PRELIMINARY

POSTER ABSTRACTS
P1. Benchmarking Study of Seasonal Influenza Vaccine Rates Across a Large College Health System

**Presenter(s):** Elizabeth Adams, DNP and Edward Junkins, MD (University of California, Berkeley); Albert Chang, MD (University of California Irvine); Stacie San Miguel, MD (University of California San Diego)

Comprehensive data sources reporting influenza vaccination rates among campus communities are lacking. This benchmarking study involving ten University of California student health centers was conducted to evaluate documented influenza vaccination rates from 8/1/22-4/1/23. Data analysis demonstrated that 139,045 out of a total of 285,429 students (48.71%) received their seasonal influenza vaccine. While this rate is encouraging, variation occurred across campuses, possibly due to variations in data reporting, exemption rates and interpretation of system-wide policy.

P2. Developing and Implementing a University Nutrition Security Action Plan

**Presenter(s):** Lilian Ademu, PHD (Texas A&M University); Elizabeth F, Racine PHD, RD, Jessica Escobar-DeMarco, PHD, Nicole Peterson, PHD, Rajib Paul, PHD, Larry Gourdine, (University of North Carolina Charlotte)

A University Nutrition Security Action Plan (Plan) was developed to advance students’ access to nutritious foods on campus. We used mixed data and completed four steps that can be adopted by researchers and practitioners for developing a Plan to improve access, policy, and contextual factors favoring students’ food and nutrition security: 1) Creation of a Nutrition Security Advisory Board. 2) Information Collection and Interpretation. 3) Development of Recommendations. 4) Presentation of the final Plan.

P3. A Statewide Anti-Hazing Law in Ohio: How One Campus used the Law to Increase Prevention Strategies.

**Presenter(s):** Lauren Albert, BA (Bowling Green State University); Ben Batey, MA (Mercy College of Ohio)

The state of Ohio implemented an Anti-Hazing law that changed the course of prevention work on Bowling Green State University’s (BGSU’s) campus. Learn how students and staff came together to increase prevention efforts by exploring BGSU’s National Hazing Prevention Week programming, strategic partnerships, educational sessions with students across campus, and the design and implementation of an Anti-Hazing Working Committee.

P4. Improving a Depression Screening Process for College Students

**Presenter(s):** Megan Benton BSN RN, DNP (Penn State University)

Screening college students for depression is an efficient way to identify depression symptoms early and offer resources and referral for treatment. This quality improvement (QI) project occurred at a mid-sized university health center. It aimed to administer PHQ-2 surveys at every visit and offer resources to students who scored at risk for depression.
P5. Social Connectedness and Sense of Belonging as Measures of Success and Retention on a College Campus

Presenter(s): Simran Bhatia, MS and Annie Birt, BA (Missouri University of Science & Technology)

This poster explores strategies for promoting a sense of belonging in a diverse campus community. It delves into the role of collective impact in creating an inclusive environment, emphasizing the importance of collaboration and peer-to-peer support services. This work includes documented outcomes and successes of campus initiatives aimed at enhancing social connectedness and belonging, shedding light on practical, data-driven approaches to enhance student well-being.

P6. Health Insurance Literacy and Self-Efficacy of UCLA Undergraduate Students

Presenter(s): Ritika Bhattacharya, BS, Renée Grange, BS, Frederick Jimenez, BS, Elysse Johnson-Mendoza, BS, Edward Nash, BS, Jonathan Liu, BS (University of California, Los Angeles)

The University of California system mandates all students to be enrolled in health insurance. Mandated coverage is not enough to ensure healthcare accessibility. In this study, undergraduate UC Los Angeles (UCLA) students completed a voluntary online survey which collected demographic data and assessed the participant's health insurance literacy (HIL), knowledge of campus health services, and perceived self-efficacy navigating the healthcare system. The results indicate demographic disparities among students in race, undergraduate year, and financial income.

P7. University-based Health and Wellness Coaching: Comparing the Efficacy of Staff and Peer Coaches

Presenter(s): Jennifer Bleck, PhD, MPH, NBC-HWC and Rita DeBate, PhD, MPH, NBC-HWC, (University of South Florida)

University-based Health & Wellness Coaching programs have witnessed rapid expansion with various service delivery models. This study compared the efficacy of trained peer coaches and certified staff coaches. Results revealed slight differences in the topics discussed and the coaching relationship. No statistically significant differences were observed regarding the impact of coaching on satisfaction with ten life domains and changes in confidence, motivation, or readiness for change. Implications speak to opportunities for service expansion.

P8. Do in-house and third-party tele-counseling services extend our reach to underserved, treatment-naïve student populations?

