

Office of Health Education and Promotion, Health Services  
Key Messages:

### Alcohol, Tobacco and Other Drugs

- Support and empower students who choose to not use alcohol or other drugs.
- It is illegal for students to drink alcohol who are under 21 years of age. Choosing to do this is high risk drinking.
- Encourage low risk drinking for students who choose to drink.
- Promote lower risk drinking by providing a variety of strategies and tips.
- Educate students to take action when a friend has had too much to drink.
- Recognize warning signs for high risk drinking and make appropriate referrals.
- Encourage non use of tobacco and provide support for those who want to stop.

### Eating Concerns

- UNH students come in all different sizes, shapes and colors. Learning to love the body you were born with is an important step in taking care of yourself.
- Practice the non-diet approach and avoid focusing on calories and grams of key nutrients (protein, fat and carbohydrate). Diets don't work and can be hazardous to your health.
- Don't "[Fat Talk](#)" about yourself or to your friends. Surround yourself with people who are body positive.

### Gender Health

- The expression of gender is unique for each of us.
- Gender expressed outside of the binary gender system is supported, advocated for, and celebrated.
- The social construction of gender contributes to health disparities and negative health consequences among women, men, and transgender people.

### Nutrition

- Enjoy a variety of foods....all foods can fit into your food plan.

- Practice “normal eating” by responding to signals of hunger and fullness.
- Eat 3 meals and between meal snacks to keep yourself energized and to avoid extremes of hunger.
- Emphasize whole foods like fruits and vegetables, dairy products, whole grains, beans, nuts and seeds.
- Choose a physical activity you enjoy and will do for the rest of your life.
- Stay hydrated to feel good and perform well. Thirst is often mistaken for hunger and/or fatigue.

### Sexual Health

- Sexual expression is a natural and healthy aspect of self.
- Sexual expression may encompass physical, emotional, and spiritual connections with self and others.
- Sexual pleasure has value in and of itself.
- Developing a healthy (sexual) relationship with oneself is the first step in developing a healthy (sexual) relationship with others.
- Safer and consensual sex is essential in all sexual relationships with others.
- Sexual abstinence is a healthy and viable option for those who choose it.