



# GatorWell Snapshot: 2016-2017 Academic Year

## Healthy Gators 2016: Top Impediments to Academic Performance

### ACHA-NCHA (n = 80,139)

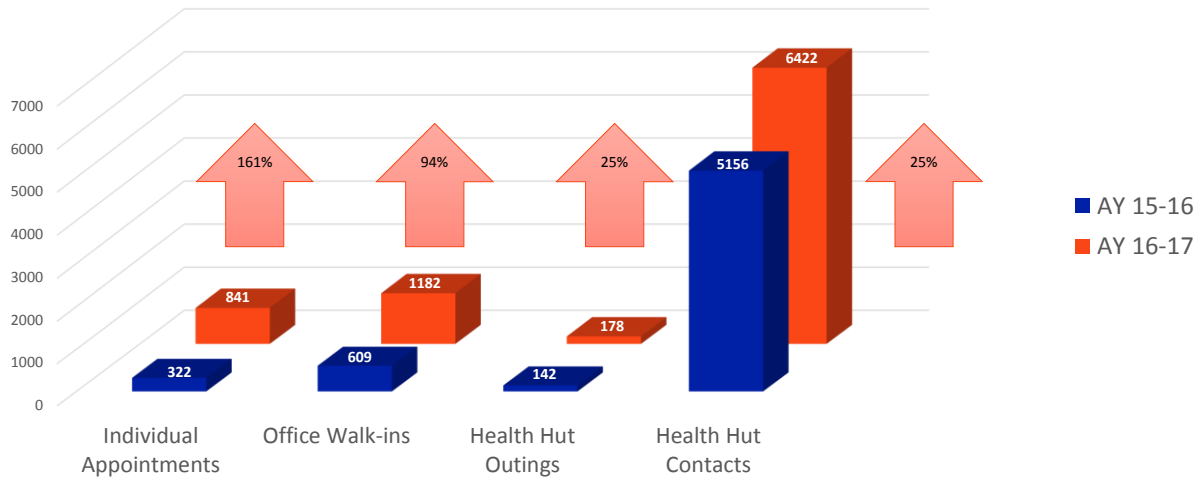
1. Stress (33.8%)
2. Anxiety (24.4%)
3. Sleep Difficulties (22.2%)
4. Depression (16.2%)
5. Cold, Flu, Sore Throat (15.7%)
6. Work (14.9%)
7. Internet Use/Computer Games (11.8%)
8. Concern for Friend or Family Member (11.7%)
9. Participation in Extracurricular Activities (10.2%)
10. Relationship Difficulties (9.8%)

### UF Healthy Gators (n = 1511)

1. Stress (32.8%)
2. Anxiety (27.6%)
3. Cold, Flu, Sore Throat (21.1%)
4. Internet Use/Computer Games (19.0%)
5. Participation in Extracurricular Activities (17.7%)
6. Sleep Difficulties (17.5%)
7. Depression (14.7%)
8. Relationship Difficulties (11.5%)
9. Finances (11.4%)
10. Work (11.1%)

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## Year in Review: Increased Access

