



MISSISSIPPI STATE UNIVERSITY™

HEALTH PROMOTION & WELLNESS

Mission:

The department of Health Promotion and Wellness engages students through initiatives to promote complete mental, physical, and social well-being.

Vision:

Through initiatives of Health Promotion and Wellness, students are empowered to achieve optimal lifelong well-being.

See also: [Student Affairs Strategic Plan](#)

Health Promotion and Wellness 2016-2017 Outcomes and Strategies

Outcome 1. Students will realize the relationship between well-being and success. (*Goal A – Student Learning Objective 2 – Well-being*)

Strategy 1A Programming, social media messages, social norming, motivational interviewing in drug, tobacco, alcohol and other specific health/wellness segments

TracDat

1. Assessment and Evaluation Plan (Column 2) HPW will conduct student focus groups every semester to gauge whether the majority of students recognize the relationship between well-being and success. This is a new measure and HPW is gathering baseline data.

Notes for Procedure/Criterion Modification Pre and posttests, one shot posttests, program evaluations, motivational interview goals met, and focus groups

2. Assessment and Evaluation Plan (Column 2) Program evaluation measures intent to make safer health choices based on program information. Seventy-five percent of students will report safer health choices to improve their overall well-being.

Strategy 1B HPW will provide practical health education to assist students in enhancing their well-being as they pursue a rewarding quality of life.

TracDat

Assessment and Evaluation Plan (Column 2) Nutrition consultation evaluation instrument measures information received to help participants make healthier choices and enhance well-being. Seventy-five percent of clients will report healthier choices to enhance well-being. Baseline data are being collected.

Outcome 2. MSU students will understand the importance of well-being. (*Goal A – Student Learning Objective 2 – Well-being*)

Strategy 2A. Wellness events with students, such as April 2017 events for sexual assault awareness will take place to facilitate this outcome.

TracDat

1. Assessment and Evaluation Plan (Column 2) Focus groups will be utilized to measure whether the majority of students understand the importance of well-being after participation in April 2017 sexual assault awareness events.
2. Assessment and Evaluation Plan (Column 2) Program evaluations will be utilized to measure student understanding of the importance of well-being. Seventy-five percent of students will report increased perception of the importance of well-being.

Outcome 3. Students will choose behaviors and environments that promote health and reduce risk. (*Goal A – Student Learning Objective 2 – Well-being*)

Strategy 3A. Students will participate in GAIN to learn personal risk related to alcohol use and harm reduction strategies to decrease risk when consuming alcohol.

TracDat

1. Assessment and Evaluation Plan (Column 2) Upon completion of GAIN, 75 % students will report a reduction in AUDIT score.
2. Assessment and Evaluation Plan (Column 2) Upon completion of GAIN, 75 % of students will report a realization of goals in follow-up call.

Strategy 3B. HPW will provide environments that promote health (nutrition/exercise = Blue Cross Blue Shield activities and incentives).

TracDat

Assessment and Evaluation Plan (Column 2) Participants will undergo pre and post health screenings. Fifty percent of participants will show improvement in post health screening results.

Outcome 4. Students will have increased awareness of programs, services, etc. through usage of technology/social media. (*Goal C – Student Engagement Objective 1 – Promote opportunities/Goal B – Communication and Technology Objective 2 – Enhance methods of reaching students*)

Strategy 4A. HPW will enhance outreach of health promotion messages through the Health Service Volunteer program.

TracDat

1. Assessment and Evaluation Plan (Column 2) Health Service Volunteers (HSVs) will participate in an end-of-the-semester assessment in which they reflect on whether they had increased

awareness of programs and services as a result of being an HSV. A majority of HSVs will report an increase in awareness.

2. Assessment and Evaluation Plan (Column 2) HPW will conduct focus groups each semester and will ask a question about whether students encountered Health Service Volunteers. The majority of students will report positive interaction with HSVs.

Program Evaluation Instrument Needs:

Did the student gain knowledge, understanding, skills in:

- the relationship between well-being and success
- how to make safer health choices
- how to enhance well-being
- the importance of well-being
- how to choose behaviors that promote health and reduce risk
- how to choose environments that promote health and reduce risk

HPW offers services in:

- General Health
- Nutrition
- Mental Health
- Relationship Violence
- Alcohol and Other Drugs
- Tobacco Cessation Treatment
- Exercise
- Collegiate Recovery Community