

To: FSU Academic Senate
From: Tom Liszewski
Re: Year End Report from the Academic Senate Health Promotion & Substance Abuse Prevention Committee
Date: April 12, 2010

This committee has evolved over the last several years to focusing on improving the health of the students at FSU with the idea that students will be better poised to have academic success if they are healthier. If the students are not busy smoking cigarettes, suffering from hangovers, or depression they will be better positioned to succeed academically. This committee believes in the theory of 'subtraction by addition' so if they are not drinking and smoking they can replace those behaviors with exercise and healthy eating.

The committee began the academic year by electing Dan Sleeper the chairperson and Carol Rewers as the committee secretary. Jon Taylor served as the technical consultant and maintained the Facebook Page for the committee publishing health related events on the campus.

The committee has historically been involved in the 'Great American Smoke-Out' the third Thursday of every November. The Great American Smoke Out is the day identified across the country encouraging tobacco users to quit. The committee again sponsored this event by printing 200 posters that were distributed across campus promoting the event. The cost of printing the posters was covered by Paula Hadley-Kennedy the secretary of the Academic Senate Office. The Student Leadership & Activities Office distributed the posters. The committee works closely with the American Cancer Society and the registered student organization Colleges Against Cancer. They staff a table at the Rankin Center the day of the event and pass out supportive literature for those tobacco users who express an interest in quitting. This year we invited the President Ryan Condon and Vice-President Kelli Alexander of the organization to attend our committee meetings. They also put chalk lines 25' from the doors of campus building to demonstrate the rules that smokers must be that far away from public buildings. The group also gave away free gum and raffle tickets to win nicotine gum and patches. The committee helped by advertising for this event. I think that coordination between this committee and this RSO was the crowning jewel for this committee this year. The committee also helped the RSO promote their Relay For Life event and set as a goal next year to enter a team of committee members in the event. The committee also invited Laura Anger from the Torch who provided some advertising both for the Relay For Life event but also for the committee Facebook page with the ad being finished by the April meeting.

Dan Sleeper and I met with Dave Marion from the Academic Senate to work on developing a Strategic Plan and on the Process that aligns with the Strategic Plan. This is in development and will be finalized at the April committee meeting.

The committee also helped support the students who are running the first on-campus AA meeting. The group expanded from one day time meeting to adding an additional meeting in the evening. This committee also assisted in promoting bringing a speaker to campus for this group from GVSU Fellowship Community.

The committee came up with a suggested list of different health related topic to address each month that can interfere with academic performance:

September:	Social Norming Marketing
October:	Depression/Bipolar/PTSD in conjunction with the National Depression Screening Day
November:	Tobacco Cessation re: 'The Great American Smoke-Out'
December:	Stress & Anxiety Management (Test Anxiety/Holidays/Going Home/ Multiple Forms)
January:	Nutrition and Eating Disorders
February:	Health & Safety (Tips for Traveling)
March:	Alcohol Abuse Prevention (in conjunction with National Alcohol Screening Day)
April:	Safer Sex/STD's, Sexual Violence Prevention