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You have procrastinated in the last week and had to stay up late doing paperwork, packing, or getting ready to come to UHM.

I WAS GOING TO PROCRASTINATE TODAY, BUT I’LL JUST DO IT TOMORROW.
Sit down if...

You had to rush or were late getting here today or getting to UHM to move in.
Sit down if...

You have experienced a change in eating habits in the past week.
Sit down if...

You have experienced a headache, neck or shoulder tension in the past week.
Sit down if...

You have lost sleep worrying about a problem in the past week.

THAT MOMENT
YOU WAKE UP
AND IT’S 3 A.M.

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Sit down if...

You have isolated yourself from friends and family in the past week.
Sit Down Game

What this game shows us is that we are all susceptible to stress and that it is an unavoidable part of our lives.
Benefits of Sleep

- Regulates emotions and mood
- Strengthens immune system
- Decreases potential weight gain and risk for obesity
- Cleans brain of harmful toxins
- Improves skin health
- Enhances memory and learning
- Convereses the body's energy

Did you know?

70% of college students are sleep-deprived and 50% of them exhibited daytime sleepiness.

-Nature of Science and Sleep
Wake period of 24 hours = 0.10% blood alcohol content (legal limit is 0.08% in Hawaii)

Alcohol & Caffeine

Caffeine consumed 6 hours before bedtime reduces sleep by more than 1 hour.

11.6% of college students use alcohol as a sleep aid
RAINBOW Of Opportunity
Physical Wellness:
Encourages healthy decision-making for one’s physical well-being.
Intellectual Wellness:
Is the continuous development of one’s knowledge and skills.
Emotional Wellness: Means keeping a positive attitude and learning to cope with stress.
Spiritual Wellness: Involves seeking and understanding a purpose to human existence.
Social Wellness
Encourages relationships with one’s peer group, family, and community
Work/Life-Planning Wellness
Integration and planning
Of Rainbow Opportunity
COLLEGE SUCCESS
MYTHBUSTERS

Housing Orientation

2018
What % of UHM Freshmen DON’T drink alcohol?

A. 1-15%
B. 16-35%
C. 36-50%
D. 51-70%
E. More than 70%
What % of UHM Freshmen DON’T drink alcohol?

A. 1-15%
B. 16-35%
C. 36-50%
D. 51-70%
E. More than 70%

64% of UHM Freshmen DON’T drink alcohol
What % of UHM students choose to drink in moderation or not at all?

A. 1-15%
B. 16-35%
C. 36-50%
D. 51-70%
E. More than 70%
What % of UHM students choose to drink in moderation or not at all?

A. 1-15%
B. 16-35%
C. 36-50%
D. 51-70%
E. More than 70%

73% of UHM students drink in moderation or not at all
What % of UHM students smoke cigarettes?

A. 1-15%
B. 16-35%
C. 36-50%
D. 51-70%
E. More than 70%
What % of UHM students smoke cigarettes?

A. 1-15%
B. 16-35%
C. 36-50%
D. 51-70%
E. More than 70%

11% of UHM students smoke cigarettes.
What % of UHM students smoke cigarettes?

A. 1-15%
B. 16-35%
C. 36-50%
D. 51-70%
E. More than 70%

11% of UHM students smoke cigarettes.
11% of UHM students smoke cigarettes.

What % of UHM students smoke cigarettes?

A. 1 - 15%
B. 16 - 35%
C. 36 - 50%
D. 51 - 70%
E. More than 70%
What % of UHM students use electronic cigarettes?

A. 1-15%
B. 16-35%
C. 36-50%
D. 51-70%
E. More than 70%
What % of UHM students use electronic cigarettes?

11% of UHM students use electronic cigarettes

A. 1-15%
B. 16-35%
C. 36-50%
D. 51-70%
E. More than 70%
11% of UHM students use electronic cigarettes
11% of UHM students use electronic cigarettes
What % of UHM students smoked marijuana in the last month?

A. 1-15%
B. 16-35%
C. 36-50%
D. 51-70%
E. More than 70%
What % of UHM students smoked marijuana in the last month?

A. 1-15%
B. 16-35%
C. 36-50%
D. 51-70%
E. More than 70%

19% of UHM students smoke marijuana
How many sexual partners did the average UHM student have last year?

A. 0-1  
B. 2  
C. 3  
D. 4 or more
How many sexual partners did the average UHM student have last year?

A. 0-1
B. 2
C. 3
D. 4 or more

The average UHM student had 0-1 sexual partners.
• UHM students practice healthy behaviors...
  • 64% of Freshmen DON’T drink alcohol
  • 73% of students drink in moderation or not at all
  • Only 11% of students smoke cigarettes
  • Only 11% of students use electronic cigarettes
  • Only 19% of students smoked marijuana in the last month
  • The average UHM student had 0-1 sexual partners in the last year
Signs of Alcohol Poisoning

- Confused or disoriented
- Vomiting
- Seizures
- Slow/shallow irregular breathing
- Bluish or pale skin color
- Skin is cold or clammy
How to Help a Friend

What to do…
- Assume the situation is serious.
- CALL 9-1-1 & Campus Security 956-6911.
- Stay with your friend while waiting for help.
- Keep your friend lying on his/her side to prevent choking.

Be Careful....
- Blood alcohol level can continue to rise even after a person has passed out.
- Letting someone “sleep it off” could be life-threatening.
94% of UHM undergrads believe that drinking to the point of vomiting is unacceptable.

You know what else? Nearly all (94%) UHM undergrads believe that drinking to the point of vomiting is unacceptable. Here’s a tip: the next time you go out to drink, set a limit for yourself and stick to it. Women should drink no more than 3 drinks and men no more than 4 drinks.

* From National College Health Assessment, Spring 2010, American College Health Association.