



GatorWell Health Promotion Services
Division of Student Affairs

352-273-4450, gatorwell@ufl.edu

GatorWell Health Promotion Services



Holistic approach and focus on all dimensions of wellness from a prevention perspective.

- **Vision Statement:**

GatorWell Health Promotion Services endeavors to enhance quality of life by promoting wellness and fostering a vibrant campus community for student success.

- **Mission Statement:**

GatorWell Health Promotion Services educates, empowers, and coaches students to make healthy decisions, and provides leadership and advocacy for health-enhancing policy.



GatorWell's Main Office

- Located in the Counseling and Wellness Center, 3190 Radio Road
- First floor, Room 104

- Maureen Miller
 - Director

- Joi Alexander
 - Health Promotion Specialist

- Jane Emmerée
 - Health Promotion Specialist

- Samantha Evans
 - Health Promotion Specialist

- Rita Lawrence
 - Interpersonal Violence Prevention Coordinator

- Sara Martin
 - Health Promotion Specialist



GatorWell Staff



- Natalie Rella
 - Health Promotion Specialist

- Julia Rae Varnes
 - Health Promotion Specialist

- Rachael duBois
 - Program Assistant

- Katherine Liles
 - Senior Clerk

- Roy Sherouse
 - Art Publication Specialist

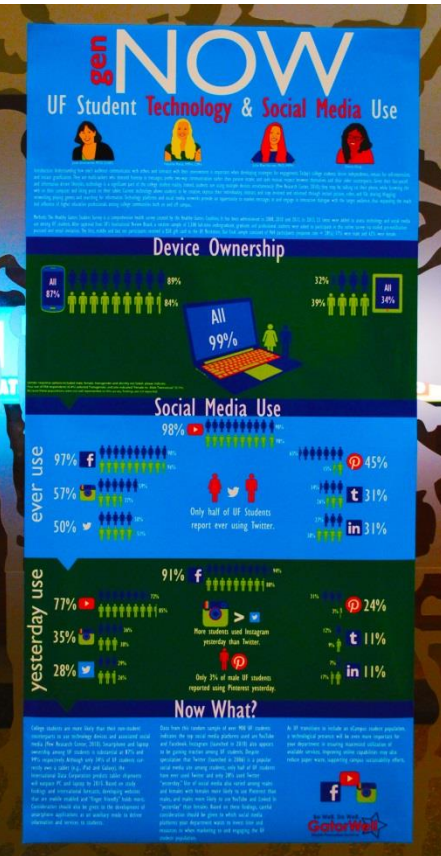


Health Content Areas

- Alcohol and Other Drugs
- Body Image
- Healthy Eating
- Interpersonal Violence Prevention
- Sexual Health
- Sleep
- Social Health
- Stress Management
- Time Management
- Tobacco Cessation
- Trending College Health Topics
- Wellness

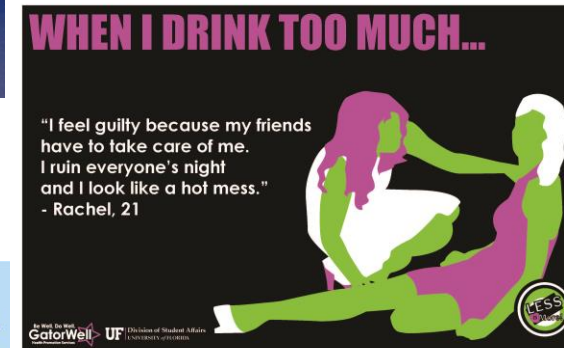
Population-Based Prevention

- Assessing health status and needs of the campus community (Healthy Gator Student Survey, CORE Alcohol and Drug Survey)
- Developing and supporting health enhancing policies on campus (tobacco, alcohol)
- Implementing state and federal grants to impact health behavior change through a public health framework
- Providing comprehensive, educational health outreach and communication campaigns



Programs and Services

- Workshops and Presentations
- Individual Educational Consultations
 - Wellness Coaching for Academic Success
 - HIV Testing Services
 - Quit Tobacco Program
- Health Communication Campaigns
- Advocacy, Policy, Coalition Building
- Implementing Grants
- Health Hut: Campus Outreach Program
- Residential Outreach Programs: Enhancing Wellness Where You Live



Health Promotional Items

- Free wellness related items: sleep masks, earplugs, chap stick, sunscreen, hand sanitizer, cookbooks, bug spray, and more



Health Hut

- Developed to promote a health-conscious campus.
- Powered by UF students
 - Wellness Educators
- Bi-weekly health messages, wellness-related activities, promotional items.
- Encourages students to implement wellness strategies to achieve overall health, happiness, and success.
- Student referral source for campus-wide health and wellness services.



