

THE HEALTH-E

Georgia College Office of Health Promotion

COVID-19 & You

Elias Torres

With recent rise of COVID-19 on campus following the guidelines from the Center for Disease Control is crucial even off campus. Remember to wear your mask when off of campus to adhere to Milledgeville's mandatory mask mandate as well continue to follow CDC guidelines of six feet apart and avoidance of crowded establishments. It is recommended to avoid locations that do not follow any of the previously stated practices as well as ensure that you wash and/or sanitize your hands after using handles, knobs, or railings as they are modes of transmission for the virus. Click [here](#) for more information.

BEFORE THE PARTY

Ashley Barfield

There's a safe way to go to the party and have fun. 39% of Georgia College students did something they later regretted due to drinking alcohol. Planning what to drink and how much before the night even starts can keep students safe. Pacing your drinks and alternating between drinking alcoholic and non-alcoholic beverages can slow the effects of intoxication. Mixing drinks can heighten the effect of alcohol and intoxicate students before they know it.

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All GC cited statistics are from the 2019 National Collegiate Health Assessment. 17% campus surveyed

BE REASONABLE.
RESPECTFUL.
RESPONSIBLE.

10 RESPONSIBLE DRINKING STRATEGIES



1. Stay with the same group of friends the entire time drinking.



2. Use a designated driver



3. Eat before and/or during drinking



7. Determine in advance not to exceed a set number of drinks



Image source: [Drinking Games](#) with only one kind of alcohol



4. Keep track of how many drinks are being consumed



8. Have a friend let you know when you have had enough

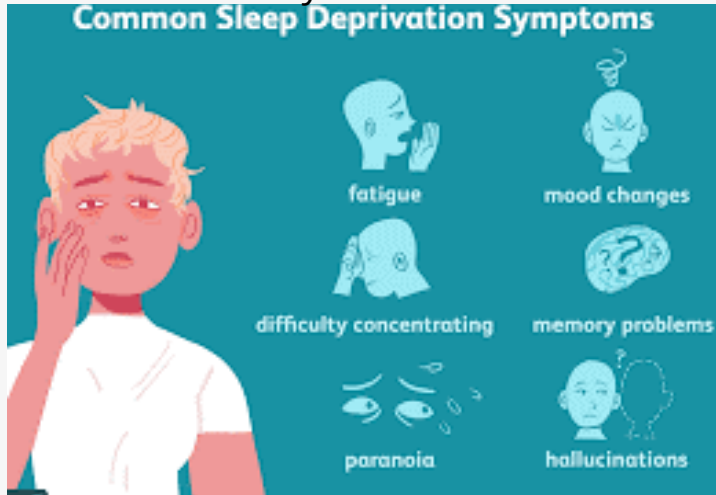


9. Alternate non-alcoholic with alcoholic beverages



10. Pace drinks to one or fewer per hour

Ansley Lamb & Grace McDonald



BETTER SLEEP, BETTER YOU

Feeling Sleepy? You're not alone. 51% of GC students do not get enough sleep 3-5 days a week to feel rested in the morning. Not getting enough sleep can affect your everyday activities including studying, homework, exercise, etc.

How is your sleep routine?

Try to get 7-8 hours of sleep every night. Also try to keep a regular sleep schedule on the weeknights and weekends.

Below are a few tips to help you get enough sleep.

1. Write a to-do list for the next day to reduce stress
2. Turn off your electronics 20 minutes before going to bed
3. Don't wait until the last minute to do assignments to avoid all-nighters
4. Avoid caffeine after 3 pm.
5. Avoid taking naps late in the day
6. Try to relax and clear your mind in the evening

For more information you can go [here](#) or [here](#).

SLEEP DEPRIVED IS NO WAY TO DRIVE

1.2 MILLION COLLISIONS ARE CAUSED BY DROWSY DRIVING EACH YEAR

ADULTS AGED 18-29 ARE MOST AT RISK

PAY ATTENTION TO THE WARNING SIGNS

- TROUBLE KEEPING EYES OPEN
- TROUBLE KEEPING HEAD UP
- DAYDREAMING
- DRIFTING OUT OF YOUR LANE
- YAWNING FREQUENTLY
- MISSING SIGNS OR YOUR INTENDED TURN
- FEELING IRRITABLE

STOP EVERY 2 HOURS! SCHEDULE BREAKS EVERY 100 MILES TO STRETCH AND MOVE AROUND

1 IN 3 DRIVERS ADMIT TO HAVING A HARD TIME KEEPING THEIR EYES OPEN WHILE DRIVING

VEHICLES WITH AT LEAST ONE PASSENGER ARE LESS LIKELY TO BE INVOLVED IN A CRASH

TRICKS WON'T HELP

- ROLLING DOWN THE WINDOW
- TURNING UP THE RADIO
- BLASTING THE AC

THEY AREN'T ENOUGH TO STAVE OFF DROWSINESS!



