



Health Services
DIVISION OF STUDENT AFFAIRS

Health Promotion

**2022-2023
ANNUAL REPORT**

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A Message from the Assistant Director of Health Promotion

Dear Friends and Colleagues,

This past year has brought positive growth and change for the Health Promotion department. I was hired on with a team of one coordinator and one Peer Health Educator. Within our first year, we added an ATOD Prevention Specialist and 9 new Peer Health Educators.

The programs and initiatives within this review reflect the work of our dedicated team and collaborations with our campus partners. Our Health Promotion department offers health education, programs, and materials to assist students in making educated decisions concerning alcohol, drugs, physical health, sexual health, emotional health, overall wellness and other health-related topics.

Thank you for taking the time to review the 2022-2023 Health Promotion Annual Report.

Be well,

Alexis M. Washington, M.S., CHES
Assistant Director, Health Promotion

HEALTH SERVICES' MISSION

To support students' academic success by providing excellent health care and promoting wellness.

OUR MISSION

To support students' health and well-being by engaging and empowering them to make positive changes and choose healthy behaviors.

MEET THE TEAM

**YVONNE
MEDRANO**



Associate Director of
Health Services

**ALEXIS
WASHINGTON**



Assistant Director of
Health Promotion



Health Promotion
Specialist

**ZOE
ZAPATERO**



ATOD Prevention
Specialist

**CARLA
WHITEHEAD**

WELCOME, CARLA!



In April, the Health Promotion team welcomed a new Alcohol, Tobacco, and Other Drugs (ATOD) Prevention Specialist to the team. This new and vital will enhance substance misuse prevention efforts in our ATOD wellness programs.

Carla Whitehead is a Mississippi native and Provisional Licensed Professional Counselor. She earned her Master's degree in Counseling Psychology from William Carey University. Carla enjoys helping students discover new perspectives in meeting their holistic health goals. She is passionate about using her skills and authenticity to support substance misuse use education and outreach at UTA as the ATOD Prevention Specialist.

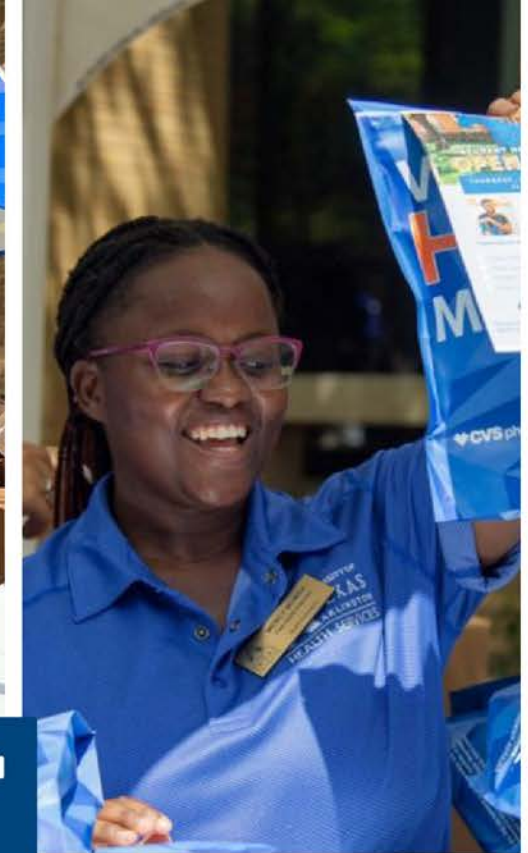
PEER HEALTH EDUCATORS



Back: Ayleanna Westbrooks, Wendy Hernandez, Jade Davis, Christopher Lemaire, Aastha Arora, Jordan Hassell
Front: Camille Condron, Maria Mridu, Sariah Richard, Mercy Mumba, Tistha Joshi, Claire Condron

The purpose of the peer health education program is to promote and educate fellow Mavericks on cultivating holistic well-being through effective communication and educational programming. Peer Health Educators are trained to lead programs, events, and workshops to educate students on topics related to substance misuse, sexual health, physical health, and general wellness while empowering their peers to practice healthy lifestyles.

**FALL 2022
PROGRAMMING**



AUGUST

ATTENDEES:

- | | | | |
|------|-------------------------------|-------------|---|
| 8/19 | MAV ELITE TRAINING | 30 | Mav Elite Training was conducted at the Dan Dipert University Welcome Center. Health Promotion presented on Health Services and alcohol, tobacco, and other drugs misuse prevention. |
| 8/22 | WHAT'S THE BUZZ? | 145 | What's the Buzz? was a tabling event held in the MAC. Alternatives to alcohol use were discussed as well as information on serving sizes. Students were able to infuse water with fruit and mint and received free water bottles from our water-enhancer bar. |
| 8/25 | HIV TESTING | 01 | Free rapid HIV testing by My Health My Resources (MHMR) of Tarrant County takes place monthly in the Health Promotion office. |
| 8/31 | FALL ACTIVITY FAIR DAY | 2100 | Fall Activity Fair Day was located at the UC Mall. Health Promotion met students and discussed available resources and health education sessions as well as handed out free CVS sample packs. |



