

Health Promotion and Wellness Departmental Strategic Work Plan Fall 2023-Spring 2026

HPW Purpose: To promote wellness and health on campus in order to foster student success. We do this by:

1. Creating opportunities for students to learn and enact healthy behaviors
2. Creating health equity on campus
3. Shift campus culture to champion health and wellness
4. Create opportunities that empower students to reach their full potential as healthy adults and leaders

Health Promotion Goals- Campus Well-Being	Objectives	Examples of Activities
1. To create a campus that promotes and prioritizes the holistic well-being of its students in order to achieve the education and social justice mission of the university.	Objective 1a: To create opportunities for administrators, faculty, staff, and students to utilize nationally recognized well-being best practices.	Review, consider, and possibly sign Okanagan Charter, Complete ACHA Health Campus Institutional Inventory, Advocate for implementation of faculty mental health promotion model with departments with high FDW rates
	Objective 1b: To address health disparities and forms of oppression to create health equity at SF State.	Utilize NADOHE Advancing Anti-racism on Campus Framework, Support HPW Anti-Racist Change Team, Conduct series of regular PDs that address bias, racism, & ableism impact on health, and how to remove harmful practices.
	Objective 1c: To improve the integration of and access to health care services for SF State students, with a specific focus on groups traditionally underserved by the health care system.	Implement campus GHW awareness campaign, Participate in SFSU Retention Operations Group, Support collaborative efforts to improve reproductive justice and inclusive health care, Implement collaborative GHW leadership meetings
	Objective 1d: To evaluate and improve SF State policies and built environment to promote health and well-being	Create an agenda of campus built environment improvements, Review GHW policies for plain language, accessibility, flexibility and clarity.
	Objective 1e: To conduct research, data collection, and information dissemination that promotes health, best practices, and accountability	Evaluate HPWs progress in reducing health disparities and share with campus community, Implement the National College Health Assessment with student data matching

Health Promotion Goal- Sexual Health	Objectives	Examples of Activities
<p>2. To foster a sex positive culture which gives SF State students the education, tools, and resources needed to do what they deem best for their sexual and reproductive health.</p>	<p>Objective 2a: To create, establish, and promote programs which provide students with baseline of sexual health and service navigation information with an inclusive, culturally relevant, and anti-racist framework.</p>	<p>Implement educational workshops focused on areas of sexual health, Expand on sexual health content with focuses on topics specific to identity/affinity groups, Review all content through a harm reduction lens.</p>
	<p>Objective 2b: To increase access to sexual health supplies and resources.</p>	<p>Implement & increase safer sex supply distribution programming (Condom Cart, Condom Dispensers), Install condom access points in Res Life, Implement & increase distribution points where students can access menstrual health products.</p>
	<p>Objective 2c: To reduce stigma, increase knowledge, and improve access to sexual and reproductive health services and resources by establishing and maintaining collaborative relationships with on- and off-campus organizations.</p>	<p>Establish connections with off-campus organizations to promote & provide additional education & resources, such as UCSF Health Alliance STI Testing Van, Learn of & provide support for current campus advocacy efforts related to sexual health, sexuality, & gender.</p>
Health Promotion Goal- Substance Use	Objectives	Examples of Activities
<p>3. To increase social support and knowledge of the safer use of substances amongst students at SFSU</p>	<p>Objective 3a: To increase substance use harm reduction knowledge, skills, and prevention in the campus community</p>	<p>Implement Naloxone Distribution Program & Workshops Implement skills building workshops focused on reducing harm and safer use of substances, Host and Support Substance Free Events and Health Education</p>
	<p>Objective 3b: Bridge connections with stakeholders to support the prevention of substance use related consequences and dependence</p>	<p>Lead the campus AOD Compliance Committee Work with Res Life staff to promote harm reduction education and improve conduct policy transparency.</p>
	<p>Objective 3c: Increase community awareness on the smoke and tobacco free campus policy</p>	<p>Improve communication regarding EO 1108 through notifications and website Complete a needs assessment to increase advocacy for people who smoke/vape and the smoke free policy</p>
	<p>Objective 3d: Build partnerships with off campus organizations and businesses to promote harm reduction</p>	<p>Provide cannabis harm reduction sticker/flyer to local smoke shops, along with resources for tolerance breaks, Support other organizations capacity to request Narcan</p>
HPW Health Promotion Goal- Mental Health	Objectives	Examples of Activities

