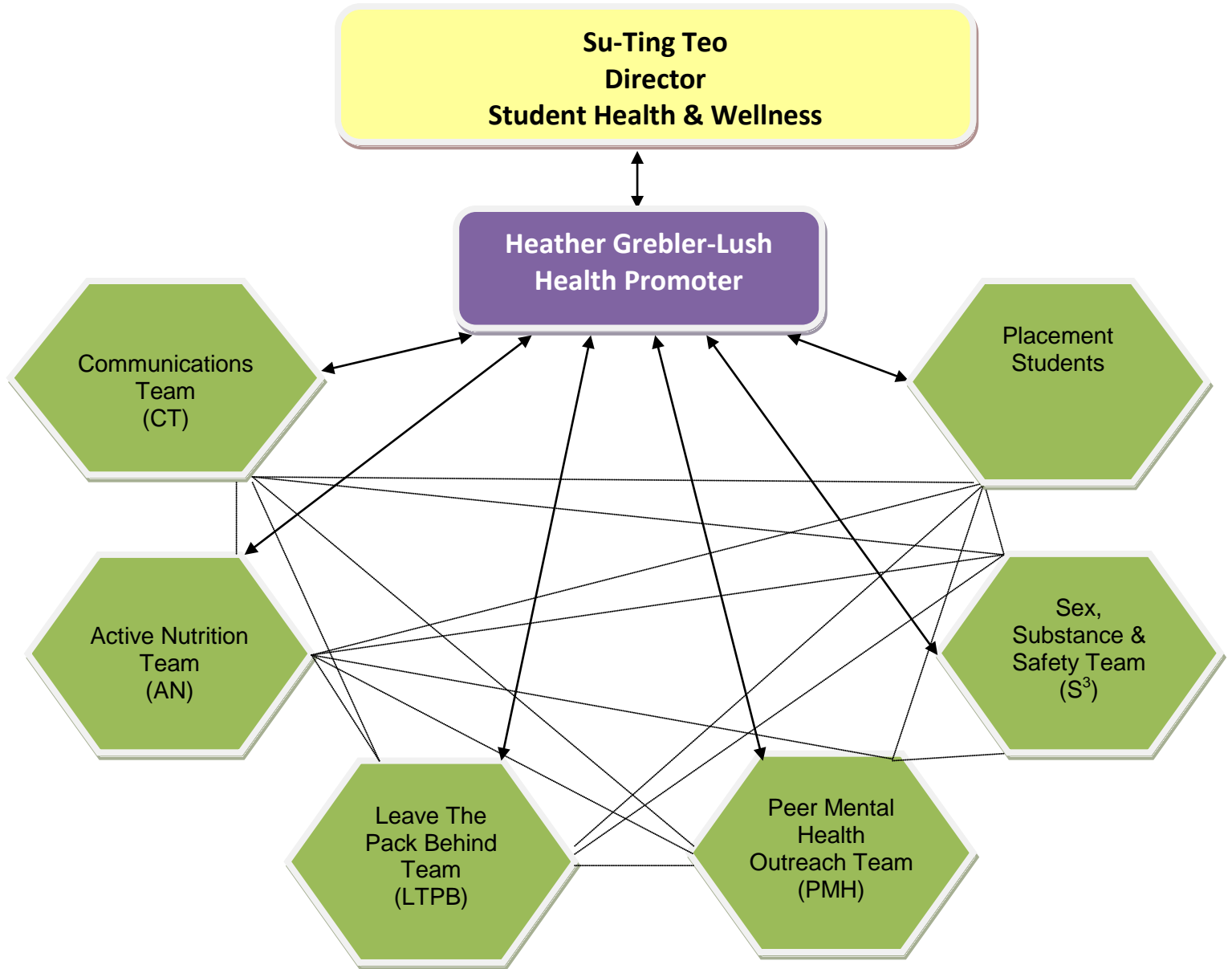
Standards

Health promotion at Ryerson is also guided by the American College Health Association Guidelines for Standards of Practice for Health Promotion in Higher Education: (see http://www.ryerson.ca/student-services/health-promotion/forms/SPHPHE_statement.pdf for details)