Presenter(s): Brittany P. Boyer, PhD (The University of Texas at Austin)

Many university counseling centers (UCCs) have continued offering tele-counseling alongside in-person services in the wake of the COVID-19 pandemic. However, it remains unknown whether tele-counseling increases treatment access among underserved student populations and whether tele-counseling delivered by third-party vendors further extends access beyond UCC-delivered tele-counseling services. This original research evaluates differences in demographics and mental health treatment experience among students who access UCC in-person counseling, UCC tele-counseling, and tele-counseling delivered by a third-party vendor.
P9. Vending Machine Access to Emergency Contraception on a College Campus

Presenter(s): Betty Boyle Duke, DNP, CPNP-PC, BSN, Sarah Ann Anderson Burnett, MD, PhD, FAAP, and Cindy Tran, BSN, RN (Barnard College)

A vending machine can enhance over the counter (OTC) medication access, especially time sensitive emergency contraception (EC) like levonorgestrel. This poster promotes the installation of a medication vending machine, conveniently placed in a dormitory that facilitates privacy in reproductive decision making and 24-hour accessibility. It caters to after-hours needs, weekends, and the inventory tracking system allows monitoring peak sales to ensure proper stock is maintained. Notably, EC remains the top-selling item tracked among student purchases.

P10. An Analysis of Time Spent with Provider and Care Satisfaction at a College Gynecologic and Reproductive Health Clinic

Presenter(s): Claudia Brewer, BS (University of California, Los Angeles)

Patient-provider interaction times have decreased in recent years, possibly due to primary care shortages, electronic health record burdens, and payment/reimbursement structures. Gynecological care, especially for trauma survivors, demands a sensitive provider-patient relationship. College students, vulnerable to STIs and unintended pregnancy, often seek such services for the first time. Using mixed methods, we analyze how time spent by gynecological providers influences students' perceptions of care quality and their providers at UCLA's Women’s Health Clinic.

P11. Calories and Cocktails: Drunkorexia on Campus

Presenter(s): Sarah Bristol, AMFT, Dani Gonzales, PsyD, and Ryan Brown, LMFT (University of Southern California)

With sex differences observed, 30-60% of college-age females and up to 30% of college-age males engage in “drunkorexia”, a set of behaviors characterized as engagement in caloric restriction to compensate for subsequent binge drinking, leading to purging behaviors (Knight et al., 2017; Thompson-Memmer, Glassman & Diehr, 2018). Due to the significant probability for risky behaviors from socially acceptable and enabled eating disorder behaviors, clinicians have begun to recognize the benefit of including these specific symptoms of drunkorexia under the Other Specified Feeding or Eating Disorder (OSFED) diagnostic criteria as a subcategory for clinical consideration.


Presenter(s): Lori Dewald, EDD, ATC, MCHES, FAAHE and Nikki Brauer MS, CHWC, COEE, CWPM (Southern Illinois University); Lauren Heiberg, BA (University of California, Los Angeles)

Four million people in the US workforce are victims of bullying daily. The topics of both adult bullying and workplace bullying are typically swept under the rug. Reports of bullying in academia are increasing, yet the issue is poorly investigated, especially on college campuses. Workplace bullying within both faculty and staff on college campuses will be explored in this study utilizing the ACHA-NFSHA data from 2019-2023.
P13. How Healthy Is Your Campus? A Systematic Review of University Food Environment Assessments  

Presenter(s): Stacy Fandetti, BS, Alicia A. Dahl, PhD, MS, Lilian Ademu, PhD, and Ryan Harris, MLIS (University of North Carolina at Charlotte)  

The availability, accessibility, and affordability of healthy foods within the university food environment can impact students’ dietary choices. This systematic review summarizes the tools and methods used to assess university food environments where many students spend a significant part of their young adult lives. The findings highlight variations in practice and how ‘healthy’ has been defined globally. This review provides an understanding of this unique organizational food environment with implications for practice and policy.

P14. Emergency Contraception Availability in U.S. Colleges & Universities  

Presenter(s): Sara Farjo, DO, Amie Ashcraft, PhD, Courtney Pilkerton, MD, PhD, and Jun Xiang, MS, MA (West Virginia University); Pamela J. Murray, MD, MHP (Boston Children’s Hospital); Megan Adelman, PharmD (Cleveland Clinic Akron General)  

A mystery caller cross-sectional study was conducted to assess the availability of EC at United States college and university campuses (n=800). Preliminary results have found about half of campuses (48.2%) reported not having any type of EC available while about a quarter (23.1%) reported having at least one type. The vast majority (97.3%) had oral levonorgestrel. 11.6% had ulipristal acetate and 10.2% had the copper IUD available. This study illustrates the lack of availability of emergency contraception on college and university campuses.

P15. Loneliness and Canadian post-secondary students: Using the NCHA to understand the links between loneliness and dimensions of health and well-being.  

