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Wellness and Prevention Services at Appalachian State University

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Health and Wellness Town Hall
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Roadmap for Today's Presentation



- ❖ Well-being Defined
- ❖ Introduction to Wellness and Prevention Services
- ❖ Exploring Obstacles to Academic Performance
- ❖ Review of Health-related Behaviors
- ❖ Strategic Planning of Wellness and Prevention Services

Well-being

“...an integrated method of functioning which is oriented toward **maximizing the potential** of which the individual is capable, within the environment where he is functioning...”²

Satisfaction with life, **fulfillment and positive functioning**³⁻⁵



²Halbert Dunn, High Level Wellness, 1961

³Andrews FM, Withey SB. Social indicators of well-being. NewYork: Plenum Press; 1976:63–106.

⁴Diener E. Subjective well being: the science of happiness and a proposal for a national index. *American Psychologist* 2000;55(1):34–43.

⁵Ryff CD, Keyes CLM. The structure of psychological well-being revisited. *Journal of Personality and Social Psychology* 1995;69(4):719–727

Wellness and Prevention Services



Mission:

“The Department of Wellness and Prevention Services at Appalachian State University serves all students through the promotion of healthy behaviors, risk behavior modification services, and advocacy for campus-wide health policies that facilitate student success and holistic well-being.”

Vision:

“To create an environment in which all students of the Appalachian community can thrive and achieve optimal well-being.”

Wellness and Prevention Services:

Meet the Team



Wellness and Prevention Services

Overview of Programs and Services, Aug. 2015- March 17, 2016

Counseling Services	Health Education and Skill Building Outreach	Prevention Training
<p><i>Alcohol and Other Drugs</i></p> <ul style="list-style-type: none"> ❖ 837 Student Consultations <p><i>Nutrition</i></p> <ul style="list-style-type: none"> ❖ 307 Student Consultations 	<p><i>Requested Programs and Sponsored Events</i></p> <ul style="list-style-type: none"> ❖ 2,205 Students <p><i>Alcohol and Other Drug</i></p> <ul style="list-style-type: none"> ❖ 315 Students <p><i>19 Residential Hall Programs</i></p> <ul style="list-style-type: none"> ❖ Approx. 35 Students/Event <p><i>Guided Meditations and Koru</i></p> <ul style="list-style-type: none"> ❖ 84 Students 	<p><i>Interpersonal Violence</i></p> <ul style="list-style-type: none"> ❖ 3,109 Students ❖ 45 Univ. Employees <p><i>AlcoholEdu</i></p> <ul style="list-style-type: none"> ❖ Phase 1- 3,256 Students ❖ Phase 2- 1,142 Students <p><i>Haven</i></p> <ul style="list-style-type: none"> ❖ Phase 1- 2,602 Students ❖ Phase 2- 939 Students <p><i>Suicide Prevention</i></p> <ul style="list-style-type: none"> ❖ 1,636 Students ❖ 273 Univ. Employees

A Review of Today's College Student: Obstacles to Academic Performance

National Sample

American College Health Association. American College Health Association-National College Health Assessment II: Reference Group Undergraduate Executive Summary Spring: 2009, 2010, 2011, 2012, 2013, and 2014.

- ❖ Stress 26-32%
- ❖ Anxiety 19-23%
- ❖ Sleep difficulties 19-22%
- ❖ Cold/Flu/Sore throat 16-18%
- ❖ Work 13-16%
- ❖ Depression 12-14%
- ❖ Internet use/games 12-14%
- ❖ Extracurricular activities 9-12%
- ❖ Concern for troubled friend or family 11-12%
- ❖ Relationship difficulties 10-11%

Appalachian Sample

American College Health Association. American College Health Association-National College Health Assessment: Appalachian State University Spring 2015.

