

*NCA Self Study*  
*Criterion 1 Documents*

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Eastern Illinois University

Year 2014

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Health Education Resource Center  
Mission Statement

Health Education Resource Center

This paper is posted at The Keep.  
[http://thekeep.eiu.edu/eiunca\\_mission\\_docs/28](http://thekeep.eiu.edu/eiunca_mission_docs/28)



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### About the HERC

- Mission Statement
- Meet Our Staff
- Frequently Asked Questions
- HERC Happenings
- Student Employment Opportunities
- Internship Opportunities
- Graduate Assistantship Opportunities

### Services

- Bulletin Board to Go Program
- Consultations
- Downloads
- Don't Cancel That Class!
- Request a Program
- Request Posters

### Programs

- Program Registration
- Open Session Schedules
- Alcohol
- Nutrition
- Sexual Health
- Sleep Health
- Tobacco

### Information

- Cold and Flu Prevention
- Hydration
- Other Drug Information
- Staph/MRSA Information
- Stress Management
- Sun Safety
- Tobacco Free Campus Initiative
- West Nile

### Events

- EIU Moves
- Great American Smokeout
- Health Fair
- Kick Butts Day
- Safer Spring Break Fair

### Organizations

- Alcohol and Other Drug Coalition
- Peer Education
- Health Service Advisory Board
- Tobacco Coalition
- total eiu

### Health Service Departments

- HERC
- Illinois Higher Education Center
- Medical Clinic
- Student Affairs Assessment

## Mission Statement

To prevent and reduce preventable health risks and illnesses that interfere with academic performance, learning, student retention, and personal growth opportunities.

### *Goals and Objectives:*

- To reduce alcohol consumption rates and alcohol-related harm.
- To reduce sexual health risks and sexual-related harm.
- To reduce tobacco use rates and tobacco-related harm.
- To increase positive nutrition related behaviors.
- To prevent cold and flu transmission and reduce related harm.
- To increase positive sleep behaviors.
- To increase safety belt usage.

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