Presenter(s): Sonya L. Flessati, PhD, RPsych, (Mount Royal University)  

Connections with others are a crucial part of what it means to be human. Discrepancies between desired and perceived social connectedness can trigger feelings of loneliness and have adverse impacts on health and well-being of individuals. In this secondary analysis of the 2022 Canadian NCHA data set, an exploration of students’ experiences with loneliness and connections to physical and mental health-related behaviours and experiences will be presented along with a consideration of resources to support those in need.

P16. Developing Team Commitments to Create a Culture of Belonging and Respect  

Presenter(s): Megan Gendel, MSN, Emily Johnson, BS, and Andrew O'Donnell, DNP (University of Wisconsin - Madison)  

Medical Services developed team commitments to create a culture of belonging and safety in the workplace. The team included representation from multiple disciplines, clinics, and marginalized groups. We incorporated feedback from a variety of employee roles to create action statements regarding our workplace commitments with one another. With this poster, we address the process, including pitfalls, and share positive impact on climate surveys administered during spring semester 2022 and fall semester 2023.
P17. When the U.S. Supreme Court Sneezes, America Catches a Cold: How the Overturn of Roe vs. Wade Has Put Women’s Mental Health at Risk

Presenter(s): Fiona Giardino, BS (Florida State University)

This research project discusses the impact the overturn of Roe vs. Wade had on female college students’ mental health and sexual behaviors. One on one interviews were conducted with six Florida State University female students to talk about how the overturn has changed their present and future dating life along with their contraceptive use. Common themes from each of these interviews were collected to show similar trends from a range of female college students.

P18. The Experiences and Perceptions of Campus Resource Utilization by University Students with Childhood Domestic Violence Exposure Histories

Presenter(s): Megan Haselschwerdt, PhD, Amie Kahovec Allen, PhD, Kristen Ravi, MSW, PhD, and Victoria Niederhauser, RN, DrPh, (University of Tennessee)

Childhood exposure to domestic violence (CEDV) is associated with many negative health and academic outcomes for college students in the United States. Though help-seeking can buffer against the negative impact of CEDV, little is known about campus resource utilization. Thus, we collected web-based survey responses from 368 students with CEDV attending one large, public university on their campus resource utilization experiences. Findings and implications will discuss how campus resources provide unique opportunities for this population.

P19. Education about sexually transmitted infections among community college students

Presenter(s): Hannah K. Hecht, MPH, Jennifer Yarger, PhD, Luisa Alejandra Tello-Perez, MGPS, and Cynthia C. Harper, PhD, (University of California, San Francisco); Kristine Hopkins, PhD (University of Texas at Austin)

Sexually Transmitted Infections (STIs) are at a record high, disproportionately impacting adolescents and young adults. We used survey data (N=2,086) from an ongoing randomized controlled trial at 29 community colleges in California and Texas to examine students’ need for STI prevention education and interest in receiving such information from their college. We used multivariable logistic regression for clustered data to compare students’ STI prevention education by STI risk behaviors, prior sexual education, and sociodemographic characteristics.

P20. Clinical outcomes from a large sample of college-aged individuals receiving enhanced family-based treatment for an eating disorder

Presenter(s): Megan Hellner, DrPH, MPH, RD, CEDS-S and Katherine Hill, MD, FAAP (Equip Health)

Recent research highlights a notable increase in incidence of eating disorders (ED’s) in college-aged individuals, for whom Family-Based Treatment for Transition Aged Youth (FBT-TAY) is a first-line treatment. Central to this approach is inclusion of family in their care, however, young adulthood is marked by increasing independence and diminishing family support. We'll share original research on clinical presentation and outcomes of hundreds of eating disorder patients engaged in treatment using an enhanced and virtually delivered FBT-TAY approach. Primary outcomes include weight changes, eating disorder and mood symptoms.
P21. Academic Healthcare Professionals’ Perceptions of Available Services for Students with Type 1 Diabetes at Higher Education Institutions

Presenter(s): Carol Newton Highsmith, EdD, MPA-NE, RN (University of North Carolina Wilmington)

Minimal research has been provided to increase US higher education institutions' knowledge about how to identify and care for college youth with chronic medical problems. Healthcare teams should build and prepare T1D patients and families for college life changes during the transition stage. The study followed a qualitative research design using a phenomenological approach. The participants were 17 academic healthcare professionals working in higher education institutions' student support service departments.