SEPTEMBER

ATTENDEES:

9/1	OPEN HOUSE	288	Health Service showcased the facility and services available through the health center and CAPS.
9/7	DIY THRIVE KITS	415	The DIY Thrive Kit event took place in the Palo Duro Lounge. This event highlighted emotional wellness. Students received self-care items and a succulent.
9/13	HEALTHY MAVS 101	24	The Healthy Mav 101 workshop was presented in Preston Hall to a UNIV 1000 class. This workshop highlighted the services we offer.
9/13 9/15	HIV TESTING	05	Free rapid HIV testing by My Health My Resources (MHMR) of Tarrant County takes place monthly in the Health Promotion office.
9/21	HEALTH FIESTA	250	The Health Fiesta took place in front of the health center. Students learned about wellness resources on campus while playing loteria.
9/28	STUDY ABROAD SERIES	08	The Study Abroad Educational Series workshop was presented in the University Center (Neches). We discussed general health and how to care for yourself while in another country.
9/29	SUICIDE PREVENTION	15	A suicide prevention awareness workshop was presented in the College of Business Administration building to Alpha Kappa Alpha Sorority, Inc.



OCTOBER

ATTENDEES:

10/4	U IN THE DRIVER SEAT	350	<p>National Night Out took place at Brazos Park. We partnered with the UTA Police Department to teach the importance of not driving while under the influence using U in the Driver Seat materials.</p>
10/5	TRASH YOUR INSECURITIES	303	<p>Health Promotion partnered with CAPS for their Fresh Check Day. Students were encouraged to write an insecurity on a sticky note and threw it in the trash to help with their emotional health.</p>
10/11 10/13	HIV TESTING	01	<p>Free rapid HIV testing by My Health My Resources (MHMR) of Tarrant County takes place monthly in the Health Promotion office.</p>
10/12	BREAST CANCER AWARENESS	12	<p>The breast cancer awareness workshop was presented to Sigma Lambda Gamma Sorority, Inc. and highlighted prevention and resources available at Health Services.</p>
10/14	BUZZED & BLAZED	20	<p>The Buzzed and Blazed workshop was presented to the College Panhellenic Council. We discussed the effects of alcohol, tobacco, and other drug misuse.</p>



OCTOBER

ATTENDEES:

10/18	HEALTHY MAVS 101	30	The Healthy Mav 101 workshop was presented in Pickard Hall to a UNIV 1131 class. This workshop highlighted the services we offer.
10/19	HEALTH & WELLNESS EXPO	203	The Health and Wellness Expo event was located in the Palo Duro Lounge. We partnered with the Shorthorn to discuss general health and wellness information.
10/20	PAT TABLE	30	The Peers Against Tobacco (PAT) tabling took place in front of the health center. We discussed reasons why students should not use tobacco and nicotine products.
10/21	BREAST CANCER AWARENESS	18	The breast cancer awareness workshop was presented to the UTA chapter of the National Association for the Advancement of Colored People (NAACP).
10/27	HALLOWEEN CASINO NIGHT	750	Halloween Casino Night took place in the University Center (Bluebonnet and Rosebud). We discussed alternatives to alcohol and how to measure blood alcohol content. We partnered with Excel, UTA Police, and Campus Recreation.
10/28	BUZZED & BLAZED	08	The Buzzed & Blazed workshop was presented to the residents of Vandergriff Hall. We discussed the effects of alcohol, tobacco, and other drug misuse.



NOVEMBER

ATTENDEES:

11/7	9D OF WELLNESS	20	The 9 Dimensions of Wellness workshop took place in ARCH 401.. Our team discussed general health and wellness as well as resources for architecture students.
11/8	GAME OF COLLEGE LIFE	150	The Game of College Life took place in front of the health center. The purpose was to teach students about financial wellness and tips.
11/9	HIV TESTING	02	Free rapid HIV testing by My Health My Resources (MHMR) of Tarrant County takes place monthly in the Health Promotion office.
11/9	9DS OF WELLNESS	10	The 9 Dimensions of Wellness took place in a West Hall Classroom. Our team discussed general health and wellness as well as resources for students.
11/17	ELIMINATE TOBACCO USE DAY	100	Eliminate Tobacco Use Day took place in the Palo Duro Lounge we partnered with Employee Health & Wellness and Public Health Program. We discussed the harmful effects of tobacco use and also did a cigarette butt pickup.
11/29	CONDOM TABLE	48	Free condoms and lube were distributed to students as well as education on safer sex practices and free STI testing days at the health center.
11/30	WORLD AIDS DAY	61	The World AIDS Day event was a partnership with the LGBTQ+ Program to promote HIV prevention and give student free sexual health supplies and resources.

