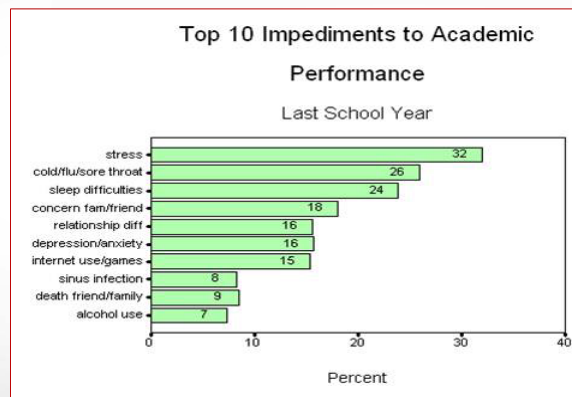


Columbia College Wellness Fair 2012



1

American College Health Association National College Health Assessment



2

Columbia College Survey Spring 2012

At any time as a student at Columbia, has your academic performance been negatively affected due to any of the following health concerns? (For example, you missed important lectures or tests, received an incomplete grade, had to drop a course, or even leave college due to health issues.) Check all that apply.

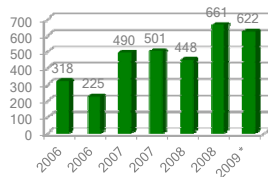
Alcohol or drug use	4.10%	9	
Persistent cold or flu	27.50%	60	
Care for an ill friend or family member	17.40%	38	
Chronic illness (such as diabetes, asthma, high blood pressure, etc.)	7.30%	16	←
Lack of basic needs such as food, housing, or transportation	8.30%	18	←
Depression	17.00%	37	
Anxiety	24.80%	54	←
Injury	6.40%	14	
Behaviors such as excessive use of Internet or computer games	2.30%	5	←
Relationship problems	13.30%	29	←
Grief	7.30%	16	←
Dental problems	8.70%	19	←
Sinus infections, bronchitis, strep throat	14.20%	31	
Insomnia, sleep disorders or not enough sleep for whatever reason	18.80%	41	←
Stress or anxiety	33.90%	74	
No, health concerns have not had a negative effect on my studies at Columbia College	40.40%	88	