Distracted Driving

Highway safety is important to all of bobcat nation. Driving without distraction an important part of staying safe on the road. Using your cell phone while driving is a huge distraction and is against the law in the state of Georgia. Taking your eyes off the road for just a few second to glance at your phone can cause you to crash leading to injuries and even death. Distracted driving is a big factor in the rising death toll on Georgia roads. It is important to follow this rule to keep yourself and others safe on the road. Make sure you are being safe on the road by putting down your cell phone and keeping your eyes on the road. There are serious penalties for being caught on the phone while driving, which are listed below.

First penalty= \$50 fine and 1 point on license

Second penalty= \$100 fine and 2 points on license

Third penalty= \$150 fine and 3 points on license

83.6 MILLION PEOPLE DRIVE WHILE SLEEP-DEPRIVED EVERY DAY

THE DANGER ZONE

- 2pm-6pm
- Midnight-6am

THE MOST DANGEROUS TIMES OF DAY

DROWSY DRIVING KILLS BETWEEN 5000 & 8000 PEOPLE EVERY YEAR, TWICE AS MANY AS DISTRACTED DRIVING

REST AREA

IF YOU FEEL DROWSY, PULL OVER AND TAKE A NAP

7 IS GOOD 8 IS GREAT!

DRIVERS NEED AT LEAST 7 HOURS OF SLEEP TO ENSURE SAFE DRIVING ABILITIES

1.2 MILLION COLLISIONS ARE CAUSED BY DROWSY DRIVING EACH YEAR

TAKE A BREAK DRIVE AWAKE

SPREAD THE POSITIVITY

Maggie Thomas

With the internet and the ability to comment on someone's life without direct consequences, this can expose people to more and more negativity. 73% of GC students have reported feeling very sad and 69% have reported overwhelming anxiety. There is no reason for someone to be mean to others and there needs to be more people who spread positivity. You never know what someone else is going through so it is always a good thing to treat someone with the respect you would like to receive from others. It is never okay to put someone down and invalidate their feelings. Some ways to spread the positivity can be as simple as a smile to complimenting someone to telling a loved one how much they mean to you. Everyone deserves to know that they matter, and people love them!



Sexual Health

Haylie House

How often should you get tested?

If you are sexually active, you should be getting tested for STI's at least once a year. The U.S. reports about 376 million new STI cases every year. Did you know that in 2019, only 43% of GC students reported wearing a condom during vaginal intercourse. Approximately 1 in 4 college students have an STI, which means you have a 25% chance of getting an STI when you have unprotected intercourse. A condom only costs about \$1, which is way cheaper than going to get tested for an STI. Be smart, practice safe sex.

What is consent?



Asleep?



Unconscious?



No answer?



Unsure?



Intoxicated?

NO!



Only an informed and sober yes means yes

Consent is defined as the act of giving someone permission to do something. Therefore, consent is always a two-way street. In order to receive consent, both parties must be sober and informed of what they are agreeing to. Someone's sexual history, clothing choice, and behavior are not an invite for anyone's sexual advances. It is important for everyone to understand that anything but a sober and informed "yes" means NO. "No" does not mean you should try to convince them, it simply means no.

Living Healthy in College

Alex McCollum

When a person begins his or her journey to college, it is important for them to prioritize their health and wellbeing now more than ever. Transitioning to college can be a tough experience for many people to tackle due to environmental changes, social changes, and taking on the total responsibility that is involved for them to manage their time wisely. Peer pressure is a very wide issue that many students struggle with especially during their first year of college- whether that stems from trying to fit in with others, gain acceptance from those around them, or simply trying to make new friends here on campus. Below are some statistics and some healthy ways for students to engage in healthy living that will greatly have a positive impact on their whole college experience.

ACADEMIC IMPACTS

Within the last 12 months, students at Georgia College reported the following factors affecting their academic performance defined as: receiving a lower grade on an exam, or an important project receiving a lower grade in the course. Stress was the leading cause of poor academic performance which totaled with 38% of students reporting that this was the reason for poor performance. Anxiety was the second contributing factor of poor grades totaling to 40% of students at GC.

It is vitally important for students here on campus to seek help as soon as they begin to notice that it is a problem. Here at Georgia College, we have many resources available that have shown to help students who are struggling with these types of mental health issues. Students are encouraged to seek help at gcsu.edu/counseling. Students are seen by appointment only, but can also call counseling services about an emergency situation and a counselor will speak to you immediately for a safety assessment. Students are also encouraged to access self-help resources through Counseling's free online library of engaging, interactive programs for support with anxiety, depression, insomnia, communication and more.