- ❖ Stress 33%
- ❖ Anxiety 29%
- ❖ Sleep difficulties 25%
- ❖ Cold/Flu/Sore throat 19%
- ❖ Depression 17%
- ❖ Relationship difficulties 13%
- ❖ Concern for a troubled friend or family member 11%
- ❖ Work 11%
- ❖ Internet use/computer games 10%
- ❖ Extracurricular activities 10%

Appalachian State University's Students: Health-related Behaviors

- ❖ Phase I of the APP State Wellness Assessment, Fall 2015
 - ❖ Quantitative
 - ❖ N= 1,144 student participants
- ❖ Phase 2 of the APP State Wellness Assessment, Summer & Fall 2016
 - ❖ Qualitative

Appalachian State University's Students: Health-related Behaviors

ALCOHOL and OTHER DRUGS

Tobacco:

- ❖ N=148 (13%), 75% used prior to APP State
- ❖ Pop. of Interest: Males; Off-campus; and Military affiliation

Marijuana:

- ❖ N= 327 (29%), 75% used prior to APP State
- ❖ Pop. of Interest: Males

Alcohol:

- ❖ Use, N= 882 (77%); Binge Drinking, N= 239 (21%), 76% consumed alcohol prior to APP State
- ❖ Pop. of Interest: Students <21; 1st and 2nd year students; On-campus; and Male fraternity members

Prescription Drugs and Other Illicit Drugs:

- ❖ N= 75 (7%), 53% used prior to APP State
- ❖ Pop of Interest: Males; and Off-campus

Appalachian State University's Students: Health-related Behaviors

SEXUAL HEALTH

Sexually Active:

- ❖ N= 639 (56%)
- ❖ Pop. of Interest: Off-campus

Consistent Barrier Method Use:

- ❖ N= 290 (45% of Sexually Active Population)
- ❖ *Pop. of Interest (inconsistent barrier use): Students that identify as White; and Off-campus

Contraceptive Use:

- ❖ N= 515 (81% of Sexually Active Population), n= 53 (8% of Sexually Active Population indicated N/A)

Appalachian State University's Students: Health-related Behaviors

INTERPERSONAL VIOLENCE (at any point during enrollment at APP)

Physical and/or Verbal Assault:

- ❖ N= 86 (8%)
- ❖ Pop. of Interest: First-generation; Multi-racial students; Sexual minorities; and Off-campus

Non-consensual Touching of a Sexual Nature:

- ❖ N= 112 (10%)
- ❖ Pop. of Interest: Non-males; Racial/ethnic minorities; Sexual minorities; and First-generation

Appalachian State University's Students: Health-related Behaviors

MENTAL HEALTH WELL-BEING (IN THE PAST 12 MOS.)

Anxiety and/or Depression:

- ❖ N= 556 (49%)
- ❖ Pop. of Interest: ≥ 21 ; Non-males; and Sexual minorities

Suicidal Ideation:

- ❖ N= 83 (7%)
- ❖ Pop. of Interest: Sexual minorities; and First-generation

Sought Assistance from Mental Health Professional:

- ❖ N= 226 (41%)
- ❖ *Pop. of Interest: First-generation (no difference)

Appalachian State University's Students: Health-related Behaviors

PHYSICAL ACTIVITY in the PAST 7 DAYS

- ❖ 0-1 day, N= 244 (21%)
- ❖ 2-4 days, N= 621 (54%)
- ❖ 5-7 days, N= 267 (23%)
- ❖ Pop. of Interest: Non-males

RAW FRUIT and VEGETABLE CONSUMPTION IN THE PAST 7 DAYS

- ❖ Never/rarely, N= 263 (23%)
- ❖ Sometimes, N= 447 (39%)
- ❖ Often, N= 422 (37%)

Facilitating the Transformative Educational Experience

“To create an environment in which **all students** of the Appalachian community can **thrive** and **achieve optimal well-being.**”

Strategic Planning of Wellness and Prevention Services

- ❖ Data usage to:
 - ❖ Identify populations of interest
 - ❖ Identify additional needs and gaps in service provision
 - ❖ Allocate resources and pursue/secure additional resources

- ❖ Student Well-being Improvement Team
 - ❖ Identify model programs/best practices
 - ❖ Assess, Create, Test, Tinker, Implement, Evaluate...repeat...

- ❖ Resiliency Institute
 - ❖ Meditations and Mindfulness
 - ❖ Thriving while Transitioning to Appalachian

- ❖ Sexual Health Coaching

Questions



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Wellness and Prevention Services

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