

**Campus Health Services
Office of Health Promotion
and Education
502-852-5429**

**Hlthed@louisville.edu
www.louisville.edu/campushealth**

**Rank the items below using this scale:
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.**

Health Decision Item	My Rank
A) Alcohol and Drug Use: how can I stay safe when drinking, what is BAC (blood alcohol concentration) and how does it affect me, how does my family history impact my decisions about drug and alcohol use/abuse, what benefits do I get from the Designated Driver program, what should I do when a friend is in trouble with alcohol or other drugs?	2.073
B) Cold, Flu, Sinus infection, Bronchitis, Strep Throat: And other communicable disease prevention and treatment	2.535
C) Chronic Health Conditions: conditions that benefit from medication management and medical monitoring such as diabetes, ADD/ADHD, asthma, depression, allergies, eating disorders, obesity, anxiety, elevated blood lipids, pain, etc. Am I using my prescriptions correctly, how do I get them on campus, how can I access a health professional on campus, am I seeing my care provider on a timely, regular basis?	2.178
D) Health Decision Making: How do I get reliable information, how do I assess what's right for me, how do I sort	2.253
E) Health Insurance: what coverage do I have, how do I use it, what are my copays, who is my primary provider, how do my medical records get shared among providers, where do I go for regular or emergency care?	1.9
F) Immunizations: am I missing any, where do I go to get them, what do they cost, can I get a flu shot on campus?	2.48
G) Internet use, Computer gaming: how does my computer usage affect my health and my sleep, how do I know if I spend too much time on the computer, what can I do to balance my computer use when I need to use it for class?	2.11
H) Nutrition: is my food intake balanced, how do I get the nutrients I need on a budget and/or on a card plan, do I	2.868
I) Physical Activity: what physical activities can I participate in at UofL, what facilities are available to me and when, what do they cost, what group fitness classes are available, how can I carve time out to exercise with my busy class schedule, why is it important to have an exercise routine?	3.08
J) Relationships: how do I get help for a roommate, friend or family member in trouble, how do I navigate a romantic relationship in a college or long-distance setting, how can I navigate my parents/family/other significant people	2.198
K) Sexual Health: how do I do self-exams (breast or testicular), when should I schedule an appointment with my doctor, what kind of birth control options are available to me, what is and how do I get Emergency contraception, how	2.33
L) Sexually Transmitted Infections: how do I prevent STIs, where can I get tested, how do I get treated, how do I	1.918
M) Sleep: why is it important, how much do I need, how can I get to sleep if I'm not tired, do other activities affect	2.59
N) Smoking/nicotine use: resources for quitting	1.458
O) Stress: how can I be more relaxed, how does exercise decrease my stress, what are some techniques for daily stress self-management, how does sleep impact my stress, how can I be less stressed? WHAT IS YOUR DEFINITION OF STRESS?? (Answer to win a prize!)	2.935

Act on your 5's this week, act on your 4's this month!