



2017-2018 Annual Report

Health Initiatives provides upstream, innovative, and relevant programs, services, and initiatives so students and employees can thrive. The team creatively designs prevention and education efforts to promote, nurture, and enrich the Georgia Tech community of health, well-being and caring. Services include health and well-being educational programs, events and workshops, nutrition counseling, and sexual violence prevention, education, and response.

Table of Contents

I.	Participation & Engagement.....	2
a.	Signature Programs.....	2
b.	Health & Well-Being Education.....	2
c.	Community Nutrition.....	7
d.	VOICE: Sexual Violence Prevention & Advocacy Services.....	10
e.	Outreach.....	13
II.	Academic Partnerships.....	16
III.	Grants.....	17
IV.	Achievements.....	18
V.	Major Initiatives & Changes.....	19
VI.	Staffing.....	21

Health Initiatives | 2017-2018 Annual Report

Participation and Engagement in Programs and Services

Signature Programs

Certified Healthy recognizes student organizations, schools and colleges, campus departments/units, and other campus groups who have demonstrated a commitment to fostering healthy lifestyle choices across all dimensions of well-being. Groups can earn either Gold Certified Healthy or Certified Healthy Status.

Twenty-nine department and student organizations obtained a Certified Healthy distinction for 2018 impacting 2,731 students and employees at Georgia Tech. This is a 322% increase in awards compared to the initial pilot of the program in 2017.

Well-Being Activators are ambassadors and champions of health and well-being within the Georgia Tech community. They host programs, lead health challenges, integrate well-being into their group or department, and relay information about events and programs related to health and well-being.

Currently, there are 59 Well-Being Activators on campus representing 70 departments and student organizations and impacting over 4,100 students and employees on campus. There are 34 student Well-Being Activators representing 22 student organizations and approximately 1,500 students. There are 45 employee Well-Being Activators representing 36 departments and approximately 2,600 individuals on campus.

Health & Well-Being Education

Mandatory Online Programs

AlcoholEdu, Sexual Assault Prevention for Undergraduates, and Sexual Assault Prevention for Graduates are required online health programs that all incoming undergraduate and transfer (AlcoholEdu and Sexual Assault Prevention for Undergraduates), and graduate students (Sexual Assault Prevention for Graduates) are required to complete. This is part of Georgia Tech's comprehensive health programming designed to promote the safety, health, and well-being of our community. The following numbers represent total number of students that completed each program during the 2017-2018 academic year:

- AlcoholEdu – 2,209
- Sexual Assault Prevention for Undergraduates – 3,451
- Sexual Assault Prevention for Graduates – 2,254

Parent Handbook for Talking With College Students About Alcohol

The *Parent Handbook for Talking with College Students about Alcohol* was sent to the parents/guardians of all incoming first-year students as a strategy to engage parents in the discussion and prevention of unhealthy college drinking. The parent handbook aims to improve parents' strategies and techniques for communicating effectively with their student about alcohol use, provide tools to help students develop assertiveness and resist peer pressure, and provide insights into why college students choose to drink or not to drink and how to help their student make the choice that is right for them.

The parent handbook was emailed to 4,863 recipients.

Health Initiatives | 2017-2018 Annual Report

Adulthood

This multi-session workshop series covered topics such as finance, healthy eating, purpose, and professionalism to help prepare students to make “adult” lifestyle choices.

Participation in Adulthood sessions

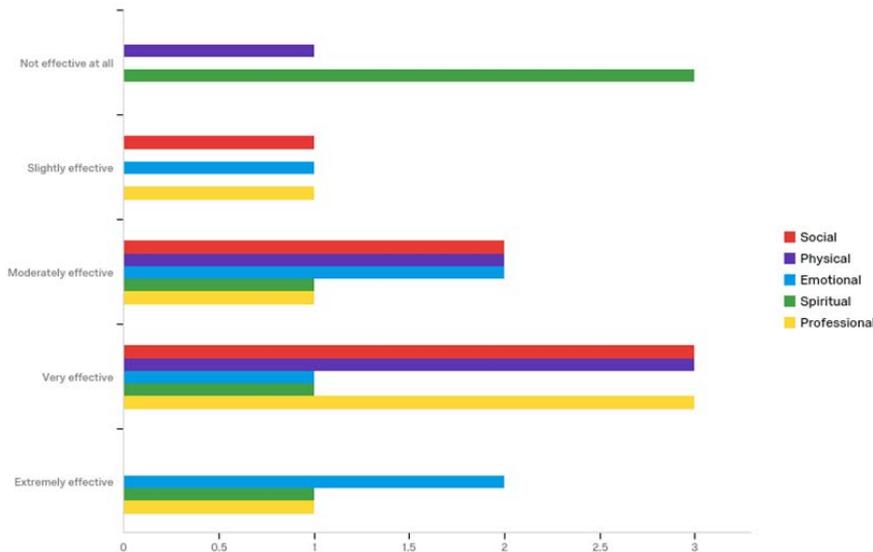
- Food for Life – 11 participants
- Building Professional Relationships - 6 undergraduate students
- Crafting Your Purpose – 12 undergraduate/graduate students

Fit to Thrive

This six-week lifestyle enhancement program is designed to teach students, faculty, and staff how to incorporate the five dimensions of well-being (physical, emotional, spiritual, social, and professional) into their daily lives. The Fit to Thrive program was very successful. Both students and employees were actively involved in both discussion and activity sessions. Fit to Thrive participants self-reported improvement in all dimensions of well-being as well as a sense of purpose.

Fit to Thrive participation –11 total participants: 2 students, 9 employees

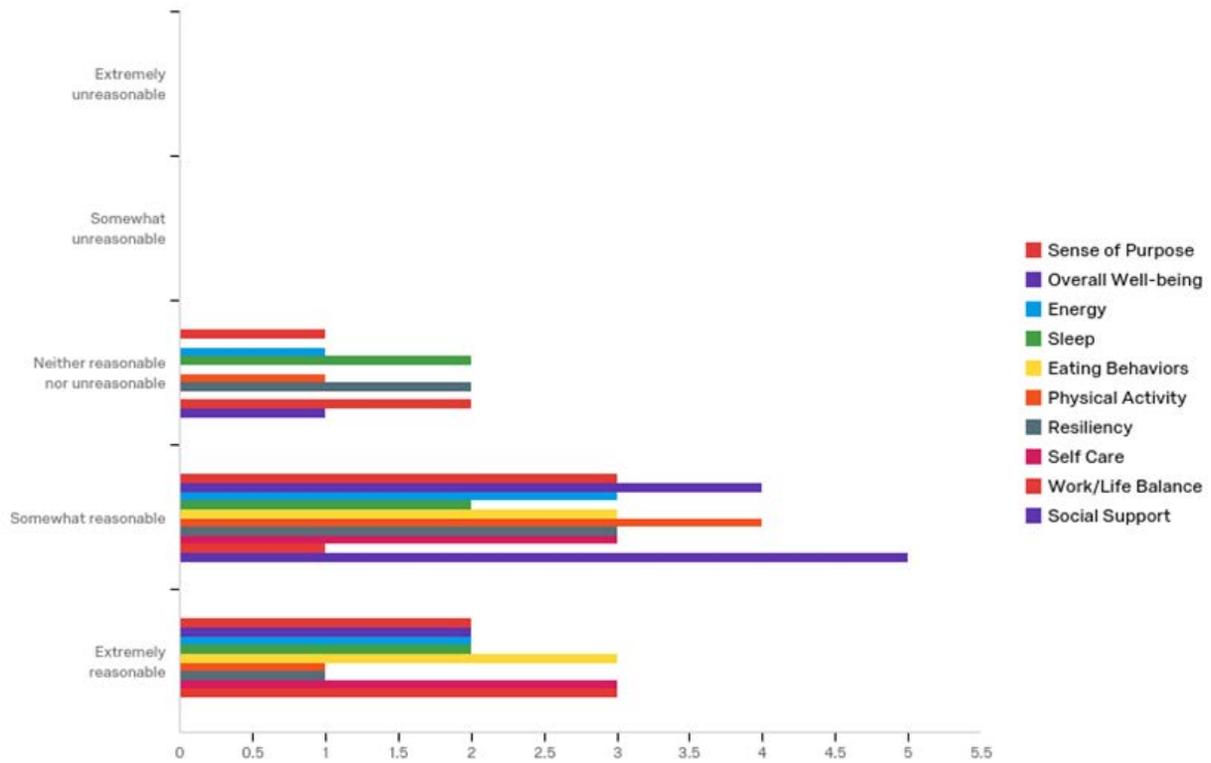
To what extent did Fit to Thrive improve the following dimensions of well-being?