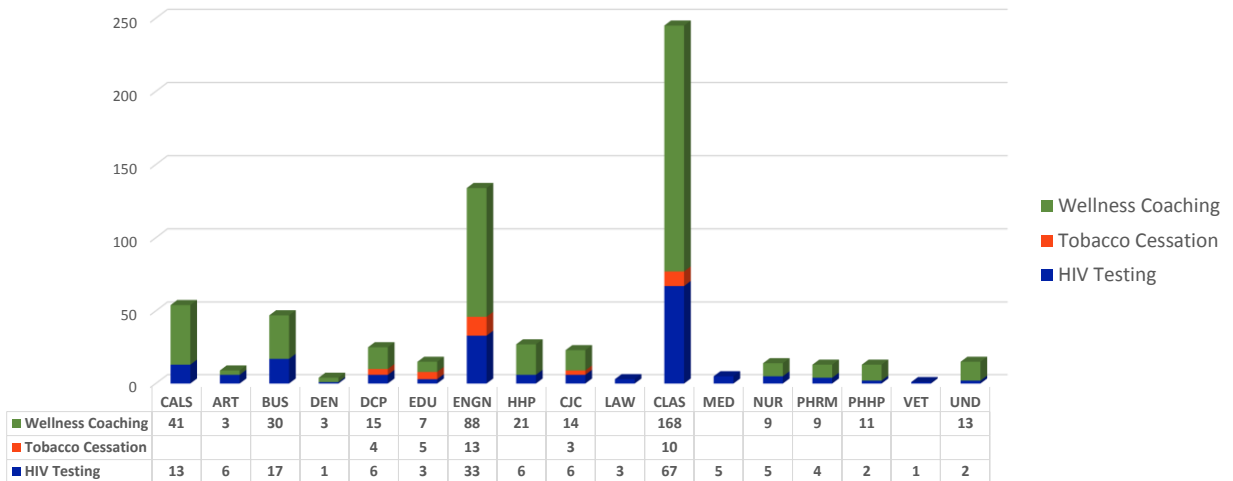


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## AY 16-17: Signature Services by College



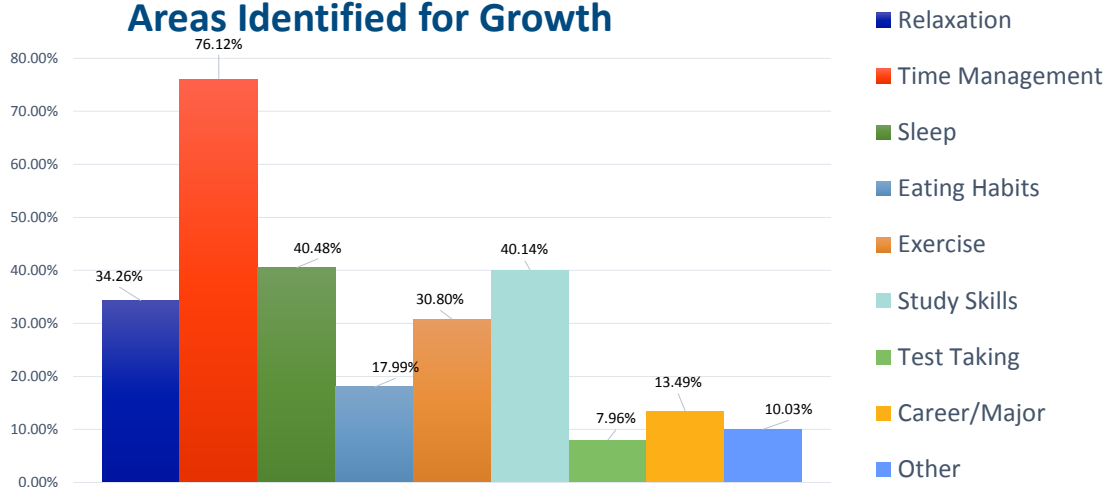
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## AY 16-17: Wellness Coaching for Academic Success