Presenter(s): Elizabeth W. Holt, PhD, Gwen Hirko, MS, Natalie The, PhD, Anna Cass, PhD, Michelle Horhota, PhD, and Meghan Slining, PhD, and Jason Cassidy, PhD (Furman University)

Institutional data play an integral role in assessing a campus’s culture of multi-dimensional wellbeing. For strategic planning purposes, well-being data can help stakeholders to understand relationships between wellbeing dimensions, identify areas to concentrate future resource allocation, and track institutional progress towards goals. We describe how one liberal arts college has collected and analyzed institutional data to inform our long-term, strategic planning for multi-dimensional campus well-being. Since 2018, our interdisciplinary committee of faculty, administrators, students, and staff, has been collecting and analyzing data across areas of emotional, social, physical, spiritual, financial, career, intellectual, and environmental. Data has been drawn from 1) campus-wide surveys on wellbeing, and 2) comprehensive campus audits of existing programming across well-being dimensions. Analysis and presentation of data has been used as a way to celebrate areas of success, and also to identify priorities for future well-being planning efforts.

P23. Picture this: A Photovoice Study Exploring Mental Wellbeing of First-Generation College Students

Presenter(s): Lorenzo N. Hopper, MPH, PhD, (University of North Carolina at Charlotte)

In this Photovoice research study, we delved into the experiences of first-generation college students to uncover the facilitators and barriers to their mental wellness. Through a visual narrative crafted by the study participants themselves, we gained unique insights into the challenges they face and the resources that support them. The poster encapsulates our exploration of the complex dynamics affecting mental health among first-generation students, offering valuable perspectives for enhancing their well-being and opportunities for success.
P24. Mental Health among Agricultural and Engineering Graduate Students: Comparison by Grade Level and with Undergraduate Students

Presenter(s): Ryo Horita MA, PhD, Nanako Imamura MA, Taku Fukao MD, PhD, Miho Adachi MD, PhD, Satoko Tajirika MD, Mayumi Yamamoto, MD, PhD, MBA (Gifu University); Emma Underwood MPH, CPH (University of South Florida)

This study examines the mental health among Japanese university students by comparing undergraduates and graduates. An online survey used the CCAPS-Japanese to measure students' psychological symptoms. First year students' scores were worse than second year students in terms of depression, generalized anxiety, social anxiety, academic distress, and hostility. Overall scores of master’s students were better than undergraduate students majoring in agricultural or engineering. These findings identify which characteristics of a university student requires early support.

P25. Food Insecurity on Campus: Prevalence and Influences at a Regional-Comprehensive, Hispanic Serving University

Presenter(s): Bethany Kies-Bolkema MPH, PhD, and Tina Twilleger MSc, PhD (Colorado State University-Pueblo)

Food insecurity is one’s lack of ability to access food either on an individual level or on a household level, and food insecurity for college student populations has continued to trend upward. Amongst the most recent data on the topic, researchers report 30% to 60% of the student population being food insecure, with the higher percentages reported among students who are Hispanic, African American, Pell grant recipients, or first-generation. A cross-sectional descriptive study using online survey methods was conducted to determine the prevalence of food insecurity and the ecological factors that influence that prevalence for students living in campus housing at a Hispanic serving, regional comprehensive university in the western United States. The primary variable of interest, food insecurity, was measured using the U.S Household Food Security Survey Module: Six-Item Short Form created by the Economic Research Service of the USDA and adapted for use by the American College Health Association’s National College Health Assessment. Additionally, using the Healthy Campus ecological framework, five variables that influence food insecurity within the population were defined as: intrapersonal factors, interpersonal factors, institutional factors, community factors, and policy factors. Recruitment to all 684 students living in campus housing was conducted using print flyers, emails, and in-person table events. After organizing and coding the data, descriptive statistics were used to confirm the amount of food insecurity and factors of influence, and chi square tests determined relationships between levels of food insecurity and demographic variables of interest. The results serve to confirm the prevalence of food insecurity among at-risk student groups, to add to the understanding of factors that lead to food insecurity for students living in campus housing, and to inform future health promotion efforts and campus improvements.

P26. MaRooN Health Passport: How Campus Health Service turns primary research into clinical care

Presenter(s): Jo-Anne H Kirby MBChB, MSc and Susan Crumpton BSc, MBA (Stellenbosch University)

The MaRooN Health Passport (MHP) has been implemented to collect information on staff and student physical and mental well-being, and lifestyle behaviors associated with adverse health outcomes and non-communicable disease. The MHP’s medical flagging system connects participants with existing health support structures to provide real-time healthcare on an individual level. This original research highlights the health and well-being concerns in the cohort and how these concerns are managed on campus.
P27. Provider Knowledge and Readiness to Address Intimate Partner Violence in College Students

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P28. Individual and Collective Positive Health Behaviors and Academic Achievement Among U.S. Undergraduate Students

Presenter(s): Alyssa Lederer, PhD, MPH, MCHES (Indiana University-Bloomington); Sara Oswalt, MPH, PhD, CSE (University of Texas at San Antonio)

This study used the Spring 2023 American College Health Association-National College Health Assessment III (N=125 institutions) to assess the relationship between undergraduates' academic achievement (self-reported GPA) and positive health behaviors that mitigate the risk of chronic disease. Behaviors were categorized as dietary, physical activity, sedentary, and substance use, and were examined both individually and collectively. Study results demonstrating the interconnection between student health and academic success have important implications for college health research and practice.


