



What is Health Promotion?

The department of Health Promotion strives to contribute to the health of all students, faculty and staff through advances in health promotion theory and research, excellence in health education practices, and the promotion of public policies conducive to health. Health initiatives are based on Healthy People/Healthy Campus 2010 goals and objectives, Standards of Practice for Health Promotion in Higher Education and data collected from students.

The goal is to eliminate health disparities in student populations; increase culturally competent health promotion services; utilize best practices in health promotion and disease prevention; describe the relationships between health status, student retention, and academic success; while utilizing theoretical and evidence-based methods of health promotion.



Health Promotion Objectives*

- Develop health-related programs and policies that support student learning.
- Incorporate health promotion initiatives into academic research, courses and programs.
- Develop and participate in campus community partnerships that advance health.
- Advocate for campus, local, state and national policies that address campus and community health issues.
- Utilize campus and community resources to maximize the effectiveness of health promotion.
- Identify the social, cultural, political and economic disparities that influence the health of students.
- Design health promotion initiatives that reflect the social, cultural, political, and economic diversity of students.
- Review health promotion research from interdisciplinary sources as a guide for the development of health promotion services.
- Apply professionally recognized methods and tested theories to the development of health promotion.
- Review data gathered from published research on campus, local, state and national health priorities.
- Conduct population-based assessments of health status, needs, and assets of students.
- Evaluate health promotion initiatives using valid and reliable quantitative and qualitative approaches.
- Apply ethical principles to the practice of health promotion.

*Based upon the Standards of Practice for Health Promotion in Higher Education. The full document can be viewed at www.acha.org/info_resources/SPHPHE.cfm

Educational Opportunities and Partnerships

Health Promotion offers opportunities to provide direct relevant experience for both undergraduate and graduate students in a variety of programs to enhance their academic career. The department partners with administrative and academic offices on campus in order to provide Service-Learning opportunities, Observation Studies, Cooperative Learning and Fieldwork experiences to related academic courses.

In addition, we also provide paid, part-time student worker positions. Both graduate and undergraduate students are employed to provide outreach and programs, design educational materials, implement grants and assist with research and data analysis.

Some examples of collaborative partnerships:

- Service-Learning site for students in Health Psychology.
- Recipient of US Department of Education Model Programs Award and \$176,922 grant in collaboration with the Department of Health and Nutrition Sciences.
- Co-sponsor with School of the Arts Day withOut Art (World AIDS DAY).
- Facilitate workshops on Alcohol and Decision Making for New Student Seminar classes.



Peer Advocacy training is offered each semester.

Peer Advocates

Peer Advocacy at the Drop In Center is a major component of Health Promotion. Peer Advocates are student volunteers who have been trained to provide peer education, referral and health advocacy services to other students. Our volunteers bring a first-hand perspective to current health and social issues. Peer Advocates help develop and implement new initiatives in order to execute programs they recognize as critical to the campus and to help others foster healthy lifestyle choices. They promote social change on campus by providing workshops, discussion groups, information and materials, and someone to talk to about health and social issues. Their actions are all in an effort to create an actively healthy change for the campus community. Peer Advocates are an energetic and diverse group of students who are committed to making a difference for the campus community.

Where to find us

Bohn Hall (973-655-7397)

- Grants and Research
- Informational Brochures
- Health Resources
- Safer Sex Supplies

Hours*: Monday – Friday 8:30 a.m.– 4:30 p.m.

Drop In Center (973-655-5271)

(the little cottage between the Student Center and Science Hall).

- Peer Advocates
- Weekly Groups
- Informational Brochures
- Health Resources
- Safer Sex Supplies

Hours*: Monday - Friday 9:00 a.m.– 7:00 p.m.



*Hours during the regular academic term. Summer hours subject to change. Evening and Weekend Programs are available with proper advanced notification.



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Health Promotion: A Guide for Faculty and Staff

Health Promotion is a
Department of University Health
and Counseling Services



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