GatorWell Satellite Centers: Living and Learning Community

- Educate students on health and wellness activities in partnership with Housing and Residence Life Education.
- Students learn about:
 - health and wellness related campus resources
 - healthy lifestyle strategies
 - activities that encourage balance and personal growth
- Staffed with full time health promotion specialist and one part-time graduate student.



GatorWell Satellite Centers



Both Centers offer the following services:

- Health-related, interactive events and programs
- Cooking and healthy eating demonstrations
- Relaxation stations with a massage chair
- Weekly Study Hours
- Health information during tabling and walk-in hours
- Choices in Wellness Class
- Individual Appointments (Wellness Coaching, Quit Tobacco Coaching)

STRIVE at GatorWell

(Sexual Trauma/Interpersonal Violence Education)

- STRIVE is a peer education group comprised of a diverse group of UF graduate and undergraduate students
 - Envision a living and learning environment free from interpersonal violence, one in which the campus culture encourages respect, communication, and equity.
 - Educates, inspires and empowers UF students to actively participate in creating a campus community that is free from interpersonal violence.
 - Seeks to promote individual and community accountability, and to challenge beliefs and behaviors that encourage rape, sexual assault, relationship violence/abuse, harassment, and other forms of violence.



Title IX

- Title IX, a landmark federal civil right that prohibits sex discrimination in education.
- Faculty, staff, and students, regardless of gender identity, are protected from any sex-based discrimination, harassment, or violence.
- UF has zero tolerance for sexual harassment, which includes sexual assault/battery, quid pro quo harassment, dating violence, domestic violence, and stalking.
- UF has an established procedure for handling complaints of sex discrimination, sexual harassment, or sexual violence. To report for action to be taken, report to: law enforcement, the Title IX Coordinator, or the Deputy Title IX Coordinator for Students.
- Confidential reporting entities at UF are the Counseling and Wellness Center and the Office of Victim Services.

A Snapshot of GatorWell

be well.

do well.



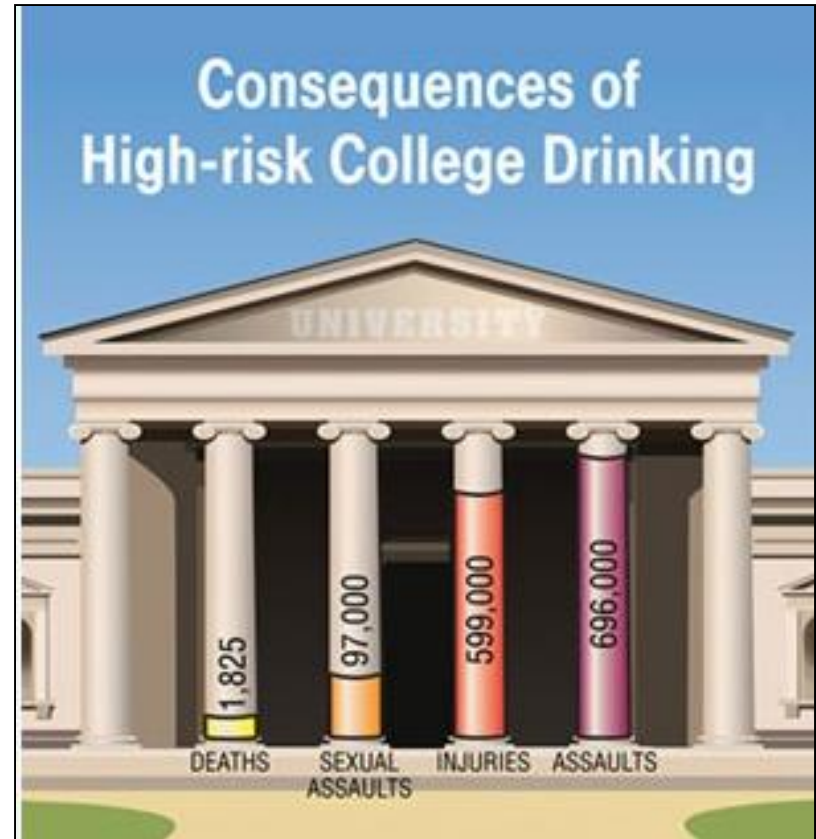
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Alcohol, Academics, and College Students