Presenter(s): Denise Livingston, MD, PhD, Mark Cruz, BA, Lynn Fryer, APN-C, MPH, and Noa’a Shimoni, MD, MPH (Rutgers University)

The use of nontraditional spaces, such as pop-up STI testing clinics in student centers, increases access to STI testing for students who have not previously accessed student health medical services. Moreover, a considerable number of these first contacts resulted in integration into continued on-campus in-office medical care over time. Improvements in access like these can lead to earlier disease detection, prevention, and harm reduction.

P30. Analysis of Racial Differences in Emerging Adults Substance Use and Psychological Well-Being

Presenter(s): Rachel Marcus, VCU, Mia Liadis, PhD, and Trisha Saunders, EdD (Virginia Commonwealth University)

Substance use among college students is a major concern, given the links between substance use and negative psychological outcomes. Ethnic-racial differences in the association between substance use and race/ethnicity may be attributed to differential experiences with racial microaggressions within college campuses. Data from the National College Health Assessment from Virginia Commonwealth University were used. In this study, multiracial students reported higher levels of psychological distress, and alcohol and cannabis use than their monoracial peers.

P31. Health Literacy 101: Results from a Health Literacy Education Pilot Program

[CANCELLED BY PRESENTER]
P32. Partnering with a Community-Based Organization to Optimize STI Screening at an HBCU Consortium

Presenter(s): Kristy McDonald, RN, MSN, FNP-C, AUCC, Kara Garretson, MPH, AUCC, Kitty Carter-Wicker, MD, AUCC, Adrienne White, RN, MSN, WHNP, AUCC, Fredrick Clark, BS, AUCC and Brittany Talbott, MPH (Morehouse School of Medicine)

In 2022, an ACHA survey of 138 colleges and university health centers performed 373,000 sexually transmitted infections (STIs) and human immunodeficiency virus tests. Of those, only 14,064 tests were positive. Upon review of cost analysis, common visit types, and utilization of provider clinic time – we implemented an in-clinic partnership with a local community-based organization to provide free STI screening to asymptomatic students. This partnership has increased access to screening and improved utilization of our clinicians.

P33. Get OUTSIDE: An Outdoor Student Initiative for the Development of Enhanced Wellness

Presenter(s): Megan Mercer, MPH, CHES, CDP, CWP and Angela Landers, MS (Georgia Southern University)

The OUTSIDE (Outdoor Student Initiative for the Development of Enhanced Wellness) program is a collaboration between The Office of Student Wellness & Health Promotion and The Counseling Center at Georgia Southern University. This program provides education and experiential learning on research-based mindfulness practices in the students’ natural environment, and promotes the incorporation of these skills into students’ daily lives. Pilot data from program participants reveal the value of outdoor mindfulness programming in a University setting.

P34. Healthy Sexuality Coaching at University of California, Berkeley

Presenter(s): Robin Mills, MA, CHWC (University of California, Berkeley)

This poster offers an overview of the ever-growing field of coaching and how it has been applied to address a wide range of sexual health issues and concerns faced by college students at the University of California, Berkeley over the past decade. Best practices and theoretical approaches to addressing college students’ sexual health concerns through coaching are discussed. Common topic based sexual themes for this population are identified. Case studies are presented.

P35. Powerhouses Gone Rogue; A case of Mitochondrial Myopathy in a College Student

Presenter(s): Jennifer Mitchell, MD, FAAFP, FAMSSM and Kelly Mitchell, MD (Texas Tech)

A 21 year old Indian male Masters student presented to a university student health sports medicine clinic for bilateral leg pain and swelling for 3 weeks. The patient was short of breath and tachycardic with peripheral edema and abnormal DTR's. His mental status was actively worsening and he was transported to the nearest emergency department. After an 8 day admission and multiple tests he was noted to have a mitochondrial myopathy, specifically Kearns-Sayre Syndrome.
P36. Emerging Hispanic Serving Institute: Lessons learned about improving access and providing relevant care to a changing demographic in the Student Health Center

Presenter(s): Aoi Nathalia Mizushima, MD (Portland State University)

To improve outcomes for Latinx and first gen students in our university, we conducted questionnaires and interviews to better assess this groups’ needs. We will discuss interventions to reduce barriers so that these students can have improved health which will hopefully translate to better outcomes in college.

P37. Emergency Awareness Resources: Empowering Students to Provide Effective First-Aid and Pre-Hospital Emergency Care

Presenter(s): Inaya Momin, BS and Krishna Hariprasad, BS (The University of Texas at Austin)

College marks a pivotal transition in the journey towards independence for many students; however, this newfound independence can also bring an increased risk of injury or harm. A lack of proficiency in providing first-aid or pre-hospital care serves as a significant barrier to personal well-being and the ability to step in as a bystander in emergency situations. Providing this crucial information can empower students with the skills they need to promote safety in their communities.