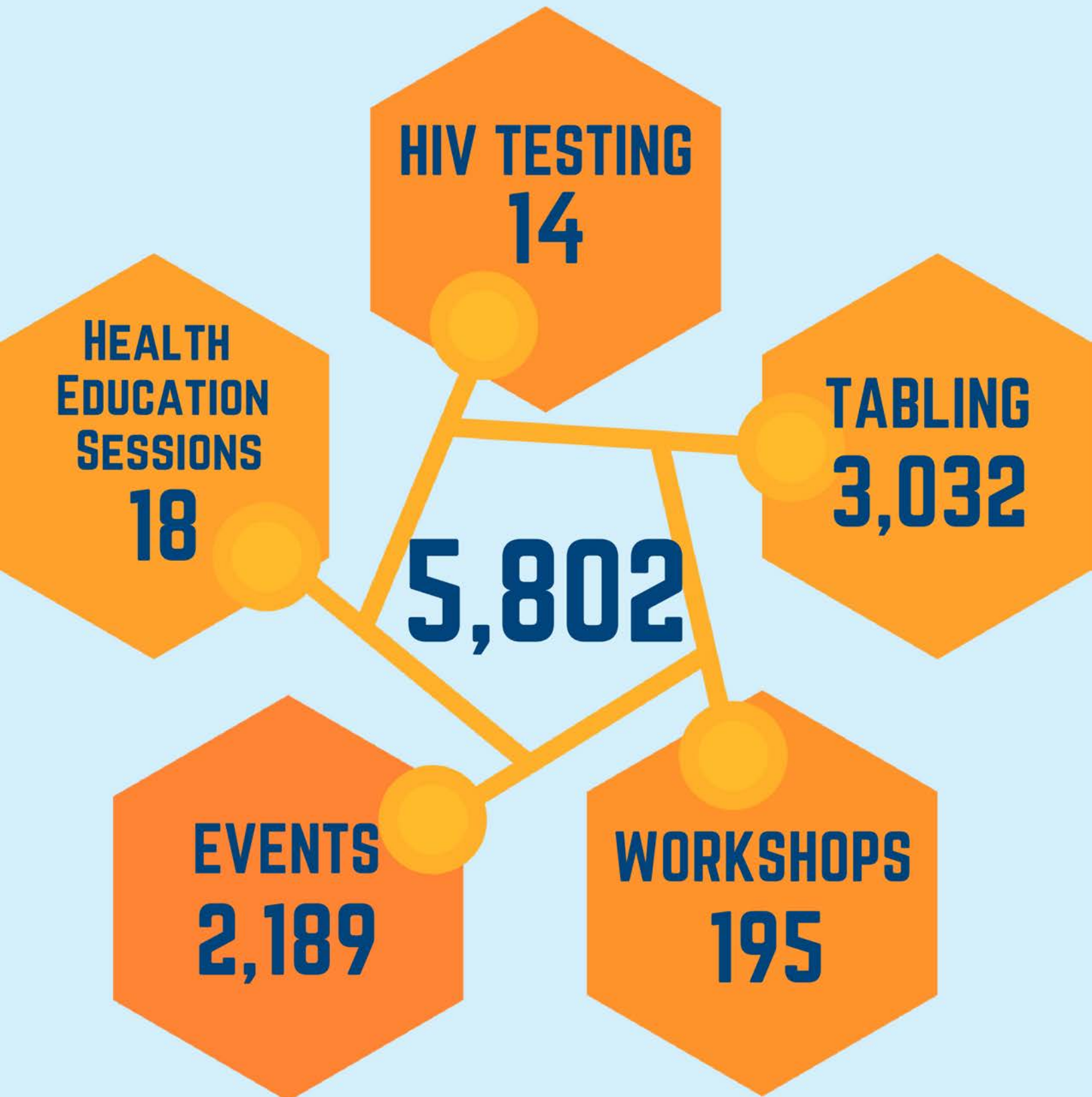


DECEMBER

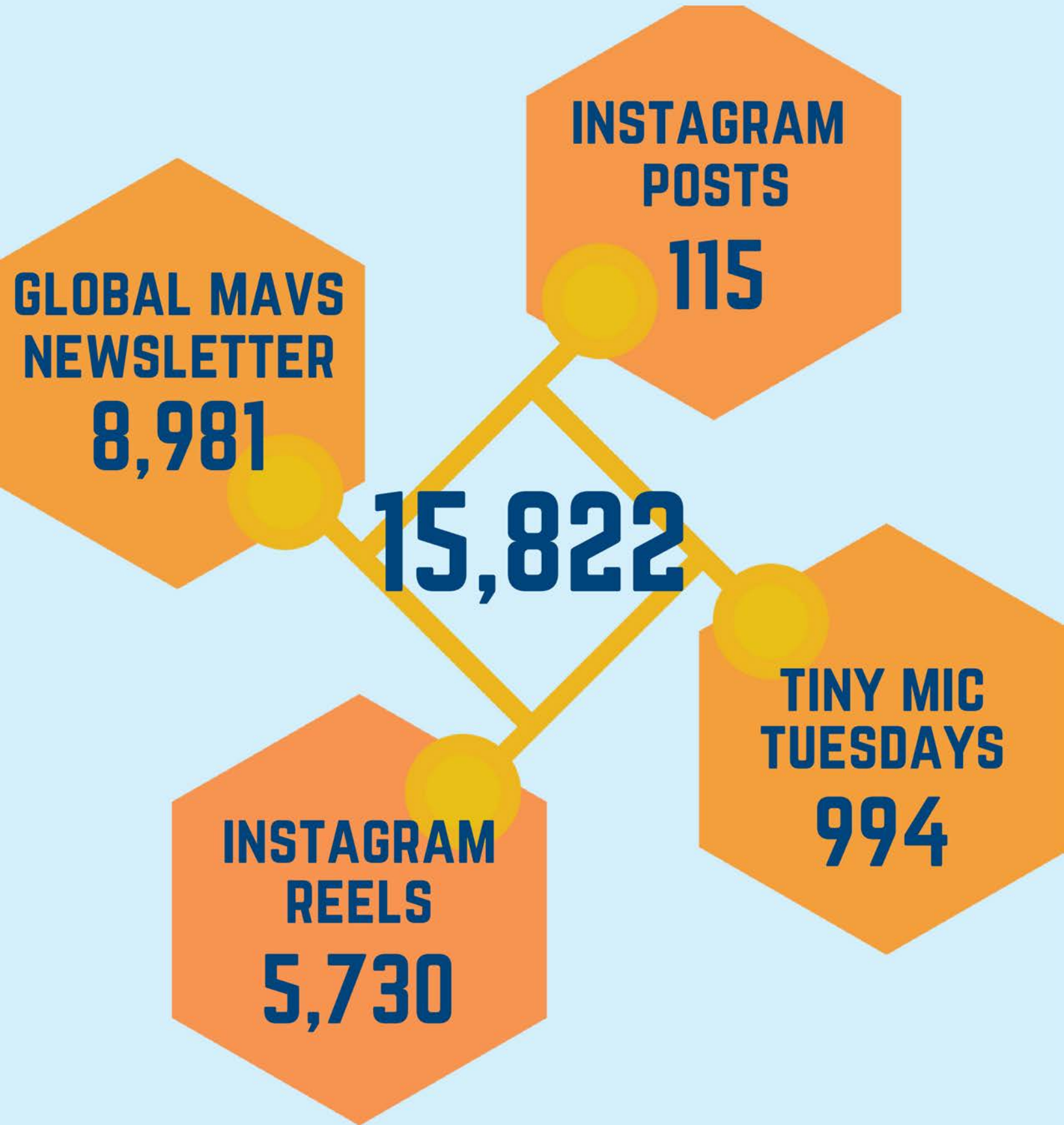
ATTENDEES:

12/2	CONDOM TABLE	60	Free condoms and lube were distributed to students as well as education on safer sex practices and free STI testing days at the health center.
12/5	WELLNESS RETREAT	176	The Wellness Retreat was a partnership with RVSP and Campus Rec to help students focus on their emotional wellness and relax before finals.
12/6	CONDOM TABLE	40	Free condoms and lube were distributed to students as well as education on safer sex practices and free STI testing days at the health center.
12/6	NMO ACTIVITY FAIR	40	The Activity Fair was located in the Palo Duro Lounge, Incoming students met staff and learned about resources our department offers.
12/8	HIV TESTING	05	Free rapid HIV testing by My Health My Resources (MHMR) of Tarrant County takes place monthly in the Health Promotion office.
12/19	NMO ACTIVITY FAIR	84	The Activity Fair was located in the Palo Duro Lounge, Incoming students met staff and learned about resources our department offers.

TOTAL FALL 2022 SEMESTER INTERACTIONS



TOTAL FALL 2022 MEDIA INTERACTIONS



SPRING 2023 PROGRAMMING



JANUARY

01/25

**SPRING
ACTIVITY
FAIR DAY**

ATTENDEES:

433

Spring Activity Fair Day was located in the Palo Duro Lounge. Staff met with students and discussed available health and wellness resources our department offers.



FEBRUARY

ATTENDEES:

