

~HEALTH EDUCATION & PROMOTION PROGRAMS~

Diet & Nutrition (Diet and nutrition programs listed below are conducted by our Dietitian)

- **Navigating Pitt Dining:** Does the concept of Market Central excite you with its array of offerings or are you terrified you might make the wrong choice? Join this interactive discussion on how to manage a healthful and varied diet while residing on campus.
- **Weight A Minute!:** Whoa, not the Freshman 15! Many students are concerned with gaining, maintaining or even losing weight while at attending college. Enjoy this interactive discussion on how to manage one's weight through diet, exercise, and other lifestyle factors specific to college students.
- **Specialty Diets:** We've heard of many different diets, from the bizarre (Eat for Your Type...blood type that is) to the appropriate (celiac, lactose-free, vegan). Through this interactive discussion, become more aware of specialty diets and their strengths and weaknesses. If there is a certain diet you want to discuss, let the dietitian know ahead of time to fully prepare for the discussion.

Alcohol, Tobacco, & Other Drugs (ATOD) (Programs listed below are conducted by our Staff or Graduate Student Assistants)

- **GAAP:** The Greek Alcohol Awareness Program consists of several modules addressing a variety of alcohol-related topics including alcohol emergencies, responsible beverage service, how to moderate alcohol consumption, legal implications of alcohol misuse, etc. Each module includes interactive exercises and educational content facilitated by a professional staff member from the Health Education Office. Although designed for Greek-letter organizations, content can be specifically tailored to respond to a variety of issues and organizational needs. Presented by a member of the Health Education Office staff.
- **QUIT workshop (smoking):** Have a group of people who want to quit smoking? This program, based on the individual Quit Using Irritating Tobacco (Q.U.I.T.) program, can help smokers craft a personalized quit plan, successfully break the habit, and prevent relapse. This program is facilitated by a professional staff member.

Sexual Health (Programs listed below are conducted by our sexual health educator)

- **Girl Talk:** An interactive program that provides female students with a comfortable environment to ask questions about women's health. Topics may include: annual gynecological exams, self breast exams, contraception, PMS, testing for sexually transmitted infections (STIs), yeast infections, and emergency contraception. This program also allows female students the opportunity to have a question-and-answer period with a sexual health educator about choosing the right birth control method. A "contraceptive kit" with real-life examples of current birth control methods is provided for demonstration purposes. It's a great way to get reliable information about your body and your sexual health options in a relaxed setting. This program is offered to **female groups only**; includes safer sex kits as giveaways.
- **Smart Sex:** An interactive program that asks students to examine how they make sexual decisions. Topics include: what decisions we make; how we make them; choosing a partner; choosing to have safer sex; how to have safer sex. This program is ideal for the classroom setting; "Sex in the Lounge" would be more appropriate for an informal student group or residence hall setting. Safer sex kits are included as giveaways.

PantherWELL programs (Conducted by undergraduate PantherWELL peer health educators)

- **The Comfort Zone (stress management):** An interactive program in which students will learn how to make stress balls, conduct progressive muscle relaxation, imagery, and deep breathing. This program includes a “stress relief kit” as a giveaway. This program is ideal for programs in residence halls and for other student groups. This program can be appropriate at any time during the academic year, especially before midterms and finals. Attendance DURING midterm and finals time tends to be low, so having this program BEFORE these stressful times may be more effective.
- **Sex in the Lounge (sexual health):** An interactive sexual health program that covers sexually transmitted diseases (STDs), STD prevention, condom use, and emergency contraception. Students will have the opportunity to participate in games, as well as a question-and-answer period. Safer sex kits will be brought as giveaways. This program is typically held in residence hall lounges.
- **Sexy’s on the Inside (body image):** An interactive program that explores the issues of positive and negative body images and how to address them. Have fun watching the peer health educators perform a skit and then get involved in a discussion about body image issues on a college campus. This program may be more beneficial for single-sex (only male or only female) groups, and may be especially beneficial for freshman groups early in the academic year.
- **Health 101/Minority Health:** This interactive program was designed as a program dedicated to minority health issues, however, this program could be modified to fit any group. The topics covered focus on the top risky health behaviors for chronic diseases (inactivity, diet, stress, etc). These are addressed in an interactive way through games and activities. Learn how to be healthier individuals with this program!
- **More than Just Easy Mac (nutrition):** This interactive program is not just educational, it’s tasty as well! Join our peer counselors as they dish up tips for using your microwave for more than what you can find in a box or pouch. In addition, attendees will participate in games and activities that help illustrate healthy eating and living. Recipes will be provided and if there is interest in focusing on just one type of meal, say healthy snacks, let us know so that we can put together the most comprehensive program that you need.