



Annual Report 2010-2011

Ryerson University Health Promotion

Summary of Events & Activities

April 2011

*Prepared by Heather Lush, Health Promoter, Health Promotion
For Dr. Su-Ting Teo, Director, Student Health & Wellness*

RYERSON
UNIVERSITY

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

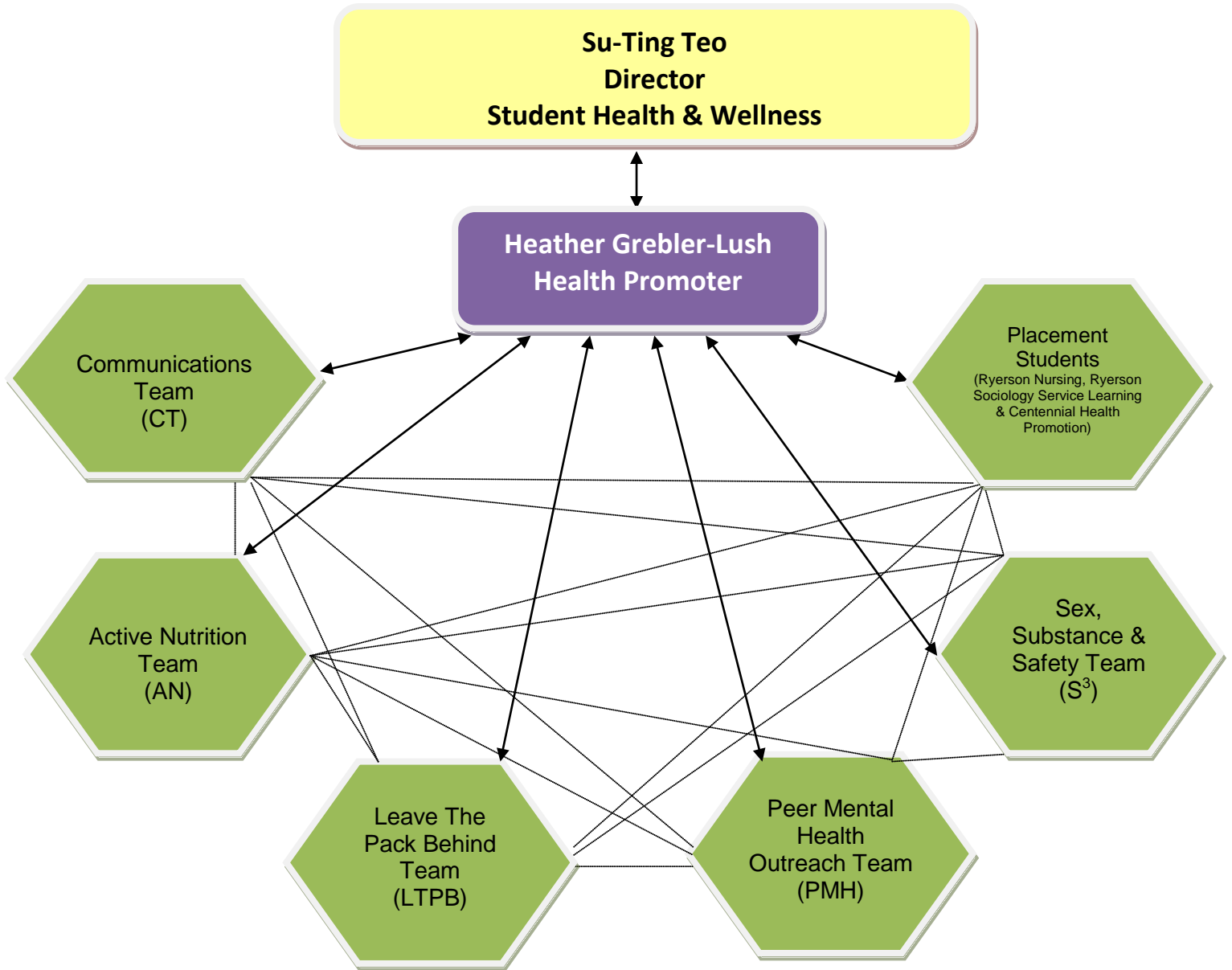
Standards

Health promotion at Ryerson is also guided by the America College Health Association Guidelines for Standards of Practice for Health Promotion in Higher Education: (see http://www.ryerson.ca/student-services/healthpromotion/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 2010-2011



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, **32** students have been involved in the Peer Health Education Program in 2010-2011.