1. Integration with the Learning Mission of Higher Education
2. Collaborative Practice
3. Cultural Competence
4. Theory-Based Practice
5. Evidence-Based Practice
6. Continuing Professional Development and Service



Health Promotion Team 2009-2010



Summary of Student Employees, Volunteers & Placements

Ryerson Health Promotion is comprised of a dedicated team of student staff, volunteers and placement students. They work with the Health Promoter in the creation, execution and evaluation of the Peer Health Programs that we provide for the Ryerson Community. Overall, **46** students have been involved in the Peer Health Education Program in 2009-2010.

Program	OWSP/Paid Staff	Volunteer
S3: Sex, Substance & Safety Team	4	2
Active Nutrition Team	2	5
Food Demonstration Team	0	7
Peer Mental Health Outreach Team	3	1
Leave the Pack Behind Team	5	0
Communications Team	3	0
Nursing Placement Student(s)	11	N/A
Centennial Placement Student(s)	1	N/A
General Health/Projects	1	1
Full-Time Staff	1	N/A
TOTAL	31	16

Summary of Student Contact

POPULATION SEEN	EDUCATIONAL CAMPAIGNS
Number of Events	46
Active Nutrition Team	14
Leave The Pack Behind Team	8
Peer Mental Health Outreach Team	5
Sex, Substance & Safety Team	8
Number of Student Contacts	6500+
Number of Staff/ Faculty Contacts	25
Number of Workshops/ Outreach to Staff	2
Number of Workshops/ Outreach to Faculty	0

Other Events	No. of Students 2009-10
Theatre Tech Program	118
Stairway to Health	121
BUS 100: Get Connected	61
Orientation	~1780
Annual Ryerson Health Fair	~650
TOTAL	~2730

Peer Health Training: The Toronto Peer Health Network



Once again this year, students from Ryerson University, York University and U of T (Scarborough and Mississauga campuses) came together for a one day collaborative learning program in early January 2010. The attendance was excellent with over 130 students participating. This one day session gave the students an opportunity to practice their skills and reflect on their work from the fall semester.

This year's 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 the topic of "Healthism" and valuing diversity. 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 very positive and they enjoyed networking with their peers.

Peer Education Program Activities

Data collected from September 2009 to March 2010

Active Nutrition Team

- Provide individual nutrition consultation sessions – free for students
- Provide education, resources, workshops and personalized information packages on many nutritional, physical activity and healthy eating issues
- Assists students with meal plan design and healthy grocery shopping practices
- Interactive displays and outreach
- Volunteers facilitated food demonstrations twice each semester at



- various residence and student services events that focussed on different cuisines that featured healthy and budget friendly foods
- Other Events: Nutrition Month, Eating Disorders Awareness Week, free Abs & Butts classes once per semester at the RAC, Stairway to Health, promotion of the EatSmart campaign in partnership with RSNAC (Ryerson Students Nutrition Action Committee) and Toronto Public Health, as well as surveying students for EatSmart feedback on healthy vending machine food choices

<i>Number of Campaigns</i>	<i>Avg. # of staff at each event</i>	<i># of Contacts Made</i>
14	3	~1550 (including individual consultations)

Leave The Pack Behind Team

As a comprehensive, age-tailored, tobacco control initiative, Leave The Pack Behind (LTPB) integrates cessation, protection, prevention and industry denormalization activities to:

- Promote smoking cessation among occasional and regular smokers
- Protect non-smokers from second-hand smoke
- Expose tobacco industry tactics that keep people hooked on its deadly products



LTPB at Ryerson University offers the following services and supports to students:

- Social Support
- FREE Carbon Monoxide Testing
- "Survival Kits" for quitting
- Info on quitting/helping someone to quit
- Self-help Programs
- 'would rather' smoking cessation contest (Dec. 1, 2009 to January 20, 2010)
- Other Events: interactive BUS100 presentations, display booths and outreach, National Non-Smoking Week events, collaboration with Active Nutrition to highlight the connections between physical activity and smoking