P38. Pregaming Behaviors: Analyzing Alcohol and Polysubstance Engagement Among High-Risk Substance-using College Students Before Collegiate Sporting Events

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P39. Utilizing Student Government and Student Health Advisory Committee Partnerships to Widen Funding Opportunities and Reach Diverse Student Audiences

Presenter(s): Becca Nelson (University of California, Los Angeles)

Co-programming and collaboration between the Student Health Advisory Committees and student governments provides a valuable opportunity to strengthen outreach initiatives through access to wider audiences and increased funding. This poster outlines successful collaborations implemented in the 2022-2023 school year at UCLA. Details on logistics, costs, and impact for each program provide ideas and guidelines for students and administrators to use when implementing similar programming at their home institutions.

P40. Assessing the Efficacy of an Intervention for University Staff Working with Students Exposed to Childhood Domestic Violence

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Presenter(s): Ikenna Odii, MScN, BSN (University of Alabama at Birmingham)

This systematic review undertakes a comprehensive exploratory search of eight databases, and includes four studies that have been conducted. Results suggest a high rate of sexual activity and hesitancy to initiate PrEP due to fear, exacerbated by low knowledge of PrEP, low self-perceived HIV risk, and low HIV testing. PrEP utilization behavior was closely associated with high self-perceived HIV risk following PrEP education, particularly when individual and structural factors were addressed.

P42. Community Engagement in Health Promotion: The Pink Dawg Walk

Presenter(s): Leah Pylate, PhD, JuLeigh Baker, MS, and Dana Brooks, FNP (Mississippi State University)

Three entities collaborated for a student practice-based learning experience as part of a larger community breast health initiative. This was accomplished through train-the-trainer workshops where a health educator and a nurse practitioner trained graduate students to provide breast health education. Students educated 475 participants at two events. The assessment included a student pre- and post-survey and participant post-event survey. The initiative increased community-engaged learning, culminating in campus and community health promotion for primary prevention practice.

P43. Place of Residence and Health Indicators among Students with Chronic Medical Conditions

Presenter(s): Russell D. Ravert, PhD (University of Missouri)

This poster presents original descriptive research assessing health indicators between students with chronic medical conditions who live either in campus housing, parent/family member’s home, or off-campus housing. Using data from the NACH Fall 2019 dataset, students living at home were most likely to report academic performance as negatively affected by their condition, by sleep disturbances, and by stress. However, that group reported low impact of short-term illness, and low alcohol use compared with other groups.

P44. Mindful Self-Compassion: A Deleterious Pathway Interrupter for Young Adults with Childhood Exposure to Domestic Violence Histories?

Presenter(s): Kristen Ravi, PhD, Megan Haselschwerdt, PhD and Ji Youn Yoo PhD (University of Tennessee); Karen Bluth, PhD (University of North Carolina-Chapel Hill); Marissa Knox, PhD (Purdue University)

1 in 5 college students has experienced childhood exposure to domestic violence (CEDV) which is associated with depression and trauma symptoms. Although CEDV impacts their mental health, interventions to support college students are lacking. Previous studies of MSC interventions demonstrate improved anxiety, depression, post-traumatic stress disorder symptoms among college students. Based on these findings, our research team posits that a mindful self-compassion intervention, such as Embracing Your Life, may benefit college students with CEDV histories.
Thriving in Your PhD Program: Exploring the Intersection of Academic Milestones and Doctoral Student Well-Being: A Pilot Mini Course

Presenter(s): Elizabeth Rohr, MSW (University of Michigan)

The co-curricular and multidisciplinary pilot mini course supports disciplinary identity development through a well-being framework of self-awareness, social connection and community building.

The mini course was designed to increase student knowledge and understanding of their own social identity(s), graduate program milestones, expectations and processes, while helping to cultivate the interpersonal skills that provide a strong foundation for positive well-being outcomes and a successful and productive graduate career and beyond.

Course modules included:

Developing Your Disciplinary identity…and why it matters to your well-being

Navigating the Prelim Process

How to Get the Mentoring You Want and Need

Expect challenges: Navigating Difficult Conversations

Managing Stress, Building Capacity, and Cultivating Resilience

Making Meaningful Connections: How to Cultivate Relationships with Peers and Faculty

This pilot course was part of the Rackham Well-Being Advocate Program and class sessions were led by a combination of both external and internal faculty and staff.

A Student-Centered, Mixed-Methods Assessment of Reproductive and Gynecological Services offered by the on-campus Arthur Ashe Women’s Health Clinic at the University of California, Los Angeles.