Program	OWSP/Paid Staff	Volunteer
S3: Sex, Substance & Safety Team	1	1
Active Nutrition Team	2	4
Research & Supports Team	2	1
Peer Mental Health Outreach Team	1	1
Leave the Pack Behind Team	5	0
Communications Team	3	0
Nursing Placement Student(s)	8	N/A
Centennial Placement Student(s)	2	N/A
Full-Time Staff	1	N/A
TOTAL	25	7

Summary of Student Contact

POPULATION SEEN	EDUCATIONAL CAMPAIGNS
Number of Events (TOTAL)	46
Active Nutrition Team	19
Leave The Pack Behind Team	9
Peer Mental Health Outreach Team	9
Sex, Substance & Safety Team	10
Number of Student Contacts	4199

Other Events	No. of Students 2010-11
Theatre Tech Program	95
Stairway to Health	76
BUS 100: Get Connected	135
Orientation	3258
Check Your Package	715
TOTAL	4279

Peer Health Training: The Toronto Peer Health Network



Once again this year, students from Ryerson University, York University, U of T (Scarborough and Mississauga campuses) and the University of Guelph at Humber came together for a one day collaborative learning program in early January 2011. 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 years' 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 "Mindfulness" and valuing diversity. Students also had the opportunity to learn about as well as share important skills with peers from other campuses around effective campaigns. The feedback from the students was very positive and they enjoyed networking with their peers.

Peer Education Program Activities

Data collected from September 2010 to March 2011

Active Nutrition Team

<i>Number of Campaigns</i>	<i>Avg. # of staff at each event</i>	<i># of Contacts Made</i>
19	4	~1000

The Active Nutrition Team provided Ryerson students with resources on physical activity, healthy eating, eating on a budget, and general nutrition information. The team offered free one-on-one nutrition consultations to students while also engaging in a number of campaigns and events such as The Stairway to Health event which promoted the benefits of physical activity and their collaboration with Toronto Public Health on promoting the EatSmart! Initiative through various campus groups, events and interactive displays. Moreover, the Active Nutrition Team increased awareness of eating locally throughout the month of March (Nutrition month) by promoting a seasonal recipe contest and partnerships with Rye's HomeGrown initiative. In addition to these partnerships, Active Nutrition also collaborated and partnerd with other organizations within campus such as Ryerson International, Food Committee, International Services for Students, RSNAC (Ryerson Student Nutrition Action Committee), The Community Food Room, and the Centre for Studies in Food Security. Volunteers facilitated food demonstrations at various opportunities throughout the year, featuring different cuisines and healthy and budget friendly foods.



ACTIVE NUTRITION TEAM CAMPAIGNS & EVENTS:

- EatSmart! Vending Machine Campaign (with ISS): Sep. 24th (1-3pm)
 - EatSmart! Wheel, prizes: granola bars and post-it notes

- Peer Mental Health – Yoga Event: Oct 15th (2-4pm)
 - Use yoga as a tool to distress
 - Recommendations: Friday afternoon not best time, students were studying for midterms.
- South East Asian Food Demo: Oct. 23rd
 - Recommendation: Keep working with ISS, have a captive audience already
- Stairway to Health: November 24th (1-3pm)
 - Asked students to go up only 2 flights of stairs. Giveaways: giftcards to various locations (raffle), lots of food
 - Recommendations: Lots of free food, music and decoration (caution tape near elevator, balloons, etc) attracted people.
- Grocery Shopping Tour: Jan. 22nd
 - Included Metro and St. Lawrence Market, targeted international students who were also interested in getting to know the city better
 - Giveaways: EatSmart! Grocery shopping bags and handout listing nearby stores.
- Eating Disorders Awareness Week
- Jacqui Gingras’ talk on Disorderly Eating: Feb. 9th (1-2pm)
 - Recommendation: More advertising, include nutrition listserv
 - Some students found the limited time to be a constraint
- “My Body Rocks Display”: Feb 10th (5:30-7pm)
 - Giveaways: EatSmart! Promotional material (backpacks, water bottles, toothbrushes)
- Nutrition Month – March: “From field to table”
- Launch Event: March 2nd (12-2pm)
 - Location not favourable: TRSM
- Get Caught Making a Healthy Choice: March 9th and 22nd (5:30-7pm)
 - EatSmart! Wheel, giveaways: EatSmart! Promotional material
- Closing Event: March 23rd (12-2pm)
 - Giveaways: Giftcards and EatSmart! Promotional material
 - Partnered with RSNAC and Rye’s HomeGrown
- Good Earth Recipe Contest: Throughout the month of March
 - Giveaways: Giftcards from WholeFoods and Fresh (\$75 and \$50), and kitchen supplies (\$25)
 - Emphasized seasonal local foods