### Areas Identified for Growth

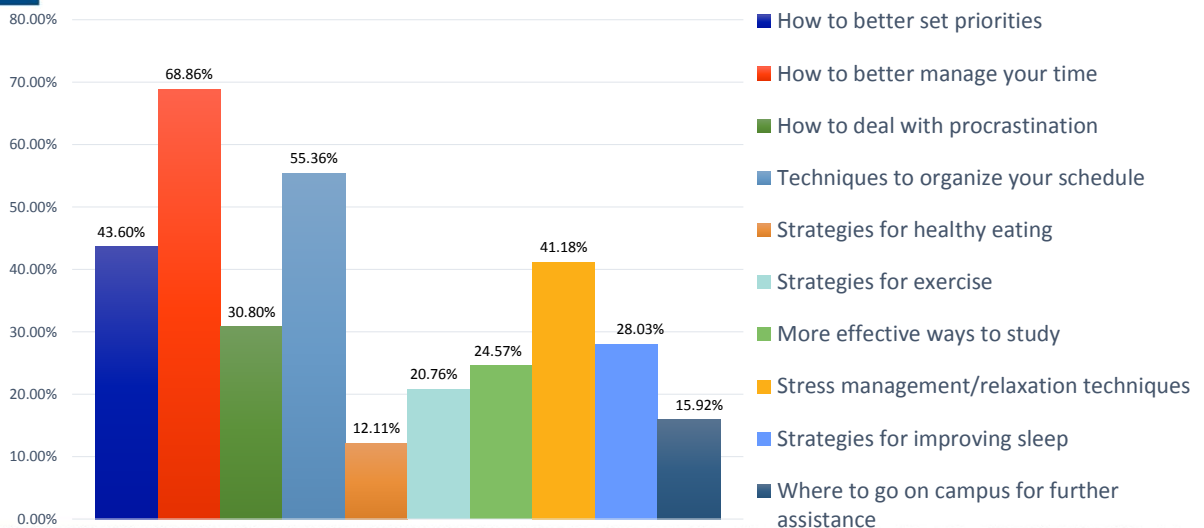


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## AY 16-17: Skills Learned During WC Session



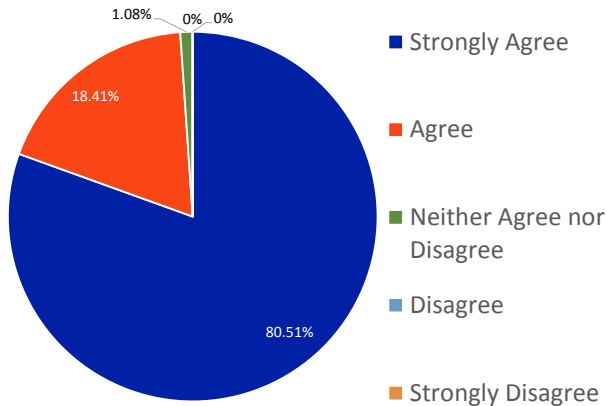
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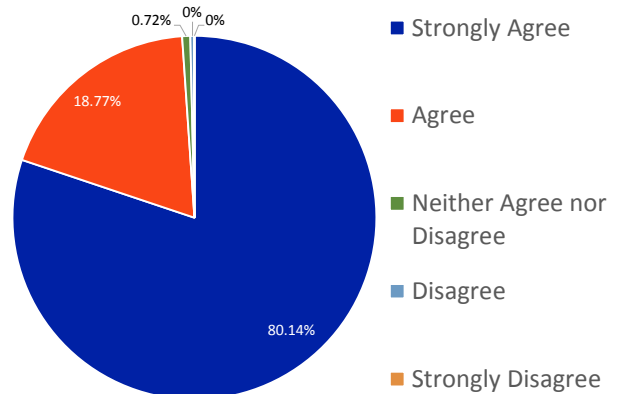


# AY 16-17: Wellness Coaching for Academic Success

I was satisfied with this session



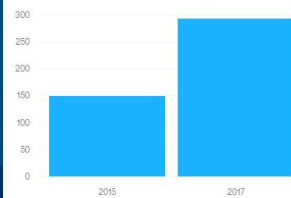
I would recommend this program to other UF students who need help.



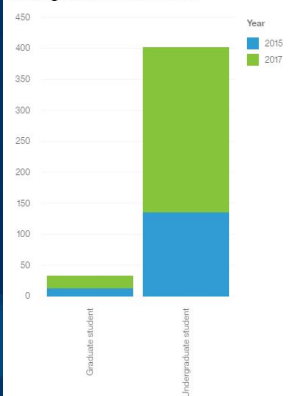
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## BeYOUtiful Health and Wellness Fair: 2015 vs 2017

