

EASTERN ILLINOIS UNIVERSITY

2014 Health Fair

What do you know about the HERC?

Data Report Prepared By:

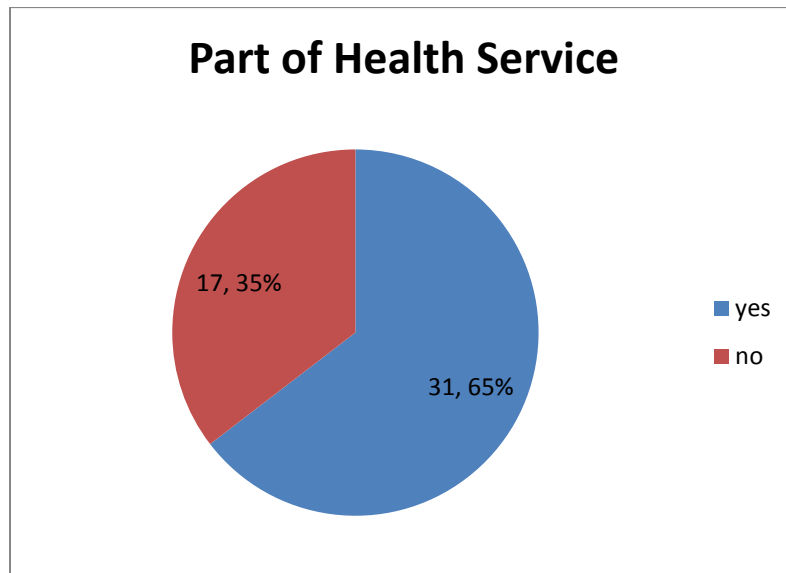
Madeline Owens

12/11/2014

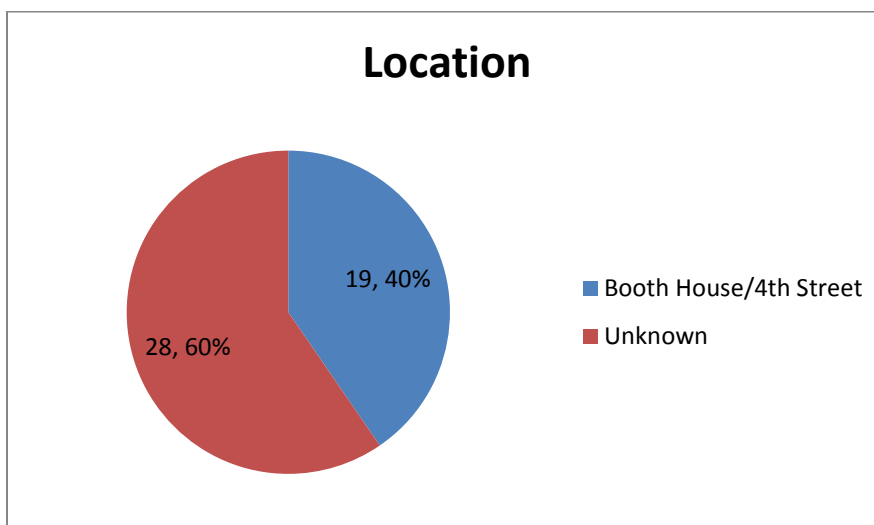
A Health Fair “What do you know about the HERC?” survey was administered on November 19th to students who approached the student affairs assessment table at Eastern Illinois University’s Health Fair located in the Alumni Lounge within the MLK Jr. University Union. The participants received the paper survey from a member of the Health Education Resource Center during the Health Fair.

