### Health Decision Item

**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?

- **My Rank:** 2.073

**B) Cold, Flu, Sinus infection, Bronchitis, Strep Throat:** And other communicable disease prevention and treatment

- **My Rank:** 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?

- **My Rank:** 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

- **My Rank:** 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?

- **My Rank:** 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?

- **My Rank:** 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?

- **My Rank:** 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

- **My Rank:** 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?

- **My Rank:** 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

- **My Rank:** 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

- **My Rank:** 2.33

**L) Sexually Transmitted Infections:** how do I prevent STIs, where can I get tested, how do I get treated, how do I

- **My Rank:** 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

- **My Rank:** 2.59

**N) Smoking/nicotine use:** resources for quitting

- **My Rank:** 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!)**

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