

Peers Educating Peers: Healthy Living at PSU

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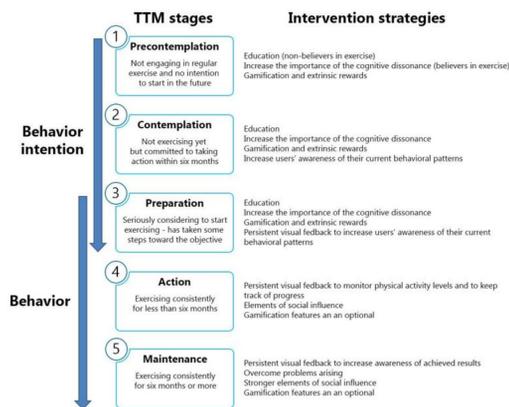
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Introduction

Peer leaders worked with eleven students to lead small groups of students using a health and wellness curriculum (HealthyCARE® by Genavix, LLC). This pilot project was used to increase student’s knowledge, awareness and implementation of health promotion skills and behaviors that reinforce the benefits of a healthy lifestyle. This pilot project engaged students weekly and individually, in a collaborative approach to deliver education on nutrition, fitness and total well-being practices to promote healthy behaviors in college students in an open and creative environment. Peer health coaches support like- minded students individually in realizing their own wellness goals through a positive, strengths-focused approach. This project is aligned with Healthy PSU's overarching goal of becoming one of the healthiest campus in the nation by 2020.

Transtheoretical Model



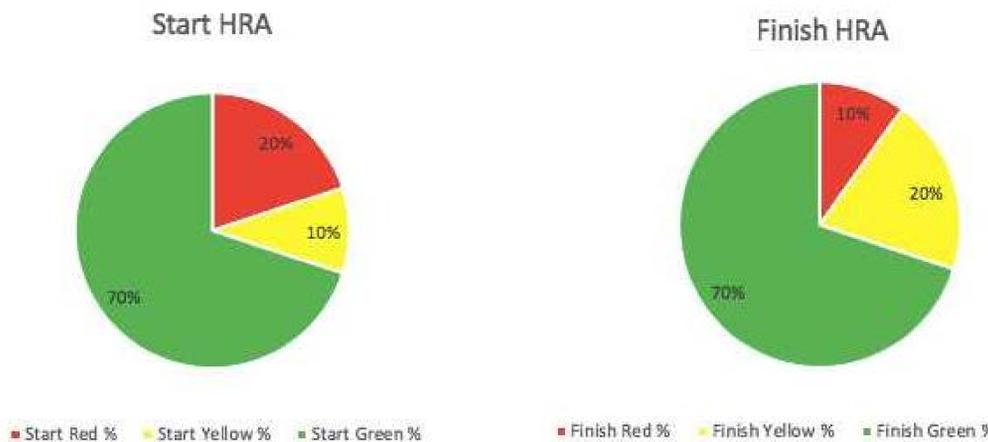
See further up here .

Objectives

- Students will participate in training programs for health coaching
- Students will apply health coaching skills
- Students will provide recommendations for adapting the program for college students
- Student will evaluate ease of use of associated technology

Data & Analysis

Health Risk Factor Reduction Based on Risk Stratification			
Risk Stratification	Start HRA Count	Finish HRA Count	
Red	2	1	<1 Health Risk Factor
Yellow	1	2	2 Health Risk Factor
Green	7	7	>3 health Risk Facotr



Results: n=10

- HDL went up by 10.6%
- LDL went down by 14.24%
- Systolic went down by 1.7%
- Diastolic went down 7.2%
- Fat Mass went down 4.9%
- While analyzing the data we noticed majority of the participants in the green elevated their scores and a participant in the red moved to yellow showing slow positive development toward a healthier future. Participant in red displayed a confident attitude towards becoming healthier and is committing to making lifelong changes following this program.

Quotes from the Program:

“As a coach, I enjoyed mentoring and teaching students who wanted to make a change not only for themselves, but for people around them.”

“As a client, the 8-week program was an amazing resource for students to take advantage of in the coming years at PSU, especially for college students who have busy lifestyles and choosing to be “healthy” can be tough.”

Conclusions:

- Peer health educators successfully planned, implemented, and executed weekly educational and physical activity sessions with participants.
- These sessions included nutrition, stress management, sleep tips, yoga and strength exercises. Peer health educators were able to utilize and adapt educational resources provided by our partner, HealthyCARE® to best meet our clients needs.
- Peer health educators conducted pre/post health assessments.
- All 11 participants, who started the 8-week program completed the program.
- Participants were encouraged to use portal technology, but demonstrated limited use.
- This pilot project was successful in building social connections, leadership skills while encouraging healthy behavior changes.

Acknowledgement

Thank you to HealthyCARE® by Genavix, LLC, American Heart Association, PSU Recreation Program, Healthy PSU and Plymouth State University faculty.

References

Picture: https://www.researchgate.net/figure/Specific-intervention-strategies-for-each-stage-of-the-Transtheoretical-Model-of-Behavior_fig1_262402966

Prochaska, J. O., & Velicer, W. F. (1997, September/October). The Transtheoretical Model of Health Behavior Change. Retrieved from <https://www.ncbi.nlm.nih.gov/pubmed/10170434>