HEALTHY HERD CHAMPIONS

Student Wellness Peer Education Program Handbook
2017-2018
North Dakota State University
HEALTHY HERD CHAMPION PROGRAM MISSION

The Healthy Herd Champion program operates under the Health Promotion Mission:

“Promote, Provide, and Connect, creating overall student well-being.”

PURPOSE

The Healthy Herd Champion Student Wellness Peer Education Program is dedicated to promoting healthy lifestyle choices to NDSU students through health and wellness programming and campus outreach while embracing overall student wellbeing. This program strives to support the Division of Student Affairs and North Dakota State University’s mission by providing services, programs, and resources to students in an ever-changing world. Adjusting to life as a university student can be a challenging and exciting time as they move toward acceptance and integration. Increased autonomy and responsibility can be stressful for some students and may result in poor health choices and behaviors including poor nutrition, alcohol and other drug abuse, tobacco use, unhealthy sexual practices, and other risky-behaviors. It is important for students to learn about healthy choices and see the positive influence their choices have on their academic, social and personal success. The Healthy Herd Champion program is designed to help students increase their awareness and knowledge of NDSU opportunities and resources that support students in making their own choices regarding behaviors that affect their health and well-being.

Peer Educator programs are based on the belief that students are highly effective in influencing the health attitudes and behaviors of other students. They are valuable in identifying risky behaviors, providing opportunities and information for health behavior change, and serve as role models while correcting misinformation and misperceptions among their fellow peers. Peer education makes use of peer influence in a positive way. Students of all ages are faced with making personal decisions about health and safety. Developing positive decision-making skills prepares students to live and promote healthy and safe lifestyles.

Leaders vs. Educators

The Healthy Herd Champion Program, based on peer education models and best practices, focuses on the idea that the Healthy Herd Champions serve as both leaders and educators to the entire campus community. As leaders, each Champion (embedded within their own existing social groups) will create and initiate positive social norm change through positive role modeling. As educators, Champions will work together to implement peer health education programs and opportunities through campus outreach. This duel responsibility will prepare them to be wellness champions, not only throughout the program, but will give them the skills needed to succeed in this manner throughout their career and life.
LEARNING OUTCOMES

The goal for each Healthy Herd Champion is to acquire the knowledge and skills necessary in a variety of health topics and campus resources to act as positive role models for other students in areas of healthy decision making and behaviors on NDSU’s campus. In order to serve as this role model, Healthy Herd Champions will be able to:

- Increase students’ abilities to identify risky behaviors.
- Provide students with information and support needed to assist in positive lifestyle choices.
- Promote engagement in behaviors and contributions to environments that support holistic health and wellness.
- Promote and be a resource to campus-wide health promotion and prevention programming.
- Develop presentation and programming skills.

BENEFITS

- Gain knowledge on current health and wellness topics affecting college students.
- Develop skills in leadership, critical thinking, public speaking and other communication methods.
- Involvement in a dynamic, pro-active peer program.
- Opportunity to gain experience in program design.
- Expand social network and develop positive working relationships.

RESPONSIBILITIES AND REQUIREMENTS

Application and Interview Process:
All applicants must perceive themselves as meeting the qualification requirements before applying to the program.

- Complete the application and interview process.
- Serve as a Healthy Herd Champion for one academic year.
- Dedicate approximately 5 hours/week to program (includes evenings).
- Attend all meetings and training sessions as scheduled.
- Exhibit a passion for health and wellness with a willingness to serve as a role model for other students.
- Assist in the design and implementation of program activities, awareness campaigns, presentations, and other campus outreach based on relevant health and wellness topics for NDSU students.
- Effectively refer students to campus resources related to health and wellness needs.
- Be able to work independently and with a team.
- Opportunity to collaborate with the Seim Hall Wellness Living-Learning Community.

The Healthy Herd Champion application will be made available every spring semester (as deemed necessary) beginning the month of February. Applications will be accepted until the March 15th deadline. Information and application is to be shared with department contacts, faculty, and other staff seeking nominations in addition to being posted on Student Health Service website and shared via social media and email listserv. A committee comprising of the Health and Wellness Promotion Coordinator, current Healthy Herd Champions, and other professional and student staff as deemed necessary will review all applications. Interviews and selections will be made by end of April. Interview questions are based on the Student Affairs Learning and Service Outcomes and related experiences.
EXPECTATIONS AND COMMITMENT

Each Healthy Herd Champion will dedicate one academic year (fall and spring semester) to the program with the option of serving a second year. Time dedication to program includes approximately 5 hours a week, including evening hours. In addition to these hours, there will be opportunities to serve as a mentor to the Seim Hall Wellness Living-Learning Community and participate in individual and group meetings.