Presenter(s): Rujuta Sathe, BS and Claire Amabile, MPH, MSW (University of California Los Angeles)

In college, students begin exploring their sexual boundaries, which can put them at an increased risk for STIs and unintended pregnancies. Therefore, access to adequate and equitable sexual health care is essential to student wellbeing. Using a mixed-methods approach, this public health research is the first of its kind to examine and integrate diverse student perspectives into shaping the affordability, accessibility, and quality of reproductive health services provided by UCLA’s on-campus Ashe Women’s Health Clinic.
P47. Second Generation Health and Wellness Vending Machines at the University of Colorado, Colorado Springs Campus: Lessons Learned in an Evolving Landscape and Next Steps

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P48. The Integration of the Primary Care Behavioral Health Model into On-Campus Medical Centers: A Model for Effective Integration and Positive Student Outcomes

Presenter(s): Sabrina Starkman, MSW, LCSW and Denise Livingston, MD, PhD (Rutgers University- New Brunswick)

Traditional models of mental health treatment struggle to meet the increasingly complex needs of students in higher education. Implementation of the Primary Care Behavioral Health (PCBH) Model into student health centers increases access to behavioral health services for enrolled students. Furthermore, embedded behavioral health consultants within on-campus health systems reaches a population not otherwise accessing services and improves holistic health care and wellness for students.

P49. Implementation of a Standardized Suicide Screening Process in a University Student Health Clinic: A Quality Improvement Project

Presenter(s): Addie Grace Strong, RN, BSN, Kathryn Dambrino, DNP, APRN, FNP-BC, Krystal Huesmann, RN, BSN, Amy Lewis, MSN, APRN, FNP-BC, David Phillippi, PhD, MS, and Linda Wofford, RN, CPNP, DNP (Belmont University)

Evidence supports the use of standardized screening tools for early identification of and intervention for individuals at risk for suicide. This QI project implemented the Columbia Suicide Severity Rating Scale (C-SSRS) at a university health clinic to enhance quality and consistency of suicide screening and appropriate mental health referral. Implementation included integration of C-SSRS into the clinic’s EHR system for student intake, provider education sessions, supportive rounding, and retrospective chart reviews.

P50. Effectiveness of an Online Comprehensive Exercise Program for Underweight Female University Students in Japan

Presenter(s): Shinobu Sugihara, MD, PhD (Shimane University)

The percentage of underweight young women in Japan is prominently high. Thirty-two underweight (BMI<18.5 kg/m2) students were divided into two groups: the program implementation group (n=21) and the program non-implementation group (n=11). The comprehensive exercise program was delivered via online video for 16 weeks. Only the program implementation group showed an increase in BMI after the program (16.8±0.9→17.4±1.1 kg/m2, p<0.05). My poster addresses original research.

P51. Student Navigators – Connecting Community Resources through Peer-to-Peer approach

Presenter(s): Swe Tun, MSN (Samuel Merritt University); Sang Leng Trieu, DrPH, MPH (University of California, Irvine & Loma Linda University)

Even though California Community Colleges provide mental health services, they are limited to 6-8 sessions per academic term due to staffing availability. Mental Health Navigator is a program designed to promote continuity of care and expand access to students who need mental health services beyond what campus-based services can provide. The cohort of students are trained on a wide range of mental health care and manage cases to support peers.
P52. Effectively engaging college students into universal screening & interventions for mental health, substance use and overall wellbeing.

Presenter(s): Win Turner, PhD, LADC (Center for Behavioral Health Integration); Bridgette Akins, MEd (St Michael’s College)

The poster will present new tools, strategies and data from a 2 year implementation of a successful SBIRT program at St Michael’s College in Vermont. Due to COVID the project initiated many new digital methods for engaging students into comprehensive wellness screening and needed interventions decoupled from a in person healthcare appointment. Data presented illustrates rates and severity of risks but as important student reasons for engaging into wellness screening including whether incentives matter.

P53. Artificial Intelligence (AI) versus Health Educators’ Instagram Captions

Presenter(s): Tammy M. Turner, PhD, MPH, MCHES (Georgia State University)

The Health Education Specialist Practice Analysis II identified communication as a standalone responsibility, including social media. Hootsuite has an artificial intelligence (AI) function to provide content creation in the form of captions for Instagram posts. The purpose of this project is to provide a process evaluation of generating Instagram captions by comparing messages created by AI and messages created by health educators to help determine the role of AI as a health education tool.

P54. Exploring use and attitudes of legal performance enhancers and the effect of pre-workout among college students.