Leave The Pack Behind Team

<i>Number of Campaigns</i>	<i># of One on One interactions</i>	<i># of promotional items given out</i>
8	949	5338

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, 2010 to January 22, 2011)
- Other Events: interactive BUS100 presentations, display booths and outreach, National Non-Smoking Week events, and promotion of the new QuitRunChill program (outlined below)

QuitRunChill (QRC) is a new program that was introduced in September 2010 by LTPB. It is a free online-based program for smokers and ex-smokers that runs for about 8 weeks. When young adults sign up on the website (quitrunchill.org), they will receive facts and inspirations each week to motivate them through the process. The program focuses on three methods to achieve a healthier lifestyle.



Quit

This method concentrates on providing aid for young adults ready to quit smoking or ex-smokers to avoid smoking. It does not set a certain time limit or way that a person should quit. It leaves that decision to the person, so not to be forceful or put pressure.

Run

This method focuses on becoming more active, but more specifically, running. Studies have shown that smokers who exercise have a higher chance of staying ex-smokers. The

QRC program provides a weekly running program and tips for registrants to follow. The running program suggests three runs per week and building up to longer runs. Registrants are also able to access their own Runner's Log.

Chill

This method revolves around reducing stress to prevent harm to a person's health or relapse in smoking. Registrants will receive tips each week on stress management such as drinking tea and breathing techniques.

From September to March, the LTPB team has disseminated around 640 QRC pamphlets/cards through the quit kits and walkabouts. Two campaigns were run on campus focusing on QRC. The first one was in October, under the Tobacco Use and Physical Activity Campaign. The second one was in March, which focused on QRC, but also served as an end to the year's campaigns. LTPB also partnered with the RAC at Ryerson to post information about Quit, Run, Chill and to have information disseminated through the personal trainers at the RAC.

Peer Mental Health Outreach Team

<i>Number of Campaigns</i>	<i>Avg. # of staff at each event</i>	<i># of Contacts Made</i>
9	3	~1100

The Peer Mental Health Outreach Team provided education, information and resources on the effects of stress, its symptoms, how it can be controlled and eliminated, information on the importance of sleep, and educates the student body on the most commonly seen mental illnesses. The team also facilitated interactive workshops, displays and special events, throughout the year. Other resources that students were able to obtain from The Peer Mental Health Outreach Team included:

- Information on de-stigmatizing mental illness
- Tools to help relieve stress
- Tools to set realistic or SMART goals
- Study tips and information to find learning supports on campus
- General information on mental wellness resources and supports that are available to students on campus
-



The Peer Mental Health Outreach Team also conducted a Writing Contest on how to de-stigmatize mental illness at Ryerson University, which was developed into an April campaign entitled “Stigma Busters” which included a PSA, handouts in the Library on stress management (with Eggy the Ram) and posters across the campus speaking to mental illness and the stigma associated with it.

Additional events throughout the year included Tea booths (3), information displays (9), a World Mental Health Day in October 2010, Healthy Brain Week displays, Psychology month tweeting and display booth, and workshops and events in collaboration with the Active Nutrition Team during Eating Disorders Awareness Week.

