

Ryerson University

Health Promotion Annual Report 2013 - 2014



Prepared by

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For

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HEALTH PROMOTION UNIT 2013-2014

Vision:

A university community that is fully committed and engaged in developing and sustaining supportive environments that foster health and academic success.

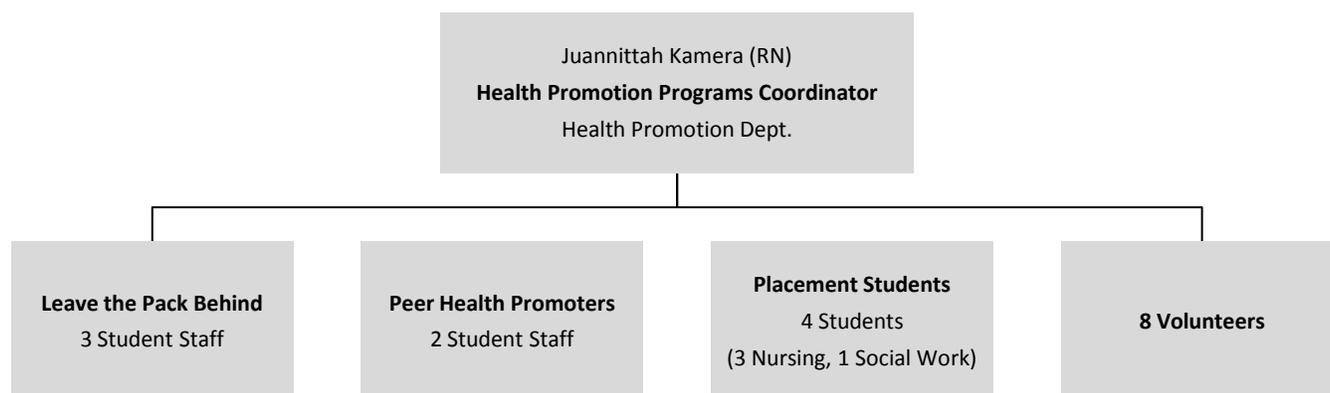
Mission:

- + To be a catalyst for the Ryerson community to create its own healthy and supportive environment.
- + To be recognized and valued by students and staff as the unit that inspires and supports effective health promotion practice on campus.

Who We Are:

The Health Promotion Unit consists of a Health Promotion Programs Coordinator, peer health promoters, placement students and volunteers. We are dedicated to promoting the health and well-being of Ryerson University students by providing current and relevant health information, working with students and staff to develop a healthy community and ensuring high quality health promotion information and support.

The 2013-2014 Health Promotion Team



ACTIVITIES AND CORE RESPONSIBILITIES

There was a significant increase in Health Promotion interactions with students this last year, with all activities being well received across campus. We improved our use of electronic communications tools to deliver health messages to students who might choose not to participate in Health Promotion activities, and through our partnerships with campus and community partners, we were able to reach out to a larger number of students from different faculties and cultural backgrounds. Below is a summary of the activities that the Health Promotion Unit engaged in to meet our core responsibilities of informing, increasing knowledge and/or skill, facilitating healthy behaviours and supporting/consulting.

INFORM

Provide current and relevant information to the Ryerson University community.

-  We delivered presentations and facilitated discussions to incoming undergraduate students on transition to university, what they can expect to experience and what supports are available to them.
-  We communicated to individual Student Affairs staff and presented to International Students Services staff on what the Health Promotion unit does and how we can support them in their work.
-  A **Student Health Assessment (NCHA 2013)** was conducted to investigate the health status of Ryerson University students, determine current health trends and identify factors that impact student academics. We had a 13% response rate to the survey and the results are currently being analyzed and results will be disseminated once completed.

INCREASE KNOWLEDGE AND SKILLS

Strategically develop the skills of student leaders and facilitate continued professional development to increase health knowledge and the uptake of Health Promotion activities.

Collaborations:

-  We collaborated with three Ryerson University partners on a variety of initiatives this year. We co-facilitated **informational workshops** for students and parents of the SHIFT program with the Access Centre, ran four successful **Flu clinics** with the Daphne Cockwell School of Nursing and ran our inaugural series of **mental health video logs** with students from the CELT in PSY 808 Introduction to Community Psychology class.

Mental Health Initiatives:

Our fall and winter mental health week activities were well received by the community and a number of students participated in our events. Our objectives were to raise awareness of the mental health initiatives and activities that were happening on campus as well as to get students involved and engaged in mental health discussions and activities.

 The **Townhall meeting** in the fall to launch the Ryerson Mental Health Advisory Committee's Recommendations report generated some discussion through live blogs that were run by the Ryersonian. 75% of the people polled agreed with the recommendations made by the committee.