The Health Movement Organization's goal is to encourage students to engage in activities that are healthy and beneficial for them now and also in the long run. On campus there are many different ways students can relieve stress, meet new friends, and most importantly do that while engaging in a healthy lifestyle. Things students can do here on campus include exercising at The Wellness Center that is located on West Campus. This facility offers students the opportunity to exercise on their own by using various different types of workout equipment. They offer personal trainers and even pamphlets that show students how to workout if they are unsure about how to do so. They can also swim in the lap pool and rock-climb here at this facility also. These are all great ways to manage stress while promoting a way to live healthier.



Keto: Is it right for you?

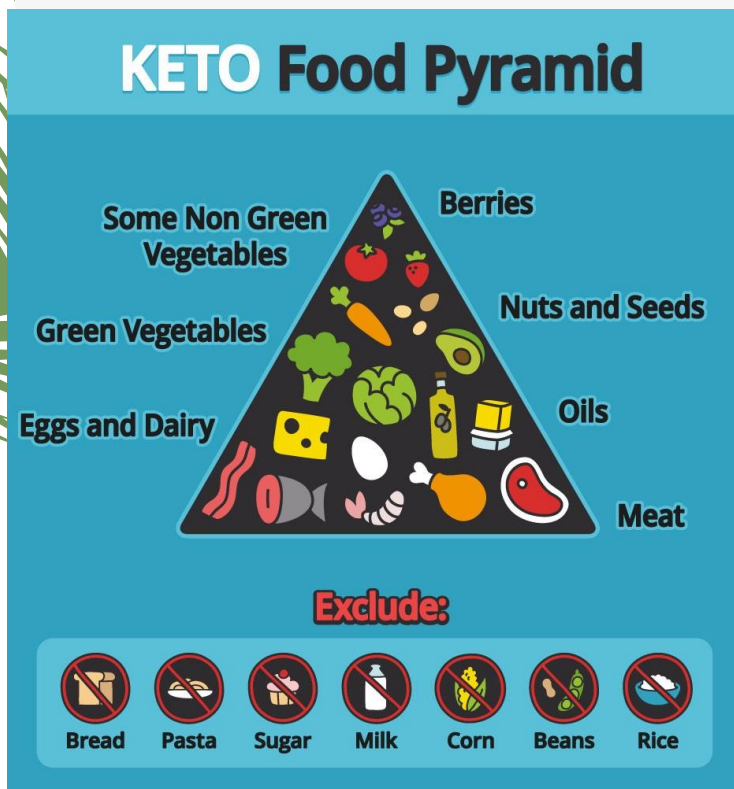
Charles Lee

What is the Ketogenic diet? A ketogenic diet is essentially a very low carb diet where the calories from carbs are often brought all the way down to 5% of total calories, 20% coming from protein, and about 75% coming from fat (5% carb/ 20% protein/ 75% fat).

What are the claims for fat loss? 1) Insulin Hypothesis: since one of insulin's actions is lipogenesis (fatty acid synthesis from glucose), keeping insulin levels low by restricting carbohydrates should result in less fat storage and more fat mobilization.

2) The Ketogenic diet offers a unique "Metabolic advantage" over conventional diets. In other words it's more energetically costly for the body to convert proteins to glucose, and with the absence of carbs, the body begins to "waste calories" and lose more fat.

However, in recent studies (1), there was no direct cause and effect of such metabolic advantage and found no changes in resting energy expenditure in a very low carb ketogenic diet. Rather than offering a metabolic change, the keto diet is more likely to be effective at suppressing appetite, which have been noted repeatedly by previous participants and literature (2). This mainly due to the fact the keto requires you to eliminate whole food groups and suppressing carb intake, which lower appetite can also be achieved via intermittent fasting regardless of carb intake. In addition, it might not necessarily be the smartest choice to eliminate all the nutrients that one would obtain from wide variety of grains and fruit. Overall, the ketogenic diet may have adherents eating fewer calories through reduced appetite and food elimination, which for most is unnecessary as there are other diets that are less aggressive.



In 2014 meta-analysis published in the journal of American Medical Association (3), cross-referencing 48 studies had compared the multitude of diets and found a low variance of fat loss amongst one another. The authors of these studies concluded, "the best diet is the one the individual can best adhere to. Thus, it is important for you to explore the different diets that best fit your beliefs, culture, and overall lifestyle. One diet is not necessarily better than the other. It isn't the matter of which diet is the best, but which diet is right for you?"

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