Sex, Substance & Safety Team

<i>Number of Campaigns</i>	<i>Avg. # of staff at each event</i>	<i># of Contacts Made</i>
10	3	~1150

The Sex, Substances and Safety Team provided Ryerson students with education and information on STIs, contraception, negotiating safer sex, healthy sexuality, healthy relationships and HIV/AIDS as well as information on various other health topics, such as alcohol awareness, testicular cancer, and addictions. This information was shared through on-campus displays and interactive workshops provided for students in the Faculty of Business (on alcohol awareness during Fall 2010) and in the residences (“Sex in the Lounge workshops) throughout the Winter 2011 term. During events and displays, S-Cubed also provided students with:

- Information and resources in a wide range of topics related to Sex, Substances and Safety
- Referrals to clinics and other professionals
- Free condoms to groups and individuals on campus



Finally, the S-Cubed Team promoting Toronto Public Health's 'Check Your Package' campaign through display booths at two basketball games, and by handing out pamphlets on this campaign at all Health Promotion events during the pilot period in the Fall 2010 semester.

SEX, SUBSTANCES & SAFETY EVENTS 2010-11

Event	What Was Done	Give Aways	Evaluations
BUS 100 (November, 2010)	'Party In The Right Spirit': An interactive workshop for BUS 100 Students that educated them on the effects of alcohol, how to be a responsible host, and how to recognize and handle alcohol poisoning.	Condoms, informational handout, snacks	Positive feedback was received. Students liked how interactive the event was.
Alcohol Awareness Display Booth (October, 2010)	A display booth in the Pitman Cafeteria at dinner time re: alcohol awareness. Students were given the opportunity to look at our resources and ask questions.	Condoms, informational handouts, t-shirt draw	This was an effective location and time.
Addictions Awareness Display booth (November 2010)	An interactive display booth in TRSM providing information on drugs and alcohol.	Condoms, lube, t-shirt draw, information, custom made buttons	Location was effective. Students were interested in the buttons
Check Your Package (Throughout first term)	Promotion of Toronto Public Health's 'Check Your Package Campaign'. This was advertised at all events, information was handed out, and it was promoted at 2 Ryerson basketball games	Condoms, lube, information	A large number of students were reached at these events.
Sex In The Lounge (February-March)	An interactive workshop that provided residence students with information about STI's, contraceptives, and healthy relationships. Students were given the opportunity to ask peers questions.	Condoms, lube, dental dams, information	There was communication difficulties with the RA's. Some students found the information being provided to be already known
X3 St. Patricks Day (March 15-17)	A drop in event in collaboration with Tri-Mentoring. Information re: alcohol was provided, the beer goggles were available.	Mocktails, candy, information	Since this event was held in the Tri-Mentoring office, the number of students reached was limited.
Health Fair	Display Booth	Condoms, feminine hygiene products, lube, chocolate,	

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 update the Ryerson Health Promotion web site, and 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.



Other Health Promotion Events and Activities

Ryerson Orientation

Health Promotion participated in a wide array of Ryerson University Orientation Events. Below is a listing of all of the events that were a part of in September 2010:

No	Date	Event and What We Did	Service/ Dept	No. of Attendants	Comments
1.	Aug 14 2010	<ul style="list-style-type: none"> “Meet & Greet” for Orientation Volunteer & Staff Training Display board Dispersed HP Bookmark and Rx to Medical Centre Counselling Centre Handouts Condoms and lubricants 	O-Team	200 students	<ul style="list-style-type: none"> Orientation for O-Team Displays and panel discussion on Student services with representative from all the various departments present People were interested about how to get involved with Health Promotion Display boards was very

