Posters Abstract Book

Posters are visual presentations of successful programs on a variety of campuses and will be displayed in the Plaza Foyer in the Sheraton Denver Downtown Hotel. Poster presenters will be available for discussion and questions during session breaks on Thursday, May 30 from 7:00 am to 4:00 pm and Friday, May 31 from 7:00 am to 3:15 pm.

P1. Assessing College Students’ Prescription Drug Misuse Across Multiple Approaches
Alexandra Barringer, MS, and Lauren Papp, PhD (University of Wisconsin-Madison); Alexia Frometa (University of Florida)

Prescription drug misuse is a mounting public health concern in the U.S. College students have been identified as a high-risk group for this behavior. Unfortunately, less is known about how and when this behavior occurs. Drawing from data of 200 college freshman and sophomore students, the current poster presents results from different methods (e.g. surveys, daily life reports, timeline follow-back interviews) for assessing prescription drug behaviors. Implications for research and practice are provided.

P2. Drinking Before You Get to the Bar: A Field-Based Investigation of Pregaming Comparing College Student and Non-College Student Bar Patrons
Adam Barry, PhD (Texas A&M University); Beth Chaney, PhD, Ryan Martin, PhD, Joseph Lee, PhD, Jennifer Matthews, PhD, and Michael Stellefson, PhD (East Carolina University)

This study assessed whether bar patrons (n=548) (a) drank alcohol prior to going to a drinking establishment (pregamed); (b) intensity of pregaming, and (c) resulting intoxication (BrAC). Average BrAC was 0.070. Nearly half (48%) of respondents recorded a BrAC ≥0.08. 80% (n=432) of participants pregamed, with 19% (n=102) consuming 1-2 drinks, 19% (n=104) consuming 3-4, 15% (n=79) consuming 5-6, 15% (n=84) consuming 7-9, and 12% (n=63) consuming 10+ drinks prior to going to the bar district. Among pregamers, half were male, 80% were college students, 68% were above 21 years old, and 21% were affiliated with a Greek association.

P3. HIV literacy among college students: A Mixed Methods Analysis
Monideepa Becerra, DrPH, MPH, CHES®, and Mathew Mullen (California State University, San Bernardino); Robert Avina, BS, MPH (California State University, San Bernardino and Loma Linda University);

Objective: Evaluate HIV literacy among primarily first-generation college students.

Methods: A explanatory mixed methods approach was used.

Results: 40% reported that those HIV automatically have AIDS, 25% believed kissing could spread HIV, 15% believed there was a vaccine for HIV, and 23% agreed that all pregnant women with HIV also have children with AIDS. Participants had limited understanding on the modes of transmission, especially the role of saliva remained unclear.

Conclusion: HIV prevention literacy interventions are needed among first-general college students.

P4. Assessing the Impact of Success and Wellness Coaching Programs on Student Wellbeing and Success
Jennifer Bleck, PhD, MPH, Jessica Garcia, BHS, Amy Gatto, MPH, Rita DeBate, PhD, MPH, FAED, FAAHB (University of South Florida)

The University of South Florida instituted a Success & Wellness Coaching program in 2017 for any interested students. This poster provides an overview of the outcomes achieved by students related to their personal wellbeing, social adjustment, institutional connectedness, and emotional health as well as their self-efficacy to work towards goals set in coaching. Consistent evaluation has led to the continued growth and success of this program.
P5. Describing the Prevalence and Trajectory of Helicopter Parenting among College Freshmen

Jennifer Boyle, PhD, MS, and Darson Rhodes, PhD (The College at Brockport); Melinda Novik, PhD (Missouri State)

Over-parenting or “helicopter parenting” may put young adults at risk for mental health and social problems. However, little is known about the extent to which college students are helicopter parented and the dynamics of such parenting. During fall 2018, college freshmen at two universities were surveyed three times. At each data collection, students reported perceptions of helicopter-parenting over the past several weeks. The prevalence and trajectory of helicopter parenting among college freshmen will be described.

P6. Nourishing Success: Reaching Food Insecure College Students

Anne Buffington, MA, RDN, CSSD (Michigan State University)

The purpose of this study was to determine the prevalence of food insecurity among students at Michigan State University (MSU), and determine the relationship between food insecurity and academic achievement. Using a cross-sectional survey, this study examined the relationship between food security status and academic performance along with factors associated with intent to use the campus food bank. A randomized, representative sample of 363 MSU students was surveyed and results showed food security indirectly predicted GPA through perceived academic impact. Perceived social stigma negatively predicted intent to use the campus food bank among undergraduate students.