#	Question	Not effective at all	Slightly effective	Moderately effective	Very effective	Extremely effective	Total
1	Social	0.00%	0	16.67%	1	33.33%	2
2	Physical	16.67%	1	0.00%	0	33.33%	2
3	Emotional	0.00%	0	16.67%	1	33.33%	2
4	Spiritual	50.00%	3	0.00%	0	16.67%	1
5	Professional	0.00%	0	16.67%	1	16.67%	1

Health Initiatives | 2017-2018 Annual Report

Rank the extent in which Fit to Thrive helped you improve the following:



#	Question	Extremely unreasonable	Somewhat unreasonable	Neither reasonable nor unreasonable	Somewhat reasonable	Extremely reasonable	Total					
1	Sense of Purpose	0.00%	0	0.00%	0	16.67%	1	50.00%	3	33.33%	2	6
2	Overall Well-being	0.00%	0	0.00%	0	0.00%	0	66.67%	4	33.33%	2	6
3	Energy	0.00%	0	0.00%	0	16.67%	1	50.00%	3	33.33%	2	6
4	Sleep	0.00%	0	0.00%	0	33.33%	2	33.33%	2	33.33%	2	6
5	Eating Behaviors	0.00%	0	0.00%	0	0.00%	0	50.00%	3	50.00%	3	6
6	Physical Activity	0.00%	0	0.00%	0	16.67%	1	66.67%	4	16.67%	1	6
7	Resiliency	0.00%	0	0.00%	0	33.33%	2	50.00%	3	16.67%	1	6
8	Self-Care	0.00%	0	0.00%	0	0.00%	0	50.00%	3	50.00%	3	6
9	Work/Life Balance	0.00%	0	0.00%	0	33.33%	2	16.67%	1	50.00%	3	6
10	Social Support	0.00%	0	0.00%	0	16.67%	1	83.33%	5	0.00%	0	6

Health Initiatives | 2017-2018 Annual Report

Financial Education

Health Initiatives offered two sessions of the Foundations in Finance course for students in spring 2018 on savings, budgeting, avoiding debt, and spending wisely. Students were very interested in learning about finance and enrollment was very high when the class started. Sessions were offered on Monday evenings from 5pm-6pm. Session one ran from January 29-February 26 and Session two ran from March 26-April 23.

Enrollment and Attendance

- Session 1: Monday, January 29th - Monday, February 6th from 5-6pm.
 - Five individuals enrolled.
- Session 2: Monday, March 26 - Monday, April 23 from 5-6pm
 - Twenty-nine individuals enrolled.

HIV Testing

Health Initiatives hosted three free HIV testing events for students, faculty, and staff. In total, 281 individuals were tested.

- *Fall 2017*: 119 total individuals were tested. Of those, 103 were undergraduate students, 6 were graduate students, and 10 were faculty/staff.
- *Spring 2018, event 1*: 102 total individuals were tested. Of those, 79 were undergraduate students, 11 were graduate students, and 11 were faculty/staff.
- *Spring 2018, event 2*: 60 total individuals were tested. Of those, 52 were undergraduate students, 3 were graduate students, and 5 were faculty/staff.

Mindfulness Class

A drop-in, weekly class provided guided meditation and discussion of the benefits of continued practice for faculty, staff, and students. During the spring 2018 semester, there were 11 1-hour sessions, and 19 undergraduate students, graduate students, and employees attended the class, ten of whom participated consistently. Participant feedback reported the class was engaging and that the consistency of the meditation practice was most helpful.

Pet Therapy

Health Initiatives piloted five sessions of pet therapy, totaling ten contact hours, in spring 2018 to help students manage stress throughout the semester. Sessions were offered at the Student Center, West Village, Molecular Science and Engineering building, and the College of Computing. Pet Therapy was attended by approximately 700 undergraduate students, graduate students, and employees with 5 sessions in the spring 2018 semester. Many students reported that sessions decreased stress levels and improved overall happiness.

Health Initiatives | 2017-2018 Annual Report

Healthy Relationships Week

Healthy Relationships Week in February 2018 was comprised of Campus Services Carnivale, Valentines' Day tabling, and Coffee Talk with the VOICE team. During Carnivale, the social media following increased by 134. . For the Valentines' Day tabling, students appreciated receiving the free flowers, enjoyed the candy and stickers, and receiving Kindness Coins. The one-hour Coffee Talk session hosted twenty-one students participated in a peer-to-peer dialogue about relationships and dating. Following the coffee talk, VOICE peer educators suggested developing the coffee talk into a program series.

Mindfulness Week

Mindfulness Week in February of 2018 featured a different mindfulness-related event each day, ranging from a tabling on mindful nutrition, a chocolate and meditation session, two lectures on the science of mindfulness and mental acuity, and several classes that focused on unique aspects of mindfulness meditation. Over 100 participants were served through Mindfulness Week.

JOOL Health App

Health Initiatives procured JOOL Health, a biometric, personalized, purpose-driven app that promotes sleep, nutrition, activity, and connectedness through individual feedback and health coaching. This platform combines the science of purpose, advanced technology, and predictive analytics to foster for emotional and spiritual well-being of students and employees. The full roll-out of the app takes place in fall 2018.