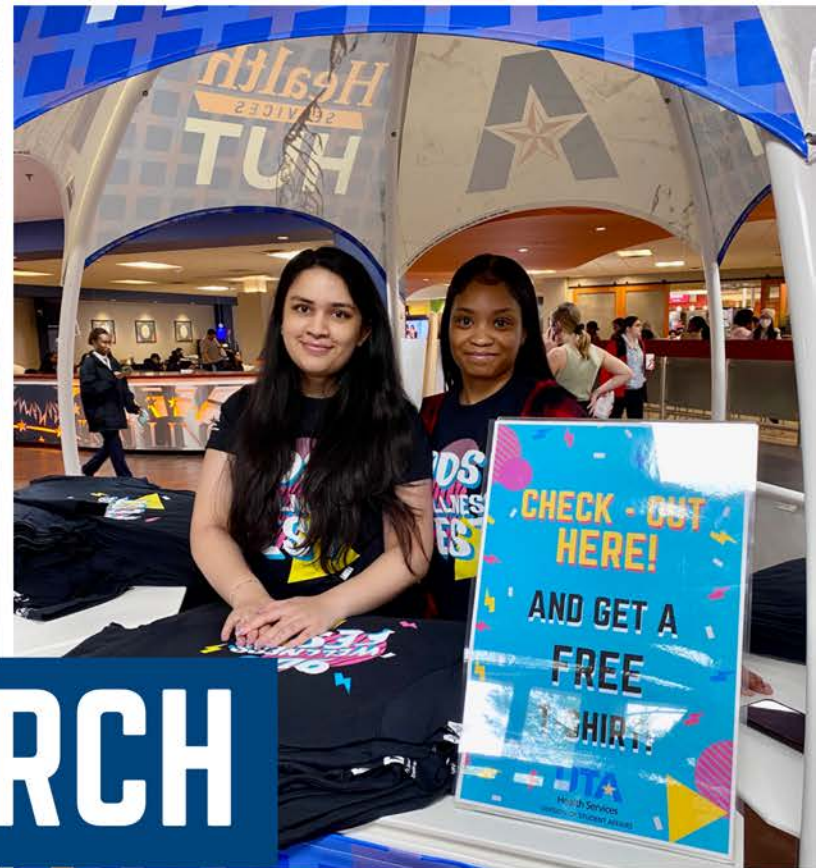
2/7 2/9	HIV TESTING	01	Free rapid HIV testing by My Health My Resources (MHMR) of Tarrant County takes place monthly in the Health Promotion office.
2/8	SAFER SEX IS SEXCESSFUL	12	This sexual health workshop was provided to residents of West Hall. Students learned about how to be sexual health and safer sex resources.
2/9	CULTURAL WELLNESS CELEBRATION	310	The cultural wellness dimension was introduced to students at Global Grounds. Students learned about cultural wellness and the resources on campus.
2/14	RAINBOW, SEX & CHOCOLATE	60	This was a collaborative event with the LGBTQ+ Program. Students were able to visit several info tables and attend a presentation discussing STI awareness.
2/15	HEART HEALTH	204	We partnered with Sigma Lambda Gamma to table and discuss heart health resources with students during American Heart Month.
2/23	HEALTHY MAVS 101	25	The Healthy Mav 101 workshop was presented to a KINE4357 class. This workshop highlighted the services we offer and Certified Peer Educator training.
2/24	9DS PRE-SURVEY TABLE	41	Peer Health Educators asked students to fill out a survey to identify what topics students were interested in learning about at the 9Ds Wellness Fest.



MARCH

ATTENDEES:

3/1	HEALTHY MAVS TABLE	10	Students learned about Gynecological Services at the health center at this Women's Herstory Month event.
3/1	PAT TABLE	60	Peers Against Tobacco (PAT) tabled to recruit students for a cigarette butt pickup.
3/7 3/9	HIV TESTING	11	Free rapid HIV testing by My Health My Resources (MHMR) of Tarrant County takes place monthly in the Health Promotion office.
3/8	90'S WELLNESS FEST	383	Student learned about how various campus departments support the 9 Dimensions of Wellness and received wellness resources before they left for spring break.
3/9	HEALTHY MAVS 101	25	This workshop was presented to a KINE2350 class. This workshop highlighted the services we offer and Certified Peer Educator training.
3/9	HEALTHY MAVS 101	40	This workshop was presented to a KINE2350 class. This workshop highlighted the services we offer and Certified Peer Educator training.
3/20	BUZZED & BLAZED	20	This ATOD awareness workshop was given to the Multicultural Greek Council. Students learned about the substance misuse.



ATTENDEES:

3/21	TRASH YOUR INSECURITIES	180	Health Promotion partnered with CAPS for their Fresh Check Day. Students were encouraged to write an insecurity on a sticky note and threw it in the trash to help with their emotional health.
3/24	BUZZED & BLAZED	45	This ATOD awareness workshop was provided to members of fraternities and sororities. Students learned about the effects of substance misuse.
3/28	PAT TABLE	80	Peers Against Tobacco (PAT) tabled to recruit students for a cigarette butt pickup.
3/29	ZZZS GET DEGREES	09	Students who attended this workshop learned about the importance of sleep and practiced a meditation technique to relax.
3/31	HEALTHY MAVS TABLE	02	Peer Health Educators tabled at the Social Change conference and educated students on health and wellness resources on campus.



ATTENDEES:

4/5	GROWING SEXCESSFULLY	229	<p>This table was at Take Back the Night. Students posted sticky notes with their reflections on how they could work towards better sexual wellness on a tree model.</p>
4/6	PUBLIC HEALTH WEEK	39	<p>Peer Health Educators tabled at the Public Health conference and educated students on health and wellness resources. Students were also able to sign up for internship opportunities.</p>
4/7	STRESS-LESS STRATEGIES	08	<p>Peer Health Educators tabled at the Public Health conference and educated students on health and wellness resources. Students were also able to sign up for internship opportunities.</p>
4/11	STI-TRIVIA	30	<p>Students learned about STIs and sexual health resources. Students spun a wheel and were asked a question about STIs for a prize.</p>
4/11 4/13	HIV TESTING	08	<p>Free rapid HIV testing by My Health My Resources (MHMR) of Tarrant County takes place monthly in the Health Promotion office.</p>
4/13	SNAX & FAX	37	<p>A mobile unit from CAN Community Health provided free HIV testing to students.</p>