P7. Patient Satisfaction with Sexual Assault Nurse Examiner Services and Post-Assault Resource Utilization at a University Health Center Compared to an Emergency Department

Lindsay Cannon, MPH, MSW, and Michelle Munro-Kramer, PhD, CNM, FNP-BC (University of Michigan School of Nursing); Lisa Scheiman, CNM (University of Michigan Department of Obstetrics and Gynecology); Diana Parrish, LMSW, and Susan Ernst, MD (University of Michigan)

This study addresses a gap about how the location of Sexual Assault Nurse Examiner (SANE) services impacts satisfaction and use of resources. Participants completed satisfaction surveys following SANE exams at the Emergency Department (ED) (N=49) or a university health center (UHC; N=9) and 4-6 week follow-up surveys. Satisfaction with privacy, healthcare facilities, and SANE providers did not differ. Survivors who received UHC services were significantly more likely to seek resources for additional healthcare needs (p=.02).

P8. Building it Up and Tearing it Down—Lessons Learned from Health Hut Program

Kerri Crooks, MS, MCHES®, and Gloria Flores, MPH, CHES® (California State University, Fullerton)

Many campuses already have, or would like to start, a mobile health promotion outreach program or “Health Hut.” Taking over 5 years of lessons learned, we will provide insight into making this program successful on your campus! We will discuss things to consider when starting a hut program, ways to expand it, staffing needs and training, evaluation, as well as the theories and framework used to guide the program.

P9. Risky Sexual Behavior in Undergraduates and STI Risk: The Influence of Peer Educators

Martha Curtin, RN, MS, Susan Hendee, MS, and Bridgit Buono, AA (Alfred University)

In college health, many students engage in risky sexual behavior in terms of STI exposures. In many cases, students who come to health services for STI testing state that they know they are engaging in risky behavior, but are willing to take the risk. Our efforts in this study include exploring the reasons and thought processes related to this, students’ general knowledge regarding STIs, and their retention in educational efforts by peer educators.
P10. Holistic Care for College Students: What a Fully Integrated Wellness Center Can Offer

Martha Curtin, MS, RN, Susan Hendee, MS, and Bridgit Buono, AA (Alfred University)

There has been a recent push for Wellness Centers on college campuses to offer integrated services for both health and counseling. At Alfred University, complete integration is in place. This project is based on the experiences at the AU Wellness Center, and focuses on the advantages of this integration as illustrated by several case studies. Practices reflective of the integrated process that benefit students will be described. Additionally, integration considered through the lens of Hildegard Peplau’s theory of Interpersonal Relations will be examined.


Jodi DeMunter, MD, and Andrea Vintro, MS, RD (Oregon Health & Sciences University)

Adequate access to basic needs, including food security, impacts academic success [1]. A 2017 systematic review reported an average rate of food insecurity among US postsecondary students as 32.9%, higher than rates in all US households [2,3]. Our study contributes new information on food insecurity and its health and academic impacts in a novel student population-graduate students. Prevalence of food insecurity was similar, but unique risk factors emerged that can assist in creating customized solutions.

P12. The Link Between Increased Physical and Mental Health Issues on Campus and Food Insecurity

Joannie Dobbs, PhD, CNS (University of Hawaii at Manoa)

Food insecurity is a growing concern on campuses nationwide. A 2017/2018 survey at the University of Hawaii Manoa showed that hungry students had more common health complaints (e.g. fatigue and headaches) and were significantly more anxious and depressed than students without food worries. Additionally, hungry students had a harder time concentrating on their studies. Responses to the survey questions indicate food insecurity issues may detrimentally affect a student’s ability to successfully complete their degree.

P13. Prescription Stimulant Misuse Among College Students: A Preliminary Investigation of Behavioral Deterrents

Crystal Eckman, Cherish Aquino, Wilma Figueroa, Bree Godoy, and Cammie Lam (California State University Long Beach)

Prescription stimulant misuse, a health-compromising behavior, continues to disproportionately affect college-attending young adults. The purpose of this poster is to share preliminary results from a thematic analysis examining deterrents to prescription stimulant misuse. The data come from peer-led interviews with students attending one southern California campus who identify as current or former misusers of prescription stimulants. Understanding actual and possible deterrents to misuse could have important implications for future programming.

