Wellness and Prevention Services at Appalachian State University

Alex F. Howard, DrPH
Director

Health and Wellness Town Hall
April 19, 2016
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
“...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...”

Satisfaction with life, fulfillment and positive functioning

---

2 Halbert Dunn, High Level Wellness, 1961
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

<table>
<thead>
<tr>
<th>Counseling Services</th>
<th>Health Education and Skill Building Outreach</th>
<th>Prevention Training</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Alcohol and Other Drugs</strong></td>
<td><em>Requested Programs and Sponsored Events</em></td>
<td><strong>Interpersonal Violence</strong></td>
</tr>
<tr>
<td>✦ 837 Student Consultations</td>
<td>✦ 2,205 Students</td>
<td>✦ 3,109 Students</td>
</tr>
<tr>
<td><strong>Nutrition</strong></td>
<td><strong>Alcohol and Other Drug</strong></td>
<td>✦ 45 Univ. Employees</td>
</tr>
<tr>
<td>✦ 307 Student Consultations</td>
<td><strong>19 Residential Hall Programs</strong></td>
<td><strong>AlcoholEdu</strong></td>
</tr>
<tr>
<td></td>
<td>✦ Approx. 35 Students/Event</td>
<td>✦ Phase 1- 3,256 Students</td>
</tr>
<tr>
<td></td>
<td>Guided Meditations and Koru</td>
<td>✦ Phase 2- 1,142 Students</td>
</tr>
<tr>
<td></td>
<td>✦ 84 Students</td>
<td><strong>Haven</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td>✦ Phase 1- 2,602 Students</td>
</tr>
<tr>
<td></td>
<td></td>
<td>✦ Phase 2- 939 Students</td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Suicide Prevention</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td>✦ 1,636 Students</td>
</tr>
<tr>
<td></td>
<td></td>
<td>✦ 273 Univ. Employees</td>
</tr>
</tbody>
</table>
A Review of Today’s College Student: Obstacles to Academic Performance

**National Sample**

- 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**

- 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

Alex F. Howard, DrPH
Director
Wellness and Prevention Services
howardaf@appstate.edu