TITLE: Applying the Spectrum of Prevention to the Sexual Health Needs of Western Oregon University Students

AUTHOR(S): Emily Holdner & Tracy Sanchez. Mentored by Doria K. Thiele, PhD, CNM, IBCLC

PRESENTER(S): Emily Holdner & Tracy Sanchez

STUDENT SUBMISSION: Yes

TOPIC/TARGET AUDIENCE: Community/public health professionals, school/college health program developers, school/college administrators, STI prevention specialists, public health policy makers, & others.

ABSTRACT: Background: The majority of college students are sexually active, but nearly half are not using safer sex practices, such as consistent condom use. These un-safe practices potentially lead to unintended pregnancies and can increase rates of sexually transmitted infections (STIs) and long-term sequelae thereof. Purpose: The aim of this project is to apply the Spectrum of Prevention model to develop a proposed project for a Personal Sexual Health Kit Online Ordering System at Western Oregon University (WOU). Methods: Informed by a review of the literature related to STI prevention on college campuses, and discussion with national leaders in this field, we developed an intervention that uses the Spectrum of Prevention as a framework to support the implementation of a Personal Sexual Health Kit Online Ordering System. Outcomes: The developed intervention can be implemented on the WOU campus and can be used as a model for other universities seeking to decrease stigma around sexuality and improve the health of their students. Implications: By addressing the Spectrum of Prevention, this project works at all levels to reduce stigma around sexuality and sexual health. In addition, we expect to see a reduction in STI rates among college students on campuses implementing this intervention.

OBJECTIVE(S): Discuss the current sexual health needs of college students Describe the 6 levels of the Spectrum of Prevention as they relate to this intervention Assess the potential outcomes of a Personal Sexual Health Kit Online Ordering System