



Early in the fall semester 2010, student Health Advocate Leaders and Volunteers from Campus Health Services Office of Health Promotion provided 20 minute presentations for all 36 Arts and Sciences sections. 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 Health Promotion.

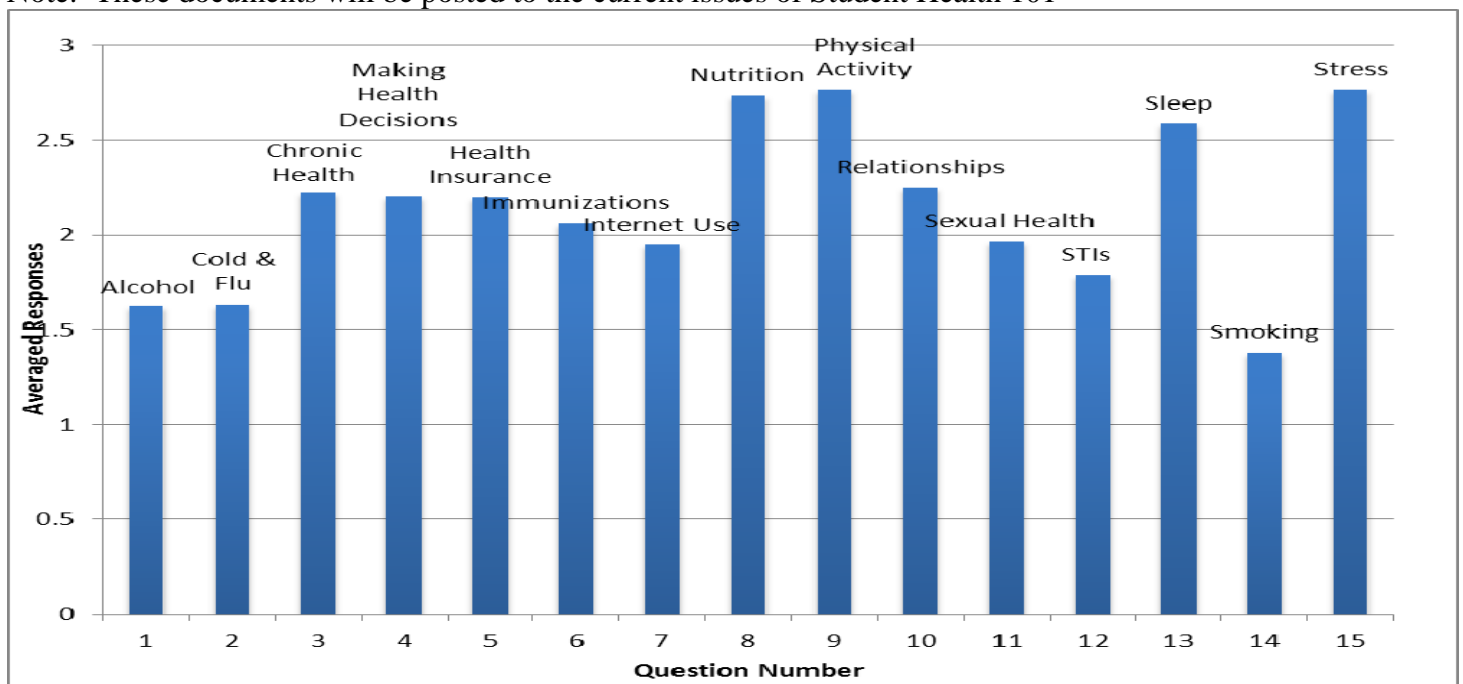
The expectation was that students in the College of Arts and Sciences had been instructed to read two articles in the September issue of Student Health 101 – an online digital health magazine. They were also instructed to complete a Health Decision Ranking questionnaire on the Health Promotion website prior to class. 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). During the presentation, Health Advocates addressed the items on the questionnaire describing health services and programs available through Health Promotion and presented data from the UofL National College Health Assessment Survey Spring 2010. Students were asked to compare their own responses to the national survey data.

Approximately 1040 students responded to this survey. A review of the data suggested that the highest-rated concern for UofL freshmen was **Physical Activity** (Mean – 2.76); the second was concerns about **Stress** (2.76); the third was **Nutrition** (2.73); the fourth was concerns about **Sleep** (2.59). 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**?

the answers



## Cooking Classes

**Thurs, Oct 28th**  
**12-1:30pm in Campus Health Multipurpose Rm**

Halloween-themed cooking workshop. Ticket includes meal, drink, and dessert. Only twelve slots available, so don't wait to sign-up!

**Use your meal card to buy your \$3 ticket in advance at Campus Health.**

## Need a Massage?

**30 minutes for ONLY \$6!**

Mondays and Wednesdays, 1:30-4pm. Schedule and **pay in advance** at Campus Health Services Reception desk.

## Want an easy way to be Physically Active? Join a Group Fitness Class Yoga & Pilates Classes

**Starting September 7th**, classes are held in Campus Health Services Multipurpose Room. Classes are open to all students, faculty and staff. All levels of experience are welcome at all classes. Equipment will be provided.

-Intramural Group Fitness fee is only \$25 for the second-half of Fall semester. Pay in SAC Room E102.

**Mo: Pilates** 12:00 - 1pm *with Anne*

**Yoga** 5:15pm - 6:15pm *with Matt*

**Tu: Beginners Yoga** 4-5pm *with Susan*

**Pilates** 5:15-6:15pm *with Virginia*

**We: Yoga** 12-1pm *with Jeanne*

**Yoga** 5:15pm - 6:15pm *with Matt*

**Th: Beginners Yoga** 4-5 pm *with Susan*

**Fr: Yoga** 12-1pm *with Zelda*

**Note:** No Classes during Thanksgiving Break (Nov 24th-26th)

**Classes End:** Friday, December 3th

## 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 the Nest in Louisville Hall. For more info, go to: [louisville.edu/campushealth/promotion](http://louisville.edu/campushealth/promotion)

To receive important announcements, become a fan of PHAs on Facebook by searching "UofL Peer Health Advocates"

This information was collected from 1,000 UofL students in the Fall Semester of 2010 by volunteers from Campus Health Services. There were 36/40 Arts&Sciences Gen101 classes surveyed for this report.