P14. College Health Clinic Population Health Improvement Plan

Kathryn Flynn, DNP, RN, PHNA-BC (Walden University)

The college health services population health improvement plan poster depicts a novel model for providers to use when implementing interventions with college students for behavior change and improve health outcomes related to obesity. The Innovative Care for Chronic Conditions (ICCC) model joined with Bandura’s social-cognitive model and the self-care theory should be used together along with provider follow up and community resources to sustain long term health behaviors. The PRECEDE PROCEED model is the tool to assess a college campus to design a college health improvement plan. Using the indicators of physical activity and fitness, as well as weight and nutrition, a plan can be implemented for the student to decrease obesity and, subsequently decrease risk for chronic disease to improve overall health outcomes.
P15. Addressing the Mental Health Needs of College Students by Training Faculty and Staff Members in Mental Health First Aid (MHFA) at a Large Urban Southeastern University

Jessica Garcia, BHS, Amy Gatto, MPH, and Jennifer Bleck, PhD, MPH (University of South Florida Center for Transdisciplinary Research in College Health, Wellbeing and Success); Rita Debate, PhD, MPH, FAED, FAAHB (University of South Florida)

Overall mental health (MH) greatly influences student success and wellbeing. Mental health first aid (MHFA) is a training program that teaches how to appropriately approach, support, and aid those in MH distress. This study aims to evaluate the effectiveness of MHFA training. A longitudinal, pre-, post-, and 3-month follow-up study design was employed among faculty and staff at a large university. Results reveal statistically significant improvement in eight MH related constructs after completion of training.

P16. A Content Analysis of How Undergraduate Students Define Self-Care

Andria Goodall (Illinois Public Health Institute); Alyssa Lederer, PhD, MPH, MCHES® (Tulane University School of Public Health and Tropical Medicine)

Promoting self-care has been a strategy used by college campuses to reduce students’ stress and improve their resiliency, but there is no standardized definition of self-care and students’ perceptions of what self-care is has been unexamined in the literature. First year students (N=74) at a southern private university were asked what self-care meant to them in an open-ended survey question. Content analysis was conducted. Resulting themes and implications for college health professionals will be presented.

P17. Improving Depression Screening and Mental Health Referrals in a University Health Clinic

Ronda Gottlieb, DNP, RN, FNP-C (University of the Incarnate Word)

College students are at an increased risk for depression as a result of living away from home, financial status, increased responsibilities, and personal relationships. The prevalence of major depressive episodes in young adults age 18-25 was 10.9% in the United States whereas, 17.9% of college students reported being diagnosed with depression in 2017. A quality improvement process was created to improve depression screening, access to mental health services, and reduce mental health stigma for college students.

P18. The Impact of Campus Health Services on the Attitudes and Beliefs of Historically Black College/University (HBCU) Students

Micah Griffin, MS, MHA (Alabama A&M University)

African-Americans develop chronic disease at higher rates than any other racial or ethnic group in the United States. Over one-third of all adults in the United States are obese and African Americans make up 49% of these cases. Chronic disease such as; heart disease, obesity, and diabetes are usually associated with unhealthy lifestyle choices. Consequently, young adults between the ages of 18-24 are showing the most significant increase of being overweight and obese, with many of them reporting their lifestyle as having the greatest impact on health status. College campuses have long served as a viable resource to supporting student life and because of this dynamic campus health centers are in position to influence student health behaviors and beliefs. To experience better health outcomes later in life, it is important to develop positive health behaviors earlier in life. As such, a Historically Black College/University (HBCU) campus can serve as an ideal community to address health behaviors related to diet and exercise amongst the African American (AA) young adult population due to the fact HBCU’s enroll a significantly high number of AA students.
P19. Shingles in the University Student

*Meredith Hayden, MD, and Stephanie Hartman, MD (University of Virginia)*

The objective of this study was to review data from an outpatient college health population to describe incidence of herpes zoster. Investigators reviewed data over a 5 year period to determine number of cases, patient characteristics, and history of varicella vaccination. The investigators compared this rate of disease to published data for the same age group in the general population.

P20. Patterns of JUUL Use Among Incoming College Students

*Jakob Hester, CPT, and Melinda Ickes, PhD (University of Kentucky)*

Despite recent popularity of JUUL among youth and young adults, limited research is available on their usage patterns. Results from a Fall 2018 survey of 1,454 students entering a large, public university showed substantial ever (42%) and current use (24%). Nearly half of current users owned the device while almost two-thirds had purchased pods. At-risk groups for current Juul use included Caucasians, those intending to join a Greek organization, and current cigarette smokers.

P21. Utilizing Employee Expertise to Provide a Worksite Wellness Program: A Case Study

*Lisa Hicks, PhD, MS, BS, BCC, CHWC, CWWPM, CWP, and Katherine Matutes, PhD, E-RYT 200, RYT 500, YACEP (University of Indianapolis)*

UIndy’s coordinated worksite wellness campus initiative, engages faculty, staff, students, and community partners in the provision of a campus culture of wellness. The grassroots program consolidates and expands isolated academic and employee campus wellness initiatives into a coordinated effort, which provides wellness programming for employees. A unique program characteristic includes engaging students and faculty through applied, coordinated learning experiences, and increased interprofessional collaboration among academic units. Strategies for grassroots development will be shared with participants.