APRIL

ATTENDEES:

4/14	W.E.E.P	20	Health Promotion hosted representatives from the Chris Howell Foundation to speak to students regarding HIV awareness and offer free HIV testing.
4/18	HEALTHY MAVS TABLE	14	Peer Health Educators interacted with students at the Volunteer Fair who were interested in volunteering at future wellness programs.
4/19	CIGARETTE BUTT PICKUP	20	PAT volunteers picked up cigarette butts around campus and assessed smoking usage amongst the UTA community.
4/19	PAT TABLE	126	Students learned about the harmful effects of smoking and vaping and resources to help them quit at UTA Earth Day.
4/20	HEALTHY MAVS TABLE	100	Peer Health Educators tabled at the Annual Block Party and educated students on health and wellness resources on campus.
4/26	WELLNESS RETREAT	70	The Wellness Retreat was a partnership with RVSP and Campus Recreation to help students focus on their emotional wellness and relax before finals.
4/28	ETU SUMMIT	50	Two Peer Health Educators served as panelists at the Eliminate Tobacco Use Summit and discussed plans to revamp the Peers Against Tobacco program at UTA.



FREE

HIV & STI TESTING DAYS

HIV Testing Dates

February 7 and 9
March 7 and 9
April 11 and 13
May 9

STI Testing Dates

February 21 and 23
March 21 and 23
April 18 and 20
May 3

CONVENIENT + CONFIDENTIAL + FREE CONDOMS

Call **817-272-2771** to schedule.

MAY

ATTENDEES:

