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# First Year Experience: Health and Wellness - Healthy Living: Health Concerns of College Students

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# HEALTH CONCERNS OF COLLEGE STUDENTS

## FRESHMEN 15

### MENTAL HEALTH



27% diagnosed with mental illness in their life time.

Anxiety and depression were the top 2 reported.

Irregular meal times, leads to sleep deprivation.

Pill nighters become norm

### PHYSICAL HEALTH

38.5% are either overweight, obese, or extremely obese.

Scheduled meal times are almost unheard.

15% in 2007

Social eating or consumption of alcohol are found to be the top 2 causes of weight gain

## SAFE SEX

## TIPS

Crowded dorms & classrooms, lack of sleep, stress, and poor diet can lead to the cold/flu.

Over 45% of freshmen failed to use contraceptives after binge drinking.



HPV is the most common STI on college campuses.

7% of students are unaware.

1/3 of those who contracted or spread an STI.

19 million new STI's a year.

22.4% of female students report sexual assault.

77.6% of students are sexually active.

1 in 4 students have an STI.

### Look for Symptoms!

Sore throat & runny nose.

Fever.

Persistent cough lasting over a week.

Difficulty breathing.

Coughing that keeps you up at night.

With severe symptoms, students often skip or become dehydrated.

Get antibiotics if you're sick!

Get the flu vaccine!

## COLD AND FLU

