

1. One in four college students has an STD. One in two people will contract an STD during their life.

2. Only 54 percent of students regularly use condoms during vaginal intercourse, 29 percent during anal intercourse and 4 percent during oral sex.

3. A 2004 survey tested 838 teen girls for four STDs. Of these girls, 18 percent had the Human Papillomavirus, 4 percent had Chlamydia, 2.5 percent had Trichomoniasis and 2 percent had the Herpes Simplex Virus. Most, if not all, were unaware that they had an STD.

4. Overall, the CDC estimates that 19 million new sexually transmitted infections occur each year, almost half among 15 to 24-year-olds.

5. Eighty percent of people who have a sexually transmitted disease experience no symptoms. This makes them likely to transmit the disease to other partners.

6. One study of college students showed that in 91 percent of women with new HPV infections, HPV became undetectable within two years. HPV can cause genital warts and cervical cancer.

7. More than 45 percent of college freshmen who have been under the influence of alcohol failed to consider the usage of contraceptive aids when having sex. Fifteen percent of these students contracted STDs and 7 percent of these infected students were unaware of their condition.

8. More than half the participants in a study done among college students think they can tell if someone has an STI just by looking at them. However, the vast majority of people with STDs have no idea they have them because they have no symptoms of the disease.

9. Eighty-seven percent of men know how to use a condom correctly and 70 percent think men should carry a condom at all times "just in case", but 60 percent of women know how to use a condom correctly and 60 percent of women said they still would have sex even if their partner refused to wear a condom.

10. As much as 60 percent of women in the same survey reported that they are in committed relationships while only 38 percent of men reported the same.

STDs among Young Adults

Association promotes sexual health

Health Awareness Week promotes fit lifestyles and sexual health

BY NATALIE CARBERY
Staff Reporter

Spring is coming, and so is a week dedicated to health. The Nursing Student Association hosts an annual fair for Truman State students and others throughout the Kirksville community to educate them about the benefits of maintaining a healthy lifestyle Feb. 24.

The theme of the spring 2014 nursing student-run Health Awareness Week is "Live Smart, Think Sharp," junior Katie Bayer said. As a co-chair for Health Awareness Week, Bayer said she has spent the last few weeks preparing for the big event. While everyone is invited, these events are geared most toward people aged 18 to 25.

Senior Erin Bavery is Bayer's co-chair for Health Awareness Week. She encourages students to come because the

Nursing Students Association offers free HIV/STI testing that attracts most of the students during the week.

"It is completely confidential," Bavery said of the testing. "For HIV testing you just have to fill out a form about your sexual history. There is a finger prick, and you get same day results. STI testing mainly focuses on gonorrhea and chlamydia. It is a urine test, so the results take longer. We have to send it to a lab to be tested."

Students administer these tests, but counselors and other professionals will be available as resources for students, Bavery said. Insurance companies will keep the testing confidential from parents as well, a fact that encourages high school students to get tested.

People who have multiple partners or have inconsistent condom use should be tested, Bavery said, as well as those who practice serial monogamy. Bravery said many people form trust through sex, so sexual health is very important. People can enjoy more of the time they have if they are healthy, she said.

Senior Nicole Miller, spring 2013 Stu-

dent Health Fair co-chair, will administer some of the HIV/STI tests. Miller is the facilitator for the rural public health class. Some, including Miller, are a part of a rural health class. Rural health focuses on the health of a community or group as a whole instead of on the individual.

"For the past two months I have been working on the facilitator part of the testing," said Miller, who has been coordinating workers and supplies for the event.

Last year, Miller and her co-chair ran out of STI tests before the end of the day. This year, Miller's goal is to have enough resources to match their demand.

Miller said sexual health testing is a passion for her, and hopes the tradition of testing for STIs at Truman continues. She said college students are a group that needs to be tested.

She said it is exciting to see the increase of people getting tested, because it shows how much Truman students care about health.

All students involved with staffing this event are nursing students at Truman. Sophomore students will be checking blood pressure while senior students

will focus on the STI/HIV testing. Most of these students are members of the Nursing Student Association, a group involved with professional growth.

Bavery said Truman students should attend Health Awareness Week because being tested promotes the health of their community. While there might be opposition to testing by some parents and religious groups, each student who gets tested contributes to the overall health of the Truman and Kirksville communities, she said.

Mental health nurse Cindy Mayberry will speak about maintaining a healthier lifestyle at 7 p.m. Monday Feb. 24 in Violette Hall 1000.

The Nursing Student Association will host a Health Fair Tuesday, Feb. 25 in the Student Union Building. There will be booths about maintaining healthy mental practices and resources students can use to better themselves. There will be HIV/STI testing performed by senior nursing students. There will be a showing of a film about rape in the military Feb. 26. These events will be free, Bayer said.

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