

To: FSU Academic Senate

From: Tom Liszewski

Re: Year End Report from the Academic Senate Health Promotion and Substance Abuse Prevention Committee

Date: April 12, 2010

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 Paul Sullivan from the Birkam Health Center. The Student Leadership & Activities Office distributed the posters. The committee works closely with Kyle Cutler from the American Cancer Society and he works with a registered student organization whose lives have been affected by 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. Every year we hear reports of at least one student, staff and/or faculty member who has quit smoking as a result of this event.

This academic year we had a report run on the committee's web site and found that it was had few visitors beyond members of this committee. The committee decided that it still wanted to market the events that it sponsored so Jonathan Taylor built a Facebook Page for this committee and almost immediately had more visitors than the web site with 46 fans right after its launch. We still maintain the committee's web site and reviewed and refreshed the links.

We were pleased to have the privilege of having up to four student representatives serve on this committee which was a record high number. The committee wants to personally thank Justin Aman, Chelsea Halling, Danielle Hoskey, and Jerrod Baber for their valuable contributions to the committee this academic year. It was their input and friends list that help the Facebook initiative to be such a success. We would like to invite any and all of them back next academic year. If they are not able to return we would like to encourage them to recommend their peers.

The committee for the first time came up with a different health-related topic that can interfere with academic performance to address each month:

September: Social Norming Marketing (reality vs. perception of what it means to be a college student) re: Seatbelt Use, GPA's, Safer Sex, etc.  
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

The committee also helped support the students who are running the first on-campus AA meeting. The group expanded from one daytime meeting to adding an additional meeting in the evening.