P22. Audience-Specific Online Gatekeeper Training for Nursing Faculty: A Response to Increased Student Suicide Risk

*Kristiana Holmes, MSN, APRN, FNP-BC (College of St. Scholastica); Julie Honey, MSN, APRN, CPNP, C-FNP (Westminster College)*

Suicide is the second leading cause of death for college students in the United States. This study was conducted to determine whether audience-specific gatekeeper training increased nursing faculty knowledge of and comfort in intervening with students at risk for suicide through implementation of audience-specific gatekeeper training and to determine if effectiveness of an online gatekeeper training program was increased by incorporating audience-specific content. Gatekeeper training that is audience-specific appears to increase training effectiveness.

P23. The Impact of Collaborative Workshop on Students, Faculties, and Staff

*Ryo Horita, BA, MA, PhD, Akihiro Nishio, MD, PhD, Chihiro Kawakami, BS, MS, PhD, and Mayumi Yamamoto, MD, PhD, MBA (Gifu University); Koju Funakoshi, BA, MA (Kyoto University)*

To create healthy campus, we conducted a unique workshop titled “IKOMAI” (Let us go in Japanese) seminar. The purposes were to promote human relationship and to develop students’ life skills and knowledge for students. We collaborated with department faculty and staff to enrich the student support system. The workshop had fifteen sessions with diverse lineup. Participants’ feedback revealed that the workshop exceeded students’ expectations.
P24. LIFE: A University Based Program to Enhance Student Connectedness and Retention

Isaiah Hurtado, MS, CHES® (Austin Peay State University)

Three-fifths of students starting college in 2015 remained enrolled at the same institution the following academic year. The LIFE program was created to enhance student connectedness, as it affects both retention and student health status, through an educational and interactive program based on the popular board game of the same name. A sample (n=205) of students representative of a mid-sized southern university participated in the program resulting in significant improvements in knowledge of resources and likelihood for campus involvement.

P25. Student Tobacco Use Behaviors on College Campuses by Strength of Tobacco-free Campus Policies

Melinda Ickes, PhD (University of Kentucky)

Differences in student tobacco use examined across eleven New York campuses with varying strength of tobacco policies. Students on campuses with tobacco-free policies were less likely to report tobacco use on campus compared to those on campuses with designated areas (p <.05). Students on campuses with no policy were more likely to observe someone smoking on campus compared to campuses with designated or tobacco-free policies. Findings lend support to the benefits of comprehensive tobacco-free policies.

P26. I belong Here: Examining the Differences in Sense of Belonging and Mental Help-Seeking Behaviors Based on Military Status

Zachary Jackson, and Adam Barry, PhD (Texas A&M University-College Station); Adam Fullerton (University of Nebraska-Lincoln)

Student service members/veterans (SSV/M) represent an understudied cohort in college health. Better understanding whether they feel connected to their university and the support mechanisms they utilize represent important goals for higher education. Therefore, this poster compares sense of belonging across a national sample of civilians, reservists, and SSM/V. Additionally, sources of help that each group utilize is also compared. Results provide implications for administrators and campus mental health counselors.

P27. Healthy Sexuality Education as Sexual Violence Prevention for College Students

Kathryn Noble, MS, and Tara Johnson, MEd (Washington State University)

Health Promotion professionals often view healthy sexuality education and violence prevention education as two discrete concepts. In reality, these are largely overlapping notions. We propose a model for providing healthy sexuality education (including programming on sexual health, sexual communication, kink, LGBTQ+ identities, and healthy relationships, among others) that is infused with, but not focused explicitly on, violence prevention strategies as a way to positively impact college students’ engagement with harm and risk reduction strategies for sexual violence prevention.

P28. Assessing Knowledge, Awareness, and Impact of Sexual Health in College Students Who Attend a Christian University

Erin Keckley, MSN, APRN, FNP-C (Lipscomb University)

According to the CDC, college aged adults are most likely to contract an STI (CDC, 2018). However, college Students who attend Christian University may have different needs in sexual health than other populations. It was also observed that a Lipscomb University, there were very few STI screenings occurring in the student health center. Guided also be a needs assessment where students responded their desire for more information on sexual health, a video- based intervention with survey project was initiated. The finding are pending at this time.
P29. Gamifying a Sexual Health Intervention: The Sex Arcade

BoRan Kim, RN, BA, BSN, PhD, and Teri Aronowitz, PhD, APRN, FNP-BC, FAAN (University of Massachusetts Boston)

This poster describes a gamified program to increase students’ engagement in a sexual health intervention. Students earned points for registering on the website, participating on the online quiz, and attending campus events (i.e.; free HIV testing, Wheel of Sex). Activities were eligible to earn points and incentivized (i.e.; gift cards, raffle tickets, iPad). At the end of the first semester we had engaged 936 students. The website active users peaked the day of campus events.

