

COLLEGE CORNER

Campaign Helps College Students Stay Healthy

(NAPSA)—Young adults rank among the healthiest in America but many college students gamble with their health by abusing drugs and alcohol and engaging in risky sexual behavior.

New fact cards show half a million college students between the ages of 18 and 24 are injured while under the influence of alcohol each year. Some 70,000 college students are victims of alcohol-related sexual assault or date rape. And as many as 25 percent of college students are infected by a sexually transmitted disease.

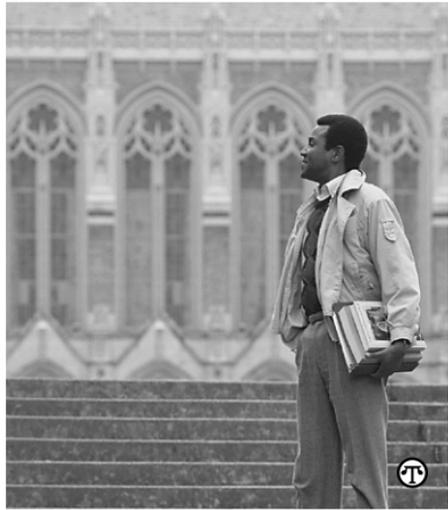
Students put their futures on the line when they risk the negative consequences associated with the use of drugs, alcohol, tobacco, poor nutrition, unhealthy eating and misconceptions about sexual health.

These facts of life are spelled out on pocket-sized, easy to read laminated cards on the health needs of the nation's 14.5 million college and university students. The cards are part of an educational campaign sponsored by the Heinz Family Philanthropies. The educational campaign is designed to provide timely and accurate facts on key domestic issues to opinion leaders and decision makers.

"Young people take good health for granted but students living away from home for the first time frequently take unnecessary risks that put their futures and lives on the line," said Teresa Heinz, chairman of the Heinz Family Philanthropies.

Approximately 30 percent of college students do not have health insurance. Only two states, Massachusetts and New Jersey, require students to carry insurance to protect against financial hardship or the inability to get appropriate health care while attending school.

Students also engage in risky sexual behavior because of igno-



Getting high grades with college students is a set of fact cards designed to keep them healthy.

rance of the facts. More than 25 percent of college students mistakenly believe oral contraceptives provide protection from sexually transmitted diseases.

Moreover, more than one-third of college students smoke cigarettes, and marijuana use jumped by 22 percent in the late 1990s.

The college health cards are underwritten by The Chickering Group, a Boston-based firm that provides health insurance to the higher education community. Frederick H. Chicos, president of The Chickering Group, said, "These cards are one more way for us to promote awareness of the importance of keeping students healthy and in school."

The Facts About cards are part of a series launched in June 2002 highlighting the facts underlying health care costs and coverage, the financial and retirement challenges of women and prescription drug coverage for the elderly.

For more information or copies of the cards write to Heinz Family Philanthropies, 1201 Pennsylvania Ave. N.W., Suite 619, Washington, D.C. 20004 or jlewis@heinz.org.