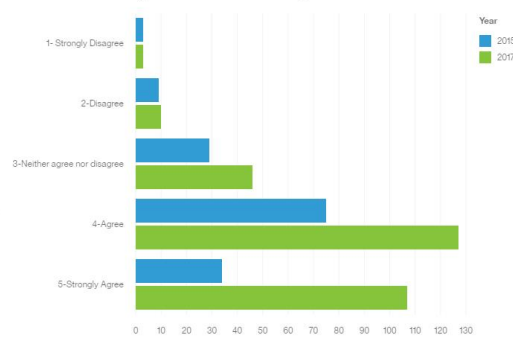
Total Number of Event Participants



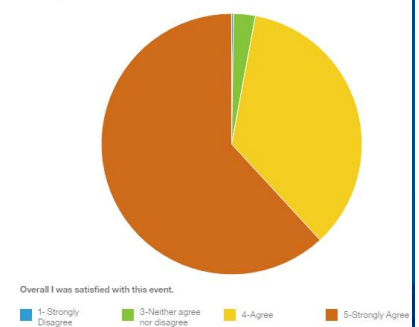
Undergraduate vs Graduate



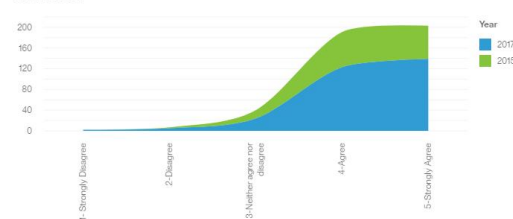
I learned something new that I intend to implement in the future



Overall, I was satisfied with this event.



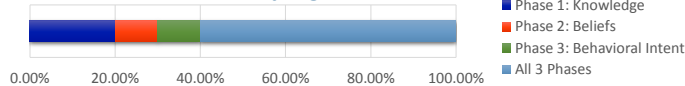
I learned where to find resources or help with body image and/or eating concerns.



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## Sexual Consent Campaign: Professional Partner Feedback

Campaign Phase Used



Campaign Exposure

RTS	4,903,756
Gotcha Ride	512,000
Alligator	142,341
Odyssey	153,480
STRIVE Facebook	25,350
GatorWell Facebook	21,680
GatorWell Instagram	5,192
Presentations & Tabling Outreach	1,012

How did you use the Consent Campaign materials?



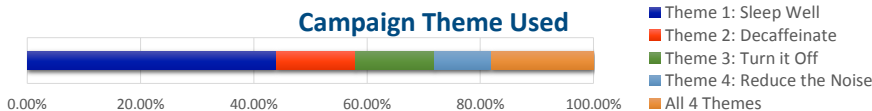
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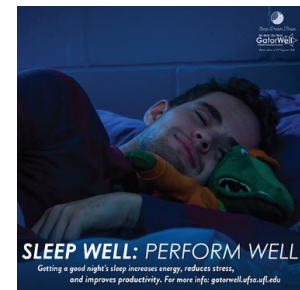
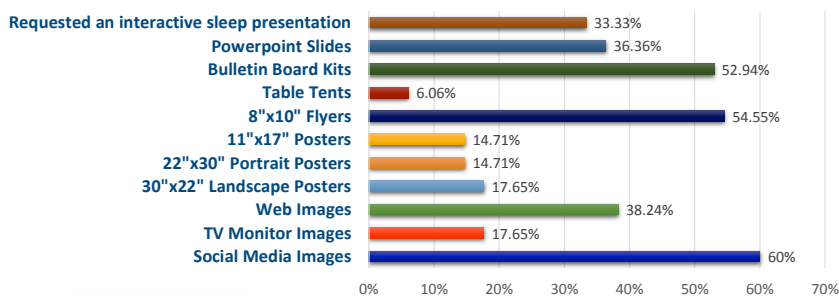
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## Sleep.Dream.Thrive. Student Partner Feedback

Campaign Theme Used



Campaign Format Used



"In this time while we were relaxing together as a community, they really opened up about their other stressors and even "vented" (for lack of a better word) to each other and myself alleviating some of that stress and enhancing relaxation. I heard nothing but positive feedback and how relatable this campaign is!"

