



# Georgetown University

Washington, DC

## *HealthyLife<sup>®</sup> Students' Self-Care Guide Study*

### **Evaluation Time Period – 4 Months**

**N = 150**

- 91.3% of the students found the information in the Guide to be easy to understand.
- 85.3% of the students said the Guide is a source of good health advice.
- 83.3% of the students said the information provided in the Guide is a valuable benefit provided by the university.
- 20% of the students used the Guide for a total of 94 times.
- 8.7% of the students stated the Guide enabled them to avoid one or more visits to the student health service.
- 3.3% of the students stated the Guide enabled them to avoid one or more visits to the emergency room.
- 4.7% of the students stated the Guide prevented an absence from class and/or work.
- 18% of the students plan to use the Guide again in the next 6 months.
- 12% of the students said the Guide better prepared them for a visit to their health care provider.
- 10% of the students stated the information in the Guide improved their health.
- 28% of the students said the information in the Guide helped them decide when to see their health care provider.
- 16% of the students shared the information in the Guide with their roommate and/or friend.

**NOTE** — The 150 Georgetown students who received the **Students' Self-Care Guide** were compared to a group of 115 students who participated in a one hour health class, but did not receive the Guide. The students overwhelmingly preferred receiving the self-care guide rather than taking the class. As an outgrowth of this, the **Students' Self-Care Guide** was offered to all first year Georgetown University students instead of the educational class. The following year, Georgetown University started providing the online version of the **Students' Self-Care Guide** for all university students.