

Healthy U Permafold®



Topics

1. Prevent Tobacco Use
2. Prevent Alcohol & Other Drug Problems
3. Prevent Violence & Sexual Assault
4. Prevent Injuries. Stay Safe.
5. Prevent Suicide
6. Prevent Pregnancy
7. Prevent HIV/AIDS & STIs
8. Eat Healthy & Get Regular Exercise



Reviewed and Approved by the
Senior Medical Advisory Board

This Permafold® is not meant to take the place of expert medical care or treatment. Follow your doctor's or health care provider's advice.

1. Prevent Tobacco Use

Facts

- Ten per cent of current college students will die of smoking-related illnesses.
- Smoking is not allowed in most public facilities.
- Secondhand smoke puts others at risk for lung cancer and other serious health problems.
- Smoking one pack of cigarettes a day, at \$5.50 per pack, costs about \$2,007.00 per year. This money can help pay for classes, rent, food, clothes, etc.
- Smoking is a primary cause of fires in dorms and Greek housing. Smoking results in increased costs for maintenance, repairs, etc. The bottom line? Your college expenses go up.
- For more information on preventing tobacco use, access www.tobaccofreeu.org.



What Can You Do?

- Know that tobacco companies sponsor events, give free merchandise, etc. to get you to smoke. You know better, right?
- Choose nonsmoking residences, restaurants, etc.
- Resist cigarettes, cigars, etc. Chew sugarless gum, sip on ice water, etc. instead. Nicotine is very addictive. It's best not to get started on it. If you smoke, chew, or dip on occasion, but are not yet addicted, it is easier to quit now than later.
- If you are a tobacco user, quit. For help, access: www.lungusa.org; and/or www.smokefree.gov.

2. Prevent Alcohol & Other Drug Problems

Facts

- Alcohol and other drug use can impair judgement. This can be a factor in car accidents, riots, violence, sexual assault, date rape, and unsafe sex. Persons who act responsibly suffer the consequences of students who don't. So does the community.
- The use (or misuse) of alcohol and/or drugs can lead to health problems and addiction. It can cause problems with academics and relationships, too.
- Alcohol and other drug overdoses can cause death.
- Many colleges and federal and state governments have penalties for using, possessing, making, and/or distributing alcohol or illicit drugs. For example, if you are of legal drinking age and you give alcohol to a minor and it causes death, you could be convicted of a felony that carries a 10-year prison sentence. Conviction of possessing or using cocaine, heroin, GHB, etc. could put you in prison for up to 20 years.



What Can You Do?

- Choose substance-free housing.
- Know the risks and consequences of using alcohol and/or drugs. Did you know that many college students contract a sexually transmitted infection (STI) on spring break? Alcohol and date rape drugs slipped into drinks play a big role in this. Consider alternatives to usual spring break locations where sun, alcohol, and sex are commonplace.

- Don't mix drinking (or drugs) with driving, other drugs, or operating machines. Don't let friends drive when they are impaired from alcohol or drugs. Driving near a river, across train tracks, or driving at all can be very risky in these situations.



- Drink alcohol only if you want to, and if you do:
 - Cut down on partying. Know your limit and stick to it. If you can't, don't drink any alcohol.
 - Eat when you drink. Drink slowly. Dilute alcohol with water. Have "drinks" without alcohol (tonic water with lime, nonalcoholic beer, etc.).
 - Always keep your drink in your hand or in your sight. Or, have a trusted friend hold or watch it. Don't take a drink that has been unattended for any amount of time. Don't drink from a glass or an opened bottle given by anyone you do not know well or trust.

- If you suspect someone has overdosed on a drug or alcohol, call 9-1-1!
- For more information to prevent alcohol and drug problems, contact: B.R.A.D. (Be Responsible About Drinking, Inc.) at www.brad21.org; the Center for Substance Abuse Treatment at www.samhsa.gov; and www.collegedrinking.gov/collegestudents.

3. Prevent Violence & Sexual Assault

Facts

- Violence, hate crimes, etc. can result in injury and property damage. Sexual assault can lead to STIs, rape, and unplanned pregnancies. Violence and sexual assault can even result in death.

What Can You Do?

- The best defense is to not drink. If you drink, limit the amount. High risk settings for violence and sexual assault usually involve alcohol and/or drugs. These include frat parties, house parties, and gatherings at bars that get out of hand.
- Most rapes on college campuses are acquaintance rapes. Don't assume that anyone under the influence is "too nice a guy" to commit sexual assault.
- Intervene on a friend's behalf. Walk her out of a party, take her to a safe place, etc.
- At night, walk in well lit areas and with others, not alone.
- Be mindful of date rape drugs (e.g., GHB, Rophynol). Don't drink anything you have not brought or opened yourself. Don't drink from another person's glass, a punch bowl, a beer bong, etc. When at a bar or club, accept drinks only from a bartender or waiter. Keep your drink in your hand and under watch at all times. If needed, have a friend watch your drink. Do the same for your friend(s). For information on sedating drugs, access Facts on Tap website www.factsontap.org.
- Alert your female friends (and the authorities) to rumors of persons using date-rape-drugs.
- Learn how to manage conflict without violence.
- Learn how to avoid sexual assault. Contact RAINN (Rape, Abuse & Incest National Network) at www.rainn.org.
- Accept different sexual preferences, ethnic and religious backgrounds, etc.
- If you can't resolve a conflict on your own, get help.



