

EI CENTRO COLLEGE STUDENT PERSONAL HEALTH SURVEY

Use this personal survey form to keep track of the good general and specific health care issues that are pertinent to the overall health and wellbeing of every college student.

What is my current Blood Pressure/Pulse: ____/____; ____; Recheck in ____ months/years

Goal: ____/____; ____; Resources: Health Center; Pharmacies; Fire Stations; Primary Care Physician (PCP).

If I'm overeating, have excessive thirst and urinating excessively, could I have diabetes? YES! Diabetes prevention and screening resources: Health Center (by appointment, 214.860.2113); PCP

Do I engage in unprotected sex? If yes, when was my last HIV Screen: ____; HIV Screen Resources: Health Center on second/fourth Tuesday each month (A-270 walk-in; 214.860.2113); Dallas County Health Department STD Clinic, 214.819.1980; Blood drives with Carter Blood Center on campus in Sept, Nov, Feb, Apr & Jun yearly.

Do I eat fast food regularly? If yes, what is my current Cholesterol level ____; Cholesterol lab resources: Blood Drives with Carter Blood Center on campus (see above); or see your PCP.

Is my Tetanus vaccination up to date? At what age was my last shot? ____; Tetanus vaccine resources: Dallas County Health Dept. (214.819.1900); or PCP

Do I need a flu shot each year? YES! Flu shot resources available starting each September: Dallas County Health Department (214.819.1900 when available); Pharmacies; or your PCP

Am I experiencing excessive stress, anxiety or sadness that should have attention? If yes, then go to the College Counseling Center (A110) or Health Center (A270) for assistance.

Have I seen and reviewed the health information on the Health Center web pages? Google El Centro College, get the website and click on Student Services, then Health Center.