Program Design and Implementation:
Healthy Herd Champions will be responsible for events/programs based on needs assessment, Healthy Campus 2020, NCHA-ACHA national data, and other relevant data. These programs will be implemented in addition to other wellness promotional and awareness events.

Program tasks and expectations may include:
- Educational tables and promotion in Memorial Union and other areas on campus.
- Classroom presentations.
- Design events and opportunities addressing common health topics including, but not limited to, nutrition, stress reduction, alcohol and other drugs, sexual health, tobacco cessation, suicide prevention, physical activity, cold and flu, sleep hygiene, etc.
- Collaboration with other campus health and wellness efforts.

Wellness Living-Learning Community Representative:
One Healthy Herd Champion will be designated as the Seim Hall Wellness Living-Learning Community Representative. This individual will live within the community, serve as the liaison between the community and the Champions, and help guide the community’s wellness education efforts. Time commitment is approximately 5 hours a month. These hours are included in the overall Healthy Herd Champion time commitment, but may exceed due to the additional responsibilities.

Representative responsibilities and expectations:
- Attend the Wellness Living-Learning Community fall retreat.
- Attend community gatherings.
- Participate in meetings with Residence Assistants, the faculty mentor, and the community coordinator as needed.
- Implement an event or program once a semester specifically for community.
- Effectively refer students to campus resources related to the 7 Dimensions of Wellness.

ORIENTATION AND TRAINING

Orientation to the Healthy Herd Champion program will take place prior to the first day of fall semester classes over the duration of 2 days, in addition to other scheduled trainings as deemed necessary. Orientation and training is intended to prepare the students to serve as an effective peer educator by communicating the major roles and responsibilities, develop leadership and education skills, and learn about NDSU departments and services that aid in student wellness. Orientation and training includes interactive exercises, discussions, slide presentations, and presentations from other professional staff.
Meetings and Ongoing Training:
Healthy Herd Champions will meet as a group weekly and individually monthly (meeting frequencies are subject to change.) Healthy Herd Champions are expected to attend all meetings and trainings as scheduled and will allow advanced notification should an absence be needed due to illness, an emergency or other excused reason. The Assistant Director of Health Promotion reserves the right to determine certain meetings and trainings as mandatory.

To create ongoing health and wellness integration and continued Healthy Herd Champion training, meetings may feature guest representatives from various NDSU departments and programs.

PROGRAM EVALUATION PROCESS

The Healthy Herd Champion program will be evaluated and assessed through multiple methods to gather valuable and pertinent data to support and ensure the success of the program.

Program components planned for evaluation include:

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<thead>
<tr>
<th>Component to be Evaluated</th>
<th>Purpose</th>
<th>Measurement Tool</th>
<th>Implementation Timeframe</th>
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<tbody>
<tr>
<td>Orientation and Training</td>
<td>Determine effectiveness in ability to prepare students to serve as HHC</td>
<td>Post-orientation and training survey</td>
<td>End of fall Orientation and Training session.</td>
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<td>HHC Learning and Service Outcomes and overall program evaluation</td>
<td>Determine knowledge and skills gained by participation in the HHC Program and gain insight into overall program success</td>
<td>Pre and Post-survey</td>
<td>Beginning of fall Orientation and Training session and end of spring semester.</td>
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<td>Program/Event implementation</td>
<td>Measure participant feedback and participation.</td>
<td>Post-program survey and participant #’s</td>
<td>Upon completion of each program/event.</td>
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<td>Program/Event facilitation</td>
<td>Allow Champions to follow implementation protocol and provide facilitation and reflection feedback.</td>
<td>Program Planning Action Guide</td>
<td>Prior and upon completion of each program/event.</td>
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<td>Healthy Herd Champion final presentation</td>
<td>Allow Champions to share their success and results of their experience from involvement.</td>
<td>Presentation to campus stakeholders</td>
<td>End of spring semester.</td>
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