4. Prevent Injuries. Stay Safe.

Facts

- Unintentional injuries are the leading cause of death in persons between the ages of 15 to 24.
- Nearly one out of every five traffic fatalities involves a driver between the age of 16 and 20 years old.
- Sports injuries are common on college campuses.

What Can You Do?

- Whenever you ride in a vehicle wear a seatbelt.
- To reduce the risk of a closed head or other injury, wear a helmet when you ride a bike, are on a motorcycle, and when you in-line skate or skateboard.
- Use proper safety measures and equipment for the activities you do. Warm up before you exercise.
- Keep your doors and windows locked, especially when you are alone. Don't let strangers in or prop outside doors open.
- Use ATMs in well-lit areas, preferably while a friend is with you.
- Hold your backpack, purse, etc. securely so no one can grab them from you. Do not leave your laptop or smartphone unattended.
- Report suspicious behaviors and activities to the Police and the Public Safety Department. Call 9-1-1 for emergencies.



5. Prevent Suicide

Facts

- Suicide is the 2nd leading cause of death for college students. Untreated depression is usually the cause.
- Often, suicidal college students are withdrawn and do not get needed treatment, so others need to identify the problem and take action.



What Can You Do?

- Be aware of suicide warning signs in you or someone else.
 - Suicidal threats, gestures, or attempts are made.
 - Suicide intent or plans are stated or written.
 - Thoughts of suicide persist or occur often.
 - After being very depressed, the person suddenly felt better and stated something like, “Now I know what I have to do.”
 - Statements, such as “I want to be dead,” “Everyone would be better off without me,” etc. are made.
- Get help! Call 9-1-1 for suicide attempts or gestures. For thoughts of suicide, call the National Suicide Hotline at 800.273.TALK (273.8255) or another crisis hotline.
- If someone threatens suicide, get the person to call for help. Make the call if he or she doesn't.
- To keep the person talking, ask questions, such as “Are you thinking about hurting or killing yourself?” Express interest. Give support. Most suicidal persons feel isolated from others. Tell your friend how much he or she means to you and how important it is to you that he or she stays alive.

- Watch and protect the person. Remove all sharp objects, pills, etc. Call the police if the person has a firearm.
- Don't judge. The person needs you to listen, not to preach moral values.
- Get help if signs of depression last 2 weeks or longer.
 - Feeling sad, hopeless, helpless, guilty, and/or worthless. Uncontrollable crying.
 - A loss of interest in social activities, sex, etc.
 - Problems concentrating or making decisions.
 - Ongoing physical symptoms, such as headaches, chronic pain, or digestive problems that don't respond to treatment.
 - Appetite changes with weight loss or weight gain.

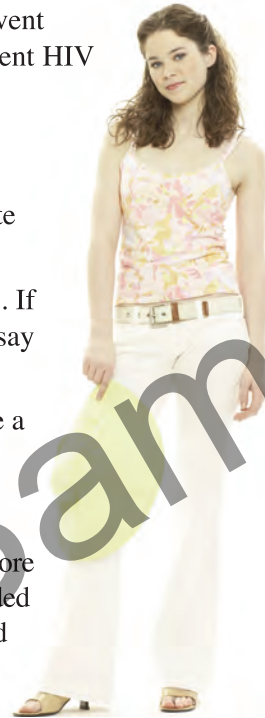
6. Prevent Pregnancy

Facts

- Each day in the United States over 3,000 teens get pregnant, for a total of 1.1 million a year.
- Practicing “safer sex” to prevent pregnancy also helps to prevent HIV and STIs.

What Can You Do?

- Abstain from sex. Be intimate without intercourse.
- Be assertive with your needs. If you don't want to have sex, say NO with certainty.
- If you choose to have sex, use a reliable form of birth control correctly and consistently. Discuss methods with your health care provider. Using more than one method may be needed to prevent both pregnancy and infections that are transmitted sexually. (See Topic 7.)



7. Prevent HIV/AIDS & STIs

- STIs can be passed on to others in the absence of symptoms. You can have an STD and not even know it.
- Hepatitis B virus (HBV) and HPV (which can cause genital warts and cervical cancer) can be prevented through pre-exposure vaccination. Discuss vaccines for these with your health care provider.
- Some STIs, such as AIDS and herpes can be treated, but have no cure.

What Can You Do?

Use “Safer Sex” to reduce the risk for HIV and STIs.



