

THE STALL SEAT JOURNAL

© 2007 Office of Health Promotion, Virginia Commonwealth University

Vol. MMVII No. 4

Fall 2007

75 cents

Welcome to a brand new school year!

We are the Office of Health Promotion at VCU and we are here to help you be healthy! How? Our office has experts in many different areas of college health, and we love to talk to students!

You may see us doing a clicker presentation in your class, or lecturing in a residence hall. Although our home is in Student Health on the

Monroe Park Campus, you also may see us hanging out in the Commons behind a table of fun stuff.

Be sure to read our posters around campus that say "VCU Students Are Healthier Than You Think" and ask "What's Your Strategy?" They offer fun contests and interesting facts about VCU students.

Wherever you see us, come up and say hello. We can't wait to meet you!

- Looking for leadership opportunities?*
- Like to help others make healthy choices?*
- Want to meet some fun people?*

Here's a plan:

Choose from three peer education groups housed in the Office of Health Promotion. You can join one, two, or all three!

CAT – Cancer Awareness Team

Student members of CAT educate the VCU community on issues related to cancer prevention. At the spring 2006 VCU Relay for Life, CAT was awarded Best Campsite and was among the top earning teams.

You'll recognize CAT members by the Smoke Free Ram T-shirts they often wear. CAT members also may join Colleges Against Cancer–VCU Chapter.

Project REACH

VCU students trained to teach about important college health concerns make up the membership of Project REACH.

These peer health educators are committed individuals who feel strongly about accurate health information, dispelling myths, enabling others to make healthy choices, and learning more about themselves.

Project REACH members work with RAs to conduct health programs in residence halls,

present information tables on health topics, and sponsor events such as Stress Relief Week, Safe Spring Break, and World AIDS Day.

Project REACH was awarded the Outstanding Educational Program Award in spring 2007 for "The Sleep Shack." The group's two-time award-winning program, "The Condom Kiosk," is frequently set up in residence halls across campus.

SAVES – Sexual Assault/Domestic Violence Education by Students

The mission of SAVES is to help educate men and women and prevent sexual assault and domestic violence. Student members staff information tables on both VCU campuses to raise awareness about sexual assault, domestic violence, stalking, and healthy relationships.

They also sponsor appearances by expert speakers and other prevention activities related to sexual assault, domestic violence, and healthy relationships.

Their very successful campus-wide awareness events include "The Clothesline Project" and "Take Back The Night."

We love smokers!

And we want to keep them on the planet

Most VCU students (7 of 10) don't smoke, and most who do smoke (or dip) want to quit.

We can help!

Quitting success is boosted by strategically planning ahead before the actual quit date. New medications, such as Chantix pills, and new ways to use old medications, such as combination therapy, make quitting do-able.

Let us help you explore the most up-to-date options and pick strategies that will work best for you. Come in to get a free Quit Kit filled with fun and informative items — no appointment needed!

Dr. Linda Hancock (828-7815, quit@vcu.edu), director of the OHP and a nurse practitioner in the Student Health clinics, has been helping college students quit tobacco for 20 years. She likes and respects smokers because they have taught her a ton of practical strategies for quitting tobacco in college.

For more on quitting tobacco or to schedule an individual appointment to discuss quitting, email or call Linda. Also, check www.smokefreeVCU.org for inspiration and the true stories of real VCU students.

Calling all RAs and VCU Student Leaders!

We can help with your programming! From Sex Jeopardy to Bulletin Boards in a Bag, we love to make your jobs easier.

So, invite us in to help you out! Call Amanda Wattenmaker (828-6919) to order a bulletin board or to schedule a talk for your class or student group.

Office of Health Promotion

Sports Medicine Building
1300 W. Broad St., Suite 2203
Phone: (804) 828-WELL
Office hours:

Monday–Thursday
8 a.m.–4:30 p.m.

Friday 10 a.m.–4:30 p.m.

For strategies, history, research:
www.YourStrategy.org



Office of Health Promotion

Division of Student Affairs and Enrollment Services
828-WELL • www.students.vcu.edu/health