

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 ARE WE?

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.



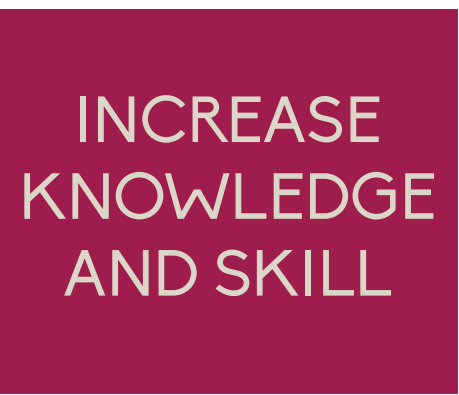
INFORM

Provide current and relevant information to the Ryerson University community.

TRANSITION
Talk to 1st year classes.

INTRO TO HEALTH PROMOTION
Student Affairs departments.

NCHA SPRING 2013
STUDENT HEALTH ASSESSMENT
664 respondents.
36 Canadian colleges & universities participated.
Results to be determined 2014-2015.




INCREASE KNOWLEDGE AND SKILL

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

COLLABORATIONS
Access Centre
Faculty of Arts
School of Nursing

FALL MENTAL HEALTH INITIATIVES
VIDEO GAME SESSION
78% believed their stress levels had dropped by the end of the event.
MENTAL HEALTH ADVISORY COMMITTEE TOWN HALL
75% agreed with the report recommendations
75% believed the town hall meeting was comprehensive.
91.6% believed the town hall meeting was helpful.
MASSAGE THERAPY & YOGA SESSION
100% believed their stress levels had dropped by the end of the session.

WINTER MENTAL HEALTH INITIATIVES
RU ACTIVE PROGRAM
A MENTAL HEALTH WELLBEING EDUCATION RESOURCE KIT FOR FACULTY & INSTRUCTORS
2 professors participated in the pilot.
STUDENTS...
...thought it was fun, informative, engaging, and provided stress relief.
...would like to see the program implemented by professors at Ryerson.
...thought it provided a change to the traditional classroom norms.
EXPRESS YOURSELF ART SHOWCASE
72 people contributed to the mural.
15 art submissions.
59% of students would participate if the event happened again.
"Brought the Ryerson community together in creating an environment that is supportive of mental well-being."
MENTAL HEALTH VLOGS
26 videos were uploaded between October 7th-11th and October 21st-25th.
On average each video had 14.7 views.
TOP VIDEOS
Kornelia and Phillip I 107 VIEWS
Kornelia and Phillip III 48 VIEWS
Healthy Champions II 17 VIEWS



FACILITATE HEALTHY BEHAVIOURS

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

LEAVE THE PACK BEHIND
805 student interactions.
27% increase in smokers registered with would rather.
205 carbon monoxide tests conducted.

FLU CLINICS
451 people vaccinated.
Flu education provided.

KNOW THE SCORE
Gambling awareness.



SUPPORT

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

CONNECTIONS
16 connections for external inquiries.

FACILITATED STUDENT COLLABORATIONS
4 up from zero in 2012-13.

REFERRALS
14 students connected to internal services.

CONSULTATIONS
27 Health Promotion consultations provided to students & student groups.

HEALTH PROMOTION OFFICE STAFF

1 Health Promotion Programs Coordinator
Leave the Pack Behind 3 Student Staff
Peer Health Promoters 2 Student Staff
Placement Students 3 Nursing 1 Social Work
8 Volunteers

SOCIAL MEDIA REACH

JAN 2014 115 LIKES
APR 2014 134 LIKES
265 FOLLOWERS
309 FOLLOWERS

MOST POPULAR TWEETS AND FACEBOOK POSTS

Hey Ryerson! SMOKER, EX-SMOKER or non-smoker? WIN \$2500 & other great prizes! Register in the Would U Rather contest <http://ow.ly/sESZk> January 16th
@ryehealthpromo 10 VIEWS

Healthy at Ryerson March 10th
A little cartoon about optimism to pick us up for the new week! Happy Monday #Ryerson
18 VIEWS

Healthy at Ryerson March 14th
Happy #Friday #Ryerson! Remember, party safe and "dance like no one is watching"
25 VIEWS

Everything you want to know about... condoms! Read on here <http://ow.ly/uwjDP>
March 19th
@ryehealthpromo 10 VIEWS

Healthy at Ryerson April 2nd
It's the third day of the Express Yourself week! And I have to say, the art show is looking great! Thanks for your support Ryerson!
43 VIEWS