Mindfulness & Kindness

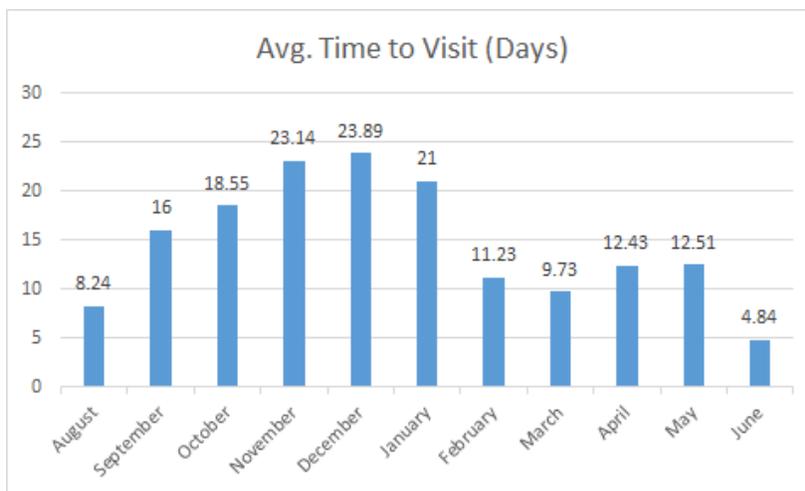
The November monthly topic theme of mindfulness/gratitude highlighted over 50 events facilitated by the Office of Health & Well-Being and campus partners including the GT Meditation Club, the Women's Resource Center, and the Office of Graduate Studies. 490 Caring Coins were also distributed through the Cowan-Turner Servant Leadership Program in November for mindfulness/gratitude month and 498 Kindness Coins were distributed in February for kindness month. Eighty-eight Caring Coins and ninety-nine Kindness Coins were tracked through the online tracker.

Health Initiatives | 2017-2018 Annual Report

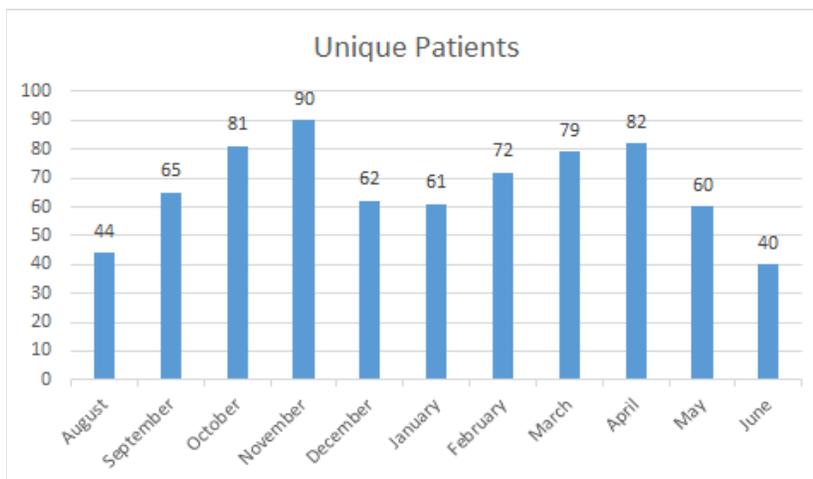
Community Nutrition

Students can meet with Health Initiatives dietitians to receive individual counseling. Each initial visit includes a 60-minute appointment, an analysis of current eating plans, and an action plan related to individual goals.

The nutrition team worked with the Assistant Director of Health Systems to maximize clinical hours and reduce wait times for students. Using Medcat-generated data, they assigned clinical time based on the frequency of urgent, initial, and follow up consults seen over fall semester. They also created a reservation system for the variety of nutrition appointments. This made scheduling appointments much more streamlined and efficient. Since starting the new reservation schedule in February, peak wait times decreased nearly 47% from twenty-three to twelve days. These changes yielded both decreased wait times and improved schedule management, allowing for an increase in outreach efforts.

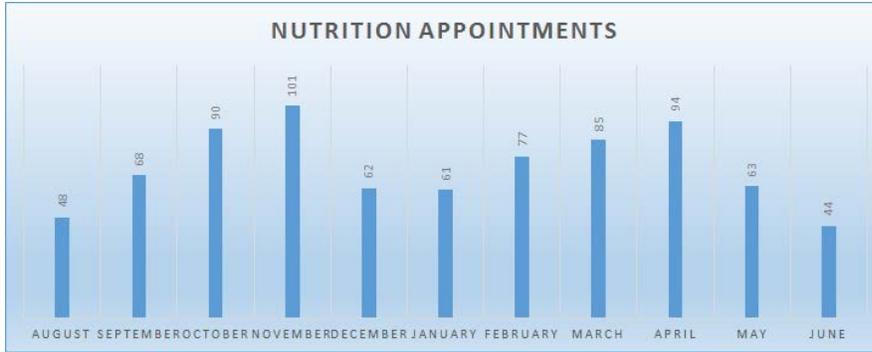


The below chart provides the number of unique patients and appointments for Health Initiatives dietitians from August 2018 to June 2018.

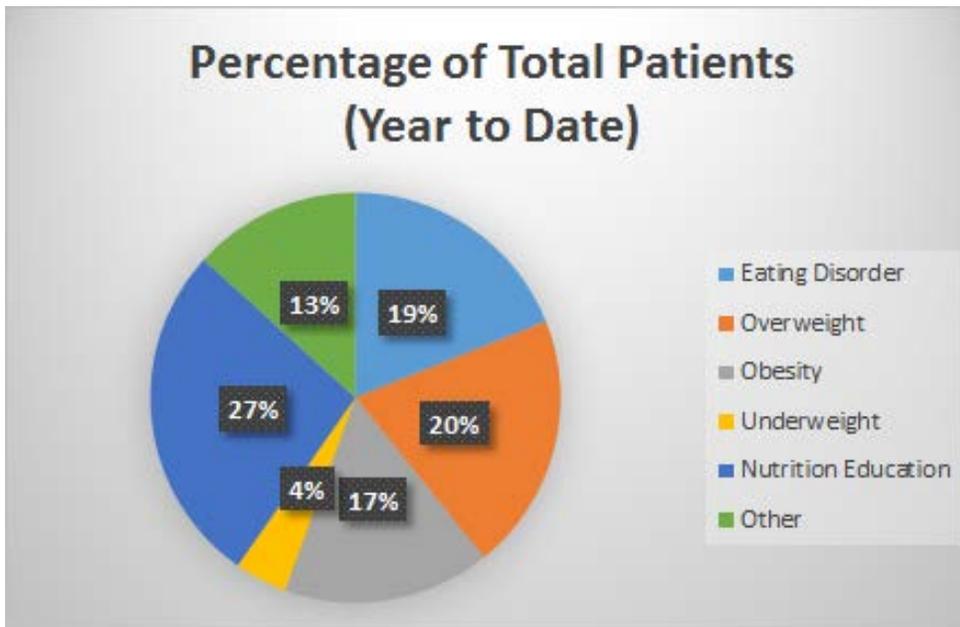
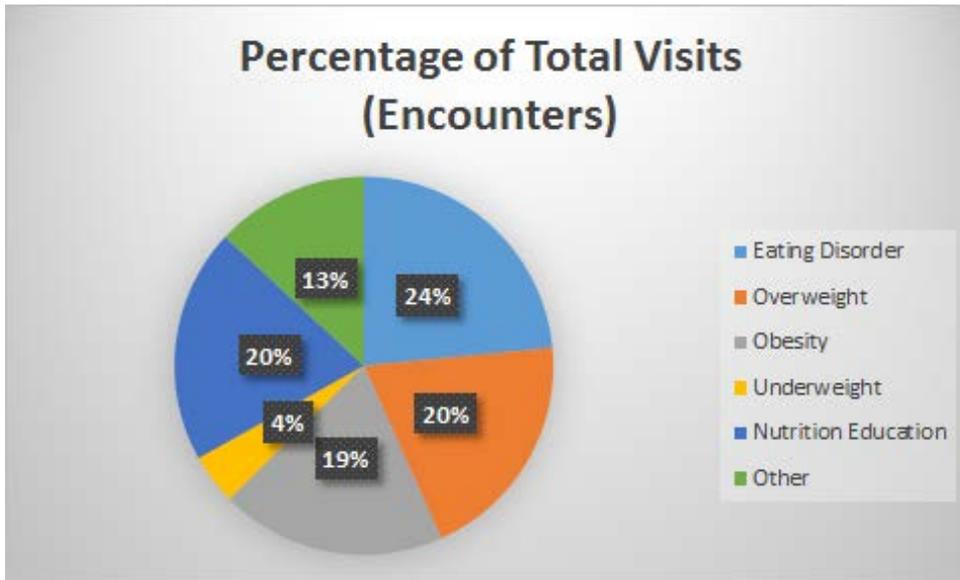