		<ul style="list-style-type: none"> Pads & tampon packages by Kotex 			<ul style="list-style-type: none"> attractive Bookmarks were a great handout – small, yet very informative
2.	Aug 17 th 2010	<ul style="list-style-type: none"> Orientation event for Student Services on campus for first year Faculty of Arts students Display board Dispersed HP Bookmark and Rx and magnets for Medical Centre Condoms and lubricants Pads & tampon packages by Kotex Grocery list handouts 	Faculty Of Arts	350 students	<ul style="list-style-type: none"> This was a great way for students to find out about different types of services Ryerson has to offer. This was also a great way to determine where medical centre was located A lot of people were asking about how they can be a part of Health Promotion. Overall, it was a fun event for first year students.
3.	Aug. 18, 2010	<ul style="list-style-type: none"> International Student Services 	Student Services	300	<ul style="list-style-type: none"> Gave them 300 HP Bookmarks for Orientation Packages
4.	Aug 19, 2010	<ul style="list-style-type: none"> Fresh Start Program 	Student Services	220	<ul style="list-style-type: none"> Gave them 220 HP Bookmarks for Orientation Packages
5.	Aug 23, 2010	<ul style="list-style-type: none"> RSU 	RSU	1000	<ul style="list-style-type: none"> Gave them 1000 HP Bookmarks for Orientation Packages
6.	Aug 23, 2010	<ul style="list-style-type: none"> Ryerson Residences 	Student Services	853	<ul style="list-style-type: none"> Gave them 853 HP Bookmarks for Orientation Packages
7.	Aug 23, 2010	<ul style="list-style-type: none"> Nutrition Course Union 	School of Nutrition	120	<ul style="list-style-type: none"> Gave them 120 HP Bookmarks for Orientation Packages
8.	Aug 26, 2010	<ul style="list-style-type: none"> Tri-mentoring Staff Training 	Student Services	30	<ul style="list-style-type: none"> 30 HP bookmarks, 30 Nutrition Budget/Grocery lists, condoms, counselling rulers, Medical Centre magnets and RX pad maps
9.	Aug 31, 2010	<ul style="list-style-type: none"> Tri-mentoring Carnival 	Student Services	80	<ul style="list-style-type: none"> Gave out information on Health Promotion, Check Your Package, and campus safety.
10.	Sept 3, 2010	<ul style="list-style-type: none"> Ryerson International Exchange Student Orientation 	Ryerson International	105	<ul style="list-style-type: none"> HP bookmarks, Counselling Centre rulers, , Medical Centre magnets and RX pad maps

Stairway to Health

Stairway to Health and the Stair Climb this year was a success! This event was held on November 24, 2011 in partnership with Ryerson Student Nutrition Action Committee (RSNAC) and we had a total of about 75 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 10th Annual Ryerson Health Promotion Fair. The Health Fair A good number of students attended the fair, in part to the location of the event in the Credit Union Lounge. Students and staff had a chance to visit close to 15 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.

Flu Campaign

One of our largest campaigns this year was the Flu Campaign, facilitated by both Health Promotion staff and Ryerson Nursing placement students. The students used a wide range of modalities to educate the community about avoiding the flu included hand washing and the flu vaccines that were being offered at Ryerson University. Strategies included posters, displays, a public service announcement on all Ryerson flatscreen TV's, and Flu Buster (handout) distribution to Student Service units and Academic Departments. The campaign lasted over 2 months and reached a large number of the Ryerson community.

EatSmart Pilot Program (new guidelines)

The Ryerson Aramark ILLC Cafeteria is one of only 9 cafeterias in the province of Ontario that is helping to evaluate the new standards of the EatSmart program which emphasize: lowering prices on healthier food options, positioning healthy food choices so they are clearly visible, and doing more promotion of the healthy options. The new standards also apply to vending machines.

Some changes that patrons and staff will see include: healthier foods moved to the front of the cafeteria where they are more visible; 100% fruit juices offered in smaller serving sizes; daily specials which incorporate at least 3 of 4 food groups; and the vending machine will be selling fruit juices at a lower cost than pop.

Below are the goals, program plans and challenges that Ryerson Health Promotion encountered and observed while participating in the 2010-11 EatSmart program:

EatSmart Goal Setting

Ryerson University Health Promotion

Specific:

Who: Ryerson Health Promotion – Active Nutrition Team

What: EatSmart activities during Nutrition Month

Where: International Living Learning Centre Cafeteria

When: March 2011

Why: To promote EatSmart to Ryerson students living in Residence; To celebrate healthy eating during National Nutrition Month.

Measurable:

How much can happen?

Health Promotion's Active Nutrition Team plans to host two events at the ILLC Cafeteria during March 2011, in addition to the Table Tent cards that Mr. Seeto has indicated he will implement. These will be opportunities where Peer Health Promoters from the Active Nutrition Team host trivia events with a resource table in the Lobby of the ILLC residence at the entrance to the ILLC Cafeteria. Additionally, Peer Health Promoters will walk around the cafeterias during the times they have these events, and select people to answer trivia questions to win a prize, or award people prizes who have selected a "healthy" meal from the cafeteria.

How can we measure this?

Peer Health Promoters will make observations and reflections using a post-event evaluation form that is used as part of Health Promotion's evaluation standards.

Achievable:

What do we have to do to make this happen? See SWOT Analysis below.

