

Healthy Living Tips: Pilot Project

Lynda J. Younghusband PhD
Counselling Centre
Memorial University of Newfoundland

Introduction

It has been my experience at The Counselling Centre that many students are not following a healthy diet, do not have adequate sleep, and do not engage in regular physical exercise. Unhealthy eating habits, lack of physical exercise and lack of sleep are known to contribute to stress which can reduce the likelihood of academic and personal success.

Purpose

To deliver health tips which would educate and encourage students toward a healthy lifestyle.

Objectives

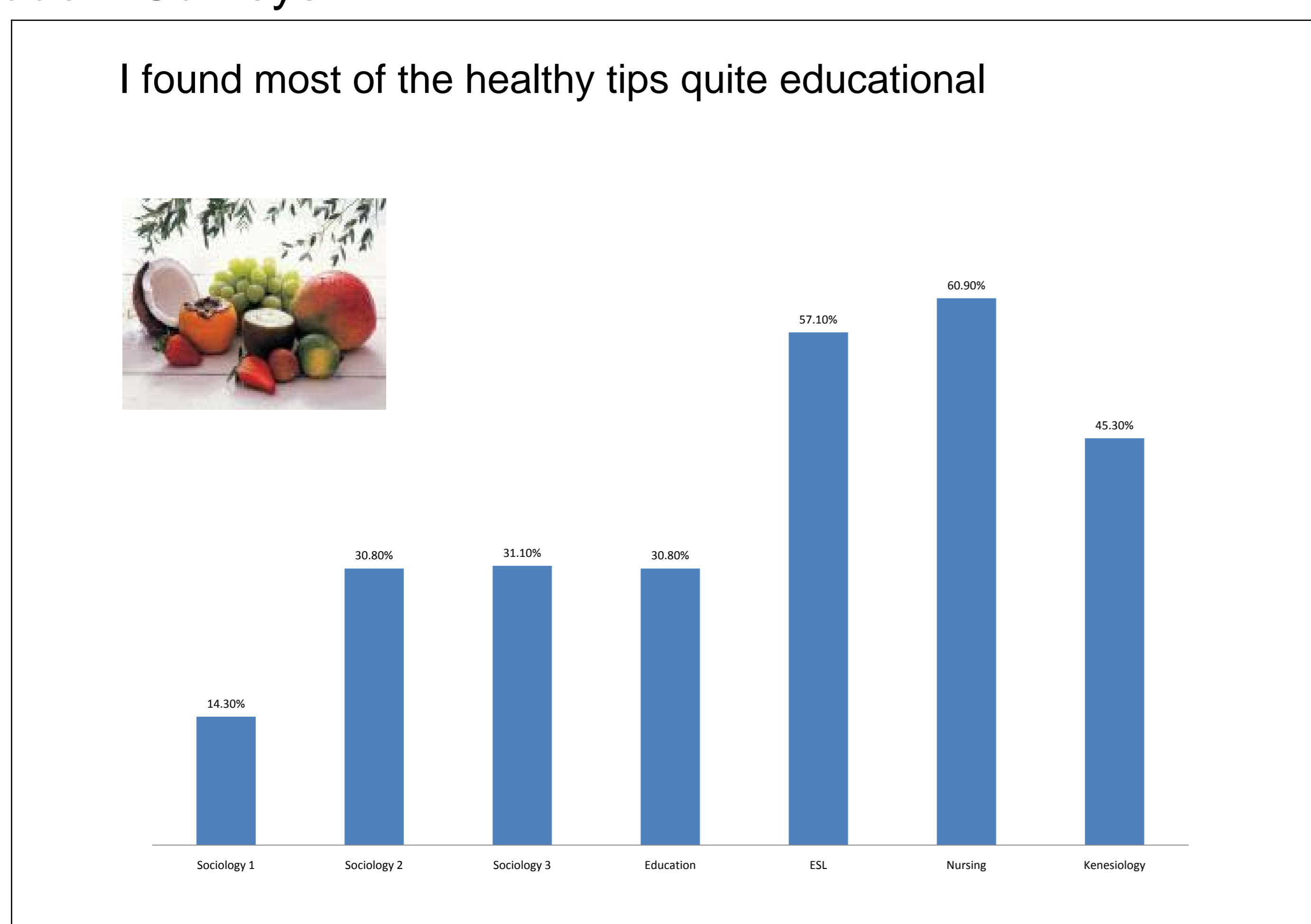
- To bring new ideas to students about healthy living
- To reinforce previous knowledge
- To encourage students to make healthy choices in their diet and life style
- To assess whether this method of introducing healthy tips is worthwhile to present on a larger scale.