Total Unique Patients for FY 18 = 385

Health Initiatives | 2017-2018 Annual Report



Total Nutrition appointments for FY 18 = 793



Health Initiatives | 2017-2018 Annual Report

Nutrition Outreach

Many weekly tabling events occurred during the spring semester, rotating through various campus spaces. Tabling topics discussed portion sizes, food variety, Sodexo's Mindful program, and "Go Further with Food" for National Nutrition Month. Several unique tabling events were designed and executed including tabling on Tech Walkway during Mindfulness Week and kicking off Campaign for EveryBody Week.

The nutrition team organized and participated in eleven food and culinary focused outreach events. Events included a Food for Life cooking demo and Campaign for Everybody/National Nutrition Month cooking demo in partnership with Georgia Tech Dining. Whole Grain Sampling Day, GT Health Day, Pi Mile Fun Run, Healthy snacking on the Go, Earth Day, President's Walk & Expo, and Fuel for Finals also featured cooking demos or snack samplings generating increased student interaction with valuable nutrition information and culinary skills.

Type of Event	# of Occurrences	# Students Reached
Presentations	16	1,600
Programs	5	1,100
Tabling	20	1,000
Cooking Demonstrations	5	400

Health Initiatives | 2017-2018 Annual Report

VOICE: Sexual Violence Prevention & Advocacy Services

VOICE is Georgia Tech's sexual and relationship violence prevention and response initiative. This initiative provides support and resources to survivors of sexual harassment, sexual assault, intimate partner violence, and stalking whilst seeking to create a campus culture that promotes respect, communication, and equity among the Georgia Tech community.

Education & Prevention Services

VOICE provides a significant amount of sexual violence prevention programming each semester as well as presentations upon request. Fall 2017 programs included Grad Expo, First Friday, Rock, Ramble, and Roll, as well as Greek Peer Education for new members and Greeks Against Violence. Greek Peer Education reached approximately 900 students and Greeks Against Violence reached 105 students in two 3 hour presentations. The VOICE team also leads 18 VOICE peer educators who are trained to educate fellow students on issues related to sexual violence prevention and survivor support. VOICE trained eleven new peer educators in fall 2017 and retained seven from 2016-2017 training (44%) and 3 from prior years. Training for peer educators included two 4-hour retreats and 2 hour-long weekly meetings to supplement training and practice presentation skills.

VOICE conducted 29 presentations for campus organizations and GT1000 classes in Fall 2017 with 38 hours engaging with 3,101 faculty, staff, and students. Of these, peer educators conducted seven, the highest yet for a single semester and reached 154 students. In 2018, VOICE conducted 32 presentations for campus organizations and GT1000 classes totaling 40.8 hours engaging with 1,99 faculty, staff, and students. Of these, peer educators conducted 7 presentations reaching over 360 students. From Fall 2017 through June 2018, VOICE conducted 61 presentations on sexual violence prevention and survivor support with 78.8 hours engaging a total of 5,093 faculty, staff and students.

The Sexual Violence Prevention Alliance (SVPA), originally founded in 1995 as the Sexual Violence Task Force, is comprised of students, faculty and staff members from departments across campus. Co-chaired by VOICE staff, the group meets monthly to bring together campus and community stakeholders to provide leadership, planning, and oversight for sexual violence prevention, and advocacy initiatives at Georgia Tech.

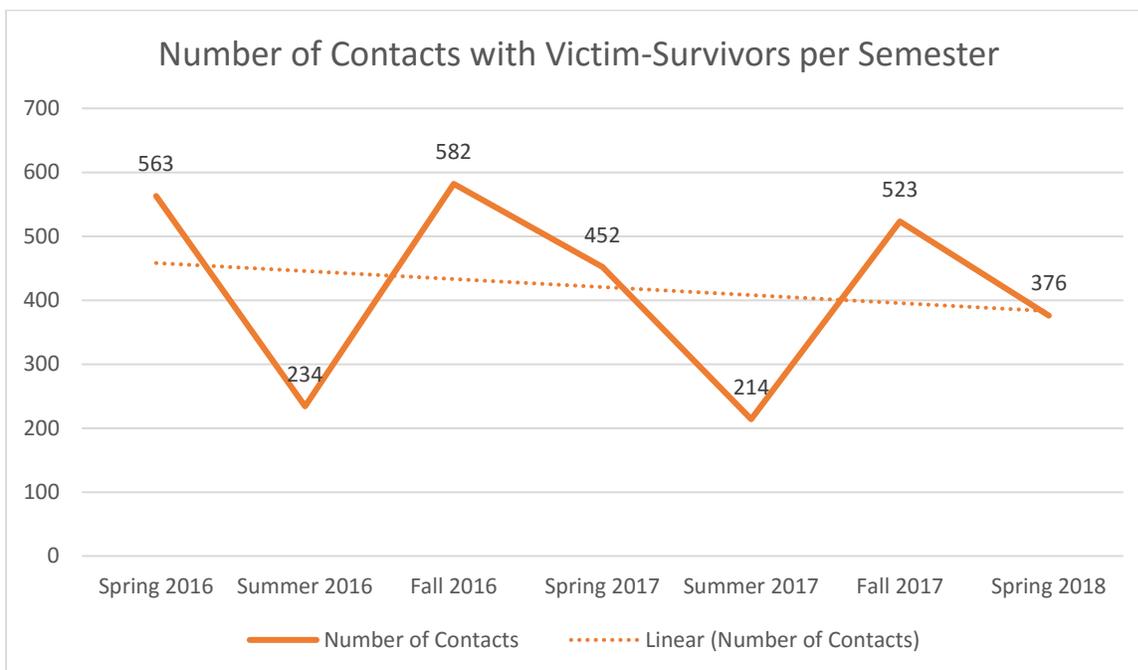
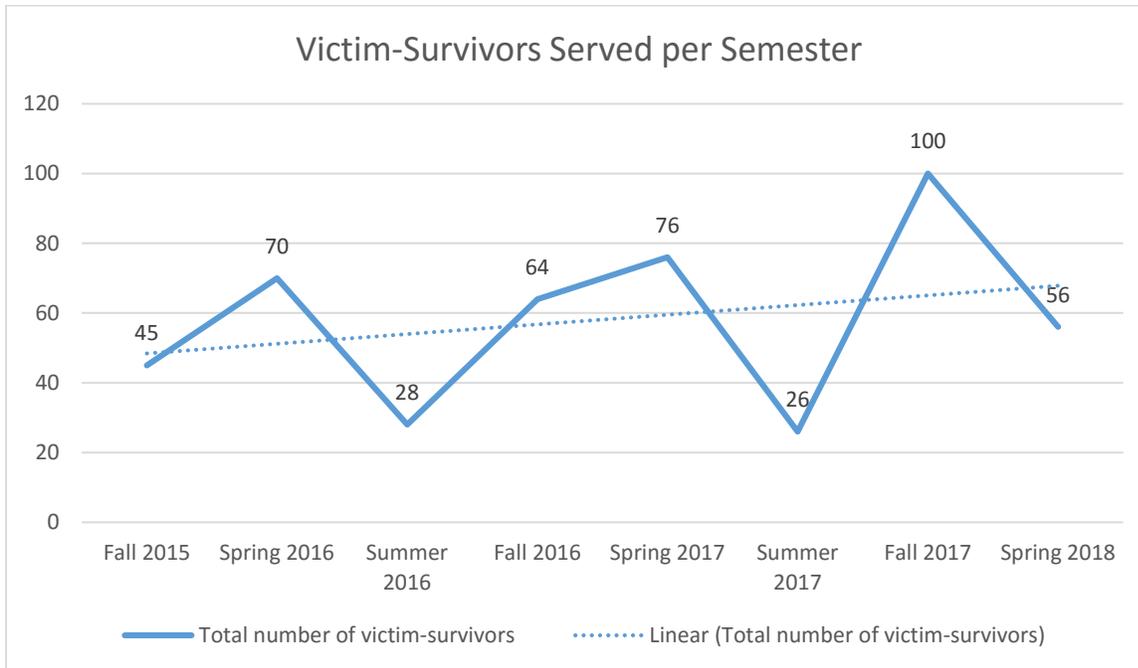
Advocacy

