**What YOU can do...**

- **Before going out to a social gathering, make a plan with your friends to look out for each other.**
- **Make sure to get consent every step of the way when having any kind of sexual experience with someone.**
- **If you or a friend has been sexually assaulted, call 517-372-6666 (24 hours/day) or visit endrape.msu.edu**

**Depression & Anxiety**

### What MSU STUDENTS say and do...

- **20%** of MSU students say that they felt so depressed that it was difficult to function at least once during the school year.*
- **57%** of MSU students reported feeling very sad or very lonely (54%) at least once in the past year.*
- **41%** of undergraduates experienced anxiety in the last year. Of those, 18% reported some type of negative impact on their academics.*

### Why it matters...

- **According to national surveys, anxiety and depression are two of the top six health concerns among college students (ACHA).**

### What YOU can do...

- **Try to be aware of any obvious warning signs of suicide such as suicidal threats, gestures, self-destructive behavior or making statements such as “I want to be dead.” “I can’t go on anymore,” “Everyone would be better off without me,” etc.**
- **If you have real concerns about a friend: provide support, listen to them, take them seriously and encourage them to seek help from a professional.**
- **For help, call 1-800-SUICIDE (734-2433), or use The Listening Ear 24 hour Crisis Hotline (517-337-1717). You can find them on the web at theear.org**

**Alcohol & Drugs**

### What MSU STUDENTS say and do...

- **58%** of MSU students consume 0–4 drinks when they party.*
- **82%** of MSU students report that they disapprove of pressuring others to drink more than they want.*
- **19%** of MSU students reported smoking marijuana in the previous month, while estimating that 35% of their peers had.*
- **84%** of MSU students who party report (always or mostly) using a designated driver.*

### Why it matters...

- **High risk alcohol and drug use is strongly correlated with many of the most serious disappointments, traumas, and failures students experience at college.**
- **Alcohol/drug use can lead to legal issues that have long-term impact on academic and career aspirations.**
- **Less than 4% of the student body identify MSU as a party school. Drinking moderately and within reason is the true norm at MSU.**

### What YOU can do...

- **Know that you do not have to drink in order to have the “real college experience”. In fact, 25% of MSU students either don’t drink or do so very infrequently.**
- **Be a friend and make the call. If you think a friend may have alcohol poisoning – call 911, turn them on their side to keep them from choking, and stay with them until help arrives. For more information: bit.ly/MTThCall**
- **If you choose to consume alcohol, reduce your risk of unwanted consequences by consuming less alcohol over a longer period of time, eating food before and/or while drinking, staying with friends you know and trust, and making sure you have a plan for getting home safely.**
- **If you have a concern about your own or someone else’s alcohol or drug use, contact MSU Student Health Services’ Health Education office at 517-353-3903 or the MSU Counseling Center at 517-355-8270.**

**Stress Reduction**

### What MSU STUDENTS say and do...

- **25%** of MSU students report that stress seriously affected their academic performance.*
- **84%** of MSU students reported feeling overwhelmed at least once in the past year.*

### Why it matters...

- **Besides affecting academics, stress is a major factor contributing to sleep difficulties (reported by 22% of MSU students last year).**
- **Stress can lead to depression, anxiety, fatigue, and a weakened immune system making one more susceptible to colds and flu - the #1 reason MSU students gave for missing class.**

### What YOU can do...

- **To avoid being overwhelmed, plan ahead. Use a planner to schedule deadlines and appointments. Try not to fall behind on assignments and tasks.**
- **Schedule regular activities to help manage stress: exercise, spending time with friends, massage, meditation—whatever works for you. Don’t wait until you are stressed out! Do the things you need to do to help you remain in sync.**
- **Seek help if you are feeling overwhelmed. The MSU Counseling Center is an option. Visit their website for additional services in stress management at counseling.msu.edu**
What MSU STUDENTS say and do...

Tobacco Use

- **83%** of MSU students choose not to smoke*
- **11%** are infrequent or social smokers*
- **4%** of MSU students smoke daily*

WHY it matters...
- Smoking, even ‘socially’, can undermine your immune system and make you more susceptible to colds and flu.
- Not everyone who starts out as a social smoker will become addicted to tobacco, but almost everyone who becomes addicted will have started as a social smoker.

What YOU can do...
- Join the 83% of your fellow students who choose not to smoke.
- If you do choose to smoke, respect those around you who do not wish to breathe secondhand smoke.
- If you would like information about quitting, call the MSU Health Education ATOD Office at 517-353-3903.

Nutrition

- **67%** of MSU students report being at their right weight or slightly under*
- **49%** of MSU students report dieting or exercising in order to lose weight*

WHY it matters...
- The myth of the “Freshman 15” continues in the media and on college campuses while numerous studies show average freshmen weight gain is less than 3 pounds.

