

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**?

the answers



Cooking Classes

Thursday, October 15th

Thursday, October 22th

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.**



Want an easy way to be **Physically Active**?

Join a Group Fitness Class

Yoga & Pilates Classes

October 14th, classes return to Campus Health Services multipurpose room. Ten classes every week, including two beginner classes.

Intramural Group Fitness Membership fee is only \$20 for the 2nd half of semester. Pay in SAC Room E102.

Mo: Yoga 9-10am with Susan

Pilates 12:15 - 1pm with Anne

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

Tu: Beginners Yoga 4-5pm with Susan

We: Yoga 9-10am with Susan

Yoga 12-1pm with Jeanne

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

Th: Beginners Yoga 4-5 pm with Zeld

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

Fr: Yoga 12-1pm with Zeld

Note: No Classes during Fall Break (October 12th-13th) and Thanksgiving Break (November 25th-27th)

Classes End: Friday, December 4th

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.

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.

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

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

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

Campus Health Services
Office of Health Promotion
and Education
 502-852-5429
 hlthed@louisville.edu
 louisville.edu/campushealth

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.

Health Decision Items	Rank Summary	NCHA Results
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?	1.82	7.5%; 3.2%
B) Cold, Flu, Sinus infection, Bronchitis, Strep Throat How do I minimize my risk for these and other communicable diseases, how do I know if I'm "sick enough" to get treatment and where can I get prevention/treatment services?	2.34	32..3%
C) Chronic Health Conditions I have a condition that benefits from medication management and medical monitoring, such as diabetes, ADD/ADHD, asthma, depression, allergies, eating disorders, obesity, anxiety, pain. 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?	2.03	2.5%; 19.6%
D) Health Decision Making Skills How do I get reliable health information, how do I assess what's right for me, how do I sort out conflicting opinions and beliefs about health information?	2.17	n/a
E) Health Insurance What coverage do I have, how do I use it, what are my co-pays, who is my primary provider, how do my medical records get shared among providers, where do I go for regular or emergency care?	1.92	n/a
F) Immunizations Am I missing any, where do I go to get them, what do they cost, can I get a free flu shot on campus?	2.42	n/a
G) Internet use, Computer gaming How does my technology use (computer, iPhone etc.) use 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. I think my computer/gaming body dynamics is causing chronic back , neck or arm pain.	2.02	18.4%
H) Nutrition Is my food intake balanced, how do I get the nutrients I need on a budget and/or on a meal card plan, do I need supplements, how do I access the nutrition counselor? I want to learn how to cook my own meals.	2.83	n/a
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?	2.97	n/a
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 when I go home from school?	2.20	20.2%; 17.3%
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 can I find more information about my sexual decisions and about my body?	2.31	n/a
L) Sexually Transmitted Infections How do I prevent STIs, where can I get tested, how do I get treated, how do I talk with a partner about risks, how can I decrease my risk for STIs, what is HPV vaccine and how can I get it cheap or free?	1.96	.1%HIV; .5% STI
M) Sleep Why is it so important, how much do I need, how do I get to sleep when I'm not tired, what activities affect my quality of sleep?	2.60	31.5%
N) Smoking/nicotine use How do I know when I'm ready to quit? What resources are available to help me quit?	1.40	n/a
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?	2.90	41.9%

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