



The Monthly InSTALLment

UHS Health Promotion Office — University Health Service, Room 228 — www.rochester.edu/uhs



September 2008

WELCOME To CAMPUS

September is an exciting time for the UHS Health Promotion Office. We have a chance to welcome new and returning students, show off our brand new building, and begin the Peer Health Advocacy Class, UR Student Health Advisory Committee (URSHAC), and other programs. If you're not yet familiar with this newsletter, it's our monthly publication which is written by staff and students. We hope you'll gain some relevant health-related knowledge, astonish your friends with some useful health facts, and gain a greater sense of personal well being—all by reading the Monthly InSTALLment in the privacy of your ...



60% of UR students have a paid job during the school year • 47% volunteered on a weekly basis • 68% did not use marijuana in the past year • 79% said they would prefer not to have drugs available at parties they attend • 77% had only one sexual partner, or none at all, in the past 12 months • Of the students who had sexual intercourse, 82% did not use alcohol beforehand and 60% mostly or always used a condom • 65% avoided playing a drinking game in the past year • 87% did not carry any credit card debt in the past month • 62% drank alcohol twice a month or less often, or not at all • 70% participated in moderate or vigorous exercise in the past week • 56% of females had a routine GYN exam in the past year • 85% did not use any form of tobacco in the last month • 76% have read the Monthly InSTALLment. • **Three quarters of all students at UR drink only 20% of all the alcohol that is consumed here •**

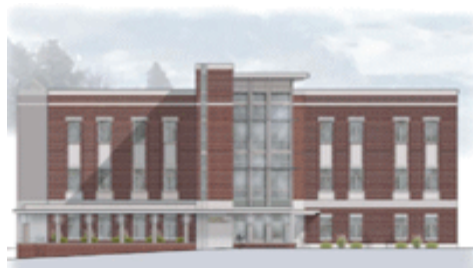
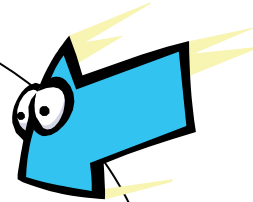


NCHA '05 & CORE '08 Survey Results
Random sample of 2000 UR students in each survey.

Most UR students are making healthy choices. Speak up. Bee Counted!

UHS & UCC:

Same Quality Care,
New Space!



University Health Service Building
Next to Susan B. Anthony Hall
River Campus

UHS University Health Service 275-2662

Health care services for all full-time students and Health Promotion programs and brochures. UHS visits are covered by your mandatory health fee. All services are confidential.

All students have a primary care provider (PCP). Visits are by appointment. (Call 275-2662)

THE UHS RIVER CAMPUS OFFICE IS OPEN 7 DAYS A WEEK!

When UHS is closed—A physician is on-call for *urgent concerns* that cannot wait.



**Help is
a phone call
away.**

UCC University Counseling Center 275-3113

Individual & couples counseling & groups.

All visits are confidential. Records are only available to those directly involved with your care.

Individual visits limited to 10 per year. Groups unlimited.

Concerns addressed: relationships, homesickness, family problems, depression, substance use & abuse, eating and body image... anything that concerns you.

When UCC is closed—A therapist is on-call for *urgent concerns* that cannot wait.