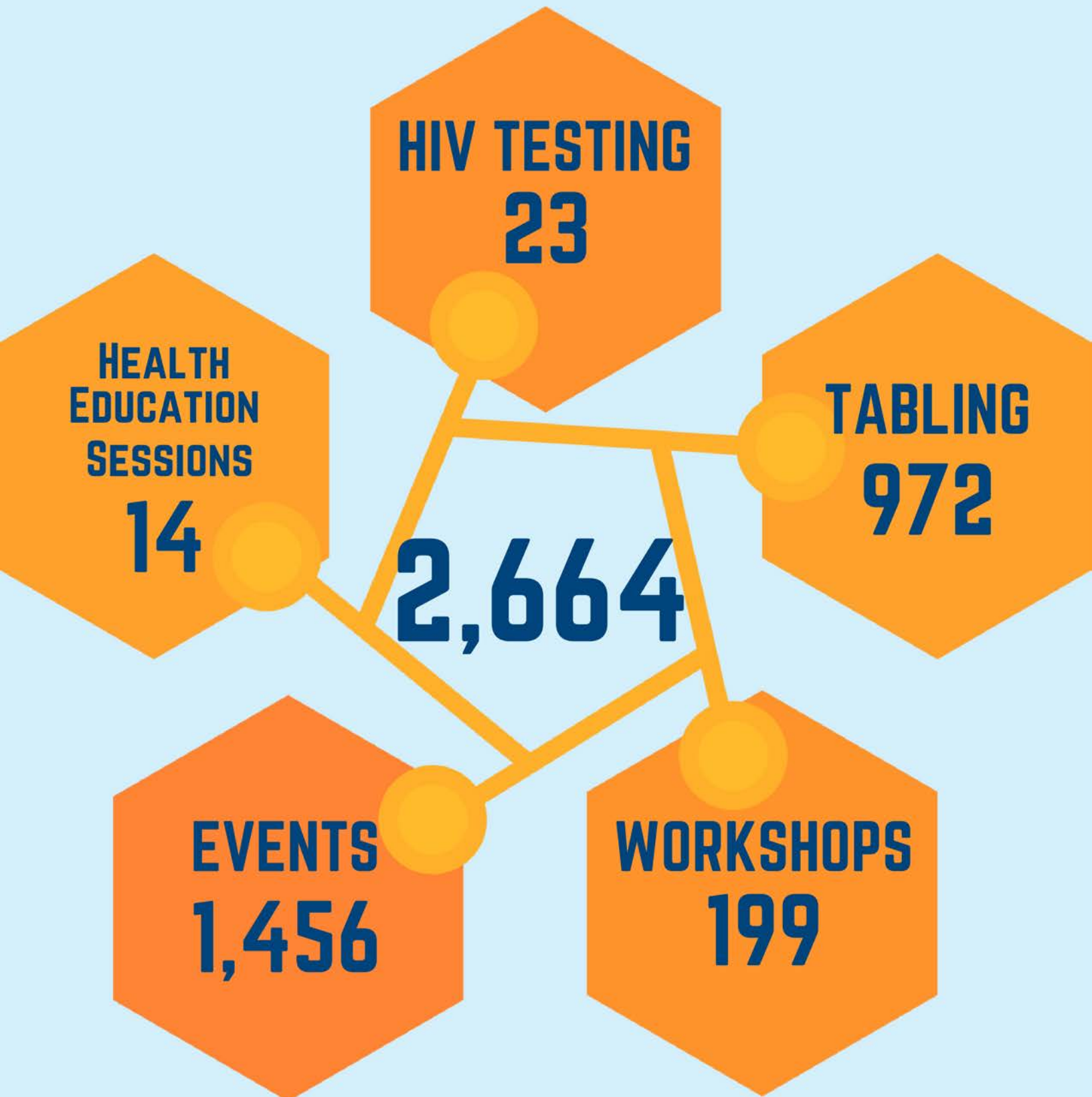
5/9

HIV TESTING

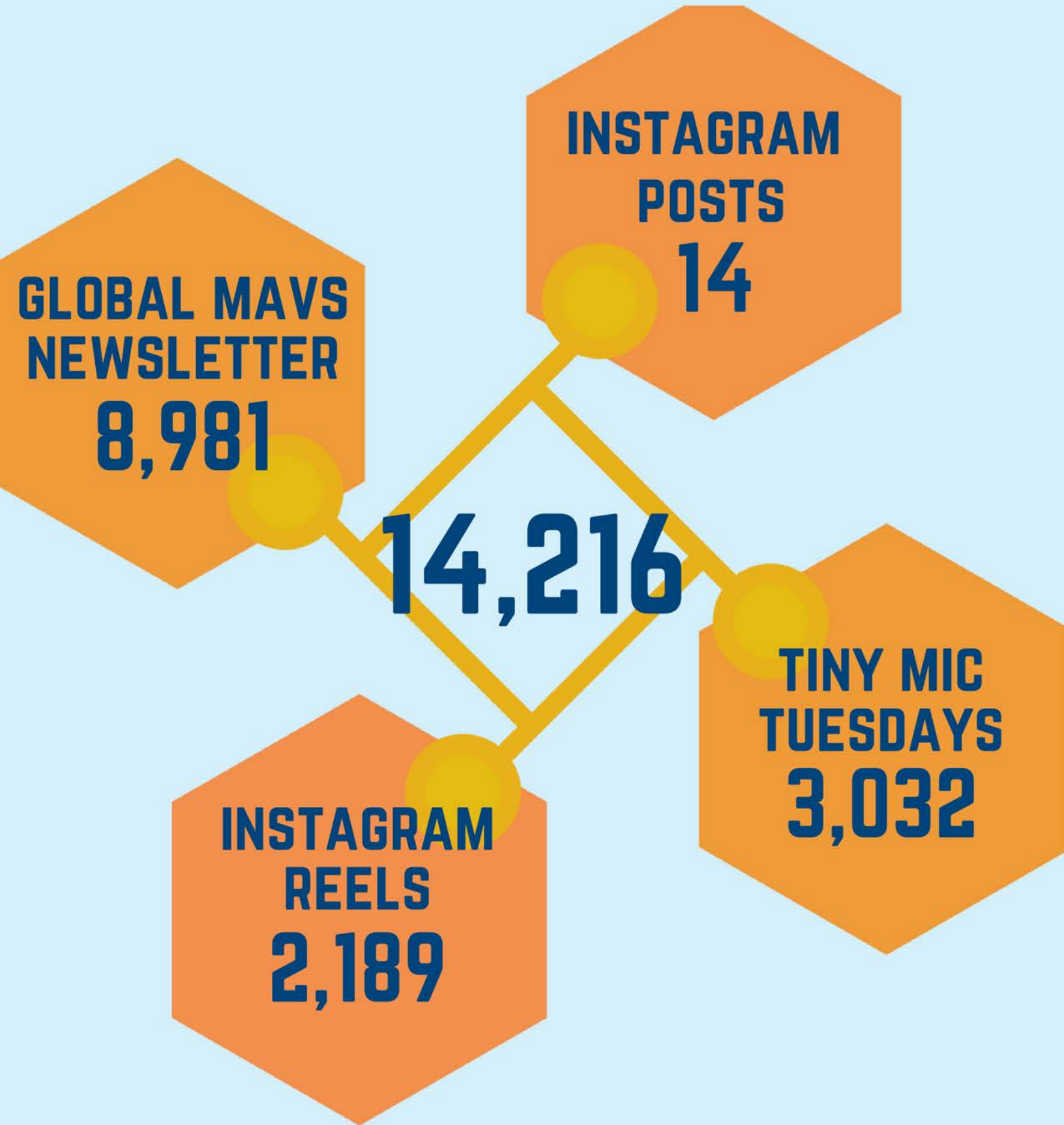
02

Free rapid HIV testing by My Health My Resources (MHMR) of Tarrant County takes place monthly in the Health Promotion office.