Annual High-Risk College Drinking Consequences:

- Death: 1,825 students
- Injuries: 599,000 students
- Sexual abuse: 97,000 students
- 66% of suicides
- 50% of all driving fatalities

* NIAAA 2011 Data

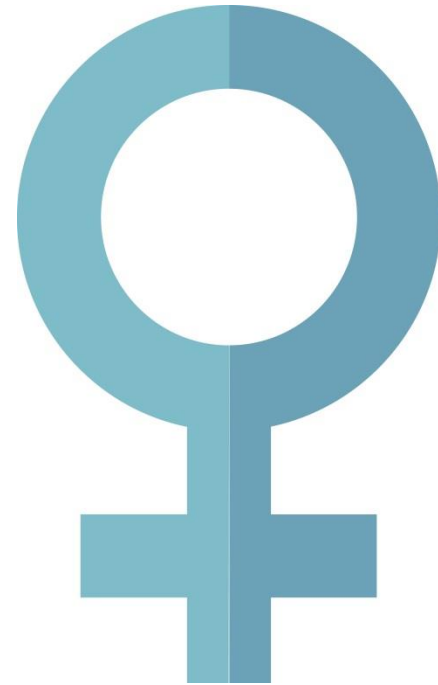
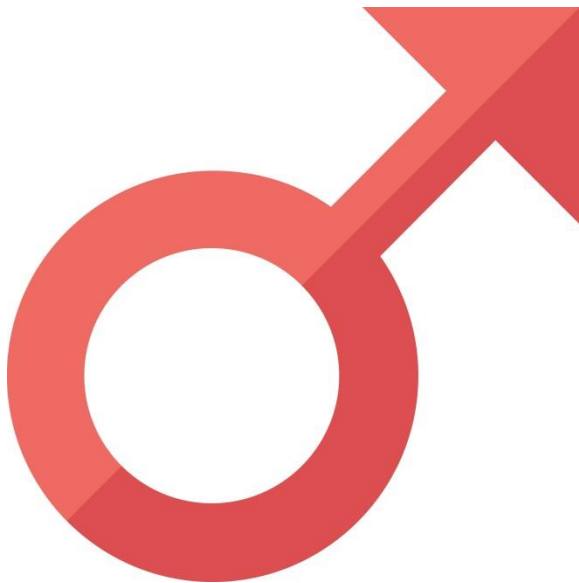


High-Risk Drinking

Periodic excessive drinking characterized as:

