

STUDENT SENATE BILL 2024-1522

TITLE: Fresh Start Fresh Habits Resolution

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SPONSORS: Student Senate Health Caucus Members, First Year Experience Cabinet Director Isabel Penin, and Health Affairs Cabinet Director Aaron Sindhu, Judiciary Chairman Aaron Rubaii, Senator Arshan Falasiri, Senator Adriana Sela, Senator Jaxen Ranson

WHEREAS, amidst busy college schedules, college students may unintentionally sideline their physical and mental health [1]; and,

WHEREAS, first year college students may be specifically at risk of adopting unhealthy habits in their new college environment due to lack of time to commit to such practices, as well as a lack of education on the importance of healthy daily habits; and,

WHEREAS, according to Clayton R. Cook, Ph.D., “some people don't engage in behaviors that promote well-being because they are ‘simply unaware of their unhealthy habits and the resilience practices.’” Raising awareness and providing alternatives can inspire change in such individuals [2]; and,

WHEREAS, a variety of statistics indicate that the following topics are points of concern for college students, and raising awareness can help reverse such behaviors; and,

WHEREAS, a study recorded in the National Library of Medicine states that 60-80% of the world suffers from lower back pain with a higher prevalence within university students [3]; and,

WHEREAS, acquiring the knowledge of how to wear a backpack can prevent this chronic lower back pain. A backpack should not extend past the waist and should be an inch or more above the hips. If there is a waist or chest strap on the backpack you should use it in order to distribute weight to the hips and it relieves shoulder pressure. A backpack used on a daily basis should not weigh more than 10% of an individual’s body weight [4]; and,

WHEREAS, it was found that caffeine, in any form, was consumed by a vast majority of college students in the past year (92%). Mean daily caffeine consumption for all students, including non-consumers, was 159 mg/d with a mean intake of 173 mg/d among caffeine users [5]; and,

WHEREAS, the FDA claims that caffeine can be part of a healthy diet for most people, with an upper dietary limit (that is generally associated without dangerous, negative effects) of 400 milligrams a day for healthy adults. However, a study on college students showed a correlation between increased caffeine intake, depressive symptoms, and heightened anxiety [6]; and,

WHEREAS, college students get an average of 6-6.9 hours of sleep per night due to overload of activities, and lack of proper sleep negatively impacts the health, moods, GPA, and safety of college students [7]; and,

WHEREAS, the first-year GPA is instrumental to predict whether students stay in school long-term over other major factors such as gender, socioeconomic status, race, college commitment, social connectedness, and academic discipline [8]; and,

WHEREAS, the Sleep Foundation states, “most college-aged students need 7–9 hours of sleep in order to avoid daytime drowsiness (inability to concentrate or remember and slowed reaction time), altered mood states (anxiety, irritability, and depression), weight gain, poor health, and low energy” [9]; and,

WHEREAS, for optimal sanitization, a water bottle should be cleaned on a daily basis and deep cleaned once a week in order to prevent the build-up of bacteria [10]. Bacteria from one’s mouth and hands, as well as food particles from one’s mouth, may be transferred to a water bottle and may lead to illnesses with symptoms such as nausea, stomach pain, or headaches. Growing mold may also lead to symptoms of allergies [11]; and,

WHEREAS, adult men and women are recommended to intake 3.7L and 2.7L of water daily, respectively, and active individuals who are continually exposed to hot temperatures have an elevated need of up to 6L of water daily [12]; and,

WHEREAS, maintenance of proper hydration is a major indicator of brain health and optimal function [13]; and

WHEREAS, college students have been shown to suffer from Vitamin D deficiency (VDD) and also lack proper intake of other necessary vitamins, which may have the adverse effects of fatigue, irritability, skin changes, hair loss, dry hair, inflammation, weak bones and fractures, anemia, easy bruising and bleeding, poor wound healing, increased stroke risk, tonsillitis infection incidence, insomnia, and other bodily weakness [14][15][16]; and,