VOICE Advocates provide immediate and ongoing confidential support to victims and survivors 24 hours per day as they cope with an experience of sexual violence, as well as anyone helping a survivor. Advocates provide emotional support, safety planning, and information about reporting options, regardless of when the violence occurred. Advocates can also connect victim-survivors with resources if they are struggling with classes, relationships, or other consequences resulting from their experience.

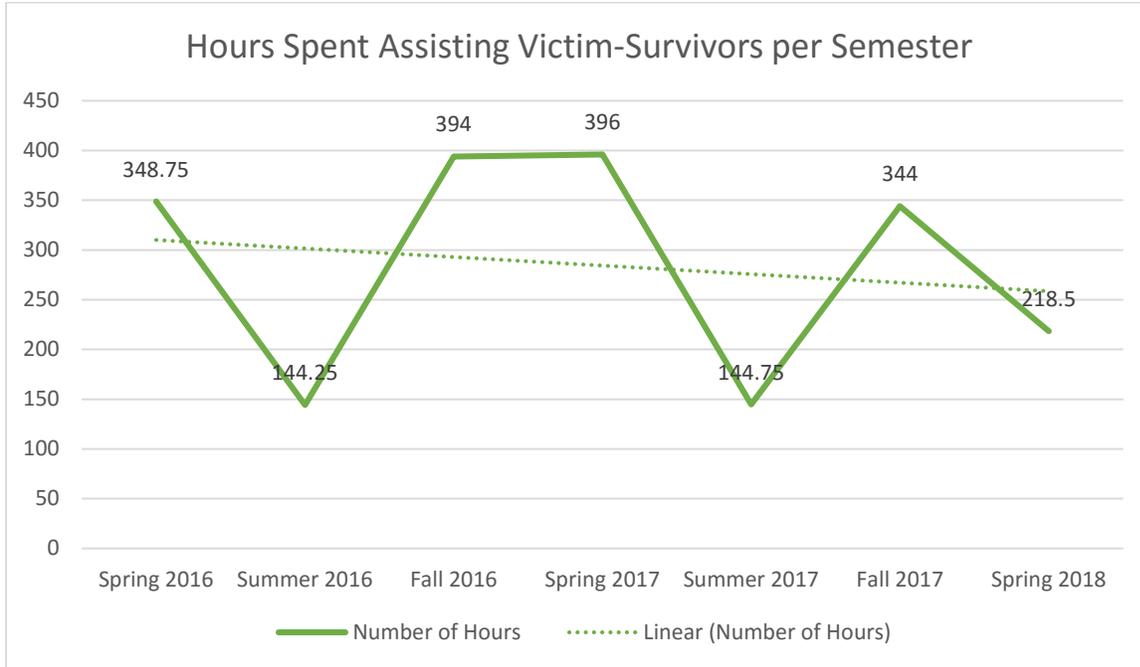
The number of contacts the Advocates had includes contacts in person and via phone call or email, as well as contacts with campus and community partners on behalf of the victim-survivor. The number of hours the VOICE Advocates spent serving victim-survivors refers to the total time spent providing services across all contacts.

The following graphs provide data on the number of victim-survivors served per semester, the number of contacts the VOICE advocates had with victim-survivors per semester, and the number of hours the VOICE advocates spent serving victim-survivors.