Methods

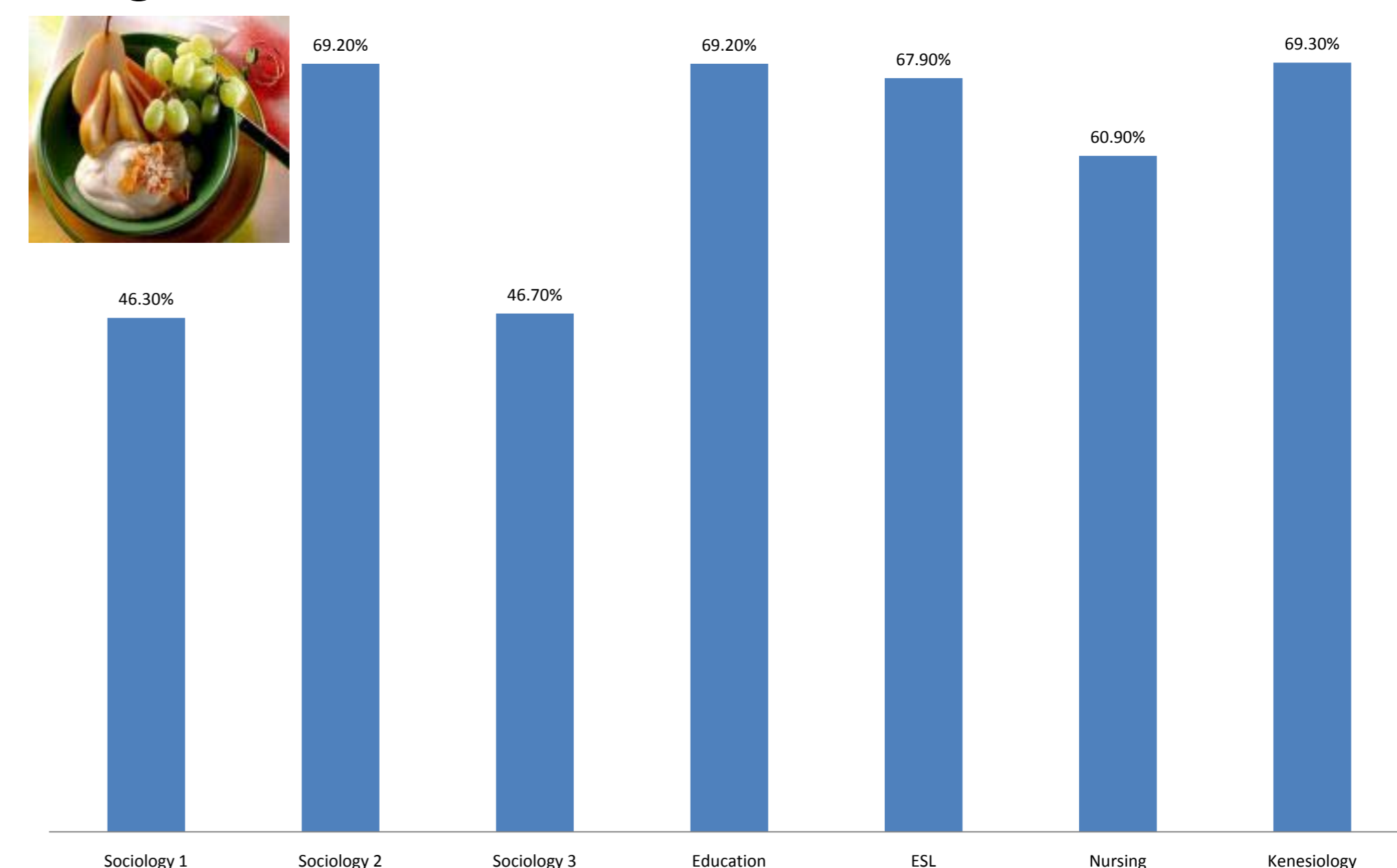
Short health tips (available on request) which could be delivered verbally in one minute were presented daily, by the course lecturer, in seven classes during the fall semester. At the end of the semester the students were asked to answer a brief questionnaire about whether the tips had been helpful. The faculty members involved were interviewed to gather their assessment of the project.

Results

Student Surveys:



I think these healthy tips are worthwhile and should be delivered again



Student's Comments on Tips:

- I think this should be offered in a workshop (preferably free) so we could gain more information. I feel this would be more effective than handouts.
- I thought they were a great idea. The information wasn't new information but it was nice to be reminded that healthy living is important especially since student life tends to lead us astray 😊 It's a bit of a concern.
- More emphasis on poor habits which contribute to health problems: smoking, caffeine (Red Bull), excessive alcohol consumption, drugs etc
- Maybe include some healthy study habits to avoid stress. A lot of students can relate to this area and find it a bit of a concern.

Conclusions

- This method of presenting information to students has potential to improve lifestyles and modify behaviour.
- We should proceed to a full evaluation of this method of lifestyle modification.

Acknowledgements

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