

THANK YOU!

Thank you so very much for completing the National College Health Assessment survey! If taking this survey has raised some questions or concerns about health or wellness issues that you may have, we've provided some helpful resource information below.

If you are experiencing anxiety or discomfort as a result of completing the survey, please contact the following UIC resources for assistance:

Wellness Center
238 Student Center East (SCE)
312-413-2120

In-Touch Hotline (6pm – 10:30pm)
312-996-5535

Counseling Center
2010 Student Services Building (SSB)
312-996-3490

Family Medicine
722 W. Maxwell Street
312-996-2901

The Wellness Center provides a variety of information and programs that assist students in making informed and healthy lifestyle decisions. For more information, go to <http://www.uic.edu/depts/wellctr/>

COLLEGE HEALTH: SELF CARE

Be responsible about your drinking. Alcohol produces changes in mood and behavior. It impairs vision, alertness, judgment, and slows reaction time. Heavy, regular use of alcohol can lead to an increased risk of coronary heart disease, several kinds of cancer, and cirrhosis of the liver. Statistics also clearly show that mixing drinking and driving is often the cause of fatal accidents. So if you drink, do it wisely and in moderation. Do not mix alcohol and medication (even over the counter). **Learn how to be a responsible drinker at <http://www.uic.edu/depts/wellctr/>**

Eat nutritiously. Poor eating habits can result in overweight or underweight individuals, which can put them at greater risk for illnesses such as diabetes, high blood pressure, heart disease and even death. So it makes sense to maintain proper weight. Good eating habits include eating a variety of foods from all food groups, while limiting fat (especially saturated fat), cholesterol, sugar and salt in your diet. Try snacking on fresh fruits and vegetables. **Get resources and information at the Wellness Center.**

Exercise regularly. Almost everyone can benefit from exercise – and there's some form of exercise almost anyone can do. If you have a medical condition, consult your doctor before starting an exercise routine. Usually, as little as 15-30 minutes of vigorous exercise 3 times a week will help you have a healthier heart, eliminate excess weight and stress, tone up muscles, increase energy, and improve sleep. **If you are a registered UIC student you have free access to Campus Recreation Facilities: www.rec.uic.edu/**

Avoid tobacco. Cigarette smoking is the single most important preventable cause of illness and early death. It is especially risky for pregnant women and their unborn babies. Persons who stop smoking reduce the risk of getting heart disease and cancer. So, if you're a cigarette smoker, think twice about lighting that next cigarette. Consider getting help to quit: over the counter and prescription products can help reduce the cravings and withdrawal symptoms; consult your physician; group or individual counseling can also assist with overcoming mental dependence on nicotine. **Get resources and information at the Wellness Center.**

Learn to manage stress. Stress is a normal part of living; everyone faces it to some degree. The causes of stress can be good or bad, desirable or undesirable. Unhealthy responses to stress – such as drinking too much or prolonged anger or grief – can cause a variety of physical and/or mental problems. Even on a very busy day, find a few minutes to slow down and relax. Talking over problems with someone you trust can often help you find a satisfactory solution. Learn to distinguish between things that are “worth fighting about” and things that are not. **Counseling services are available free at the Counseling Center, call 312-996-3490.**

Practice safer sex. It is very important to communicate with your partner about contraception, sexually transmitted infections (STIs), sexual history and boundaries. Abstinence is the only sure way to protect yourself from STIs and/or an unplanned pregnancy. However, you can greatly reduce your risk of contracting some STIs by using a condom correctly **every time** you have vaginal or anal sex, and using a barrier, such as a condom or dental dam when engaging in oral sex. **Get free condoms, dental dams and information at the Wellness Center.**

Be safety conscious. Think “safety first” at home, work, school, play, and on the highway. Buckle seat belts. Wear a helmet. Avoid unnecessary risks. Keep emergency numbers in your cellphone. Don't make yourself a target for personal violence – turn your headphones down when walking alone; carry your laptop inside your bookbag rather than in an obvious computer case; walk in pairs/groups; use UIC resources for transportation at night. **Red Car service is available 7 days a week from 11pm to 1am – call (312) 996-6800. UIC Police emergency number is 312-355-5555 (5-5555 from a campus phone).**