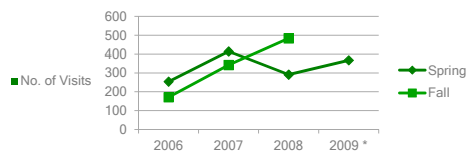
3

Summary Charts – Student Health Services

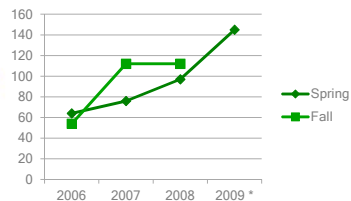
Total No. Visits



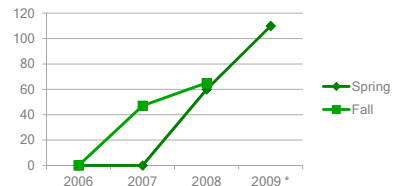
Student Health Services Visits



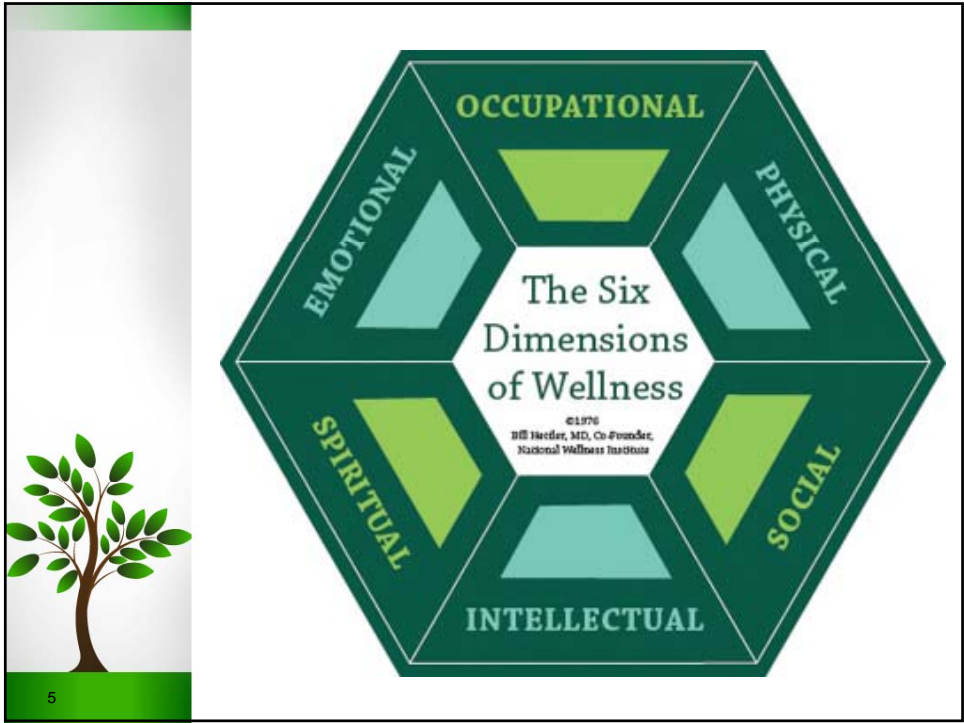
Mental Health Visits



Tabletops/Education



4





schedule of wellness fair events: 10am to 2pm

name _____

	emotional <small>Comm Ed Room</small>	intellectual <small>AAC</small>	occupational <small>Career Center</small>	physical <small>Conference Room</small>		social <small>Rotunda</small>	spiritual <small>Comm Ed / Meet in Rotunda</small>		
Tuesday March 20	watercolor	mind expansive games	Esrekal Career exploration/ Entrepreneur Club activities	massage	zero balancing	tea time	hippity hop races	labyrinth	herbal walks (45 min)
10 am							10:15		10:30
11 am		mobius strips					11:15		11:30
12 pm							12:15		12:30
1 pm		more games					1:15		
Wednesday March 21							10:15		10:30
11 am							11:15		11:30
12 pm							12:15		12:30
1 pm							1:15		

Thank you! This event is made possible by generous donations from The Columbia College Foundation - The Columbia College Academic Wellness Educators - Columbia College Health Services. We also want to thank our enthusiastic participating community members, students and staff for their support and work to make this fair a dynamic wellness event.

Student Club Participation

- Entrepreneur Club
- Synergy Club
- Nutrition Club
- Associated Student Body
- Student TRIO/AAC Mentors

College Wide Participation

- Academic Wellness Educators
- Health and Human Performance
- Facilities Department
- Math Faculty
- Culinary / Snack Bar
- Education Counselors



Community Participation

- Local Body Work Therapists
- Director of Sierra Institute of Herbal Studies
- Habitat for Humanity
- Labyrinth Specialist
- Community Artist
- Local Physician Speaker



9

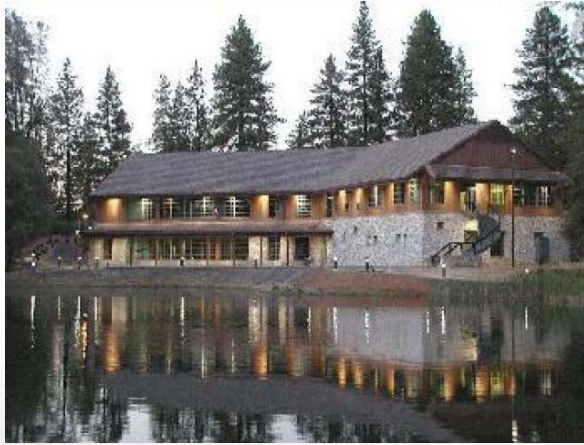
FUNDING

- Columbia College Foundation Mini Grant
- Health Services
- Academic Wellness Educators
- Associated Student Body
- And with the recent fairs:



10

Columbia College Wellness Fair



<https://share.yosemite.edu/view.aspx?i=1EHH>

11



12



Challenges

- How do we measure these activities in relation to student success?



13

Student Comments

- “I loved it!!”
- “It was awesome!”
- “I enjoyed it so dearly.”
- “It was amazing!”
- “Thank you.”



14



15

More comments.....

- “It gave me time to socialize with students and faculty and staff outside of the classroom. Loved the tea time.”
- “It was fun and made me feel connected to my school community.”



16



17

More.....

- “It put me in a fantastic mood.”
- “I really appreciate that this was offered to us.”
- “Great! Organized and friendly atmosphere.”



18



19



20



More.....

- “Building the labyrinth let me know how much people really care.”
- “It was helpful to gain a better understanding of healing behaviors and eating habits.”



21

And more....

- “I feel cared for and more well and more educated to take care of myself.”
- “I felt blessed that I attend a school like this.”
- “I think that it is wonderful that this school provides these activities. I am glad I am a student here.”



22



23

And.....

- “I enjoy the connection with the community and the idea that wellness is essential in being a good student.”



24