Health Initiatives | 2017-2018 Annual Report



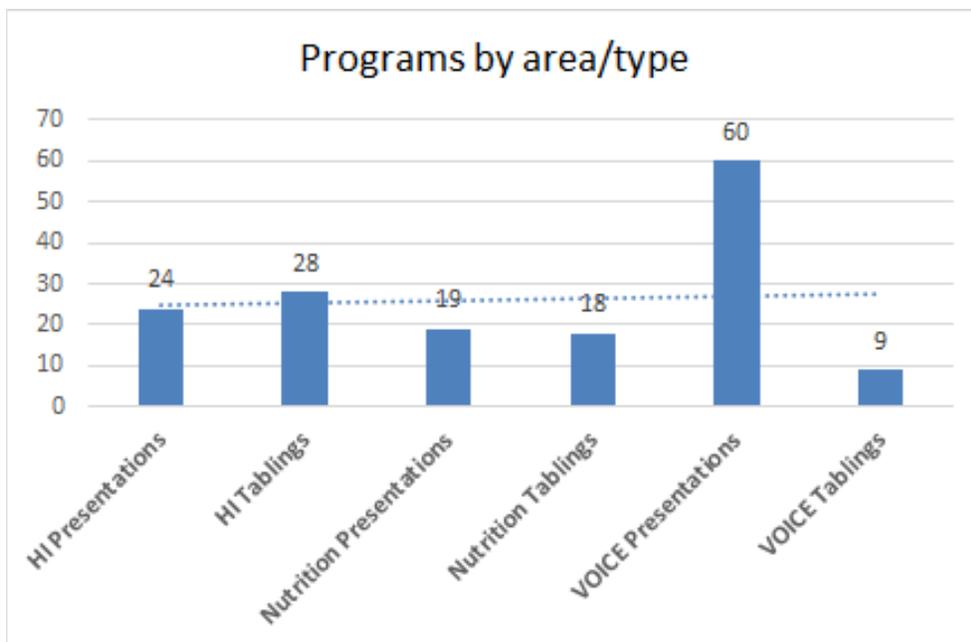
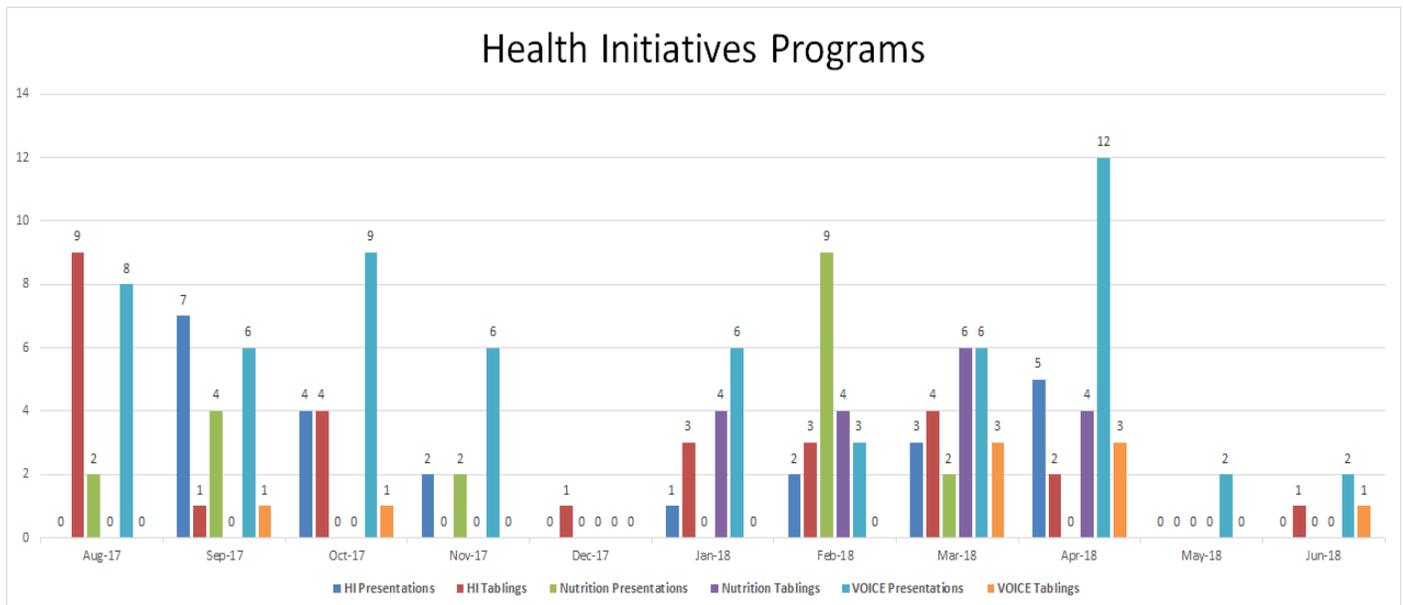
Health Initiatives | 2017-2018 Annual Report



Health Initiatives | 2017-2018 Annual Report

Outreach

Health Initiatives provides learning opportunities designed to empower the Georgia Tech community to make healthy decisions. A variety of outreach opportunities bring customized topics to meetings, classrooms, and residence halls for employees and students. 158 programs were provided to the campus community for the 2017-18 academic year. Topics under Health Initiatives well-being education included self-care, body image, alcohol and relationships, stress management, financial well-being, and purpose and meaning. Nutrition programming focused on eating healthy on a budget, mindful eating, and furthering healthy food choices. VOICE programs included sexual violence prevention and response, reporting and responding to sexual misconduct, and cultivating ally-ship in the community around sexual violence prevention.



Health Initiatives | 2017-2018 Annual Report

Special Events/Collaborations

GT Health Day – In partnership with SGA's Wellness Committee, Health Initiatives helped implement GT Health Day, a health resource fair for the Georgia Tech community. The event was held on March 8, 2018 along Tech Walkway and the Campanile. Both campus departments and student organizations were represented at the fair.

Arrive Alive Tour – The Arrive Alive drunk/distracted driving simulator was brought to campus in partnership with the Georgia Tech Police Department (GTPD). Approximately 80-100 students engaged with the simulator and/or the Health Initiatives and GTPD information tables along Tech Walkway. Health Initiatives, using Governor's Office of Highway Safety (GOHS) grant monies, funded the Arrive Alive simulator. 92% of students surveyed indicated that the Arrive Alive simulator was a fun and effective program. After experiencing the simulator, 64% of participants indicated that they would never drive while distracted and 72% indicated that they would never drive while impaired by alcohol or drugs.

American Medical Student Association (AMSA) Health Day– Health Initiatives collaborated with AMSA to integrate well-being activities into annual health fair for students.

Take Back the Night – As part of Sexual Assault Awareness Month, Health Initiatives coordinated Take Back the Night (TBTN), an annual candlelight vigil dedicated to honoring survivors of sexual violence. An estimated 250 attendees attended TBTN and numerous campus and community partners and groups supported the event, including the Women's Resource Center, the Counseling Center, the VOICE peer educators, and student group PAUSE.

Publix Marathon – In collaboration with Campus Recreation, Health Initiatives coordinated 100 volunteers for the marathon's two hydration stations, food station, and course monitor routes that were located on Georgia Tech's campus.

Campaign for Everybody Week – During Campaign for Everybody Week in February, the Body Image Committee, co-chaired by Health Initiatives and Women's Resource Center, planned and hosted events including tabling events, film screenings, physical activity sessions, and a cooking demonstration to support body positivity for over three hundred students on campus.

Yoga for Everybody – Over the course of the year, thirteen Yoga for Everybody classes were taught as a signature program of the Body Image Committee, reaching approximately 325 participants.

Teal Ribbon Day -The 4th annual Teal Ribbon Day invited students, faculty and staff to show their support for survivors in the Georgia Tech community and to make a commitment to preventing sexual violence on campus. VOICE distributed ribbons and t-shirts to students through tabling events, and they mailed ribbons to 9,000 faculty and staff with the assistance of volunteers from across campus. VOICE invited the campus to participate in a group photo or to submit a photo of themselves or their group/department wearing the teal ribbons. Fifty-four individuals participated in the group photo and 334 students, faculty, and staff appeared in submitted photos. 306 Teal Ribbon Day t-shirts were distributed.

World AIDS Day - In recognition of World AIDS Day, Health Initiatives, along with five Stamps Health Services Ambassador volunteers, hosted a trivia table and passed out red ribbons in the Student Center.

Earth Day – Collaborated with the Office of Sustainability to feature table titled "Planting with a Purpose" for annual Earth Day festival. More than 150 students and employees participated in activity.

Health Initiatives | 2017-2018 Annual Report

Employee Learning Week – Georgia Tech Human Resources and Health & Well-Being collaborated to create Learning Week in December of 2017 and provided five personal and professional development opportunities designed to cultivate a smart and happy workplace. The week included speakers, workshops, and experiences focused on happiness, motivation and engagement, and connection in the workplace.

Mental Health Student Coalition's 3rd Annual Mental Health Summit – Health Initiatives, in collaboration with other campus units, participated in a day-long event focused on the theme of "Daily Wellness" attended by 100 students and staff. This conference-style event included breakout sessions, meditation, and brainstorming on ways to improve the mental well-being of students.

USG Money Mondays - Health Initiatives, in collaboration with Georgia Tech Human Resources, offered Money Mondays from the University System of Georgia, which were monthly financial education seminars with a web conference format. These seminars provided education to 124 employees about benefits in context of personal financial planning including saving, investing, debt management, and planning for the unexpected. They also provided guidance on economic conditions and market fluctuations.