WHEREAS, vitamin D deficiency (VDD) and insufficiency (VDI) pose a significant problem across the university students specifically with women, but VDD is still quite prevalent among university students of all genders [16]; and,

WHEREAS, the College Health Surveillance Network found that “16% of all enrolled students are seen at least once for prevention-related clinical services, increasing to 35% among the youngest students,” demonstrating that a high amount of college students seek out necessary medical services [17]; and,

WHEREAS, research indicates that students who maintain a balance between academic and social activities have higher life satisfaction and better mental health, as students who reported moderate levels of social engagement had significantly lower levels of depression compared to those with very low or very high social engagement [18]; and,

WHEREAS, given the aforementioned essential health topics, college students may be able to use such information to set personal goals for the upcoming months of classes to promote healthy habits; then,

THEREFORE, LET IT BE RESOLVED that the University of Florida Student Senate and Student Senate Health Caucus recognize the need for all students at the University of Florida, with an emphasis on first year students, to be mindful of implementing healthy habits.

THEREFORE, LET IT FURTHER BE RESOLVED that the University of Florida Student Senate, in collaboration with the Health Affairs and First-Year Experience Cabinets, recognizes that it is important to inform students on how to properly wear a backpack, drink a safe amount of caffeine per day, meet optimal hours of sleep each night, clean one's water bottle, meet appropriate water intake levels per day, and ensure a balance between one's academic and social activities.

THEREFORE, LET IT FINALLY BE RESOLVED, the University of Florida Student Senate and Student Senate Health Caucus support the implementation of the Fresh Start Fresh Habits.

Proviso: This resolution shall be sent to Health Affairs Cabinet Director Aaron Sindhu, First-Year Experience Cabinet Director Isabel Penin, and Student Body Vice President Laura Thomas.

[1] https://www.acha.org/documents/ncha/NCHA-III_SPRING_2023_REFERENCE_GROUP_DATA_REPORT.pdf

[2] <https://www.forbes.com/sites/jeenacho/2016/03/11/why-we-struggle-to-do-things-that-are-good-for-us/>

[3] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10416365/#:~:text=Worldwide%20estimates%20of%20the%20lifetime,%25%20%5B3%E2%80%93%5D.>

[4] <https://symmetrytaustin.com/how-to-properly-wear-a-backpack/>

[5] <https://www.sciencedirect.com/science/article/pii/S0261561418301341>

[6] <https://www.fda.gov/consumers/consumer-updates/spilling-beans-how-much-caffeine-too-much>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8099008/>

[7] <https://healthpromotion.uga.edu/sleep/#:~:text=On%20average%2C%20most%20college%20students,WHY%20do%20we%20need%20sleep%3F>

[8] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9974458/#r4>

- [9] <https://blogs.bcm.edu/2024/02/27/why-you-should-clean-your-water-bottle-qa-with-dr-yuriko-fukuta/#:~:text=If%20you%20do%20not%20clean,sneezing%20if%20mold%20is%20present> .
- [10] <https://today.marquette.edu/2024/02/wellness-weekly-when-was-the-last-time-you-cleaned-your-water-bottle/#:~:text=Ideally%2C%20if%20you%20use%20your,setting%20to%20kill%20any%20bac-teria>.
- [11] <https://blogs.bcm.edu/2024/02/27/why-you-should-clean-your-water-bottle-qa-with-dr-yuriko-fukuta/>
- [12] <https://www.nationalacademies.org/news/2004/02/report-sets-dietary-intake-levels-for-water-salt-and-potassium-to-maintain-health-and-reduce-chronic-disease-risk>
- [13] <https://www.mdpi.com/2072-6643/10/12/1928>
- [14] <https://ofy.org/blog/the-importance-of-eating-healthy-for-students/>
- [15] <https://www.verywellhealth.com/vitamin-deficiency-3014720#:~:text=Vitamin%20deficiency%20can%20cause%20a,different%20role%20in%20yo-ur%20body>.
- [16] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8253923/>
- [17] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4673518/>
- [18] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3150158/>