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HPM&B

Judging Dept.

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Student

EPI/BIOSTAT

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Dept or Program Years in program

Mentor

Health Promotion and Project Shape

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Health and sexual education is an important part of the college learning experience, but is often overlooked. In the United States, over 12 million students attend college and are considered a high-risk population for risky sexual and health behaviors. Almost half of students enrolled in college who are sexually active report not using a condom, putting them at risk for STI's and unplanned pregnancies. The CDC estimates that one-third of college students smoke at least one cigarette a day and more than half have tried to quit.

The University at Albany's Counseling Center is dedicated to providing college students with the information and/or support needed to make safe health choices. Educational programs and events such as the Frosh Health Fair, World AIDS Week, and the Great American Smoke-Out are part of efforts to promote health on the campus. Project SHAPE: Sexual Health and Peer Education is an outreach group of volunteer students working for health promotion. Each academic year Project SHAPE conducts over 125 programs on sexual health. The volunteers are trained in sexual health, such as risks associated with sexual activities, STI's, HIV/AIDS, safer sex, contraception, and communication with sexual partners. The programs by Project SHAPE include Loveline, Sexual Jeopardy, and Sex Talk: Communication with a partner. Programs are held in academic classes, and residence halls. The main objectives of the internship were to assist with the planning and implementation of educational programs, events for health promotion, co-ordination for Project SHAPE, as well as development of new educational programs.