P30. College Students’ Use and Perceptions of Wearable Fitness Trackers and Mobile Health Apps to Improve Motivation for Physical Activity

Dee Kinney, PhD, MSW, RDN (Miami University); Laura Nabors, PhD, Ashley Merianos, PhD, and Rebecca Vidourek, PhD (University of Cincinnati)

This survey investigated college students’ use and perceptions of wearable fitness trackers (WFTs) and mobile health apps (mHealth apps) to increase motivation for physical activity (PA). Reasons for non-use were also explored. A perceived high increase in PA and or number of steps, and number of synced mHealth apps were significantly related to higher levels of motivation for PA. This study documents key information on college students’ use and perceptions of WFTs and mHealth apps.

P31. Mindfulness, Self-Compassion, and Disordered Eating Among College Students

Celine Ko, PhD (University of Redlands)

Rates of disordered eating have increased over time (White, 2011). Mindfulness and self-compassion have been linked to better outcomes in disordered eating (Baer, 2005; Breines, 2014; Masuda, 2010; Masuda, 2012) These relationships were explored in a sample of 196 college students. Disordered eating was shown to be negatively correlated with mindfulness (describe and nonjudgement) and self-compassion (self-kindness), and positively correlated with self-compassion (self-judgement).

P32. Changing Antibiotic Prescribing Practices at the Dr. Bob Smith Health Center - a Primary Care Quality Improvement Study.

Arthi Krishnan, MD, FAAP (Southern Methodist University)

A recent peer review of medical providers showed that azithromycin and amoxicillin-clavulanic acid were prescribed a majority of the time for the diagnosis of acute bronchitis and acute sinusitis. A quality improvement study was conducted to see if the education of providers reduced the prescription of those antibiotics at the health center. Our findings showed a 51% and 46% decrease, respectively, in the number of azithromycin and amoxicillin-clavulanic acid prescriptions at the health center.

P33. An examination of factors associated with college students’ knowledge about sexually transmitted infections

Alyssa Lederer, PhD, MPH, MCHES® (Tulane University School of Public Health and Tropical Medicine); Amy Vertacnik (Tulane University)

Research has consistently demonstrated that college students have low levels of knowledge about sexually transmitted infections (STIs). However, little is known about what factors are associated with students’ STI knowledge and if knowledge differs by collegiate sub-populations. This poster describes a research study that examined demographic and other correlates of undergraduate students’ STI knowledge at a large Midwestern university (N=419). Recommendations will be provided for tailoring and prioritizing sexual health interventions based on the findings.
P34. Implementing Mental Health First Aid (MHFA) Training for the College Curriculum: An Innovative Approach for Teaching Students About Mental Illnesses and Promoting Mental Health Well-Being

Patrice Levinson, MSN, FNP-BC, and Katie Clare, MFA (George Mason University)

We developed and implemented a 1 Credit college course offering Mental Health First Aid training and certification. MHFA training is proven effective in assisting people through mental health crises and challenges, while early identification and treatment can lessen the impact of mental illness. Knowing how to help another student through a crisis improves retention and satisfaction with the college experience. Offering courses that address personal mental health concerns demonstrates the University’s commitment to student well-being.

P35. Using the Strategic Prevention Framework to Develop a Mindfulness Space on Campus

Tamara Loew, MA, and Will Evans, MS (Purdue University)

Mindfulness is being incorporated into programming at campuses across the country, and some campuses have developed Mindfulness Rooms to address student well-being. Purdue University utilized the Strategic Prevention Framework to assess, determine capacity, plan, implement, and evaluate a new mindfulness space in 2018. This poster presentation outlines the process they undertook to develop a new Mindfulness Room on campus to promote a healthy lifestyle on campus.

