Staying Healthy

Do your best in college, you need to be of sound mind and body.

Which leads to the subjects of
Nutrition, sex, alcohol, drugs and handling stress

And using common sense.
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Staying Healthy In College

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Staying Healthy

Do your best in college, you need to be of sound mind and body.

Which leads to the subjects of Nutrition, sex, alcohol, drugs and handling stress

And using common sense...
Nutrition!

Food Labels:
With today's labels, you can:
Compare one food with one another

Choose foods that help provide the balance of nutrients your body needs.

Plan meals and your whole diet so they are moderate, varied and balanced.
PRE-/POST-TEST

Nutrition Labeling Test

Fill in the Blank
Read the hot dog ("frank") label and answer the following questions.

1. How many hot dogs equal one serving?
2. How many calories are in two hot dogs?
3. One serving of hot dogs provides what percent of recommended fat intake for a person eating a 2,000 calorie diet?
4. List the ingredient in the hot dog which is present in the largest amount by weight.
5. What foods would complement the nutrient value of the hot dog?

Multiple Choice
Circle the correct answer to the following questions about the new nutrition label.

6. Dietary recommendations for total fat, saturated fat, dietary fiber and protein are:
   a. based on the number of calories a person eats
   b. the same for all diets
   c. important only to those people who have health problems
7. Adding the ____________ of an individual nutrient for foods eaten in one day is a quick way to see if a person's daily diet is meeting nutrition recommendations for that nutrient.
   a. grams
   b. milligrams
   c. % Daily Values
8. The serving sizes of similar food products are based on:
   a. the amount customarily consumed
   b. food manufacturer recommendations
   c. the size of the package
9. Health claims are:
   a. allowed on all foods
   b. based on scientific research
   c. often untrue
10. Fat content claims can:
    a. help a person choose foods with less fat
    b. only be listed on a package if a food meets strict government definitions
    c. both a and b
11. Which foods can be a part of a healthful diet?
    a. only those foods that have nutrient content and health claims on the package
    b. only those foods that have less than 30 percent of their calories from fat
    c. all foods
12. Food additives:
    a. often occur naturally in common foods
    b. must pass safety tests
    c. both a and b
Daily Recommendations:

Example:
Male

Daily Caloric Intake Calculator

- Age: 20 Years
- Gender: Male
- Weight: 160 Pounds
- Height: 5 Feet 10 inches
- Exercise Level: 3 times/week

Calculate

Total Calories Including Exercise:
- Maintenance: 2169 Calories/day
- Fat Loss: 1735 Calories/day

Your BMI: 23.0

Female

Daily Caloric Intake Calculator

- Age: 20 Years
- Gender: Female
- Weight: 140 Pounds
- Height: 5 Feet 7 inches
- Exercise Level: Little/no exercise

Calculate

Total Calories Including Exercise:
- Maintenance: 1926 Calories/day
- Fat Loss: 1541 Calories/day

Your BMI: 21.9

- Underweight = <18.5
- Normal weight = 18.5–24.9
- Overweight = 25–29.9
- Obesity = BMI of 30 or greater
Portion Control

A medium potato = Computer mouse
An average bagel = Hockey puck
1 cup of fruit = Baseball
3 oz. of meat = Deck of playing cards
3 ounces of fish = Checkbook
1 ounce of cheese = 4 dice
1 teaspoon peanut butter = Tip of your thumb
1 cup ice cream/yogurt/veggies = Tennis ball
4" diameter Waffle or Pancake = Compact disc

Helpful tip: using a smaller plate makes your portions look bigger!
Dieting & Healthy Weight Loss

Fad diets are unhealthy means to lose weight. Is usually starves your body of necessary nutrients, carbs, fats, and calories. ANY diet demanding fast results is unhealthy (usually lose water weight) A healthy “diet” is a balanced diet of which one loses no more than 2 lbs per week.
Tips for a Healthier YOU!

Be physically active - Be active for at least 60 minutes every day or most days.

Variety - choose foods from every food group

Moderation - choose nutrient-dense foods from each group.

Proportions - eat more from some food groups

Gradual improvement - take one step at a time. Make small changes in what you eat and how you exercise - and add a new change often.

Personalization - make choices that are right for you. Discover how to eat better and exercise
Exercise

Being physically fit enhances your energy and helps you accomplish your goals.
Walk or cycle when possible.
Play team sports.
Find activities you can do alone.
Combine exercise and socializing.
I WORKOUT 8 DAYS A WEEK!

Too Much exercise is NOT good

Exercising burns calories used to maintain basic bodily processes.
Exercising beyond your ability risks your body losing the ability to function properly.