<i>Number of Campaigns</i>	<i># of Students Reached face to face</i>	<i># of One on One interactions</i>	<i># of promotional items given out</i>
8	2485	1475	5015

Peer Mental Health Outreach 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



- Interactive workshops, interactive displays and special events throughout the year
- Tools to help you release stress
- Resources and support
- Other Events: Tea Houses & information displays, Psychology Awareness Week

<i>Number of Campaigns</i>	<i>Avg. # of staff at each event</i>	<i># of Contacts Made</i>
5	2	~665

Sex, Substance & Safety Team

- Education and information on STIs, contraception, negotiating safer sex, healthy sexuality, healthy relationships and HIV/AIDS
- Informal, interactive workshops on alcohol and drug related issues
- On-campus displays at health awareness events on campus
- Referrals to clinics and other professionals
- Free condoms to groups and individuals on campus
- Interactive workshops provided all year in residence and student groups upon request
- Other Events: Alcohol Awareness Week, AIDS Awareness Week, St. Patrick's Day Alcohol education event, educational displays and outreach



<i>Number of Campaigns</i>	<i>Avg. # of staff at each event</i>	<i># of Contacts Made</i>
8	2	~1090

Communications Team

The Communications Team has been involved in many initiatives this year that ranged from branding Health Promotions (complete with team logos), connecting Health Promotion to social networking sites (Facebook and Twitter), to assisting in redesigning and reformatting Blackboard into an online learning and discussion form for Ryerson Health Promotion.

The Communications Team has also continued to produce the RyeHealth Newsletter (Ryerson University Health Promotion) that is published twice each semester on a wide range of health and wellness topics and issues that are relevant to the student community. The Communications Team has done some promotional activities for their newsletter, and has connected with most academic departments at Ryerson to create a Departmental Listserv to advertise Health Promotion events to students





via listservs that exist across the university. These connections have further allowed all teams and events that Health Promotions facilitates to be more widely promoted.

The Communications Team also redesigned the web site and collaborated with University Advancement to help create press releases for National Non-Smoking Week (January 2010) and Nutrition Month (March 2010). They also participated in the Ryerson Health Fair by preparing a speech that was part of the Health Fair Launch with Minister Margaret Best (Ministry of Health Promotion), and President Sheldon Levy, with the speech being delivered by our very own Peer Health Promoter, Richard Gingras.

Other Health Promotion Events and Activities

Stairway to Health

Stairway to Health and the Stair Climb this year was a success! This event was held on January 21, 2010 and we had a total of about 120 people participate. Students and staff were very responsive and gave us lots of positive feedback on the events. We are continuing to encourage people to continue to take the stairs through our outreach activities.

Annual Ryerson Health Fair

This year was our 9th Annual Ryerson Health Fair in collaboration with the RSU. The Health Fair was launched with a press conference with Minister Margaret Best (Ministry of Health Promotion) and President Sheldon Level who encouraged students to live a health smoke-free



life. A great number of students attended the fair, in part to the location of the event in the Student Campus Centre and the date coinciding with the sale of monthly metro passes. Over 700 students participated in the event. Students and staff had a chance to visit close to 25 vendors from the community surrounding Ryerson University as well as Health Promotion displays to learn about both traditional and alternative ways to choose a healthy lifestyle. There were events throughout the entire week as well, which included Stairway to Health, educational displays and

interactive events such as the admission free “Kickin’ Butt” aerobics session in the RAC that encouraged physical activity smoking cessation.

FLU/Pandemic Campaign

One of our largest campaigns this year was the H1N1 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 both H1N1 and the flu included hand washing and the flu vaccines that were being offered at Ryerson University. Strategies included posters, displays, integration of Flu information into all Health Promotion workshops (including small prizes and giveaways of hand sanitizer), and Flu Buster distribution to Student Service units and Academic Departments. The campaign lasted over 2 months and reached a large number of the Ryerson community. In total, over 8,000 Flu Busters were distributed through outreach events, and pandemic planning workshops.



