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## College Health

College life involves excitement, along with new challenges, risks, and responsibilities. You are meeting new people, learning new things, and making your own decisions. It can sometimes be stressful. You have to deal with pressures related to food, drink, appearance, drugs, and sexual activity.

There are steps you can take to stay healthy and safe while you're in college:

- Eat a balanced diet
- Get enough sleep
- Get regular physical activity
- Maintain your health with checkups and vaccinations
- If you decide to have sex, practice safe sex
- Make smart choices about alcohol and drugs
- Get help if you are stressed or depressed

*Centers for Disease Control and Prevention*

## Start Here

- Common Health Problems at College [<https://www.healthychildren.org/English/ages-stages/young-adult/Pages/Health-Care-for-College-Students.aspx>] (American Academy of Pediatrics)  
Also in Spanish [<https://www.healthychildren.org/spanish/ages-stages/young-adult/paginas/health-care-for-college-students.aspx>]

## Prevention and Risk Factors

- (Vaccines for) Adults Ages 19 Through 26 [<https://www.hhs.gov/immunization/who-and-when/adults/adults-19-26/index.html>] (Department of Health and Human Services)  
Also in Spanish [<https://www.hhs.gov/es/immunization/who-and-when/adults/adults-19-26/index.html>]

## Related Issues

- College Health: Health Services and Common Health Problems [<https://youngmenshealthsite.org/guides/college-health-common-problems/>] (Boston Children's Hospital)
- College Students with ADHD [[https://www.aacap.org/AACAP/Families\\_and\\_Youth/Facts\\_for\\_Families/FFF-Guide/College-Students-with-ADHD-111.aspx](https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/College-Students-with-ADHD-111.aspx)] (American Academy of Child and Adolescent Psychiatry)

## Specifics

- College Eating and Fitness 101 [<https://youngwomenshealth.org/guides/eating-and-fitness-in-college/>]  
(Boston Children's Hospital)
- College Health: General Information (for Young Women) [<https://youngwomenshealth.org/guides/college-health/>]  
(Boston Children's Hospital)  
Also in Spanish [<https://youngwomenshealth.org/guias/salud-en-universidad/>]

- College Women's Health [<https://www.fda.gov/consumers/owh-resources-stakeholders/college-womens-health>] (Food and Drug Administration)
- College-Age and Young Adults [<https://nida.nih.gov/research-topics/college-age-young-adults>]  (National Institute on Drug Abuse)
- Fall Semester -- A Time for Parents To Discuss the Risks of College Drinking [<https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/time-for-parents-discuss-risks-college-drinking>]  (National Institute on Alcohol Abuse and Alcoholism)  
Also in Spanish [<https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/semestre-de-otono-momento-para-que-los-padres-hablen-sobre-de-los-riesgos-del-consumo-de-alcohol-en>]
- Managing Food Allergies at College [<https://www.foodallergy.org/resources/preparing-college>] (Food Allergy Research & Education) - **PDF**
- Meningococcal Disease in Preteens, Teens & Young Adults [<https://www.healthychildren.org/English/ages-stages/teen/Pages/Meningococcal-Disease-Information-for-Teens-and-College-Students-.aspx>] (American Academy of Pediatrics)  
Also in Spanish [<https://www.healthychildren.org/spanish/ages-stages/teen/paginas/meningococcal-disease-information-for-teens-and-college-students-.aspx>]
- Underage Drinking: MedlinePlus Health Topic [<https://medlineplus.gov/underagedrinking.html>]  (National Library of Medicine)  
Also in Spanish [<https://medlineplus.gov/spanish/underagedrinking.html>]

## Test Your Knowledge

- Quiz: How Much do You Know about Taking Good Care of Yourself? [[https://girlshealth.gov/disability/quizzes/quiz\\_takercare.html](https://girlshealth.gov/disability/quizzes/quiz_takercare.html)] (Department of Health and Human Services, Office on Women's Health)

## Statistics and Research

- Harmful and Underage College Drinking [<https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/college-drinking>]  (National Institute on Alcohol Abuse and Alcoholism)

## Clinical Trials

- ClinicalTrials.gov: College Student Health [<https://clinicaltrials.gov/search?cond=%22college+students%22&aggFilters=status:not%20rec>]  (National Institutes of Health)

## Journal Articles

References and abstracts from MEDLINE/PubMed (National Library of Medicine)

- Article: Obesity among college students in Oman: implications for health and academic... [<https://www.ncbi.nlm.nih.gov/pubmed/40128737>]
- Article: The prevalence of Tramadol abuse and associated factors among Hawassa University... [<https://www.ncbi.nlm.nih.gov/pubmed/40063646>]
- Article: Small Steps Toward Collegiate Recovery at Historically Black Colleges/Universities. [<https://www.ncbi.nlm.nih.gov/pubmed/39957656>]
- College Health -- see more articles [<https://pubmed.ncbi.nlm.nih.gov/?term=%22Students%22%5Bmajr%5D+AND+%22Universities%22%5Bmajr%5D+AND+humans%5Bmh%5D+AND+english%5Bla%5D+>]

## Find an Expert

- Centers for Disease Control and Prevention [<https://www.cdc.gov/>]  
Also in Spanish [<https://www.cdc.gov/spanish/>]
- Eunice Kennedy Shriver National Institute of Child Health and Human Development [<https://www.nichd.nih.gov/>]   
Also in Spanish [<https://espanol.nichd.nih.gov/>]

- KidsHealth [<https://kidshealth.org/>] (Nemours Foundation)



## MEDICAL ENCYCLOPEDIA

College students and the flu [<https://medlineplus.gov/ency/article/007446.htm>]

### Related Health Topics

School Health [<https://medlineplus.gov/schoolhealth.html>]

Teen Health [<https://medlineplus.gov/teenhealth.html>]

Underage Drinking [<https://medlineplus.gov/underagedrinking.html>]

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