Causes:
- Dehydration
- Irregular Menstrual Cycles
- Weight Loss
- Hormone Imbalance
- Weakened Immune Function
- Fatigue
- Trouble breathing
- Dizziness
- Rapid Heart Rate
- Dehydration
Too Much exercise is NOT good

Exercising burns calories used to maintain basic bodily processes. Extensive exercising beyond your caloric intake rids your body of the ability to function properly.

Can Cause:
- Exhaustion
- Disrupted Menstrual Cycles
- Withdraw Symptoms
- Hormone Imbalance
- Weakened Immune Function
- Dizziness
- Trouble Breathing
- Disorientation
- Rapid Heart Beat
- Dehydration
The media’s perception of beauty is a facade. 
Beauty is health, happiness, and love. 
Beauty is NOT skin deep. 
Studies show that happy individuals are perceived to be more visually appealing.
Make Smart Decisions about Sex

Make an informed decision(s) about birth control
Anticipate the consequences of the choices you make
Get the facts about STIs (sexually transmitted infections)
Use campus or community services for information, education, treatment, and testing for STIs
Reducing the Likelihood of Contracting an STI

Abstinence is the only 100% effective strategy
Assess your partner’s risk status
Obtain prior medical examinations
Use condoms
Avoid having sex with multiple partners
Get Enough Sleep

Eight to nine hours of sleep are recommended
Reduce consumption of alcohol and caffeine
Exercise regularly (but not late at night)
Take afternoon naps (no more than 20 - 30 minutes)
Stay consistent about the times you go to bed and wake up (don’t try to “make-up” sleep on the weekends)
Manage your environment (cool temperature, comfortable clothes, no or low lights)
Silent/vibrate cell phones
Drugs

Many college students take drugs more than they did in high school due to:

greater freedom from parental supervision.

high levels of stress and anxiety associated with academic and financial concerns.

peer use of drugs for recreational purposes.
Alcohol

Alcohol & Behavior:
Blood Alcohol Level (BAC) is affected by:

- Whether you are male or female
- How much you weigh
- How fast you drink
- How much you drink

Three Reasons Students Drink:

- Social learning: learning by watching others. Major sources of social learning include peers, parents and the media.
- Drinking to feel good.
- Drinking not to feel bad.
Stress Response

Adrenaline makes:
Blood pressure go up.
Quickened heart rate.
Constricted arteries.
Dilated pupils.
Decrease in effectiveness of immune system.
I think it’s stress.

Experiencing stress?

Changes can include:
- Rapid breathing
- Fast heart rate
- Tension
- Upset stomach
- Heart problems
- Insomnia
- Headaches
- Confusion
- Trouble concentrating
- Poor memory
- Irritability
- Frustration
- Depression
What do College Students Stress About?

- Demands
- Finances
- Papers
- Exams
- Future
- Social Relations
- Work

STRESS!
Managing Stress

What is stressful often depends on how you interpret events. To cope successfully:

See the circumstance as a challenge to overcome rather than an overwhelming, threatening stress.
Have good coping resources such as friends, family, a mentor, and your college counseling center.

Avoid stress by avoiding stressful people and situations.

Stress is a personal perception; work to change your responses to stressful events.
Modify your lifestyle.
Get enough rest.
Get enough exercise.
Get proper nutrition.
Learn relaxation techniques.
Keep things in perspective.
Our Tips

Sleep:
   Turn Cell Phone on Vibrate and have face down.
   Shut Blinds, keeping room cool (sleep best when body is at lowest temperature)
   Consistent Sleep Schedule
   Limit Drinks and food

Schedule:
   Post-it Notes, Assignment book, Print Syllabus

Electronic Debriefing:
   Hike, Camping, Exercise, Read, Interact with Groups
Support

In stressful times, family, friends, classmates, and coworkers can reassure you that you are a valuable person who is loved.

Knowing that others care about you can give you the confidence to tackle stressful circumstances.

Recognize the potential support in your own life.

You can also improve your ability to cope by joining community groups, interest groups, or informal social groups that meet regularly.
Your health is arguably your greatest asset.
You owe it to yourself to maintain it properly.
The result of maintaining your health is a happy, productive life.

Staying Healthy
NMSU ResourcEs

Campus Health Center
Counseling Center
Social Work Services
WAVE Program
Student Success Center
Activity Center/Aquatic Center
Tutoring centers/Writing lab
Portion Control

A medium potato = Computer mouse
An average bagel = Hockey puck
1 cup of fruit = Baseball
3 oz. of meat = Deck of playing cards
3 ounces of fish = Checkbook
1 ounce of cheese = 4 dice
1 teaspoon peanut butter = Tip of your thumb
1 cup ice cream/yogurt/veggies = Tennis ball
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