<p>4. To promote a positive mental health culture within the SF State community.</p>	<p>Objective 5a: To increase students' life skills to manage stress and promote mental well-being</p>	<p>Implement mental health workshops Implement mental health outreach and support programs (Wags for Wellness, Self-care station, Tea Time Out, & Mental Health Care Kits) Develop skills-based learning activities that address mental health's impact on academic success.</p>
	<p>Objective 5b: To build campus community capacity to promote positive mental health, social support, and connectedness.</p>	<p>Develop tools to enhance academic spaces to promote mental health Train faculty mental health in the classroom strategies Develop training curriculum for peer-to-peer mental health support/education</p>
	<p>Objective 5c: To collaborate on system level approaches that promote positive mental health, access to care, and anti-racist change.</p>	<p>Facilitate the establishment of a Mental Health Task Force Participate in Gator Health Mental Health Integration process Apply anti-racist change work that supports positive mental health both internally and externally</p>
<p>Health Promotion Goal- Nutrition</p>	<p>Objectives</p>	<p>Examples of Activities</p>
<p>5. To promote balanced eating habits and increase nutrition security among SF State students</p>	<p>Objective 6a: TBD (staff just hired in June, will be updated in September)</p>	
	<p>Objective 6b: TBD</p>	
	<p>Objective 6c: TBD</p>	
	<p>Objective 6d: TBD</p>	
<p>Health Promotion Goal- Peer Health Leadership</p>	<p>Objectives</p>	<p>Examples of Activities</p>
<p>6. To boost SF State students' campus engagement through professional & personal development, community building, and holistic wellness approaches.</p>	<p>Objective 7a: Implement organizational systems and collaborations that bring the best in innovative peer health models to SF State students.</p>	<p>Implement and improve an interactive and engaging Student Leader program & Ambassador volunteer program</p>
	<p>Objective 7b: Increase SF State students' professional and personal learning opportunities</p>	<p>Implement "Friday Training" program to offer bi-weekly professional, public, health and anti-racist learning opportunities for Student Leaders, Implement annual PHL Service Day,</p>

		Implement workshops on volunteerism, well-being, leadership, mentorships and confidence open to all students.
	Objective 7c: Increase SF State students' sense of belonging and community to improve retention and graduation rates.	Implement monthly PHL Socials and Mix & Mingles, Work with campus partners & faculty to promote HPW PHL programs to their classes, Increase outreach to targeted demographics, (commuters, transfer, grad students)
Health Promotion Goal- Health Communication	Objectives	Examples of Activities
7. To increase the visibility of Health Promotion & Wellness and promote campus well-being via digital tools and technology.	Objective 8a: To increase awareness and utilization of Health Promotion & Wellness services, events and workshops	Implement and improve HPW websites, newsletter and social media, Gain 1500 more followers on @SFStateCares, Implement HPW branded health journal project,
	Objective 8b: To develop accessible content and engagement opportunities within Health Promotion & Wellness resources and services	Develop and incorporate multi-language health messaging content Develop and implement accessible content creation process with HPW staff and student leaders
	Objective 8c: To increase engagement of HPW services, events and workshops with male students	Integrate HPW program materials in male centered student spaces Develop and implement community wellness campaign centered on male students
	Objective 8d: To expand Gator Health and Well-being (GHW) strategic outreach processes.	Coordinate strategic outreach process for GHW Maintain and improve GHW website Develop internal and external GHW events calendar Implement SFSU Wellness Map
	Objective 8e: To integrate and manage networking tools into Health Promotion & Wellness communication strategy	Update and implement HPW collaboration request process Implement cross platform content transfer process Track and analyze outreach data from HPW programs, social media and websites