P35. Exploring The Relationship Between Internet Behaviors and Student Health and Well Being

Kimberly Luna, Adrianna Rojas, Stephanie Nunes, Stephanie Benjamin, PhD, MPH, and Myriam Forster, PhD, MPH (California State University Northridge)

Few comprehensive studies have estimated the prevalence of internet behaviors among college populations. There is wide variability across online behaviors with sparse data on college populations. We assessed the prevalence of five online behaviors (social media, dating, gaming, gambling, pornography) using a diverse, randomly selected sample of 1,752 California college students. We also explored whether the amount of time spent engaged in these behaviors was associated with students’ sleep, academic performance, and weight status. Reference: Gentile, Coyne, & Bricolo, 2013

P37. Demographic Differences in Response Rates for PHQ9 in a University Student Population

Bjorn Hanson, PhD, Agustina Marconi, MD, MPH, Nancy Ranum, MS, RN, ANP-BC, RN-BC, CPHIMS, and Valerie Donovan, MS, CRC (University of Wisconsin-Madison); Sarah Van Orman, MD, MMM, FACHA (Keck School of Medicine University of Southern California)

Cross-sectional study examining associations between demographic characteristics and complete responses rates for depression-screening questions in the “Healthy Minds Study” data, collected in UW-Madison in February 2016. Women and gay/lesbian students had significant better complete response rates. Non-US, Black and Middle-Eastern students had significant lower complete response rates. Conclusions: Our study shows demographics have significant differences in completed response rates for the outcome. Efforts in survey design, recruiting and completion of surveys should be maximized.

P38. Behavioral Health Integration in the University Setting

Francys Martin, Esq., LHRM (Florida Academic Healthcare Patient Safety Organization)

Recommendations for the behavioral health care of patients through the integration of multiple campus resources. Education and tools were developed to foster a collaborative care integrated model including: Recommended screening, identification of risks, and safety planning; Education and training for providers; Coordination of resources; Case management across multiple resources; Sharing of health information among treating services and documentation in shared medical record; and Development of policies and procedures.
P39. Ritsumeikan University is Promoting “Healthy Campus” in Kyoto, Japan

Naoko Matsunaga, BSN, Katsumi Nakagawa, MD, PhD, JD, and Hiroshi Itoh, MD, PhD (Ritsumeikan University, Kyoto, Japan)

We have a long history of health and wellness promotion through the mandatory health examinations of all students, faculties and staff, however, the concept and framework of “Healthy Campus” has not been adopted to Japanese Colleges until recently. New framework and actions taken in Ristumeikan University will be presented in this poster.

P40. College Students' Understanding of Sexual Consent: A Mixed Methods Analysis

Marwa Mohamed, BS, and Monideepa Becerra, DrPH, MPH, CHES® (California State University, San Bernardino)

Sexual consent is a public health issue, especially among college students. In this study we assessed college student’s knowledge and understanding on the breadth and depth of sexual consent, as well as legal ramifications of sexual act without consent, through a mixed-methods analysis. Results show that students feel confident in giving and obtaining sexual consent, yet when details on types of consents are discussed, little understanding exists on what sexual consent entails and legal consequences.

P41. The Impact of Reminder Systems on Rescreening Rates for Those Positive for Chlamydia and Gonorrhea in a College Health Setting

Lisa Montpetit, MAT, RN, and Ann Laros, MD (University of Minnesota)

Chlamydia and gonorrhea are common sexually transmitted diseases in a college-aged population. Since 2002, the CDC has recommended rescreening positive chlamydia and/or gonorrhea at approximately 3 months or within a year. After assessing baseline rescreening rates, we set about to increase 3-month retesting by the use of reminders, secure messaging through the electronic health record, and walk-in retesting. After implementation, rescreening rates at 3-4 months increased from 12.9% to 33.8%. CONCLUSION: A reminder system significantly increased rescreening.

P42. Demographic Trends in Injury-Related Emergency Department Visits Among Students in a U.S. Public University

Duc Anh Ngo, DrPH, Christopher Holstege, MD, Saumitra Rege, PhD, and Meredith Hayden, MD (University of Virginia)

Injury constitutes a major cause of emergency department (ED) visits among college age young people. Monitoring trends in and understanding characteristics of students presenting to ED due to injury are important to strategize effective intervention efforts. Based on over 11,000 students visiting a university hospital ED, this study describes 8-year (2009-2017) trends in prevalence and characteristics of students visiting ED for injury-related reasons in a major U.S. public university.