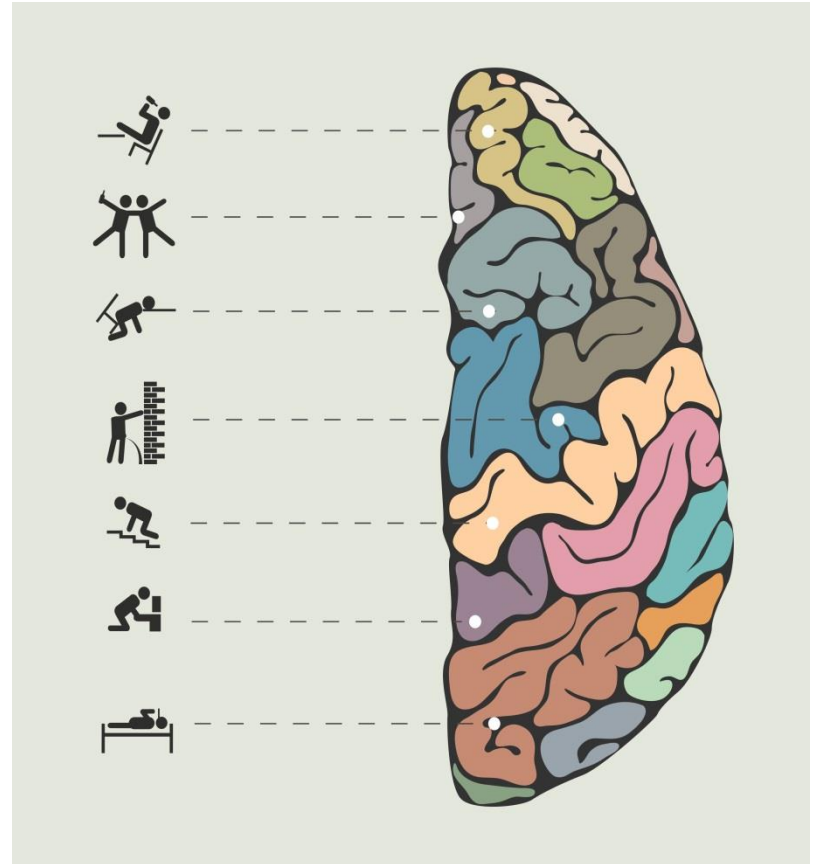
- 5 or more drinks in one sitting for men