Health Initiatives | 2017-2018 Annual Report

Academic Partnerships

Program Evaluation Course (PUBP 4130) in the School of Public Policy

The *Not on My Watch* Comic Book, was used as an educational mechanism on bystander intervention and consent, was evaluated through an academic partnership with Dr. B. Andrew Chupp's Program Evaluation Course (PUBP 4130) in the School of Public Policy. The class provided an evaluability assessment as a preliminary activity prior to conducting a formal evaluation that can be executed in the future. Behavioral change literature and guidance was provided to this class for their study, which yielded a needs analysis as well as information on impact, outcome, and efficiency of the Comics.

Emory University Program Evaluation Course (BSHE 530)

Through an academic partnership with Emory University's Rollins School of Public Health, a student in BSHE 530: Program Evaluation, conducted a formative evaluation for Health Initiatives' new peer health education program. The student worked under the guidance of a Health Educator to plan, lead, and analyze the data for two focus groups. The goal of the focus groups was to determine how Georgia Tech students envision a peer health education program on Tech's campus (what are the greatest health concerns, what are key structural components the program, and what are ways to recruit students to participate). There were eight undergraduate participants in the first focus group and 6 undergraduate participants in the second focus group. The Rollins student provided a final report with data analysis and recommendations along with a summary infographic.

Applied Experimental Psychology (PSYCH 4031)

Through an academic partnership with Psych 4031: Applied Experimental Psychology course and Professor Mark Wheeler, an assessment of the student culture of sleep at Georgia Tech was completed by a group of six Georgia Tech psychology students. The students completed a literature review, designed two surveys, and collected and analyzed data from a total of 408 students.

Health Initiatives | 2017-2018 Annual Report

Grants

Victim of Crime Act (VOCA)

The VOICE team received an \$18,950.00 VOCA grant from the Criminal Justice Coordinating Council (CJCC) for the expansion of VOICE services for student victim-survivors of sexual assault and to increasing awareness of services to underserved populations on campus. This grant provides financial assistance for victim-survivors for out-of-pocket expenses not covered by Victims Compensation. Funding also provides emergency housing to victim-survivors who become homeless due to victimization and have no financial resources or alternative safe housing. The grant will also fund informational videos to increase awareness and educate students about sexual violence and available services.

Governor's Office of Highway Safety (GOHS)

Health Initiatives received a \$10,999.50 grant from the GOHS to conduct activities around highway safety and alcohol education. Using monies from the grant, Health Initiatives was able to purchase the Parent Handbook for Talking with College Students about Alcohol and bring the Arrive Alive Tour (drunk and distracted driving simulator) to campus in partnership with Georgia Tech Police Department. Additional funding will be used to purchase AlcoholEdu/Sexual Assault Prevention postcards for new first-year students, food for the alcohol campaign messaging student focus group, and 21st birthday cards for students turning twenty-one with alcohol and driving safety messages included.

Avon/Futures without Violence Grant

The Avon grant, developed by Futures without Violence and funded by Avon Foundation for Women, provided a \$10,000 grant to fund a campus-wide communication campaign to improve reach and community buy-in regarding sexual violence prevention and survivor support. Through this grant, Health Initiatives purchased teal ribbons and t-shirts for Sexual Assault Awareness Month, books related to sexual violence prevention for the VOICE lending library, and supplies for crisis/support resource kits. This campaign also funded the distribution of *Not on My Watch Comics* to all incoming first-year students and activities for Teal Ribbon Day (20,000 ribbons and 100 lapel ribbons).

Health Initiatives | 2017-2018 Annual Report

Achievements

There was a full-scale distribution of *Not on my Watch* Comics to all students living in Freshman experience, and financial support was received from Housing, the Division of Student Life, the AVON/Futures without Violence grant, and the office of Health & Well-Being, allowing VOICE to order approximately 3,700 comics.

The VOICE Team fulfilled and closed out the Avon/Futures Without Violence grant by purchasing books to start the VOICE lending library, emergency and comfort supplies for victim-survivors, and teal ribbons for Teal Ribbon Day. Buy-in was gained from campus partners who participated on the original grant team. Time was utilized in Sexual Violence Prevention Alliance (SVPA) meetings to brainstorm ideas and uses for funding (e.g. t-shirt designs and self-care kit contents).

The VOICE team received the Victims of Crime Act (VOCA) grant in partnership with Georgia Tech Research Corporations (GTRC) and successfully completed all reports and attended all grant management workshops.

For Sexual Assault Awareness Month, an estimated 250 attendees were present for Take Back the Night (TBTN) and 334 students, faculty, and staff appeared in submitted photos for Teal Ribbon Day. VOICE collaborated with the Women's Resource Center, PAUSE, and VOICE Peer educators on both events. Student and staff volunteers from across campus helped stuff envelopes holding teal ribbons and feedback provided about the t-shirts was significantly positive. An unprecedented eleven Atlanta community victim service and criminal justice partner agencies attended TBTN.

Health Initiatives | 2017-2018 Annual Report

Major Initiatives and/or Changes to Programs or Services

Completion of the Partnership for a Healthier America Healthier Campus Initiative

Georgia Tech successfully implemented the Partnership for Healthier America (PHA) Healthy Campus Initiative spearheaded by the Health Initiatives dietitians. This program aims to transform campus environments in ways that encourage and support healthier eating habits and greater physical activity, which is linked to improved academic performance. Georgia Tech was one of only twenty-one institutions nationwide that successfully implemented PHA's rigorous Healthy Campus Initiative guidelines. Since November 16, 2014 when Georgia Tech teamed up with PHA to meet twenty-three guidelines, sweeping changes on campus were made such as providing healthier food and beverage options in dining venues, creating opportunities for physical activity, and offering wellness programming on campus. Amber Johnson represented Georgia Tech on May 3, 2018 on-stage at the Building a Healthier Future Summit in Washington DC as the Institute was recognized for this achievement. The following week Amber Johnson, Stacy Connell, Staci Flores (Sodexo) and others within Administration & Finance presented the award to President Peterson.

JAC Mental Health Funding

In response to the tragic events on campus in September 2017, the Student Government Association (SGA) expressed deep concern for the mental health and well-being of Georgia Tech students and allocated funding from their Capital Outlay account for improvements to Campus Mental Health resources. The Institute matched this allocation. Following several proposal meetings, SGA Joint Allocation Committee (JAC) funded several new initiatives and Health Initiatives received funding for Koru and Financial Advising.

Koru Mindfulness

One recommendation from the November 2017 President's Action Team Report on Student Mental Health was to broaden the "community of care" to build stress resilience and address student mental health concerns before they intensify. The report specifically called for a need to help students build multiple strategies to build stress resilience and emotional regulation. To fit this need, Health Initiatives and the Counseling Center proposed a bill to fund Koru Mindfulness training for three Health Initiatives staff members and three Counseling Center staff members to integrate principles of mindfulness within programming to ensure consistent, evidence-based approaches to offerings and in therapy. The bill was approved and three Health Initiatives staff were trained in June 2018.

Transit Financial Wellness Curriculum

According to the November 2017 President's Action Team Report on Student Mental Health, financial pressure is a contributing factor to student stress and mental health issues on campus. Funding for an online financial education curriculum, Transit Financial Wellness, was proposed and funded by SGA JAC.

Transit Financial Wellness is a turnkey financial education platform designed to empower students with the skills to understand their finances and successfully transition into and out of the college experience. The Transit curriculum consists of six interactive modules that cover key concepts around personal finance and financial aid management. Each module contains several personalized interactive learning activities tailored to each individual student based on their current financial attitudes and behaviors.

