

13. Executive Summary

This has been another exciting year for the Office of Health and Wellness (OHWE). The office has achieved great accomplishments toward our goals from last year, had a limited number of challenges and is looking forward to goals to accomplish for next year.

Health and Wellness Education had a 29% increase of the number of student contacts at our information tables (2975 to 3826). More than half (67%) of students responding to a survey stated that visiting the tables resulted in positive behavior change. OHWE created a new student group called Owls Care reaching 253 students as a result of workshops the student leaders presented. Overall, OHWE had an increase of student contacts of 25% (12231 to 15239) for 2013-2014 school year. An average of 90% of students responding to a survey reported lasting behavior changes as a result of attending a wellness education presentation.

Each year OHWE completes a Trojan Sexual Health Report Card, competing against 141 other universities from around the country to be listed as a sexually healthy campus. Last year FAU ranked 31, however, this year FAU ranked 24, jumping seven spots ahead of four of the five other Florida schools completing the survey and in the top 25 of the country.

This year, the Healthy Campus Coalition was successfully implemented with membership from across the university including faculty, staff and students. The Coalition has created four sub-committees covering topics that affect the success of FAU students.

This year the Office of Health and Wellness Education progressed toward reaching the five goals set for the year.

- OHWE developed and implemented an Owls Care program reminding students to take care of themselves, others and the university community.
- A marketing plan for the office is progressing with the addition of a Marketing Specialist in Student Health.
- The visibility of the office continues to increase with the addition of more information tables (35 to 72), special events (21 to 31), and consultations (14 to 22).
- Educational materials, specifically bulletin boards, have been created and made available to FAU housing staff.
- OHWE researched the feasibility of providing Podcasts, however, decided not pursue this. Research continues toward creating other on-line media “presentations.”

This year didn't present many large challenges for Health and Wellness Education. The greatest challenge was providing complete services for two different campuses (Boca

and Broward). This has since been resolved with the addition of an Assistant Director at the Broward Campuses.

For the upcoming year, OHWE will focus on rebranding and reorganizing the office with a new office name and mission. Owls Care will be a large focus for the office moving forward. OHWE will utilize Baseline more for assessment. This includes examining learning outcomes and the manner in which data is collected. Lastly, the office will provide more programming in support of sexual assault awareness as a result of Title IX and Campus SaVE Act requirements. This year is sure to bring challenges to OHWE, however, at the end of the year the office should be positioned for a great future.