We were pleased with our student involvement this year as we had more students participate in the creation and delivery of some of our initiatives. 72 people contribute to the winter **Express Yourself for Mental Health Art Showcase** and 59% of students reported that they would participate if it happened again. Some of the feedback included “[The Express Yourself Art Showcase]... brought the Ryerson community together in creating an environment that is supportive of mental well-being.”

 One of our placement nursing students developed **RU Active - A Mental Health Wellbeing Education Resource Kit For Faculty & Instructors**. RU Active is a program for Ryerson Faculty to use in the classroom that allows them to foster a supportive environment where students can engage in mental breaks as a form of stress reduction. This resource was piloted with professors and was very receptive and they are willing to assist in getting the toolkit to other faculty. Student feedback was also very positive with some saying that they “...thought it was fun, informative, engaging, and provided stress relief.”, while others “.....would like to see the program implemented by professors at Ryerson.”, other some “.....thought it provided a change to the traditional classroom norms.”.

FACILITATE HEALTHY BEHAVIOURS

Provide opportunities for community members to develop or engage in healthy behaviours.

Our smoking cessation team – **Leave The Pack Behind** (LTPB) did excellent work raising awareness of LTPB and smoking cessation supports that are available on campus. Their efforts helped at least 44 students at Ryerson to quit smoking and they had 1860 face to face interactions with students interested in smoking cessation.

This year we ran four **flu clinics** in collaboration with a 3rd year nursing class and 451 members of our community were vaccinated against the seasonal flu. During these clinics outreach to students was conducted where they were offered information and resources about the impacts that the flu has on student academics.

Know The Score was once again invited to come and raise awareness on the dangers of gambling and how students can get help if they find themselves addicted to gambling, especially online gambling.

SUPPORT/CONSULT

Provide high quality health and Health Promotion related support. Serve as a consultant.

Connections:

Health Promotion made 16 connections for external inquiries. The nature of the inquiries ranged from members of the public wishing to be connected to a Ryerson University department (e.g. the Sleep and Depression Lab and the IMPACT Lab) to community groups wanting to connect with faculty for collaboration on projects (Fetal Alcohol Spectrum Disorder network wanted to connect with the School of Midwifery).

Facilitated Student Collaborations:

We were more intentional with the work that we did with student groups this year. Whenever possible we brought groups together to work on a common project or event and we were successful with bringing together groups such as Stop Impaired Driving Student Association (SIDSA) with LTPB for a drinking and smoking event in residence and supporting Students for Mental Awareness, Support, and Health (SMASH) as they collaborated with ENACTUS on some mental health workshops.

Referrals:

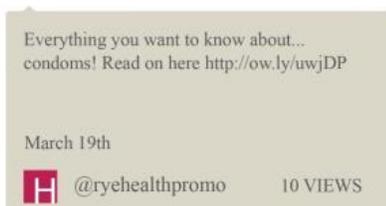
14 students called or came to the office requesting assistance and based on their needs we connected them to appropriate internal departments or services.

Consultations:

We were excited this year when more and more students and student groups approached Health Promotion requesting our assistance with reviewing their programs, facilitating health workshops or creating new initiatives. 27 Health Promotion consultations were provided to students & student groups.

Social Media Reach

Our digital reach slowly grew this year with both our Facebook and Twitter followers increasing by at least 16%. These were some of our more popular posts that engaged the students.



Students from the CELT in PSY 808 Introduction to Community Psychology class contributed 26 **Mental Health Video Logs** which were uploaded to the Health Promotion Vimeo account between October 7th-11th and October 21st-25th. On average each video had 14.7 unique views with one of the videos getting 107 unique views. These were some of our most viewed videos:



Karmela and Phillip I
107
VIEWS

Karmela and Phillip talk about some of the ways they like to de-stress.



Karmela and Phillip III
48
VIEWS

Karmela and Phillip talk (or should I say draw) about what mental health means to them.



Healthy Champions II
17
VIEWS

Interview with Pyiar, a Tim Hortons employee and a Ryerson Healthy Champion.

WORKS IN PROGRESS

There are three initiatives that the students began working on this year that will be completed and implemented next academic year. These initiatives are:

+ **Gym Buddies**

This initiative will aim to increase physical activity among Ryerson students by allowing students to find workout partners. Other benefits include meeting new people and continuing a regular workout schedule.

+ **Nutrition Workshops**

The purpose of the workshops is to promote and increase knowledge among students about the importance of eating healthy and also to provide them with the education, tools and strategies to empower them to make healthy food choices in their everyday lives.

+ **RU Active Resource Kit**

The kit needs to be edited for dissemination to faculty and instructors

HEALTH PROMOTION 2014-2015

In the following academic year the Health Promotion Unit will work towards the following:

- + Disseminating the NCHA findings to the Ryerson Community
- + Providing students with new health messages on key health themes throughout the year
- + Increasing collaborations with student groups on health promotion initiatives
- + Increasing collaborations with Student Affairs departments on health promotion initiatives
- + Strengthening our internal and external partnerships