Realistic:

What can we do to make this happen?

- Assign one member of the Active Nutrition Team (Emma) to coordinate and oversee all details surrounding booking the events and develop a Nutrition Month Calendar
- Book spaces & display tables for the events
- Communicate with the Aramark Staff regarding the events and supplies needed (example a media cart to project the Powerpoint slides featuring EatSmart onto the wall since access to the flatscreen TV's was not possible)
- Delegate resource development/ordering to members of the Active Nutrition Team (Nursing Students as part of their Learning Plans)
- Book the EatSmart Trivia wheel with Toronto Public Health (Emily) in advance of the event
- Decide which prizes will be awarded for correct trivia responses
- Advertise by email listservs, our web site, Twitter and Facebook for students to come to the events and eat healthy at the ILLC to win a prize
- Advertise the events in the ILLC using the display area at the Mutual St. entrance
- Ensure that Active Nutrition Team members are available on the dates of the events

Timed:

We will begin this strategy on this date: March 1, 2011

And complete it by: March 25, 2011

We will measure progress on these dates: March 30, 2011 (Team De-brief Meeting for Active Nutrition)

Our EatSmart Goal:

Residence students attending the EatSmart Cafeteria Information Evenings will become aware of the EatSmart program at Ryerson and will be able to identify three healthy choices available in the ILLC cafeteria.

EatSmart SWOT Analysis

	HELPFUL	CHALLENGING
I N T E R N A L	<p style="text-align: center;"><u>Strengths</u></p> <ul style="list-style-type: none"> • Full-Time Health Promoter role • Up to March 17, 2011 there was a Peer Education program in Health Promotion, with a group of students titled “Active Nutrition;” this has since been disbanded • With the presence of a School of Nutrition at Ryerson with a “Nutrition and Food” BAsC degree program, it is easy to find interested and knowledgeable students in the discipline of nutrition to support campus events and activities • Connections with Toronto Public Health who can provide access to local health departments and healthy eating resources • Connections with other GTA higher education institutions who can share resources on healthy eating for students on campuses • Health Promotion office & staff at Ryerson have interest and knowledge in the topic • Models for collaboration between higher education institutions and Toronto Public Health already exist • Ryerson Health Promotion has the following online communication channels to reach students: Twitter (@ryehealthpromo), Facebook (Healthy at Ryerson), listservs to all faculties, and access to posting information the Ryerson Student Community Life online calendar • Health Promotion has worked with the Residence Food Committee and Aramark to address student food concerns and ideas 	<p style="text-align: center;"><u>Weaknesses</u></p> <ul style="list-style-type: none"> • Limited funding available to support the EatSmart initiative on Ryerson’s campus • In the 2011-12 academic year, only one student “Health Promotion Assistant” will be able to assist with EatSmart activities for a maximum of 4 hours per week (and possibly less than 4 hours per week) • Lack of regular communication with Aramark Foodservice representatives (management level and RSNAC) • Aramark Foodservices and Ryerson Health Promotion have different work cultures and possible goals for what is promoted through the EatSmart program • The EatSmart trivia wheel did not arrive in-tact with trivia for our event • We were not able to gain access to the flatscreen TV’s in the cafeteria to advertise using the Powerpoint slides we had created about healthy eating with EatSmart for students to view (despite connecting with Mr. Seeto on this matter) • There is not a community kitchen on campus and it is very difficult to book a kitchen to do a food demonstration (although many students have expressed interest in attending an event like this)
E X T E R N A L	<p style="text-align: center;"><u>Opportunities</u></p> <ul style="list-style-type: none"> • Working with Toronto Public Health and receiving their support and guidance in the work that we do (Jasmine Ho, RD and Emily Belita, RN) to expand the program and make it more effective • Marketing materials were available to Ryerson Health Promotion such as the EatSmart trivia wheel, and prizes (gift cards, knapsacks, toothbrushes, etc.) helped to draw students into the events and want to learn about the program within the cafeterias • EatSmart program can lead to students eating healthier and therefore being more academically successful • EatSmart information was handed out by Health Promotion at all Nutrition Month activities • Future Health Promotion workshops with BUS100 Students (“Get Connected” program) could focus on EatSmart as part of it 	<p style="text-align: center;"><u>Threats</u></p> <ul style="list-style-type: none"> • Hub and Pitman Cafeterias were not EatSmart certified, which was challenging as they are the more central cafeterias on campus • Healthy eating is a low priority for some students • The Health Promotion budget has been cut • Health Promotion is understaffed and already overwhelmed • Number of Nursing Student Placements will be reduced in 2011-12 while the Health Promotion department is restructured • There will no longer be an Active Nutrition Team as part of Health Promotion as the Peer Education program was discontinued on March 30, 2011 • With an urban campus, many students do not eat at the cafeterias, but at off campus establishments instead • Often a daunting task to educate a campus of 30,000 students with a small Health Promotion Department