- 4 or more drinks in one sitting for women

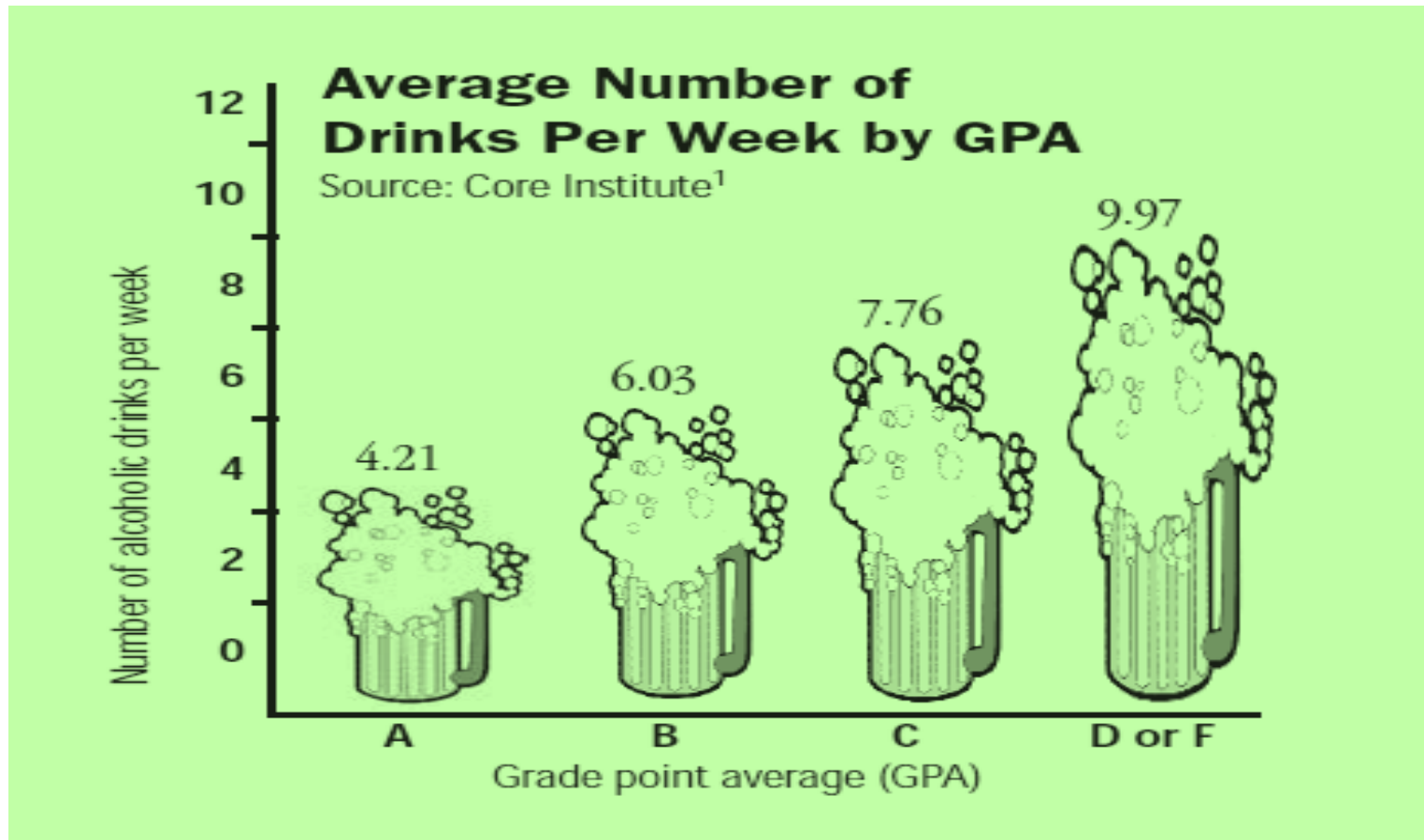


Alcohol and Academics

- Alcohol has been linked to 40% of lowered academic performance incidences (national data)
- The heaviest drinkers make the lowest grades
- Increases in average number of drinks per week are related to:
 - decreased class attendance
 - getting behind on school work



