

September 2020 Impacts

Health Workers are community peer educators and "first points of contact" to help others build, find, and use resources for their wellness, stability, and prosperity



The Health Worker Program(HWP) is in full swing! Like so many other programs, we made a mid-summer pivot to being fully remote. Our overall mission remained the same, but we adapted several core health worker activities. Here's a summary of our September impacts!

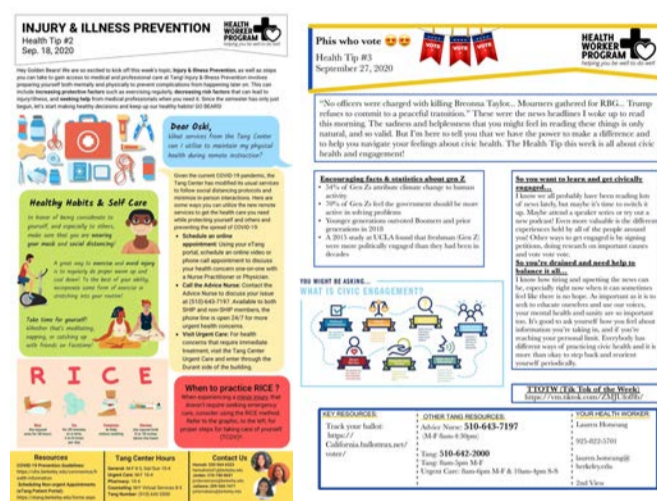
Recruitment and Training

- Fifty-four volunteer peer Health Workers serving res halls, greek chapters and Bowles for Fall 2020.
- All enrolled in PH197 weekly seminar and discussion for ongoing fieldwork support and education.
- Each Health Worker has: completed summer study and Sep 12-13 zoom training on pertinent college health issues, resources and core Health Worker skills

"Thought it was going to be a long day but it went by fast - and I understand my role much better!" - Health Worker-

Community-Wide Education

- **Health Tips-** weekly fliers on pertinent college health issues and resources customized for res hall, greek, and Bowles communities
 - We reached thousands of students weekly via community newsletter, social media and bulletin boards. This month's topics included:
 - Why and How to Take Care of Yourself
 - Injury & Illness Prevention and Treatment
 - Civic Health & Engagement
 - Nutrition & Body Image/Disordered Eating



Click the Health Tips to see full version

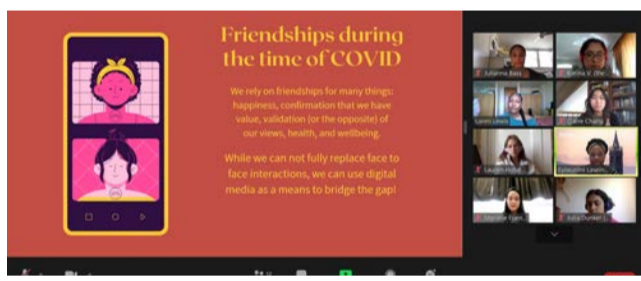
- **Social Media**-posts that boost engagement in UHS-Tang Social Media for these remote times
 - Health Workers' weekly activities helped create
 - +728.57% increase of Facebook comments
 - +80% Twitter engagements
 - +50% Instagram impressions
 - This month they created 127 "Walk the Talk" stories for Instagram and Facebook.



Click [HERE](#) for a video breakdown by Tiffany Lui

- **Spotlight: Health Tip LIVES** - Cross-community teams of Health Workers present and discuss pertinent wellness topics. See Sept. Schedule. Recordings available

"I really enjoyed the open discussion method where we heard advice and worries from others. It helps me to know that there are others who are going through similar things to me."



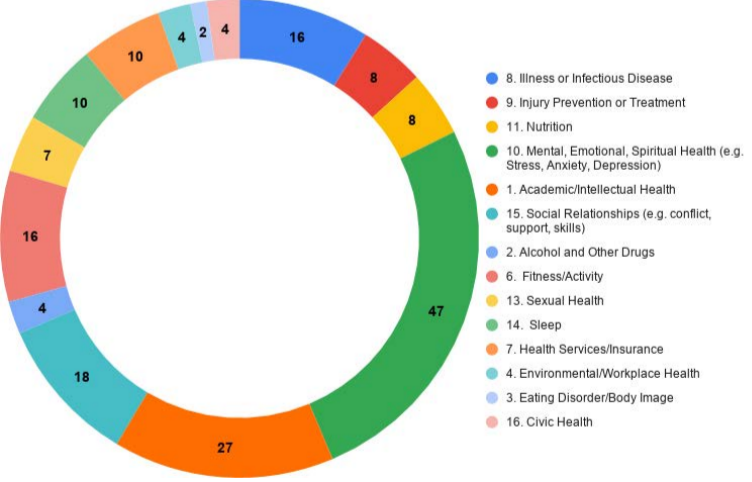
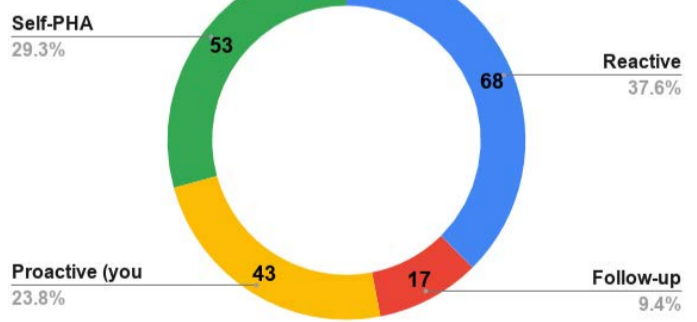
Building Long Lasting Virtual Friendships Health Tip LIVE led by Loren Lewis and her team!



Click the schedule for more details!

Peer Health Advising (PHA)

Sept. 2020 PHA Type



- Total of 180 PHAs this month
- Health Workers now do a monthly self-PHA to reflect on their own well-being and TCOY successes/challenges

Most common PHAs topics from this month were *mental/emotional/spiritual health, academic/intellectual health, and environmental/workplace health*

Successes

- Complete team of Health workers at the start
- Karina, a recent graduate and former Health Worker Coordinator joined as a program assistant

Challenges

- Starting program after Labor Day meant HWs were already facing busy schedules and midterms
- No light first aid/or safer sex supplies accessible via HWs on site