



Friday, February 7, 2003

Survey provides healthy answers

By **Liz Lent**, OU Staff Writer

Starting this month, Oakland University students will be invited to take part in a national health survey created by the American College Health Association. The National College Health Survey will examine student health and risk-taking practices in areas such as nutrition, exercise, sexuality, alcohol, tobacco and general well-being.

For students taking the survey, the process should be worry-free. "The survey is completely confidential," said Joanne Talarek, coordinator of OU's Graham Health Center.

Although individual responses will be kept completely confidential, general answers will be integrated with results from other college students across the country.

The American College Health Association will compile the results and send statistical data back to OU's **Graham Health Center**. This data will enable GHC to tailor current practices or create new ones to better serve the needs of OU students. It also will help GHC staff fine-tune its current health teaching practices. On a more personal level, Talarek believes the detailed nature of the survey will provide students with an opportunity for introspection regarding their own health behaviors.

GHC staff will begin administering the survey to students in pre-selected undergraduate classrooms on Monday, Feb. 10. Students will be asked to take the survey home to fill out, then bring it back to their next class meeting when GHC staff will be on hand to pick them up. The survey should take only 30 minutes to complete.

As a thank you, GHC staff has arranged for participants to receive a free soft drink at Pick-A-Deli and five free game tokens at Bumpers Games Room in the Oakland Center. All respondents also will be entered in a drawing for one of 40 larger prizes, including coupons to area restaurants and a free massage.

SUMMARY

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