— Murphree Hall RA

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## Social Media: Facebook

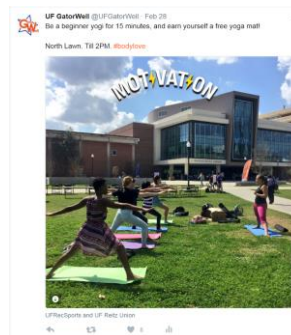


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## Social Media: Twitter



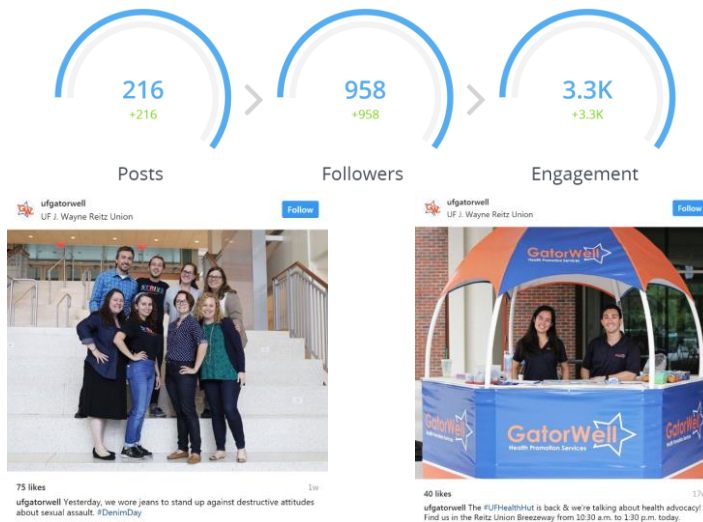
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## Social Media: Instagram



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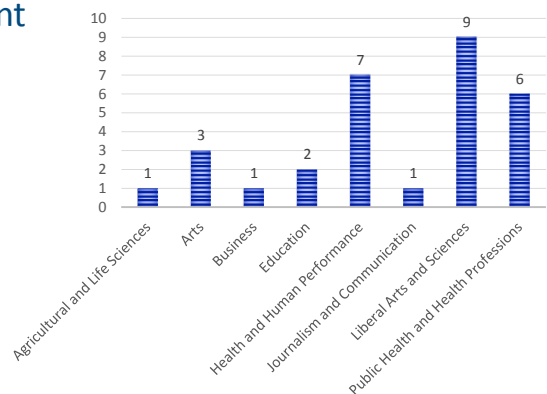
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## Student Development Leadership and Engagement

- ▶ 30 students employed during AY 2016-2017
  - ▶ 4% increase from previous academic year
- ▶ Developing skills for post-graduate student employment
  - ▶ Customer service skills
  - ▶ Professional communication skills
  - ▶ Career experience for
    - ▶ Graphic Design
    - ▶ Marketing and Communication
    - ▶ Public Health and Health Education
    - ▶ Health Science Professionals

**GATORWELL STUDENT  
EMPLOYEES BY COLLEGE**



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## National Recognition

- ▶ The National Eating Disorders Association recognized GatorWell's National Eating Disorder Awareness Week events and social media with a feature on their website and a 2017 partner designation: <http://nedawareness.org/get-involved/partners>
- ▶ GatorWell's 2015-2016 Annual Report was featured as a "Top Flipbook of the Month" for November 2016 on Flipbook's website, Twitter, and Facebook accounts: <https://www.flipsnack.com/blog/top-flipbooks-november-2016/>



## National Conference Presentations

- ▶ "An eHealth intervention to affect attitudes, perceived behavioral control, and intent in college students: A pilot study." Poster presented by Natalie Rella at the *Society for Public Health Education (SOPHE)* Annual Conference
- ▶ "Addressing College Mental Health Concerns Through Wellness Coaching for Academic Success." Concurrent session presented by Alicia Baker and Monica Webb at the *National Consortium for Building Healthy Academic Communities (BHAC)* 2017 National Summit
- ▶ "We Are Where You Are: Health and Wellness as an Innovative Living Learning Community." Concurrent session presented by Alicia Baker and MC Jordan at the *American College Health Association Conference (ACHA)* Annual Conference





**Thank You!**