

Data Driven Collaborations to Support Student Wellness

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Objectives

Attendees will be able to identify current student wellness trends

Attendees will recognize the importance of building collaborative relationships with other departments to address disparities and student health needs

Attendees will understand their role in supporting student wellness

Introduction

Mission: Optimize student well-being through educational programs, policies, and advocacy.

Vision: A university culture where well-being is accessible, equitable, and prioritized at every level through evidence-informed programs and health promoting policies.

Areas of Focus

Alcohol and
Other Drugs

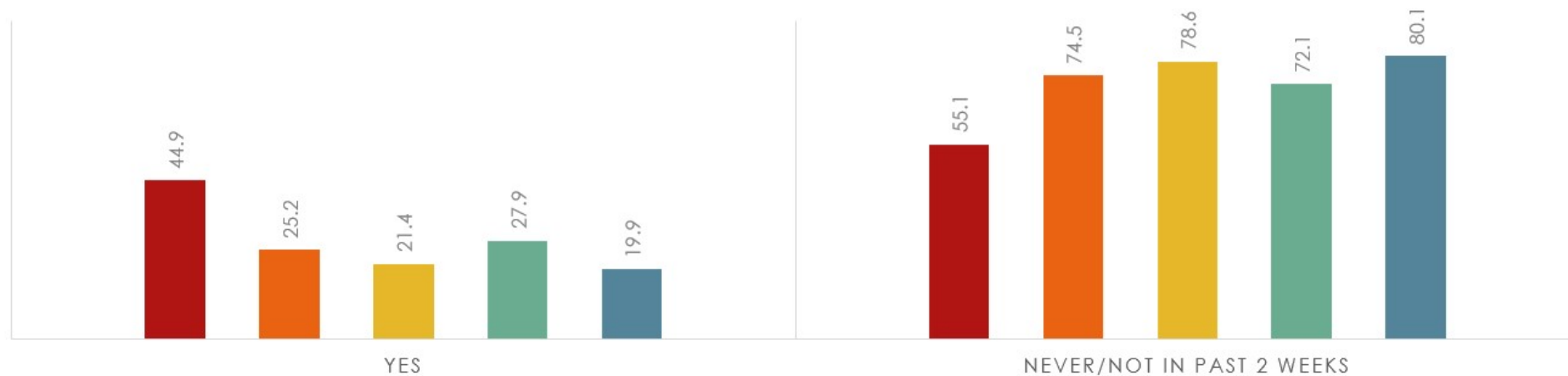
Mental
Health

Sexual
Violence

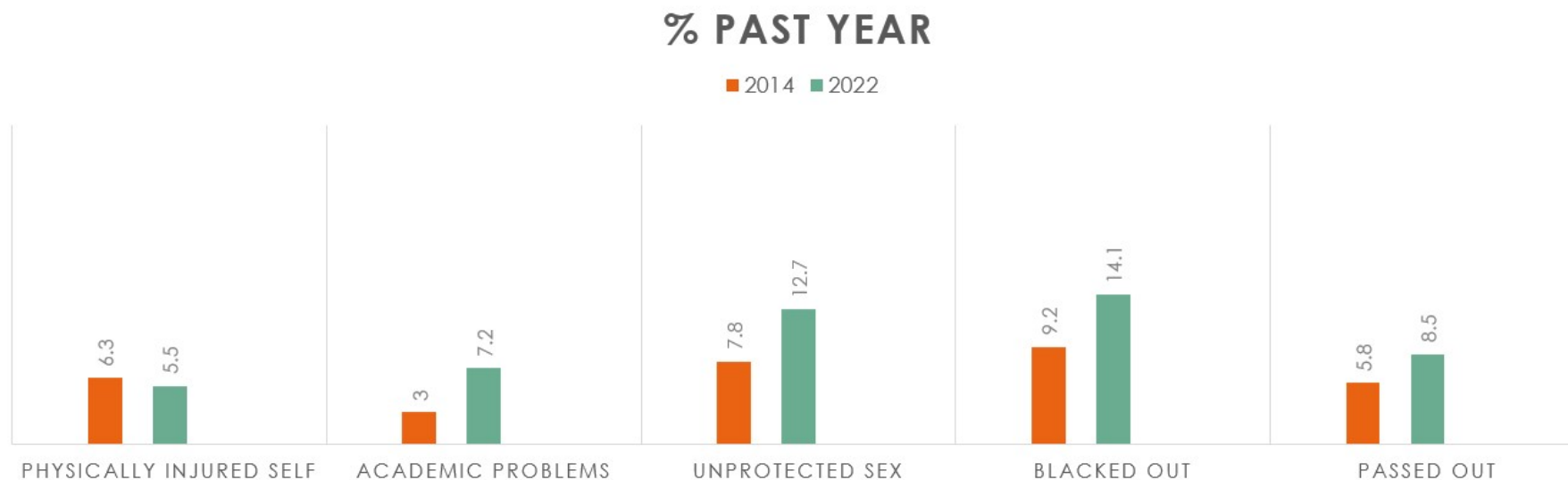
Alcohol and Other Drugs

CONSUMED 5+ STANDARD DRINKS WITHIN PAST 2 WEEKS

■ 2014 ■ 2016 ■ 2018 ■ 2020 ■ 2022



Alcohol and Other Drugs



Mental Health

Experienced in past 30 Days	NAU	Nat'l Benchmark	Comparison
Felt hopeless	70	68.4	Similar
Felt so sad nothing could cheer you up	64.5	60.2	Higher
Felt worthless	53.8	49.9	Higher

Experienced in past year	NAU	Nat'l Benchmark	Comparison
Thought about killing yourself	38.9	31.5	Higher
Attempted suicide	2.3	2.0	Similar

Sexual Violence

Students report experiencing the following in the past 12 <u>mos</u>	CIS Men	Cis Women	TG	NAU	Nat'l Benchmark	Comparison
Sexual touching w/o consent	2	7.2	7.8	5.7	4.1	Higher
Attempted sexual penetration w/o consent	.7	2.8	4.7	2.3	1.6	Higher
Sexual penetration w/o consent	.7	2.7	1.6	2.0	1.4	Similar
Victim of stalking	2.3	4.5	3.1	3.7	3.4	Similar
Partner insulted/called names/put me down	10.1	9.5	14.1	10	9	Higher/Similar
Partner pressured me into unwanted sexual contact: threatening, coercion, alcohol/drugs	1	2.8	7.8	2.6	2.1	Similar

How do we do this?

Socio-Ecological Model



Not all efforts to promote student health are “programs”

Where do you come in?

The 5 Conditions of Collective Impact

- 1

Common Agenda

 - Common understanding of the problem
 - Shared vision for change
- 2

Shared Measurement

 - Collecting data and measuring results
 - Focus on performance management
 - Shared accountability
- 3

Mutually Reinforcing Activities

 - Differentiated approaches
 - Coordination through joint plan of action
- 4

Continuous Communication

 - Consistent and open communication
 - Focus on building trust
- 5

Backbone Support

 - Separate organization(s) with staff
 - Resources and skills to convene and coordinate participating organizations

Collective Impact in Practice

- Work as a table to complete your worksheet
- Identify one protective factor or evidence-based program to influence your collaboration
- Want to make this a reality? Put a “Y” at the top of your worksheet

Prepare to share out:

- What departments were represented in your group?
- What protective factor or evidence-based program did your group chose?
- How can we as the Health Promotion Office help make this collaboration happen?

Share
Your
feedback
With
Us



Student Affairs



Presentation Survey!