TOTAL SPRING 2023 SEMESTER INTERACTIONS



TOTAL SPRING 2023 MEDIA INTERACTIONS



WHAT STUDENTS SAY THEY ARE LEARNING FROM OUR PROGRAMS

"HOW TO TAKE CARE OF MYSELF WHILE I'M IN SCHOOL"

"SPIKED DRINKS CAN SINK ICE"

"MENTAL WELLNESS IS SUPER IMPORTANT IN COLLEGE"

"THERE ARE PLACES AT UTA THAT YOU CAN EASILY ASK FOR HELP"

"THE LIMITS OF ALCOHOL"

"THERE IS MORE THAN ONE TYPE OF CONDOM"

"HOW STDS ARE TRANSMITTED"

"HOW TO PUT ON A CONDOM"

"CONSENT! SEX AND ALCOHOL DO NOT GO HAND IN HAND, SO MAKE SURE TO ASK ABOUT CONSENT"

These comments were provided in anonymous surveys completed by students after attending Health Promotion programs.

**2022-2023
PROGRAMMING
HIGHLIGHTS**

Thriving DIY ~~SURVIVAL~~ KIT

September 7, 11 AM - 1:30 PM
Palo Duro Lounge, UC



Students attending this event were welcomed to a coping skills mini-workshop. They learned about coping skills and completed a worksheet they could refer to throughout the semester. Students were also given a bag to fill with various self-care items to build their own "thriving kit." A few items students were able to choose from included live succulents, shower steamers, thermometers, ice/hot packs, weekly planners, coloring pads, and other self-care items.

HEALTH SERVICES FIESTA



September 21st 11 AM - 1 PM
On the Health Center Lawn



Students were able to learn more about health and wellness resources while partaking in Mexican culture during Hispanic Heritage Month. Students attending this event were served "agua fresca" from our Health Hut before joining a game of loteria created by our Associate Director. The loteria game featured health and wellness resources available through Health Services, Health Promotion, and other campus departments.



What is Cultural Wellness?

Being aware of and appreciating one's own cultural background, as well as learning about other cultures.

Tips to help Mavericks with Cultural Wellness

Learn and engage with other cultures.

Take time to get out of your comfort zone to get to know people from various backgrounds.



Respect and accept diversity.

Understand that there are other cultural views that may be different from yours.

Acknowledge the impact of diversity.

Be aware that people from different backgrounds are treated differently and advocate for them.



CHECK-IN WITH YOURSELF

Do I welcome or interact with people with different beliefs or backgrounds than my own?

Do I ensure everyone has the opportunity to participate and be heard?

Students attending Global Grounds on February 9th were introduced to cultural wellness, our newest dimension of wellness. Students learned that in order to achieve cultural wellness, they must learn and engage with other cultures, respect and accept diversity, and acknowledge the importance of diversity. UTA boasts a diverse student population to serve with this dimension and the Division of Student Affairs partners, CESC and OIE, to help engage and educate students on cultural well-being.



Students attending the 9Ds Wellness Fest learned about holistic health and well-being. This was the first event in which all 9 Dimensions of Wellness were represented. Departments from the Division of Student Affairs and community partners, such as Tarrant County Challenge, educated students on their specific dimension of wellness. Students enjoyed the 90s themed music, free activities, and free health screenings. The event was held before spring break for students to learn about health and wellness resources before they left for the break.

NATIONAL PUBLIC HEALTH WEEK: CERTIFIED PEER EDUCATION TRAINING



Alexis Washington had the honor of training students to become Certified Peer Educators using NASPA - Student Affairs Administrators in Higher Education's curriculum. The 12-hour training was completed over four evenings during National Public Health Week. The eight modules included topics such as programming and presentation skills, recognizing the role of diversity and inclusivity, and the role of peer education in public health.

FUTURE INITIATIVES

Peer Educator Training Elective Course

In partnership with the UTA Bachelor of Science in Public Health Program, we hope to establish a peer educator course as an elective. Students would become a Certified Peer Educator (CPE) and be able to educate their peers on various health education topics. The course would also provide opportunities for students to volunteer at Health Promotion wellness events and to potentially work as PHEs as all Health Promotion PHEs must be CPE trained.

9 Dimensions of Wellness Activity Manual

The 9 Dimensions of Wellness Activity Manual will contain engaging activities for students to explore each dimension of wellness. For example, students may learn how to practice deep breathing as an exercise for emotional wellness. This manual will be available in print and to download from the Health Services website.

Additional Condom Dispensers on UTA Campus

To make safer sex products accessible to all students across campus, our team plans to install free condom dispensers in heavy trafficked campus buildings, such as the Maverick Activities Center. The free condom dispenser installed at the entrance of the health center is filled at least twice monthly with condoms and lube, demonstrating the need for more free safer sex products across campus.

Cannabis Screening and Intervention for College Students

Health Promotion professional staff are trained on implementing Brief Alcohol Screening Intervention for College Students (BASICS). The ATOD Prevention Specialist will receive additional training on CASICS, which is the cannabis screening version. This will enhance substance misuse prevention efforts among students while supporting their goals to quit or cut back.

2022-2023 was filled with positive growth and change for the Health Promotion department. We look forward to continuing this growth in 2023-2024 and increasing our impact on UTA students.

Thank You!

THE HEALTH PROMOTION TEAM