What YOU can do...
- How do you avoid getting caught up in negative eating patterns and weight fluctuations?
  - Keep eating. Restricting calories and/or certain foods is likely to increase your chances of developing disordered eating or inappropriate weight gain.
  - Keep active. Moving your body has many benefits including stress relief, increased metabolism, increased energy, and improvement of your overall well-being.
  - Eat often and eat enough, which will help keep your metabolism functioning at its best. Fuel your mind as well as your body!
  - Try not to worry about food and weight. This can lead you to eat more than you normally would because you are constantly thinking about food.
  - Recognize that weight gain is often normal in college as you reach your adult growth. Trust your body.
  - To find out more about the “Freshman 15” myth or other nutrition concerns, call 517-353-4660 to schedule a free individual appointment with a nutritionist.

Physical Activity

- **65%** of MSU students exercised 3 or more days in the last week at time of survey*

WHY it matters...
- Regular exercise has many proven benefits:
  - It improves energy and decreases fatigue.
  - It helps fight depression, anxiety, and stress.
  - It improves mood, self-esteem, and quality of sleep.
  - It helps you to meet and connect with new people.

What YOU can do...
- Choose to stay active! There are 10-12 intramural sports each semester, 60+ exercise classes each week, and 25+ club sports you can join. Check it all out at recsports.msu.edu
- Get a fitness test through LIFE:Rx. Call 517-353-4660.
- Join MSU MOVES! This free website allows you to log activities and set up personal and team challenges at msumoves.msu.edu

Injury Prevention

- **97%** of MSU students report wearing a seatbelt when riding in a car, but only 14% report wearing a bicycle helmet most or all of the time when riding a bike*
- **88%** of the accidents involving injuries involving bicycles on campus happen when riding on sidewalks*

WHY it matters...
- With 50,000+ people walking, driving, rollerblading, and 20,000 biking on campus every day, it’s easy to find yourself in a chaotic and hazardous situation.
- Common injuries at MSU involve bicycle accidents (e.g., with pedestrians, cars, and persons on rollerblades).

What YOU can do...
- Wear bright colors and ride your bike in the roadway; you’ll be safer and get to your destination faster.
- Wear a helmet when biking or rollerblading.

Sexually Transmitted Infection (STI) Prevention

- **74%** of MSU freshmen used a condom during last intercourse*
- **19%** of MSU students have been tested for HIV*

WHY it matters...
- The most effective way to protect yourself from an STI is abstinence. If you are sexually active, condoms can prevent most STIs when used consistently and correctly.
  - Most STIs are either curable or manageable. The key is early detection and treatment.

What YOU can do...
- It is important to question, explore, and assess your sexual values. The decision to be abstinent or sexually active is your choice.
- Talk with your partner about safer sex, use a condom or other barrier method, and get tested for STIs and HIV annually or when you have a new sexual partner.
- Student Health Services has free condoms for MSU students—ask your RA or visit the MSU Health Education waiting room (3rd floor Olin Health Center).

Pregnancy Prevention

- **46%** reported having one sexual partner*
- **26%** reported having no sexual partners*
- **77%** of MSU students used some form of contraception at last intercourse*

WHY it matters...
- It is important to weigh the possible benefits and risks of being sexually active. To be healthy sexually is to maintain a balance with everything else in your life—your physical and emotional health, your education and career goals, your relationships with other people, and your feelings about yourself.
- When choosing to be sexually active, select the contraceptive method right for you based on cost, the method’s effectiveness, its ease of use, and its safety.

What YOU can do...
- Be informed. Educate yourself about the contraceptive methods that are available. MSU Student Health Services offers a variety of contraceptive methods and you can call 517-353-4660 for an appointment.
- Get FREE condoms and information on their correct use on the 3rd floor of Olin at MSU Health Education.
- The pharmacy at Olin Health Center offers emergency contraception and information in case your method of contraception failed or you did not use contraception.
- For more info, stop by and talk with one of our staff members or visit our website at olin.msu.edu

Sexual Assault & Relationship Violence Prevention

- **7%** of MSU women report having been sexually touched against their will*
- **10%** of MSU women report being in an emotionally abusive relationship*

WHY it matters...
- Whether or not one commits violent behavior is a choice one makes—sexual assault, including verbal harassment, IS violent behavior!
- The #1 date rape drug is alcohol. Intoxication is not consent. When someone is under the influence of alcohol or drugs, they cannot legally give consent.

*2012 NCHA Survey; MSU Police, 2013 MSU Spring Celebration Survey; †2013 MSU Spring Celebration Survey