



Student Health Advocate (SHA) Training Program Evaluation



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Background

Context

- The Student Health Advocate (SHA) Training Program at UC San Diego trains students as peer health educators
- SHAs promote healthy behaviors among students through workshops and events
- SHA Specialties: Sexual Health, General Health, Alcohol and Other Drugs (AOD)

Objectives

- Assess whether training provides SHAs with skills needed to educate peers about healthy behaviors and address diverse health needs
- Determine how SHAs communicate with their leadership and identify communication channels SHAs consider most effective for student engagement

Methods

Quantitative Survey

- Administered survey via Qualtrics
 - January to March of 2020
- SHAs answered questions assessing perceptions of their knowledge, skills and overall training program
- Used Statistical Package for the Social Sciences for univariate and bivariate analysis

Qualitative Interviews

- Interview guide built on survey findings
- Held four interviews during March 2020
- Conducted thematic analysis

SHAs wanted practice and refreshers:
“*[We need] Fall refresher training for returners.*” (returning AOD SHA)

SHAs saw need to address health concerns of minorities and international students:
“*Chinese International students are not being reached out to.*” (returning AOD SHA)

STUDENT HEALTH ADVOCATES

SHAs wanted training to use Slack:
“*Fall refresher training should have a session where [we] can learn how to use Slack.*” (new AOD SHA)

SHAs wanted to use social media:
“*[We] didn’t use social media during training. [We] could] implement it [and learn to use it effectively].*” (new general health SHA)

Results

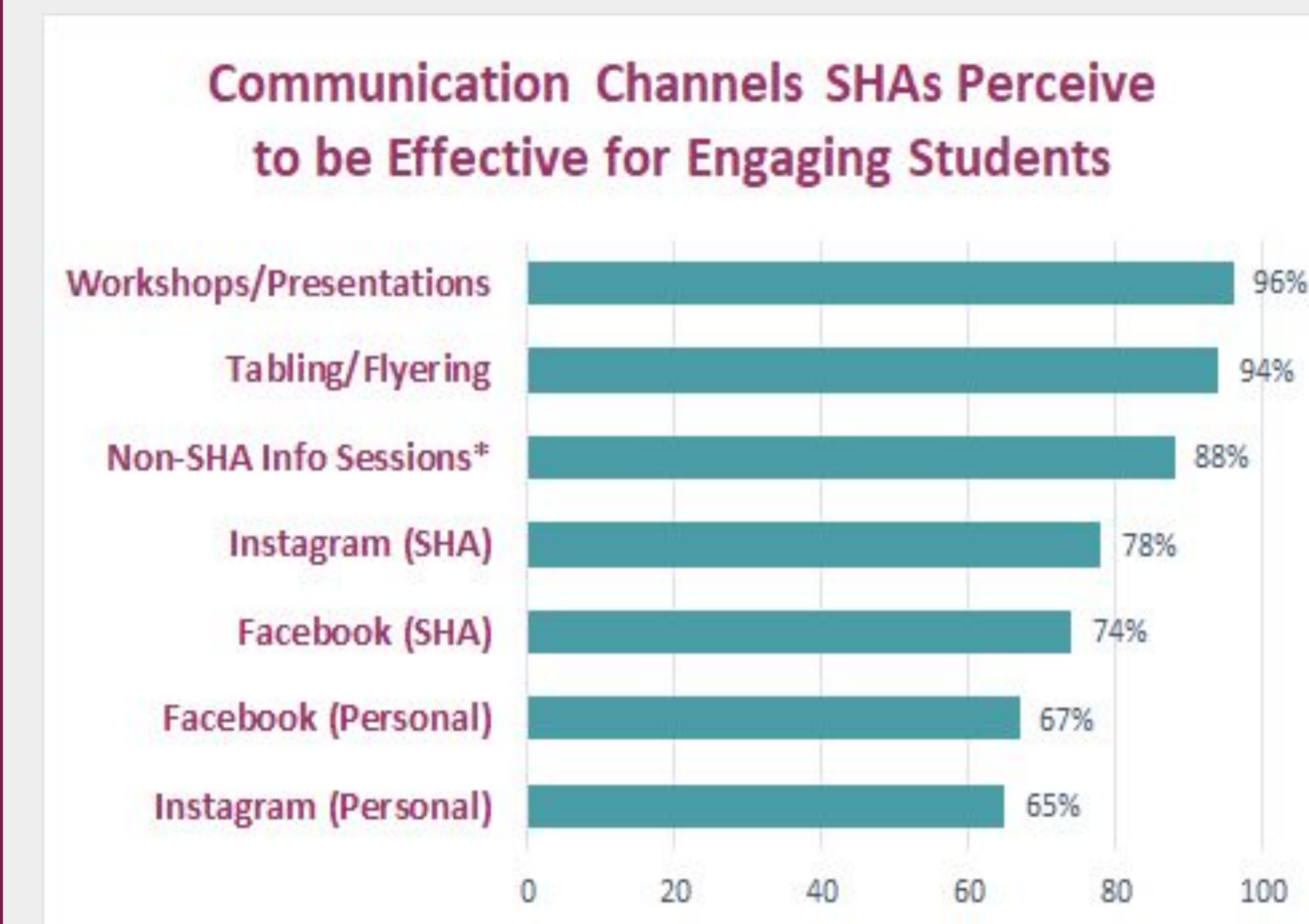
What percentage of SHAs felt prepared to educate their peers about healthy behaviors?

- Healthy behaviors: **98%**
- Sexual health: **91%** of new SHAs compared to **71%** of returning SHAs

What percentage of SHAs felt prepared to address the health needs of diverse populations?

- Ethnically/culturally diverse students: **92%**
- LGBTQIA+ identifying students: **80%**

What communication channels did SHAs believe to be most effective for engaging UCSD students?



*Includes Zone programming, CAPS Services, and general body meetings

Recommendations

- Provide Fall Refresher to all SHAs and more opportunities for new SHAs to practice activities
- Discuss the health needs of minorities and expand outreach to include the international Chinese student community
- Train SHAs to use Slack to communicate with leadership and orient social media towards student engagement