Eating Disorders Workshops:

Health Promotion partnered with Dr. Jacqui Gingras in the School of Nutrition to facilitate a workshop called “Chocolate Covered Discontent” during Eating Disorders Awareness week in February 2011. There was also an information booth set up at Pitman Hall on February 9th 2011 called “My Body Rocks” which encouraged residence to write on a wall what it was about their body that they loved. In exchanged, they were eligible to receive a variety of prizes, and they were offered free information and giveaway about nutrition, eating disorders and mental wellness. The response has been very positive so far and we will hope to continue these in the future.

Service Learning with Sociology

Health Promotion partnered with Dr. Andie Noack in Sociology in Fall 2010 to become a “client” for their students who participated in the service learning component of a research methodology course. Data was collected for further examination of the perceived accessibility of mental health services at Ryerson University.

Check Your Package Pilot Project

The “Check Your Package” Pilot Project was a partnership with Toronto Public Health that offered a social marketing and awareness campaign 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 launched the campaign through communication channels such as poster placements, Rye Health newsletter articles, information on the Ryerson Health Promotion web site information, and providing information at all Health Promotion workshops offered to students during the Fall semester. Ryerson Health Promotion also partnered with the Recreation and Athletics Centre to promote awareness of testicular cancer through awareness evenings at two Men’s Basketballs games in January 2011. Below is an outline of the events offered to support “Check Your Package” at Ryerson:



Event/Promotion	Date	Details of the Event/Promotion
Ryerson Orientation, Trimentoring Carnival	August 25, 2010	This Orientation event was targeted towards encouraging new Ryerson students become involved in the Trimentoring program (a mentorship program for students that supports their social, academic and career development during their time at Ryerson University). The event was set-up in the format of a resource fair, with participants stopping by the Health Promotion booth and being given a brief welcome and handouts about Health & Wellness Services on campus, as well information on the “Check Your Package” campaign.

		Attendance: ~80 students
Get Connected (First Year Business Students): Leave The Pack Behind Team	November 2, 2010 12 to 1 pm	The <i>"Tobacco, Shisha and Marijuana"</i> workshop began with a five minute presentation on the "Check Your Package" campaign at Ryerson University, and the short slide presentation on the topic of testicular cancer. All participants of the workshop were provided with a resource bag, which included a Check Your Package brochure. This information was followed by the featured workshop which had the LTPB Team sharing tips for dealing with people who nag you to quit smoking, quizzes about smoking, & info about issues that really matter to students! Attendance: 30 students
Get Connected (First Year Business Students): Active Nutrition Team	November 3, 2010 3 to 4 pm	The <i>"Healthy Eating for Students"</i> workshop began with a five minute presentation on the "Check Your Package" campaign at Ryerson University, and the short slide presentation on the topic of testicular cancer. All participants of the workshop were provided with a resource bag, which included a Check Your Package brochure. This information was followed by the featured workshop by Active Nutrition which highlighted how to eat healthy as a busy Business Management student! The workshop shared information about nutrition and active living, with an emphasis on healthy eating around campus. Attendance: 30 students
Get Connected Program (First Year Business Students): Peer Mental Health Outreach	November 1, 2010 3 to 4 pm	The <i>"Stress Busters"</i> workshop began with a five minute presentation on the "Check Your Package" campaign at Ryerson University, and the short slide presentation on the topic of testicular cancer. All participants of the workshop were provided with a resource bag, which included a Check Your Package brochure. This information was followed by the featured workshop by the Peer mental health Outreach Team on the causes of stress, different ways and techniques to deal with it, and relaxation techniques. Participants had an opportunity to take a "Stress Test," and other interactive and fun games!