Alcohol and Academics

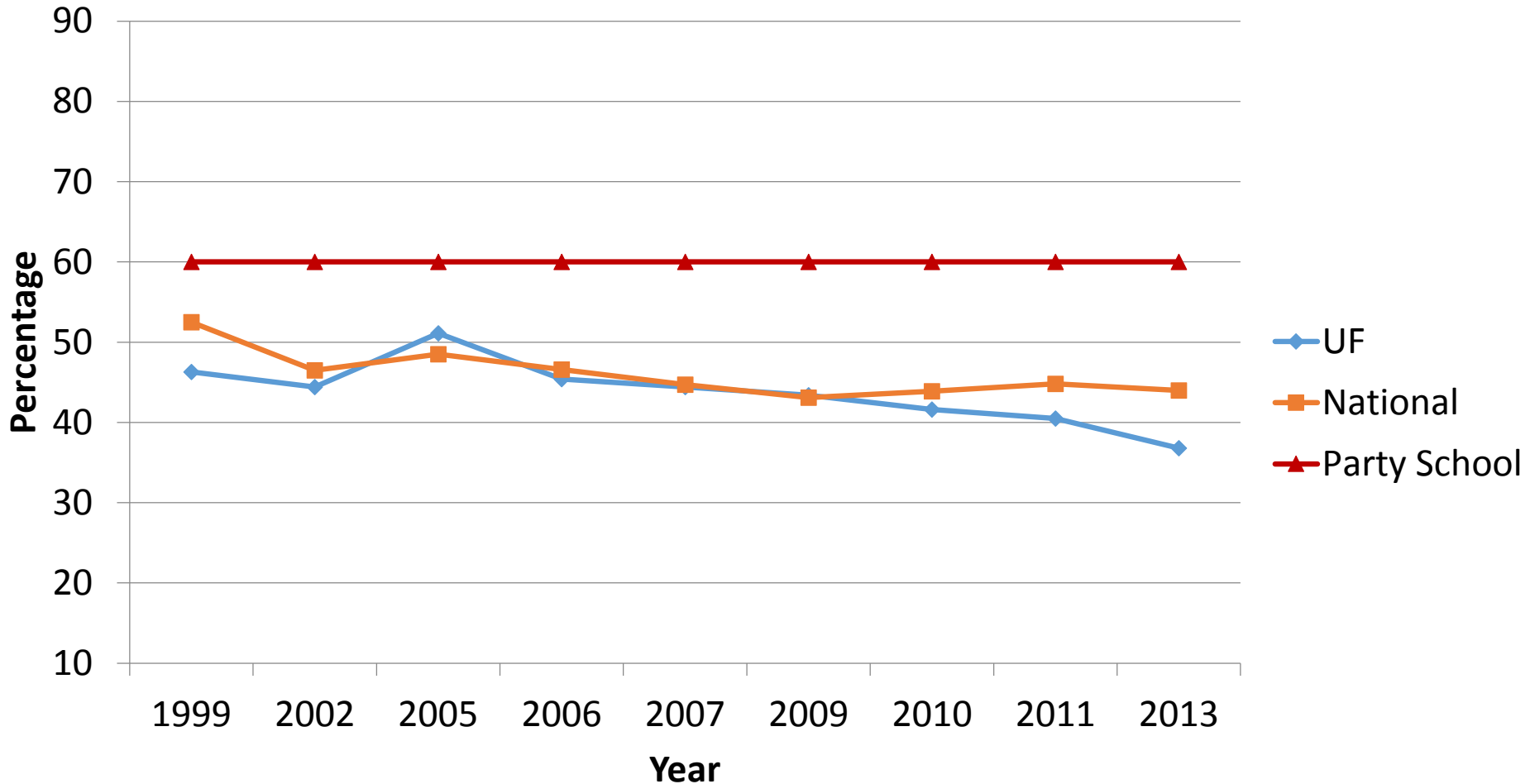


Note: Nationally, 25% of college dropouts are alcohol-related

Addressing Alcohol at UF

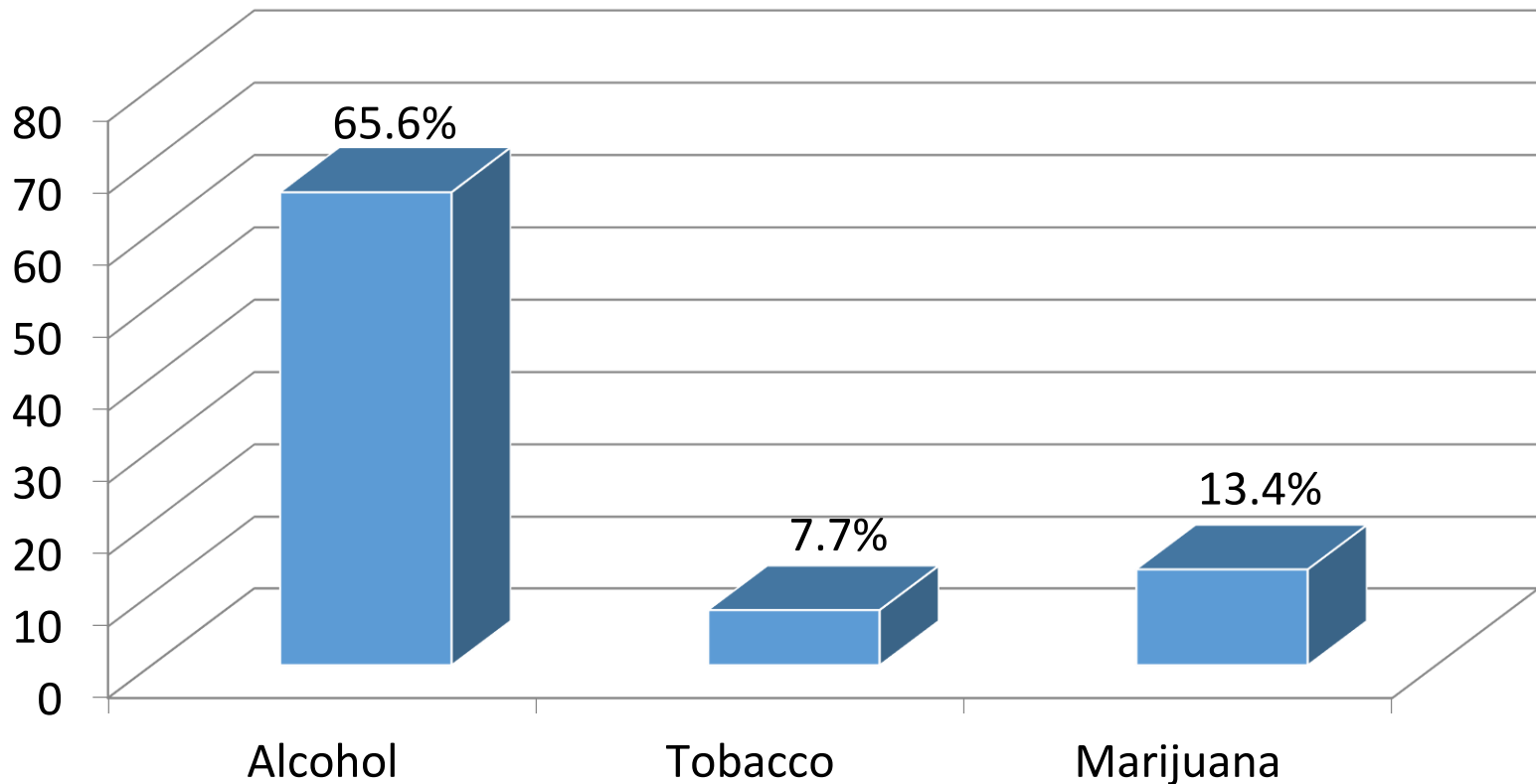
- Implement methodologically rigorous assessments to understand alcohol use patterns
- Dispel myths related to alcohol-use and college life
- Develop data-informed and student-informed programming, including health communication campaigns
- Educate students about consequences of high-risk drinking
- Educate students about the consequences of illegal alcohol use
- Medical Amnesty Policy