P43. Healthy Campus Initiative from Kyoto University, Japan

Satoe Okabayashi, MD, MPH, DPH, Aki Yagi, Tomonari Shimamoto, BSN, MPH, DPH, Teruhsai Uwatoko, MD and Taku Iwami, MD, MPH, PhD (Kyoto University, Japan)

We have started Healthy Campus (HC) Initiative in 2017 in order to create the society healthier from universities. There were six steps to create this movement; 1) Learning precedents, 2) Creating a HC committee, 3) Providing activities of health promotion, 4) Declaration of HC by university president, 5) Organizing HC Network with other universities in Kyoto city, 6) Developing students as HC Promoters. We hope to develop and spread this initiative more for people’s health.
P44. Predicting College Students’ Mental Health Services Use with the Andersen Health Utilization Model and ACHA-NCHA II 2014-2015 Data

Meagan Pilar, MPH, CPH, and Renee Cunningham-Williams, PhD, MPE, LCSW (Washington University in St. Louis); Sha-Lai Williams, PhD, MSW (University of Missouri St. Louis)

Using ACHA-NCHA II data (2014-2015; n=111,146), we assessed the predictive power of variables identified in the Anderson Health Utilization Model on students’ use of on-campus mental health services. Significant variables accounted for 23% of variance total. Future research identifying additional predictive factors may inform universities’ efforts in targeting at-risk students with no/low mental health service utilization.

P45. Enhancing Student Mental Health and Well-being Through Classroom Education: Practical Strategies for Implementation

Lindsey Poquette, BS, and Erica Woekel, PhD, MS, BS (Oregon State University)

Mental health continues to be an area of concern on college campuses with nearly 25% of college-aged adults having a diagnosable mental illness, yet this population also shows the lowest rate of help-seeking. This poster examines the use of large lecture classes to disseminate mental health and well-being education to college students, with the goal of increasing students’ mental health literacy and usage of positive mental health strategies.

P46. Changes in Scheduling and the Effect These Changes Have on Satisfaction Rates and Utilization of Services

Cassandra Riggs, RN, MSN, CRNP (University of Maryland Baltimore County)

One of the challenging problems university health services face is how to schedule appointments to best serve students. Most students lack a structured daily schedule, and do not give attention to their health until there is an unavoidable problem or concern. This study looks retrospectively at how changes in scheduling from walk in appointments to same day appointments could improve patient and staff satisfaction, and utilization of services at a university.

P47. Attitudes Toward Health Care Needs and Utilization of a University Health Center Among LGBTQ and Non-LGBTQ College Students

Liliana Rojas-Guyler, PhD, CHES®, and Brandy Reeves, MPH, MSEd, CHES® (University of Cincinnati); Joanne Brown, DNP, APRN, Keisa Fallin-Bennett, MD, and Stephanie Bennett, PhD (University of Kentucky)

An online survey of 2,943 university students (7.8% LGBTQ, 67% undergraduate, 65% female) was conducted. Results show LGBTQ students were more likely to: use UHS for ongoing care, mental health, and preventive care; report utilization concerns such as confidentiality, sensitivity, and discrimination; report provider discomfort discussing sexuality; and hold positive attitudes toward the health care needs of LGBTQ students. Relevant recommendations to address discrimination, discomfort with, and low knowledge of LGBTQ issues will be provided.


Tyler Rolling, MS, RD (San Diego State University)

With funding from the Aztec Parents Association, Mobi, the mobile demonstration kitchen provides participants with nutrition education and resources that aid food insecurity. Mobi. This program promotes CalFresh opportunities for students alongside the Associated Students (A.S.) Food Pantry on campus, where those with a valid SDSU student ID can obtain nutrient dense foods, free of charge. Through use of the mobile kitchen, students partake in cooking lessons that emphasize how to prepare nutrient dense meals, with affordable foods and few resources.
P49. Collegiate Recovery Communities: An Assessment of Services and Strategies Employed

*Alex Russell, MA, Adam Barry, PhD and Meg Patterson, PhD (Texas A&M University)*

There is a growing interest and associated body of peer-reviewed articles on collegiate recovery communities (CRC). CRCs utilize campus-based services to support students in recovery from alcohol or drug use disorders. These services are geared to provide recovering students with desperately needed peer-to-peer social support, 12-step groups/meetings, academic resources, sober living arrangements, and sober leisure activities. Despite increased attention over the past several years, we lack a systematic compendium and objective assessment of specific services offered via CRCs. Specifically, we lack a comprehensive overview of services/strategies CRCs employ and whether efforts have been effective/ineffective and/or grounded in health behavior theory. This investigation will detail services that CRCs across the US employ, and outline the current peer-reviewed literature associated with each strategy.

P50. Variations in Sleep Quality of College Students Among Different Racial/Ethnic Groups

*Emily Scircle, BS, CAN, and Jeffrey Kingree, PhD, MA (Clemson University)*

College students have schedules, behaviors, and environments that are unique compared to the rest of the adult population, which typically result in sleep deprivation, daytime sleepiness, and stress. The purpose of this study is to investigate the relationship between race and sleep in the college population by examining NCHA 2015 survey responses about quality of sleep, racial/ethnic status, overall level of stress, and academic performance.