FLU BUSTER
H1N1 - Influenza Flu Information

How to treat the Flu at Home:

- Rest in bed
- Avoid Alcohol & Tobacco
- Drink plenty of fluids such as water, fruit juice, soup, or flat ginger ale
- Treat Fever and Pain with acetaminophen
- Make sure you have a 'Flu Buddy' to help you get food or assignments if you are sick

How to prevent the spread of the Flu:

- Wash your hands frequently
- Avoid touching your eyes or nose
- Stay home if you are sick
- Sneeze into your sleeve or tissue

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If you have questions, please call Telehealth Ontario at 1-866-797-0000

Eating Disorders Workshops:

Health Promotion partnered with Dr. Jacqui Gingras in the School of Nutrition to facilitate a workshop called "Chocolate Covered Discontent", as well as with Colleen Conroy-Amato from the Centre for Student Counselling and Development (CDSC) who facilitated a workshop on "Male Body Image & Disordered Eating" during Eating Disorders Awareness week in February 2010. The response has been very positive so far and we will hope to continue these in the future.

Food Demonstration Project:



Health Promotion had senior Nutrition students run a pilot "Food Demonstration" project that partnered with Residence and International Student Services (ISS) to offer free healthy cooking seminars that offered students some ideas on how to prepare fast, healthy and affordable food with minimal utensils and lots of confidence! The program was very well received and is already being requested by student groups and Student Services partners alike for the 2009-10 year!

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, program evaluation and assessment of learning outcomes for each campaign and event will have a stronger focus and help evaluate Health Promotion's connection to higher education's commitment to student engagement, support and learning.

Future Initiatives

1. **Service Learning with Sociology:** Health Promotion is partnering with Dr. Andie Noack in Sociology in Fall 2010 to become a “client” for their students who are participating in the service learning component of a research methodology course. Data that will be collected will further examine the perceived accessibility of mental health services at Ryerson University.
2. **EatSmart Vending Machines Pilot Project:** During the Winter 2010 semester, students on Ryerson University’s campus were surveyed by Peer Health Promoters to get their feedback on healthy food choices that they would like to see in the vending machines on campus. The survey results were tabulated and the four busiest vending machines on campus (of the total fourteen vending machines on campus) will be featuring the EatSmart healthy food options in them in Fall 2010 and Winter 2011. A promotional campaign will support this initiative.
3. **“Check Your Package” Pilot Project:** A partnership with Toronto Public Health, this social marketing and awareness campaign will serve to inform program implementation in other post-secondary institutions, campus health clinics, and sexual health clinics in the future for greater awareness of testicular cancer. In Fall 2010, Ryerson University will launch the campaign through communication channels such as poster placements, organizing and/or promoting Testicular Self-Examination at community/campus events, school newspaper, school radio, health promotion website, etc.etc. The program will also have Health Promotion linking Toronto Public Health to the Medical Centre physicians (and/or other clinic staff) on campus.
4. **LTPB Quit Run Chill Program:** This is a free online program that lasts 8 weeks (after participants launch their account) that is tailored for young adults who are smokers & ex-smokers. It's based on the idea that everyone wants to be a bit healthier. It offers facts about quitting, being active, and managing stress. LTPB, Active Nutrition and Peer Mental Health will be collaborating to promote this campaign.
5. **Community Development within Faculties at Ryerson University:** Health Promotion will be reaching out to faculty to find new ways of collaborating and connecting with student in courses to help facilitate health promotion projects and to help us create a healthy campus.
6. **ACHA Survey Analysis:** The ACHA Survey was administered to Ryerson students in March 2010. The results and data are now completed and the data will be further analyzed in the upcoming months to better understand the needs of the Ryerson student population as it pertains to their health and wellness.
7. **Annual Ryerson Health Fair 2011:** The Annual Ryerson Health Fair has already started planning for Wed. Jan. 19, 2011! This collaboration between Health Promotion and Ryerson Students’ Union will feature more vendors in the Upper Hub in the Podium Building.