**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


“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.”

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.

- 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.

**September 2020 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

**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
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  - This month they created 127 “Walk the Talk” stories for Instagram and Facebook.

**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
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**September 2020 Impacts**

- Recruitment and Training
- Community-Wide Education
- Peer Health Advising (PHA)

**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/safer sex supplies accessible via HWs on site

For more information visit HWP webpage, https://uhs.berkeley.edu/healthworkers or contact Karen Hughes, HWP Coordinator at 510-643-9073 or khughes@berkeley.edu.