Alcohol, Wellness, and Academics: Is UF a Top Party School?



Alcohol Most Commonly Used Substance Among UF Students

2013 Substance Use in Past 30 Days



* UF 2013 CORE Alcohol and Drug data

Not Everybody Drinks

If you don't drink,

you are not Alone!

**17,500 UF Students Choose
Not to Drink Alcohol**



**Based on the Core Alcohol & Drug Survey (2010), 35%
of students reported not drinking alcohol in the last 30 days.**

Produced by: GatorWell Health Promotion Services / Division of Student Affairs

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*Consuming any alcohol under the age of 21 is illegal.

Call 911 immediately!

I am unresponsive and need help.

This is no laughing matter.



Each year about 1,800 students die from alcohol overdose. You can stop this if you take your friend to the emergency room rather than make fun of them.



The contents of this ad were developed under a grant from the U.S. Department of Education. However, these contents do not necessarily represent the policy of the U.S. Department of Education, and you should not assume endorsement by the federal government.

Alcohol Poisoning

- Call 911 for help if someone is passed out or unresponsive!

UF Medical Amnesty Policy

- Created to promote a healthy and safe environment for all UF students.
- Encourage students to call 911 in serious or life-threatening alcohol and/or drug abuse situations.
- Person calling for help and person in crisis will not be referred for Student Code of Conduct charges regarding the alcohol or drug use.
- Medical Amnesty Policy incidents will not be entered on the student's official academic record.
- The Medical Amnesty Policy does apply to UF students who are a victim of sexual assault and have also engaged in underage alcohol consumption.
- UF will not charge the victim of sexual assault or the accused in a sexual assault with underage drinking or drug use in the case of a sexual assault. The focus is on addressing the allegation of sexual assault.

Parents and Family Members: *You're Not Done Yet!*

- The **first 6 weeks** of college are critical to a first year student's academic success.
- **Parents and Family Members stay involved:**
 - Have honest and open communication
 - Call your daughter or son frequently
 - Ask about roommates and living situations
 - Discuss how alcohol use may be impacting their college experience
 - Encourage your student to participate in healthy activities
- **Parent Resource:**
 - www.collegedrinkingprevention.gov

Online Alcohol Education Program

- **Required for all new students**

- Screening Assessment
 - Alcohol Education
 - Campus-Specific Social Norms
 - Protective Strategies
 - Emergency Response Information
 - Campus Policy & Resources Information
-
- Students will receive more information at a later date
 - Recommend completing during the first few weeks of school
 - Required to complete before registering for next semester of classes

Additional Resources

- GatorWell Health Promotion Services

- <http://gatorwell.ufsa.ufl.edu>

- 352-273-4450



- Counseling and Wellness Center, 352-392-1575
- Police Department, 352-392-1111
- Student Health Care Center, 352-392-1161
- Dean of Students Office, 352-392-1261
- Deputy Title IX Coordinator for UF Employees, Elnora Mitchell, 352-273-1725
- Title IX Deputy Coordinator for Students, Christopher Loschiavo, 352-392-1261

Maureen Miller

Director

GatorWell Health
Promotion Services

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