Follow-Up to GEN101: School of Education and Arts and Sciences
From: Campus Health Services and Peer Health Advocates
October 2009

Early in the fall semester 2009, student Peer Health Advocates (PHAs) from Campus Health Services (CHS) provided 20 minute presentations for all 36 Arts and Sciences sections and 4 sections in the College of Education, Gen Ed classes offered to freshmen. The goals were to: (1) highlight the strong association between academic achievement and health status, (2) increase awareness of the effect of high-risk behaviors on health status (3) challenge each student to think about and then individually rank their current health decision status in 14 areas and (4) to educate students about resources available through CHS.

The expectation was that students in the College of Arts and Sciences had been instructed to read three articles in the September issue of Student Health 101 – an online digital health magazine. Included in the magazine was a Health Decision Ranking questionnaire that students were asked to print out and complete prior to class. Students in the College of Education were directed to Student Health 101 but were not required to read the articles for class or print the matrix. During the presentation, PHAs asked students to answer the same questions in both colleges from a powerpoint using i-clickers. The powerpoint also included data from the UofL National College Health Assessment Survey Spring 08. This anonymous ranking system allowed students to rank their interests and needs regarding health-related issues on a scale of 1-5 (1= no interest or need; 5=need assistance now) and to compare their own responses to the survey data.

Approximately 1280 students responded to this survey using i-clicker technology. A review of the data suggested that the highest-rated concern for UofL freshmen was Physical Activity (Mean – 2.97); the second was concerns about Stress (2.90); the third was Nutrition (2.83); the fourth was concerns about Sleep (2.60). This survey and the results are intended to give an idea of some of the concerns that some students at UofL face and are not intended to be representative of the student body. This feedback from UofL first-year students will also inform Health Promotion & Education programming.

Enclosed:
- Summary of Responses submitted by the students with comparison to NCHA data
- Informational document to help connect students to activities and resources to address the top three concerns identified in this survey (Physical Activity, Stress, and Nutrition)

Note: These documents will be posted to the current issues of Student Health 101.
1,000 UofL students surveyed

students want to know:
1. How can I be **physically active**?
2. How can I reduce my **stress**?
3. How can I eat **nutritious meals**?

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**Cooking Classes**

**Thursday, October 15th**
**Thursday, October 22nd**
6:30 pm in SAC Multipurpose Rm
Learn cooking skills, watch a master chef prepare a meal from scratch AND be served a delicious Italian dinner, including yummy dessert!
Use your meal card to buy your $8 ticket in advance at McAlister’s, Damon’s, Quick Zone or Einstein Bro.

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**Need a Massage?**

30 minutes for ONLY $6!
Wed and Fri afternoons, starting October 14th.
Schedule and **pay in advance** at Campus Health Services Reception desk.

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**Want to Relax?**

**FREE Yoga Classes**
Classes are open to all students living in residence halls
All levels of experience are welcome at all classes
Location: Miller Hall, first floor meeting room
Cost: **FREE**

**Tuesdays & Thursdays**
8-9pm
Last Day: October 22nd
Bring: yoga mat (or large towel) and blanket

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**Want to eat healthy on campus?**

**Buy Basic Pantry Products**
UofL’s Newest Nutrition Initiative provides:
- Shelf-stable items and fresh produce you can buy with cash or your meal card
- 2-3 simple and delicious recipes per month
- Real-life practice to build your cooking skills

Basic Pantry products are conveniently located in Cardinal’s Nest. University Tower Apartments

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This information was collected from 1,000 UofL students in the Fall Semester of 2009 by volunteers from Campus Health Services. There were 36/40 Arts&Sciences Gen101 classes surveyed for this report.

To receive important announcements, become a fan of PHAs on Facebook by searching “UofL Peer Health Advocates”
SUMMARY OF RANKING DATA

Students used this ranking system:
1= No interest and no need at this time
2= I’m curious about this and I will probably check this out
3= I will get more info about this within the next three months
4= I will get more information about this within one month
5= I need assistance now, I have decided to take action this week.

Act on your 5’s this week...act on your 4’s this month!