Presenter(s): Dr. Tina Twilleger MSc, PhD and Bethany Kies-Bolkema MPH, PhD (Colorado State University Pueblo)

Legal performance enhancers (LPEs) are used to boost athletic performance, increase focus, muscle mass, motivation, increase muscle strength and body size, increase recovery rates, and break down lactic acid build up. LPEs are not regulated by the Food and Drug Administration, and their use is connected to adverse side effects, increased likelihood of illegal LPEs use, and substance abuse particularly for adolescents and young adults. Little research has been done to understand the current knowledge, use and attitudes towards LPEs in the student population or the general population. The research project aimed to find out more about LPE use and the perceptions of their risks and benefits among college students, first, and then to study the effects of using one of the widely used LPE within the student population. In total, 275 students completed the survey, and just over half were female and 80% were between the ages of 18-22. Over 40% of respondents have used an LPE. Protein, caffeine, pre-workout and creatine are used the most. We chose to study the effects of a popular pre-workout drink, to compare its results to marketed claims as well as study any biological consequences. From that data, we developed an experiment to give either the substance or a placebo to participants before having them perform tests of acute strength, power, aerobic capacity, sympathetic activation, blood glucose, and heart rate variability. We have found that the effect of pre-workout on college students created an HRV increase in the treatment group after consumption, with no other significance shown in fitness testing. Results indicated we can conclude that the pre-workout drink does not help or hinder the performance of the studied population. The results of this study can be used to inform future health promotion efforts on CSU Pueblo Campus and to better understand which LPE’s should be tested for efficacy and risk.
P55. Demographic, psychosocial, and academic correlates of recreational sports participation among college students

Presenter(s): Caroline Weppner, MA, Brittany Boyer, PhD, Andy Lemons, MEd, and Chris Brownson, PhD (The University of Texas at Austin)

Positive psychosocial well-being and academic adjustment are critical for college success. Extracurricular activities, including recreational sports, have the potential to promote well-being in ways that positively impact academic functioning. This original research uses National College Health Assessment (NCHA) data to evaluate demographic characteristics of students who participate in recreational sports and whether recreational sports participation is associated with psychosocial and academic outcomes to a greater extent than participation in other types of extracurricular activities.

P56. Connecting Incoming Students to Campus Mental Health Resources: A Public Health Approach with Opt-In Clinical Interventions

Presenter(s): Rachelle Wilcox, MD, MPH, Nikole Hampton, LMSW, and Brianna LoPiccolo, LMSW (University of Michigan)

University of Michigan’s incoming students completed a mandatory mental well-being education module during fall semester 2023. In a pre-test survey, students were offered information on campus mental healthcare resources and asked to identify whether this information was pertinent to them. If so, they further identified whether the information given was sufficient or if they needed additional support. Clinical social work outreach was extended for a variety of requests. Data collection ongoing at time of submission.

P57. Reviving Our PULSE: Developing Peer Health Educators on an HBCU Campus

Presenter(s): Karen T. Williams, MD and Dakiah A. Rowe, MA (Winston-Salem State University)

Evidence supports that undergraduate student engagement and belonging is improved by offering peer developed and peer led programming. Supported by a grant, we restructured and developed our peer health educator student organization to increase their knowledge of peer education principles and campus resources. The intended outcome of this pursuit is to improve student engagement numbers, foster a sense of belonging among undergraduate students, assess current programming and promote health and well-being on our campus.

P58. A Faculty Tool Kit for Co-Creating Healthier Academic Environments: Examples from Colorado State University and University of Texas at Austin

Presenter(s): Althea Woodruff, MAT, MA, PhD (University of Texas at Austin); Christina Berg, MPH (Colorado State University)

This poster will describe a tool kit and its components that can be used by mental health providers and/or health promotion specialists to help faculty and staff support students’ mental health and well-being in various academic environments (e.g., classrooms, office hours, advising sessions, research labs). It will also provide steps for implementing the tool kit with faculty, staff, and administrators across different departments and colleges.
P59. An Assessment of Health Services Offered at U.S. Institutions of Higher Education

Presenter(s): Sabuhee Zafar, Erin Camelon (University of Texas Austin)

This poster details the methodology of finding health and wellness resources in higher education facilities across the country. The primary way this information was sourced was by individually searching through a facility’s website, any information that could not be found from this method was then inquired by calling the school’s administration. From here, a database of over 3000 schools was compiled consisting of physical and mental health, wellness, and insurance information for each school.

P60. Student Awareness and Utilization of STI Screening Options Available on a College Campus

Presenter(s): Julia Zukerberg BSPH and Aidan Wells, MPH, MALAS (University of Miami)

Sexually transmitted infections (STIs) pose a significant burden on the country, with about 2.5 million new cases of chlamydia, gonorrhea, and syphilis reported in 2021. 51% of these cases were among those ages 15-24. During the Spring 2022 semester, the University of Miami implemented a free STI screening option. Our research assessed students’ awareness of STI screening options and the utilization of these services to inform interventions that may improve screening rates among this population.