

**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.**

<b>Health Decision Item</b>	<b>My Rank</b>
<b>A) Alcohol and Drug Use:</b> 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>B) Cold, Flu, Sinus infection, Bronchitis, Strep Throat:</b> And other communicable disease prevention and treatment	2.535
<b>C) Chronic Health Conditions:</b> 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
<b>D) Health Decision Making:</b> How do I get reliable information, how do I assess what's right for me, how do I sort	2.253
<b>E) Health Insurance:</b> 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
<b>F) Immunizations:</b> 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
<b>G) Internet use, Computer gaming:</b> 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
<b>H) Nutrition:</b> 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
<b>I) Physical Activity:</b> 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
<b>J) Relationships:</b> 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
<b>K) Sexual Health:</b> 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
<b>L) Sexually Transmitted Infections:</b> how do I prevent STIs, where can I get tested, how do I get treated, how do I	1.918
<b>M) Sleep:</b> 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
<b>N) Smoking/nicotine use:</b> resources for quitting	1.458
<b>O) Stress:</b> 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? <b>WHAT IS YOUR DEFINITION OF STRESS?? (Answer to win a prize!)</b>	2.935

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