

# Peer Health Education at The University of Alabama

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# he**A**lth Ambassadors

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*Student Health Center · Project Health*



- Work on 7 health topic teams that mirror the strategic health teams to develop residence hall programs and outreach materials
- Weekly Initiatives:
  - **Healthy Hump Day:** Every Wednesday in the Ferg during the day and residence halls at night, they provide education on various health awareness weeks and months
  - **Swagon:** Mondays & Tuesday, based on the TV show cash cab, students are asked questions in order to earn points that qualify them for swag!



# The heAlth Hut



# The Health Hut

- 46 hours a week of outreach programming in five different locations
- Weekly health topics include: Alcohol & Other Drugs, Mental Health, Financial Health , Nutrition, Body Image, Healthy Relationships, Sexual Health, Physical Fitness, Sleep, Hygiene, Cold & Flu, Civility, Smoking & Tobacco and more!
- Interns engage visitors in various games, activities, and crucial conversations regarding the topic of the week
- All of the materials are created by interns in the office and everything is customized for UA students.





**PROJECT HEALTH'S**

*A* health  
Advocates

*A True Health Education Tradition*

EST. 2014

# Health Advocates

- Founded January 2014
- Informal health promotion & outreach
- Training in informal motivation interviewing
- Peer to peer health mentoring for students on campus covering general wellness and financial health
- Work on Campaign teams to create events that advocate to and for students to lead healthier lifestyles:
  - Smoke Free Campus
  - Safer Spring Break
  - Bike Safety
  - Heart Walk
  - Week of Welcome
  - Rising Tide Student Tailgate
  - Sexual Responsibility



# Project Health Accomplishments

- Awards:
  - **Source Awards:**
    - 2012 Capstone Innovation Award: UA Health Hut
    - 2012 Outstanding Student Organization: Project Health
    - 2013 Capstone Innovation Award: Swagon
  - **The BACCHUS Network**
    - 2011 BACCHUS Area 8 Outstanding Program: Health Hut
    - 2012 BACCHUS Area 8 Outstanding Affiliate
    - 2012 BACCHUS General Assembly (National) Outstanding Prevention Program: UA Health Hut
    - 2013 BACCHUS Area 8 Outstanding Advisor, Student, Alumni & Affiliate
    - 2013 BACCHUS General Assembly (National) Outstanding Affiliate & Student
    - 2014 BACCHUS AREA 8 Outstanding Program & Advisor
    - 2014 BACCHUS General Assembly (National) Outstanding Student





# HOW YOUR STUDENT CAN TAKE ADVANTAGE OF PEER EDUCATION

- Attend a Residence Hall Program by the Health Ambassadors
- Visit the Health Hut each week to learn about a new topic
- Visit Healthy Hump Day each week to learn about a different awareness week or month
- Attend a Health Advocates event or participate in a campaign
- Catch a ride on the Swagon Monday, Tuesday, or Thursday
- Sign up for a peer to peer mentoring appointment



# UA Health Ambassadors



# Health Hut



# Health Advocates



# Newest Program



UA HEALTH ADVOCATES

*Peer to Peer  
Mentorship Program*

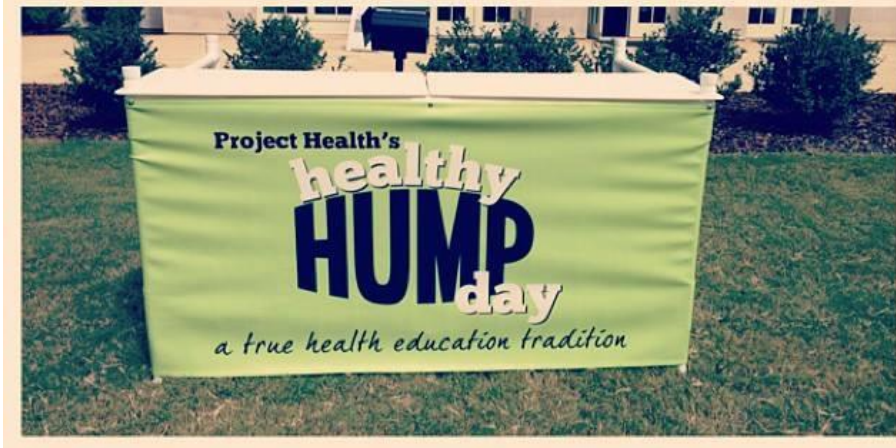
GENERAL WELLNESS COACHING • FINANCIAL MENTORSHIP