Through procuring this online curriculum, Health Initiatives hopes to increase student learning and engagement with this scalable solution. The online curriculum will be available to all students for self-study beginning fall 2018 for the two year pilot. The Transit Curriculum will also be integrated into the Foundations of Finance live co-curricular course as well.

Health Initiatives | 2017-2018 Annual Report

Mental Health & Well-Being Surveys

In Spring 2018, Health Initiatives, Campus Services and the Division of Student Life conducted surveys to better understand the state of mental health and general well-being on campus.

The **Healthy Minds Study (HFS)** examines mental health, service utilization and help-seeking behaviors, and related issues among undergraduate and graduate students. This study will help us better understand the state of mental health at Georgia Tech and how students are seeking care so that we can provide better programming and services to meet the needs of our campus.

The **Wake Forest University Well-Being Assessment** is a dynamic, multidimensional measure of holistic wellbeing in undergraduate students covering topics such as purpose, belonging, relationships, and intellectual curiosity. The assessment will help to provide us a picture of student well-being at Georgia Tech and how we can best support the development of necessary skills, the availability of resources, and optimal conditions for achieving well-being.

The **Ohio State University College Prescription Drug Use Study** analyzes non-medical use of prescription and non-prescription drugs. This study will help guide the development and improvement of educational programming for students and guide policy and practice at Georgia Tech.

Additionally, the annual **Campus Services Satisfaction Survey** was revised to include questions around healthy behaviors and well-being. Details surrounding survey response are listed below. Institutional reports will be received from each survey by mid-fall 2018.

Survey Methods

SURVEY	NUMBER OF RESPONSES*	RESPONSE RATE	DATA YEARS
Campus Services Satisfaction Survey (CSSS)	1,291 U/G	29.0%	2016 - 2018
Healthy Minds Survey Sample 1* (HMS)	1,015 U/G	25.4%	2018
Healthy Minds Survey Sample 2* (HMS)	946 U/G	23.2%	2018
Wake Forest Wellbeing Assessment (WFWA)	721 U	21.0%	2018 [†]
Ohio State College Prescription Drug Study [‡] (OSCPDS)	937 U/G	18.8%	2018

A randomly generated sample of 22,000 undergraduate and graduate students were surveyed from February 26 through April 27, 2018, about mental health and well-being. 4,910 students participated in the four surveys with an overall response rate of 22.3%.

* Each HMS had an additional module. Some students received the module related to coping and resilience while others received a module on persistence and retention.

[†] 2018 is a pilot year for WFWA.

• U stands for undergraduate students, G stands for graduate students.

[‡] OSCPDS data will be available in this report in late fall 2018.

Health Initiatives | 2017-2018 Annual Report

Staffing: new appointments, professional activities and recognition

Stacy Connell, Senior Director, Health Initiatives

- Joined Health Initiatives team in September 2017
- Contributor to NASPA Leadership Exchange Article – [“A New Model for Campus Health: Integrating Well-Being into Campus Life”](#)
- Keynote Speaker "Daily Well-Being" at the 3rd Annual Mental Health Summit
- Panelist, "Integrated Well-Being." 2018 NIRSA Triventure Conference.
- Co-Presented "W3: Women, Workplace and Well-Being" at the 2017 NIRSA Region II Conference and the 2018 NIRSA National Conference.
- Keynote Speaker "What is Happiness?" for Georgia Tech Employee Learning Week
- Panelist, "Health & Wellbeing: Emerging Trends and Integration into Campus Recreation" at NIRSA National Conference.
- Featured in NIRSA Know article - ["Spaces of Wellbeing: Member Spotlight on Stacy Connell"](#)
- Roundtable Facilitator, "Implementing a Comprehensive Wellness Program" at the Partnership for a Healthier America 2018 Building a Healthier Future Summit – Healthier Campus Initiative Preconference meeting.
- Presenter, "Integrated Health, Well-Being and the National Championship Series" at NCS 2.0 meetings.
- Convener of the NIRSA Health and Wellbeing Community of Practice
- Elected to the National Consortium of Building Healthy Academic Communities 2018-2019 Board of Directors
- Member of National Consortium of Building Healthy Academic Communities 2019 Summit Planning Committee
- Member of American College Health Association Faculty and Staff Wellness Coalition
- Member of Partnership for a Healthier America Impact and Evaluation Committee

Lauren Dennis, Administrative Professional, III

- Joined Health Initiatives team in July 2017

JaPeera Edmonds, Health Educator

- Joined Health Initiatives team in May 2018
- Completed KORU Mindfulness Training

Jennifer Gagen, VOICE Advocate

- Received 2017 Himmat (Courage) Award from Raksha, Inc.
- Co-Chair of Sexual Violence Prevention Alliance
- Member of Students of Concern Committee
- Member of LGBTQIA Resource Center Advisory Board
- Member of Students' Temporary Assistance and Resources (STAR) Housing Committee
- Advisor for People Against Unwanted Sexual Experiences (PAUSE) student organization

Health Initiatives | 2017-2018 Annual Report

Leah Galante, Dietitian

- Joined Health Initiatives team in December 2017
- Obtained Intuitive Eating Counselor certification
- Member of the Eating Disorder Treatment Team
- Member of the Body Image Committee
- Greater Atlanta Dietetic Association Board Member
- Greater Atlanta Dietetic Association Nominating Committee

Tiffany Hughes-Troutman, Director, Health Behavior

- Question Persuade Refer (QPR) suicide prevention instructor for Office of Health & Well-Being
- Georgia Psychological Foundation Board of Trustees
- Georgia Psychological Association Executive Council
- Georgia Psychological Association Board of Directors
- Georgia Psychological Association Executive Committee
- Georgia Psychological Association Nominations Committee
- Member of RESILIENCE Employee Resource Group (ERG) leadership team
- Member of GRIT Team
- Member of Sexual Violence Prevention Alliance (SVPA)
- Member of Staff Council Employee Health & Well-Being Committee
- Presented campus webinar on Resiliency in Crisis
- Completed the Leading Women @ Tech Program

Amber Johnson, Dietitian

- Obtained Certificate in Public Health Nutrition
- Member of Eating Disorder Treatment Team
- Co-Chair of Georgia Tech's Body Image Committee
- Member of Staff Council's Health and Wellbeing Committee

Elaine Miller, Health Educator

- Joined Health Initiatives team in June 2018
- Completed Health Coaching Training

Sarah Morales, Health Educator

- Joined Health Initiatives team in July 2017
- Member of Alcohol and Other Drug Action Committee
- Completed BACCHUS Peer Education Training
- Completed KORU Mindfulness Training
- Completed Health Coaching Training

Health Initiatives | 2017-2018 Annual Report

Amanda Planchard, VOICE Advocate

- Joined Health Initiatives team in November 2017
- Member of Sexual Violence Prevention Alliance
- Member of Students of Concern Committee
- Member of Students' Temporary Assistance and Resources (STAR) Housing Committee
- Co-Chair of Fulton County Family Violence Task Force
- Member of the Clery Committee

Jocelyn Resnick, Health Educator

- Joined Health Initiatives team in October 2017
- Completed KORU Mindfulness Training
- Completed Wellcoaches Wellness Coach training course
- Member of Body Image Committee