



Health Promotion

The Health Promotion Department is here to help MSU students reach an optimal and dynamic state of well-being that allows them to reach their full potential and find academic success. The department also gathers and shares data about students' health and behaviors. Many of these services are free of charge:



ALCOHOL AND DRUG USE EDUCATION

- Individual Educational Consultations
- Duck Days & Duck Hunts
- Know Your Solo Activity
- Spartan Smart Class



COLLEGIATE RECOVERY COMMUNITY

- Individualized Recovery Planning
- Wellness & Life Skills Workshops
- Sober Social Events
- Recovery Housing
- Recovery Ally Training
- Spartans' Organization for All Recovery (SOAR) *



SEXUAL WELLNESS EDUCATION

- Condom Connection
- Sexual health resources



MSU STUDENT FOOD BANK *

- Campus-based food distributions (by appointment only)
- Food and related items at no cost
- College & University Food Bank Alliance Cofounder



NOURISH NUTRITION PROGRAM AND BODY IMAGE EDUCATION

- Individual Nutrition Counseling
- Peer Body Project
- Students Empowering Body Acceptance (SEBA) *



SPARTANfit FITNESS AND WELLNESS EDUCATION

- Comprehensive Fitness Assessments
- Thrive! Be Fit - Be Well
- Wellness Coaching
- ACTIVE Spartans
- Exercise is Medicine on Campus Initiative (EIMOC) *



STUDENT HEALTH ADVISORY COUNCIL (SHAC) *

- Programs aimed at improving MSU students' health
- Provides a student perspective on health initiatives and communication



STATE OF SPARTAN HEALTH

- Campus specific data about students' health and well-being
- 20+ years of trend data guide & inform efforts to help students thrive

* Registered Student Organization (RSO)

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