



Professional Dispositions: Seen To Be Believed

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The Problem

Obesity is a real and prevalent concern on university campuses.

Health professionals serving the educational community can directly and positively impact campus health and well-being.

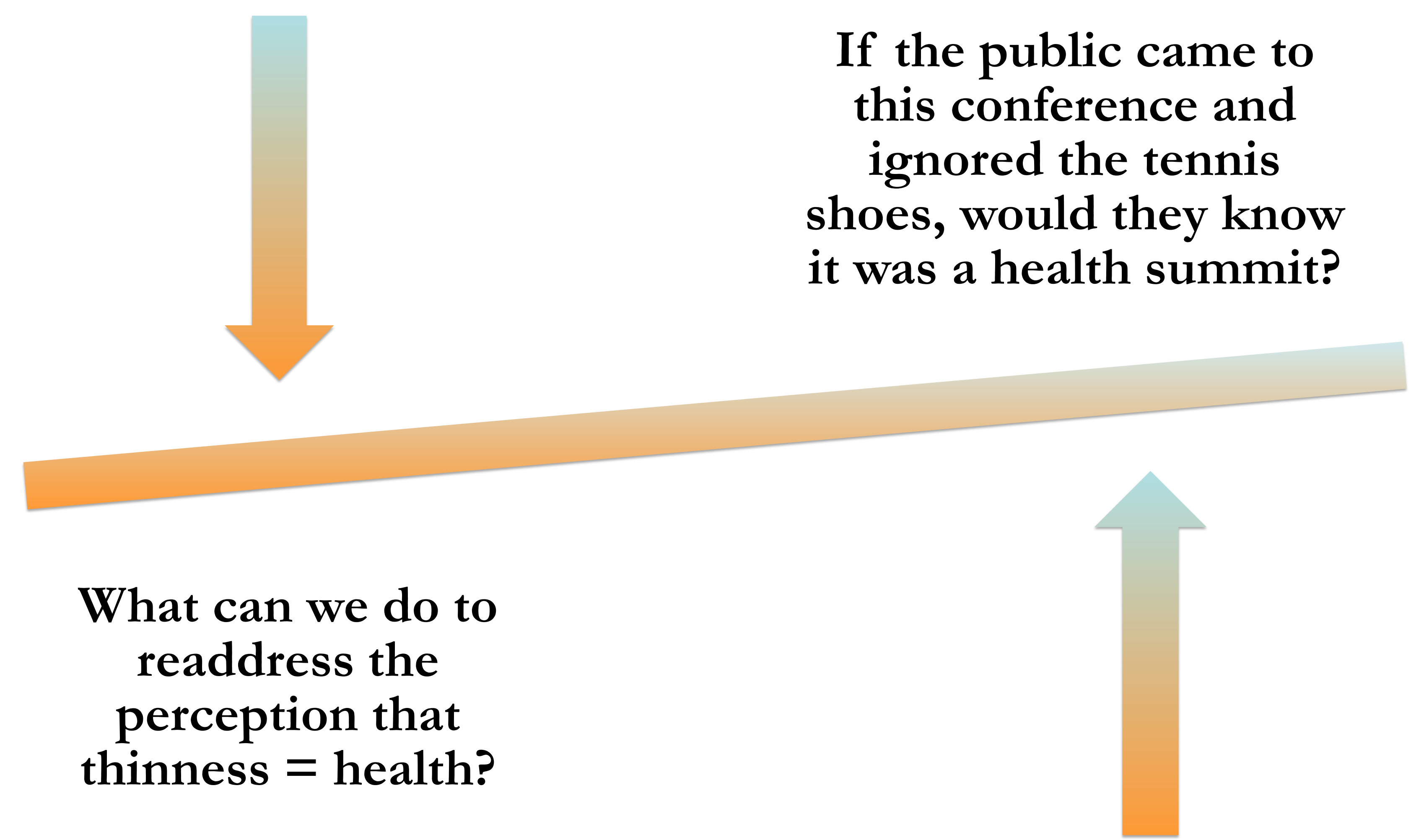
However, if the health professional is not “practicing what is preached”...

Advice or information is ignored or undervalued (Baghurst & Bryant, 2010; Dean et al., 2005).



Influencing Students

The perception that role modeling healthy behaviors increases students' career opportunities is the most predictive of students' belief that role modeling is an important part of an effective health educators' professional responsibility (Scott, 1996).



Hire the Right Person

It's harder to find a job if overweight or unfit (Cardinal & Cardinal, 2001; Melville, 1991; Staffo & Stier, 2000). Include in your job description something similar to: “The ideal individual will promote wellness by leading a healthy lifestyle.”

Becoming Agents of Change

Talk About Your Successes and Failures

It's okay to talk about your own experiences. Clients may want to be reminded that you're not perfect either!

Provide Living Proof

Show and tell! Clients are more likely to believe and adhere to recommendations if they believe that you're making efforts to live your own teaching. Thus, provide physical evidence of your efforts such as pictures, trophies, etc.