P51. CU Boulder Model for Assisting Students with Medical Bills

*Jenna Smith, Elizabeth Boland, and Rachel Vanderkruik (University of Colorado Boulder)*

Students are often under financial strain. We present one model unique to CU Boulder for supporting students with these financial needs related to incurred medical bills or prescription costs. We present on the findings, including demographic trends and the range of medical conditions requiring such financial support. We provide an overview of how this model operates at CU, the benefit to the student body, and how other universities may adopt a similar program.

P52. An App-Based Emotional Intelligence Intervention for University Student Wellbeing

*Maria Sperduto, MPH (Yale University)*

Social emotional learning programs have been effective at transforming wellbeing and performance in early education, but few exist for students in the university setting, despite an accumulation of mental health risk factors at this stage. This poster describes 1) an innovative, emotional intelligence skill-building program, evolved from a popular, validated early education intervention, 2) the intervention study conducted on the program in late 2017, and 3) the promising findings for young adult wellbeing.

P53. An Evidence Based Approach to Teaching Testosterone Self-Injection to Transgender Males

*Camelia Sutorius, MSN, RN (Stanford University)*

To support transgender males’ needs to safely, accurately and comfortably self-inject testosterone, an evidence-based approach was developed using both subcutaneous and intramuscular methods. This self-injection teaching process has been well received by transgender males. This poster presentation will provide health care professionals with the knowledge, skills and tools to successfully teach self-injection and promote self-care for transgender males.
P54. ACTIVE Spartans: Enhancing Students Well-being and Success Through Movement

Kristin Traskie, MPH, CHWC (Michigan State University)

There is growing literature that indicates that exercise has beneficial effects across several physical and mental-health outcomes. By implementing a mentor-led, referral fitness program, institutions can effectively and sustainably help students achieve their personal health and wellness goals. Whether that aim is to improve self-esteem, reduce stress, boost energy levels, or cope with a traumatic event, the outcome supports the student’s academic success and ultimately increases their capacity to thrive.

P55. SAVE Lives: UBC Vancouver's Campus Approach to Prevention and Education in the Opioid Overdose Crisis

Amanda Unruh, and Kate Kinloch, BSN (University of British Columbia)

Since 2015, the number of fentanyl-related overdoses in BC has significantly increased each year and has been called a public health emergency. Across Canada, post-secondary institutions are grappling with how to respond with policies, education and messaging to students, faculty and staff about the current opioid crisis, to increase awareness and reduce possible harm. This poster will be a review of UBC's approach to naloxone and health education activities regarding overdose that have taken place as part of the response since March 2016. From the implementation to a Naloxone distribution and training program, to integration with other first aid programming on campus with a focus on how to work with campus partners with different mandates and priorities when it comes to harm reduction and prevention. Successes and challenges will be included.

P56. NCAA Student-Athlete Role Separation Impacts on Well-Being

Jowan Watson (Georgetown University)

This study examines NCAA student athlete role perception impacts on well-being. Role separation is the perception of identity as a student and as an athlete. Literature has found that role conflict impacts student-athlete well-being. This mixed method IRB approved (2018-0421) design study utilized surveys and interviews of NCAA athletes. Impacts on the athlete provides insight into how sports administrators, coaches, and college health professionals can encourage the flourishing of student athletes.

P57. The Student Telecounseling Network (STCN): A Pilot Project to Deliver Online Psychiatry and Counseling to College Students

Leah Wentworth, PhD, MPH, and Marquel Bedrossian, MA (State University of New York (SUNY) System Administration)

In 2017, the State University of New York (SUNY) System began implementing a pilot project to offer telepsychiatry and telecounseling to students at four campuses. In 2018, the project was expanded to eight campuses, serving community college, agricultural/technical and university students. This poster highlights the innovative clinical process for the STCN and the results of a process evaluation on the STCN, including both providers’ and students’ perspectives on the care.

P58. Extragenital STI Screening: Is it Worth Doing?

LaNika Wright, PhD, WHNP-BC, and Carol Locke, MSN, ANP-BC (East Carolina University)

The prevalence of extragenital (oral/anal) gonorrhea and chlamydia (GC/ CT) continues to rise. However, extragenital testing is not traditionally a component of routine STI screenings. Our clinic implemented a quality improvement program to increase testing for extragenital infections. Review of the data noted positive extragenital results among patients who tested negative for genital GC/CT. This assessment suggests extragenital testing is needed to capture the presence of GC/CT among those engaging in oral and anal intercourse.