Quantitative Data

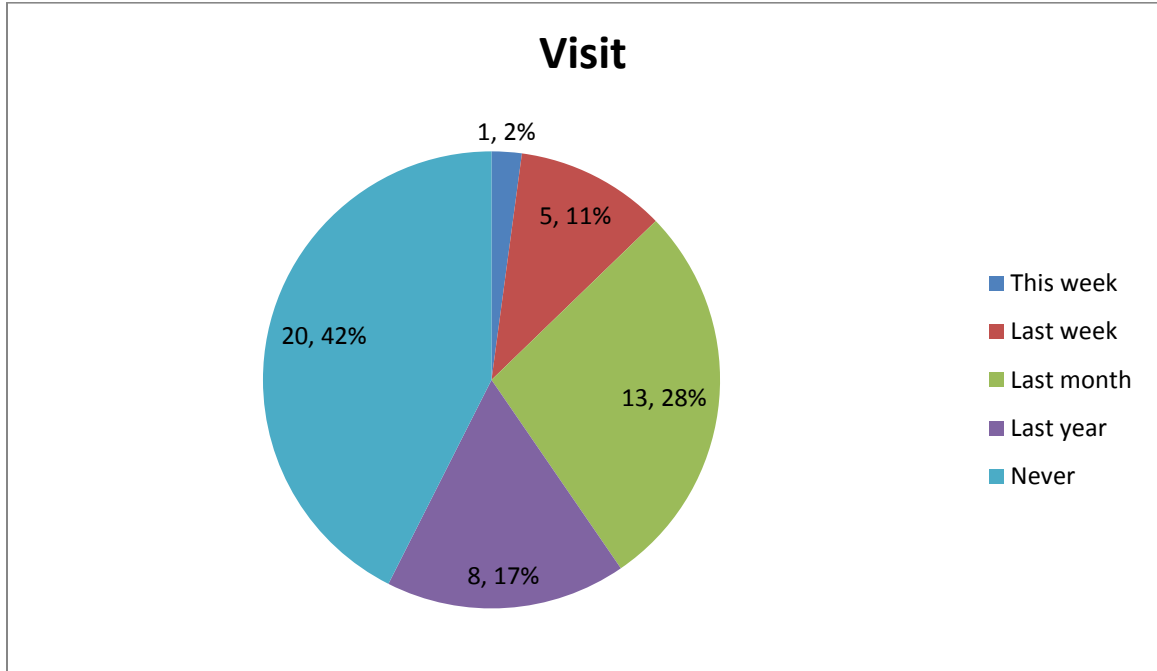
1. Is the Health Education Resource Center part of health service?



2. Where is the Health Education Resource Center located?



3. When was the last time you visited the Health Education Resource Center?



4. Do you anticipate visiting the Health Education Resource Center? (responses indicate percentages, n=47)

Questions 5 & 6: Indicate your answer by placing an "X" in the box.	1. Do/did you use this service?	2. Would you use this service?
Healthy Cooking 101 (cooking courses designed to give the participant experience and information for preparing healthy meals)	Yes: 14.9 No: 85.1	Yes: 72.3 No: 27.7
Nutrition 101 (An interactive presentation about the USDA MyPlate)	Yes: 14.9 No: 85.1	Yes: 57.4 No: 42.6
Nutrition Consultations (Students meet with the Nutrition Education Coordinator to discuss personalized nutritional needs)	Yes: 12.8 No: 87.2	Yes: 63.8 No: 36.2
Rubber Lovers (An interactive presentation that educates students on condom skills and healthy sexual health behavior – participants can receive free condom packets monthly)	Yes: 51.1 No: 48.9	Yes: 29.8 No: 70.2
Sexual Health Assessments (Online, confidential assessments on sexual health)	Yes: 23.4 No: 76.6	Yes: 42.6 No: 42.6
Sexual Health Risks Consultations (One-on-one consultations about sexual health risks)	Yes: 14.9 No: 85.1	Yes: 42.6 No: 57.4
Sexually Transmitted Infection Testing	Yes: 17 No: 83	Yes: 36.2 No: 63.8
EIU Steps UP! (An interactive presentation designed to engage and educate students on the topic of bystander intervention)	Yes: 21.3 No: 78.7	Yes: 46.8 No: 53.2
H.E.A.L.T.H. Peer Education (This program provides an opportunity for students to promote positive lifestyle)	Yes: 17 No: 83	Yes: 38.3 No: 61.7

Fall 2014 What do you know about the HERC? Survey Results
 Prepared by: Maddie Owens, Assessment & Evaluation Coordinator

choices among fellow students, as well as sharpen, practice, and develop professional skills)		
Student Leadership Opportunities Through Health Programming	Yes: 10.6 No: 89.4	Yes: 48.9 No: 51.1
Sleep: Prioritizing the Daily Routine (Open sessions designed to inform participants about the benefits of good sleep, as well as provide a basic assessment of personal sleep habits)	Yes: 25.5 No: 74.5	Yes: 46.8 No: 53.2
Stress Management: Maintaining a Health You at EIU (A presentation that includes tips to reduce stress and helpful planning skills to prevent stress from reoccurrence)	Yes: 29.8 No: 70.2	Yes: 42.6 No: 57.4
Six Pack Series (An interactive and informative presentation about alcohol consumption)	Yes: 12.8 No: 87.2	Yes: 44.7 No: 55.3
Cold Prevention	Yes: 19.1 No: 80.9	Yes: 48.9 No: 51.1
Flu Prevention	Yes: 25.5 No: 74.5	Yes: 55.3 No: 44.7
CRAWL Program	Yes: 6.4 No: 93.6	Yes: 55.3 No: 44.7
Tobacco Cessation Consultations -Quit Smoking Kits (Includes a variety of materials designed to facilitate the cessation process)	Yes: 6.4 No: 93.6	Yes: 40.4 No: 59.6

Qualitative Data

Comments:

1. If there are services you would not access, why?
 - I don't have time (3)
 - I don't smoke (3)
 - I don't do drugs or drink alcohol and because of my faith I am not planning on having sex until I am married.
 - I can get these services at my doctor's office