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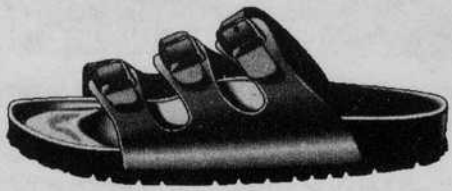
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Survey says students unhealthy

■ Smoking, drinking and unsafe sex are among the major risks for young people

By Maggie Young
Oregon Daily Emerald

Students on this campus are not living a healthy lifestyle, according to a 1998 University Health Center survey.

Among the student vices are high-risk drinking, smoking and unsafe sex. Twenty-five percent of respondents said they drink alcohol three or more times per week. Also, according to the survey, nearly 22 percent of students did not use a contraceptive when they last had sexual intercourse.

The 31.7 percent smoking rate on campus is a concern for health educator Annie Dochnahl. Smoking is the No. 1 most preventable cause of premature illness and death in the country, she said.

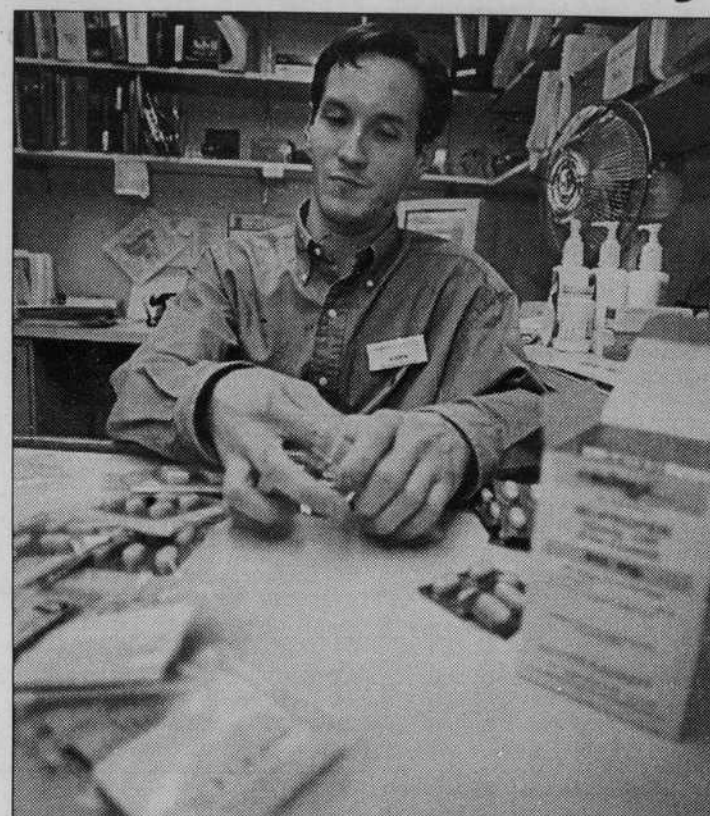
"Students are choosing to smoke with this knowledge somewhere in their minds," Dochnahl said. "The fact that they are knowingly contributing to their early death is a big problem."

The survey revealed that contraction of sexually transmitted diseases is a big concern for students at this University.

"I think people worry the most about getting STDs," said Lynette Werner, junior psychology major.

To maintain a healthy lifestyle, Dochnahl recommends sticking with the adages you've heard all your life. These include eating a balanced, fresh-fruit oriented diet; practicing moderation or abstinence from alcohol; not smoking; drinking eight glasses of water per day; sleeping eight hours at night and getting some form of exercise a few times a week.

She also recommends practicing



Scott Barnett Emerald

Pre-pharmacy student Soren Rounds fills orders at the health center pharmacy.

safer sex and incorporating a relaxation routine into your schedule.

"These just make sense for people's well-being and longevity," Dochnahl said.

Junior fine arts major Todd Bagaason noticed that his peers were running into trouble when he saw a student fall asleep in class.

"We are not very healthy," Bagaason said. "We are not getting enough sleep, and we're taking in more alcohol than water."

Many steps toward improved health can be taken at the health center. Vaccines are one simple

way to maintain health. Starting Oct. 20, a flu vaccine will be available at the health center for a \$4 fee.

All international students should head to the center for a measles vaccine. Dochnahl recommends that anyone who is sexually active should consider going in for the Hepatitis B vaccine.

Women age 18 or sexually active, whichever comes first, should have an annual gynecology appointment, and both men and women should have a checkup sometime in college, Dochnahl said.

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