Student Health 101:
Promoting Student Health and Wellness Online
Lena Newlin, MPH, CHES

Student Health Issues
- Top Ten Academic Impacts: Stress (22.9%), Cold/flu/sore throat (17.1%); Anxiety (13.3%); Sleep difficulties (14.9%); Work (9.6%); Relationship difficulties (9.4%); Depression (9.0%); Internet use/computer games (8.5%); Concern for a troubled friend or family member (8.0%); Participation in extracurricular activities (7.1%)
- Alcohol and other drug use
  - Binge drinking (42.6%)
  - Marijuana (14.3%)

Source: National College Health Assessment, Spring 2011

Monthly online magazine
Anonymous
Peer education model: Written for students, and frequently by students
Engaging, Interactive
Mobile version
Relevant health topics (stress management, academic performance, alcohol and other drugs, sexual health and responsibility, body image, eating well and working out, mental health, sleep habits, sexual assault prevention, tobacco cessation, healthy relationships, money management, etc.)
Monthly cash giveaway

Student Health 101 at the University of Wyoming
- Coordinated out of the AWARE Program
- Sent via email to all enrolled UW students (including Outreach)
- Customized pages
- UW student article and video submissions
- Facebook Page (1,144 likes)
- Promotional tools

UW Students, Staff, Community Involvement
- Dr. Tsi Gall from the University Counseling Center: http://readsh101.com/uwyo.html?id=72bde12d

Usage Statistics Through May 31st

<table>
<thead>
<tr>
<th>Issue</th>
<th>Total Sessions</th>
<th>Computer Sessions</th>
<th>Tablet Sessions</th>
<th>Mobile Sessions</th>
<th>Total Pages Read</th>
<th>Average Pages Read</th>
<th>Total Time Active</th>
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</thead>
<tbody>
<tr>
<td>Orient.'12</td>
<td>1,039</td>
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</table>

Due to technical limitations on mobile phones (Android/iPhone/etc.), pages read or time spent on mobile phones is not included in the above totals.

- 81% of students polled responded that they learned something that they would apply to their daily life.
- 51% of students polled responded that they had seen or read something in Student Health 101 that caused them to want to get involved on campus, ask for help, take advantage of campus resources, or otherwise improve their health.
What University of Wyoming Students Are Reading the Most...

- Orientation '12...The Roommate Survival Guide
- September '12...Find Your Emotional Strengths
- October '12...Eat Right Now: Nutrition Essentials Made Easy
- November '12...From ZZ's to A's: How Sleep Affects Learning
- December '12...Ring or Forever? How to Find What You're Looking For
- January '13...Don't Talk Sex: 3 Steps for Keeping It Safe
- February '13...Solo & Satisfied
- March '13...The Five Elements of Fitness
- April '13...Top 5 Foods to Power Up Your Plate
- May '13...Don't Forget to Remember

What did you learn from this month’s (May 2013) SH101?

- “I’m currently working on my online image, the article had a couple of good pointers. I was interested to see that 23 percent of employers had declined online profiles of applicants saw red flags that deterred them from hiring the candidate.” — Stacie
- “I thought the article about how to break a sweat was entertaining. I never realized that exercise can be fitted into so many of our daily tasks. Before I just kept exercise separate, but now I try to incorporate them more often.” — Cassandra
- “I really like the article about adapting to change, because my life has completely changed in the past year, and I felt it was very well written.” — Samuel
- “The article, Don’t Forget to Remember. I used to play memory games in my downtime on my computer, I should do that more often. A friend of mine is teaching some of her native language. I’ve met a lot of new people recently and I catch myself letting previous thoughts play in the background, and then I can’t recall new names to new faces. I should make a point to clear my mind first.” — Glenn

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