Get Connected (First Year Business Students): Sex, Substance & Safety	November 9, 2010 6 to 7 pm	<p>Attendance: 30 students</p> <p>The <i>“Party in the Right Spirit!”</i> workshop began with a five minute presentation on the “Check Your Package” campaign at Ryerson University, and the short slide presentation on the topic of testicular cancer. All participants of the workshop were provided with a resource bag, which included a Check Your Package brochure. This information was followed by the featured workshop with the Sex, Substance and Safety Team from Ryerson Health Promotion in a fun and interactive workshop that will teach you to be a safe party host without bringing down the party! Participants had the opportunity to learn the ‘perfect pour’, as well as different ways they can keep their guests safe when alcohol is involved.</p>
‘Tis the Season to Check Your Package	November 15, 2010	<p>Attendance: 40 students</p> <p>Fall 2010 article for the “RyeHealth” newsletter that is published twice per semester. The November 2010 RyeHealth Newsletter had a holiday theme. The article on Check Your Package included a full description of the Check Your Package campaign. Information and statistics on testicular cancer (provided as part of the Check Your Package training from Toronto Public Health), as well as the image that directed men on how to perform a testicular self-examination.</p> <p>Distribution: 250 newsletters</p>
Check Your Package Web Site Content	November 15, 2010 – launched online	<p>Information on the Check Your Package Campaign at Ryerson was posted on the Health Promotion web site.</p> <p>http://www.ryerson.ca/student-services/health-promotion/health-topics/check-your-package/</p>
Check Your Package Interactive Display Booth	November 16, 2010 1 to 4 pm, TRSM 7 th Floor Kiosk, Ryerson University	<p>As part of a Health Service Display Booth that was set up at the Ted Rogers School of Management (TRSM) building, a “Check Your Package” display booth was created by one of our Nursing Students. The team of Peer Health Promoters (peer educators) who staffed the displays were all familiar with the Check Your Package campaign and were asked to mention this to each student they interacted with. There was a trivia</p>

		<p>game on hand with health information, as well as free giveaways (buttons, pens, condoms, t-shirts, etc.) that emphasized making “healthier choices” for students who participated. There was also a short slideshow on Check Your Package being projected in a large format onto the wall above the display booth, scrolling automatically as students passed by.</p> <p>Attendance: ~100 students</p>
Check Your Package Public Service Announcement (YouTube)	November 17, 2010	<p>Two Public Service Announcements were created by a Nursing Student who was completing her placement in Ryerson health Promotion. However, because we did not receive expressed consent from Toronto Public Health to use the logo publically in this video format, they were not shared on the LCD screens.</p> <p>http://www.youtube.com/watch?v=-7eDUF8ctDo</p> <p>http://www.youtube.com/watch?v=AmazL_WgY0M</p>
Check Your Package Partnership: Ryerson Men’s Basketball Game	January 21 & 26 2011 8-10pm, Upper Gym, Ryerson University	<p>PRESS RELEASE (<i>distributed internally & externally to Ryerson University</i>)</p> <p>Ryerson's men's basketball team will champion the university's Peer Health Promoters as they raise awareness about testicular cancer, on behalf of Toronto Public Health</p> <p>TORONTO - On January 21st and 25th, Ryerson's Health Promotion staff will be cheering on the men's basketball team while also raising awareness about testicular cancer.</p> <p>As the team takes on the Queen's University and the Univeristy of Toronto in what is sure to be an action-packed home game, student Health Promoters will be on hand to provide resources and to discuss testicular cancer, a cancer with an incidence rate that has increased 60 per cent over the last 30 years. Testicular cancer represents 24 per cent of diagnoses amongst young men, but is curable when detected early.</p>

Resources will be available from Toronto Public Health's Check Your Package campaign, which was designed to raise awareness and promote regular testicular self-examinations for young men between the ages of 15-35.

The game starts at 8 p.m. in the Kerr Hall Gym and will without a doubt will be exciting, as the competing universities go head to head.

Entry is free for Ryerson students and faculty with identification, \$8 for adults, and \$5 for non-Ryerson students. Tickets will be available at the door one hour before game time.

Attendance January 21: ~70 students

Attendance January 26: ~85 students

Future Initiatives

1. **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.
2. **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.