**SCHEDULE A  
SESSION**

The banner features a dark red background. On the left, the text 'UA HEALTH ADVOCATES' is in a white, bold, sans-serif font. Below it, 'Peer to Peer Mentorship Program' is written in a white, cursive script. At the bottom left, 'GENERAL WELLNESS COACHING • FINANCIAL MENTORSHIP' is in a small, white, sans-serif font. On the right, a large white arrow points to the right, containing the text 'SCHEDULE A SESSION' in a bold, black, sans-serif font.

# Healthy Hump Day





# Learning Outcomes Examples

- 90% of students will be able to identify 3 symptoms of alcohol poisoning by the end of the outreach effort
- Students will understand how alcohol affects the body during the time limit.





# What needs to go out every week?

- **Talking points**
  - *Learning outcomes*
  - *Game/activity*
- **Two Handouts**
  - *Half sheet*
  - *Quarter sheet*
- **Bibliography**
  - **Includes sources for talking points and handouts**
- **Game Questions**
  - **Address and answer learning outcomes**
  - **Original, interactive, and engaging**
- **Tweets**
  - **Relevancy and variety; sent to PR coordinator**

# **Materials Overview: *Talking Points***

- Contains ALL the health information for the week; based on learning outcomes
- This is what members read through to prepare for interactions throughout the week
- Everything needs to be properly cited and punctuated, including correct spelling and grammar
- This is what you should break up into sections for members to complete

PROJECT HEALTH'S GAMMA GREEK PEER EDUCATORS

# LENDING A HAND

## THE BASICS

Simple daily habits can alleviate some of the stress of student debt. It is important to create a budget, save money in a savings account, and avoid credit card debt. (University of California Davis).

## HELPFUL TIPS

Visit UA's Student Financial Aid website to learn more about on-campus financial assistance. Staff members are committed to helping the students undergo the financial aid process (Student Financial Aid).

## ALL THE RESOURCES

To learn about scholarships, visit the Undergraduate Scholarship Office in the Student Services Center. Financial aid advisors are also available to discuss grants, loans, and work studies (Student Financial Aid).



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## DID YOU KNOW?

There is a difference between a loan and a grant. Grants do not need to be paid back, but a loan does have to be paid back. Grants and scholarships can be awarded by colleges, outside sources, or FASFA (College Board).

## WHERE ARE WE?

Gamma members can be found at Chapter Houses on Tuesdays, Paul Bryant Dr. on Wednesdays, and the Quad on Thursdays.

## WHAT *THE* EXPERTS SAY

Students who supplement academic education with involvement on campus are more likely to return to college for a second year. College students involved in greek life are 11% more likely to return for a second-year of school compared to students who are not involved in Greek Life (Division of Student Life). Visit the Office of Student Involvement and the SOURCE to learn more about getting connected.



@UAPROJECTHEALTH

**PROJECT  
HEALTH**  
PEER EDUCATION

GAMMA IS A BRANCH *OF* PROJECT HEALTH PEER EDUCATION.

## LENDING A HAND

### WHAT YOU NEED TO KNOW

FATE is a social organization that holds events throughout the semester for students to meet people and network. Over 4,000 students are involved (National Alumni Association).

### HOW THIS AFFECTS YOUR LIFE

Joining organizations is an easy way to meet people with similar interests. Plus, campus involvement is great for resume building and networking with future employers (Mayfield).

### TAKE SOME ACTION

Go to Get on Board Day (8/30 5-9pm, Ferg Plaza) to explore the variety of organizations on campus. There will be free promotional items and many organizations will have interest sign-ups.

