



UH WELLNESS

The mission of UH Wellness is to provide campuswide education and prevention programs that support student success by promoting healthy choices. Our aim is to create a healthier, safer learning environment across all dimensions of wellness. By offering a variety of programs and services, we hope to create a culture of long lasting behavioral change. UH Wellness has identified three current and future initiatives that will be the focus of our 2014-2015 academic year. Through an increase in resources and support, we feel that these projects can have a profoundly positive impact on the campus community.

- **NATIONAL COLLEGE HEALTH ASSESSMENT:** UH Wellness will coordinate the University of Houston's participation in the National College Health Assessment (NCHA), the premier health and wellness survey in higher education. This survey, maintained by the American College Health Association, is a widely used benchmarking survey that examines a variety of topics from alcohol and other drugs, physical fitness, sexual health and mental health, among others. Never done before at UH, this survey will give us an in-depth picture of health and wellness on campus that can be used to design and implement evidence-based programs and interventions. Finally, the NCHA will give us the ability to benchmark with other institutions across the nation in a spirit of collaboration and partnership. The survey varies by institution and the number of people selected in a

research sample. Most universities will spend between \$2,000 and \$5,000, depending on their needs.

- **COUGAR PEER EDUCATORS:** Through a formal application and training process, our Cougar Peer Educators (CPE) organization works alongside UH Wellness staff to assist with workshops, resource tabling and making sure that the student voice is heard on campus. CPE also helps coordinate large campus events, such as World AIDS Day, Take Back the Night and mental health screenings. This year, we will be looking to rebuild the organization and elevate the status of the organization on campus. Financial resources help to buy supplies, materials for programming and marketing materials.
- **SEXUAL VIOLENCE PREVENTION AND RESPONSE EDUCATION:** UH Wellness has a larger role in education to prevent or respond to sexual violence. Spurred by the national conversation to increase support services around this topic, UH Wellness will coordinate with campus partners to expand education concerning consent, bystander intervention and reporting resources both on and off campus. Avenues include new student orientation, residence halls and student organizations. Financial resources will help to provide supplies for trainings, and increase our marketing and social media presence.

**For more information,
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