- The only sure way to avoid STIs is not having intercourse, oral sex, anal sex, and genital-to-genital contact. (Genital warts and herpes can spread through skin-to-skin contact.) Caressing, hugging, dry kissing, and masturbation are no risk or extremely low risk practices. So is limiting your sexual contact to one person your entire life. This is if your partner does not have an STI and has sex only with you.
- Use latex or polyurethane condoms the right way for every sex act. Sex with condoms isn't totally “safe sex,” but is “less risky” sex. Use condoms with “prevent disease” on the package label. Barriers made of natural membranes, such as lamb skin, do not give good protection against STIs. Carry condoms and insist that they be used every time you have sex, genital-to-genital contact, and/or oral sex. Use polyurethane condoms if either partner is allergic to latex. Don't use a female condom and a male condom at the same time.
- Latex condoms with spermicides, such as nonoxynol-9 (N-9) are no better than other lubricated condoms for preventing HIV and other STIs. Don't use spermicides alone to prevent HIV/STIs. Using spermicides with N-9 has been associated with an increased risk of HIV transmission.

- For oral-vaginal sex and oral-anal sex, use latex doilies or dental dams. These are latex squares.
- If you use a lubricant use a water-based one, such as K-Y Brand Jelly. Oil-based products, baby oil, and petroleum jelly can damage latex condoms.
- Don't have sex while under the influence of drugs or alcohol.
- Limit sexual partners. Sexual contact with many persons increases the risk for STIs, especially if no protection is used.
- Discuss a new partner's sexual history with him or her before you have sex. (Be aware that persons are not always honest about their sexual history.)
- Avoid sexual contact with persons whose health status and health practices are not known.
- Avoid sex if either partner has signs and symptoms of a genital infection, such as sores or a discharge.
- Wash the genitals with soap and water before and after sexual intercourse. After manual sexual contact in another person's genital area, wash your hands with hot water and an antibacterial soap, especially before you touch your eyes or anyone else's genitals.
- If you have not been vaccinated for hepatitis B, talk to your health care provider.
- Get tested for STIs. Encourage partners and friends to do the same. For information, call your Health Service.

Follow Measures to Prevent Contact With Blood Infected With HIV or Hepatitis B

- Don't share needles for drugs, medicines, etc. with an infected person.
- If you choose to get a tattoo and/or body piercing, have it done at a facility that follows proper safety guidelines and sterilization techniques.
- For more information on HIV and STD prevention, access the American Social Health Association at www.ashastd.org.

8. Eat Healthy & Get Regular Exercise

Facts

- Eating healthy foods and getting regular exercise help you keep up with the physical and mental demands of college. Good food and exercise choices play a role in helping you stay healthy and increase your ability to do well in classes.
- Eating healthy foods, limiting alcohol, and getting regular exercise helps you prevent weight gain or get to and stay at a healthy body weight.



What Can You Do?

- Plan exercise into your weekly schedule. Do what works best for you. Look into athletic programs, Intramural Sports, fitness clubs and programs. Exercise on your own, too. For example, walk 10,000 steps a day. This is about 5 miles. Wear a pedometer to keep track. You may walk this much already and not even know it!
- For more information on exercise and fitness, access www.goaskalice.columbia.edu. For lifestyle and fitness information contact the wellness department at your school.
- Balance the calories you eat with the energy you expend. Limit alcohol. It has a lot of calories (e.g., 150 calories per 12 oz. of beer; 100 calories each per 5 oz. of wine; and 1½ oz. whiskey, gin, etc.). Limit regular sodas like colas, too; which have calories, but little nutrients. Drink water instead.

- Use resources at your school to help you make a rough plan on what you will eat for that day. This could be 3 meals or 4 to 6 smaller meals per day. Include what you eat late at night in your daily plan, too. If you live in a dorm and follow the 2-meal-a-day plan, have healthy items available as snacks, both during the day and late at night. Examples are cereals, fruit, yogurt, yogurt smoothies, meal replacement bars, etc. Keep items that won't spoil in your backpack.
- Eat breakfast. People who eat breakfast perform better on cognitive tests, have better verbal fluency, and increased memory. Breakfast can be as simple as a bagel with peanut butter, an apple, and a carton of milk.
- Eat a variety of foods to get the different nutrients your body needs. Focus on vegetables and fruits of different colors; whole-grain breads and cereals; nonfat and low-fat dairy products; lean meats, poultry, and fish; legumes, nuts, etc.
- For more information on nutrition, access www.choosemyplate.gov/MyPlateonCampus.
- Eat as a response to hunger, not frustration, being anxious for an exam, etc. Instead of using food for relief, take a walk, do deep breathing, etc.
- For individual guidance, schedule a nutrition counseling appointment through your school's Nutrition Education Department.
- Keep foods safe to eat. Keep hot foods at 140°F or higher; cold foods at 40°F or lower. Don't eat foods that can spoil if they are not kept at these temperatures for longer than 90 minutes. If pizza was left on the counter all night, don't eat it. Refrigerate leftover pizza to be able to enjoy it for breakfast.

