



Words to wizz by

Welcome Back!
We hope you have a healthy and happy school year!



The Monthly InSTALLment

September 2010



Words to wizz by

UHS Health Promotion Office, UHS Building, 2nd Floor, 585-273-5772, www.rochester.edu/uhs

Party of One?

Does it seem like all students drink? While it might appear that way our most recent survey of UR undergraduates tells a different story!



25% of UR students report that they never drink alcohol and another 10% reported that they did not drink alcohol in the last 30 days!

That means that 35% of our students haven't had a drink in the last 30 days! If you do NOT drink, you are NOT alone!

Size Matters.

When it comes to alcohol, size does matter. Not all drinks are created equal. We want to be sure that when you reach for a drink, you know what you are getting.



One drink=

1.5 oz shot of liquor at 40% alcohol or 80 proof

5 oz of wine at 11% alcohol

12 oz of beer at 4% alcohol



If you find that you sometimes drink more than you intended, perhaps the size of your cup is the culprit! Be sure to follow these guidelines when reaching for a drink, and you'll be better able to monitor your consumption.

Eat Your Heart Out.

Often, one of the hardest decisions we make on a daily basis is the choice of what to have for dinner! On campus you have many options. Here are some tips to help you make your meal a little healthier:

- Fill 1/2 of your plate with lots of colorful vegetables. Keep in mind that veggies such as corn and potatoes should be considered starches, not vegetables.
- Fill 1/4 of your plate with low fat protein, which includes beans, soy, dairy, and meat. If you choose to eat meat, look for options that are baked, broiled, or grilled.
- Fill the remaining 1/4 of your plate with whole grain starches (such as whole grain breads, bulgur, or brown rice).



Want to plan out your next healthy meal? Go to: www.rochester.campusdish.com to see what's cooking on campus.

Fall into Safe and Healthy Habits!

Fall Fun in Rochester!

Are you looking for something to do on campus or out and about in Rochester?



On Campus: www.rochester.edu/calendar

City of Rochester Events: www.visitrochester.com

Rochester Nightlife: rochester.metromix.com

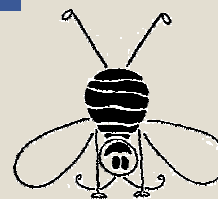
UHS Health Promotion Office!

The UHS Health Promotion Office is located on the 2nd floor of the UHS Building. We offer students a variety of health information resources as well as items to keep students sexually healthy! Feel free to stop in and say hi. We'd love to meet you!

Visit us on the web: www.rochester.edu/uhs

Find us on 

**We've got condoms,
we've got lube,
we've got a healthy attitude!**



Need Someone to Talk to?



The University Counseling Center (UCC) is located on the 3rd floor of the UHS Building. Your mandatory health fee covers time-limited individual and couples therapy, group therapy, medication management, 24-hour crisis service, consultation, and educational presentations. Therapy is available for a wide variety of concerns, such as anxiety, depression, relationship difficulties, family problems, grief, school related problems, and general discomfort about what's happening in your life. Visits to UCC are confidential.

Need to make an appointment? Call **585.275.3113**. A mental health professional is on call 24 hours a day.

UHS is the Place to Be.

The University Health Service (UHS) is the place to be when you aren't feeling well. UHS is a fully staffed and accredited medical office with over 32,000 patient visits each year! Of patients surveyed, 94% of said they would be likely to recommend UHS to a friend!

Visits to UHS are by appointment. An easy way to schedule an appointment is to call **585.275.2662**. You can also stop by the office to schedule an appointment in person. We are open 7 days a week during the academic year when classes are in session with appointments available during the day and on weekday evenings.



The services provided by UHS are confidential and cannot be discussed with anyone, including your parents, faculty, or RA without your permission. Protecting the confidentiality of our patients is of utmost importance to everyone who works at UHS.

Have a question? Try the Health Information Line: **585.275.1160**.



So Who Writes this Stuff Anyway?

The Monthly InSTALLment is brought to you each month by Melissa Kelley. Melissa is the UHS Health Promotion Office's Health Educator. In addition to writing the Monthly InSTALLment,

Melissa can be found in the classroom teaching HLS 216 and HLS 217. She's been known to make appearances in the residence halls for late night programming and frequents Wilson Commons for wellness events! Have a question, suggestion, or concern about the Monthly InSTALLment or want to talk about scheduling a program? Drop her a line or give her a call! mkelley@uhs.rochester.edu or **585.273.5772**.