



 American College Health Association

PUBLICATIONS CATALOG

SUMMER 2011

Brochures for Young Adults
Publications for Professionals





American College Health Association

Founded in 1920, the nonprofit American College Health Association (ACHA) is the nation's principal advocate and leadership organization for college and university health. Our members provide and support the delivery of health care and prevention and wellness services for the nation's college students. We represent student health services at colleges and universities, individual health care providers, students, professionals, and faculty in higher education dedicated to health promotion on their campuses.

ACHA Mission

ACHA provides advocacy, education, communications, products and services, as well as promotes research and culturally competent practices to enhance its members' abilities to advance student health. Through our publications and programs, ACHA addresses critical issues prevalent in campus communities, such as sexually transmitted infections, alcohol and other drug abuse, vaccine-preventable diseases, mental health issues, and the health needs of students of color and gay, lesbian, bisexual, transgender, and questioning (GLBTQ) students.

ACHA Brochures for Young Adults

ACHA understands young adults' need for accurate, easy-to-read information presented in a nonjudgmental manner. Each brochure emphasizes awareness, risk reduction, and prevention. Supplement your educational programs with ACHA brochures, and you can be confident you are providing the best information available. Each brochure is the result of extensive research by ACHA staff or volunteer members. These brochures are for informational purposes only and are not meant to replace consultation with a physician or other health care provider. The information in these brochures does not constitute medical advice and should not be the basis for any diagnosis or treatment.

Brochure cover art subject to change. The ACHA Online Store depicts the most recent brochures at www.acha.org/publications.

ACHA Publications for Professionals

In addition to brochures for young adults, we offer comprehensive publications and research survey results to help you further your professional development. These publications provide you with practical guidelines and comprehensive information on college health issues and data.

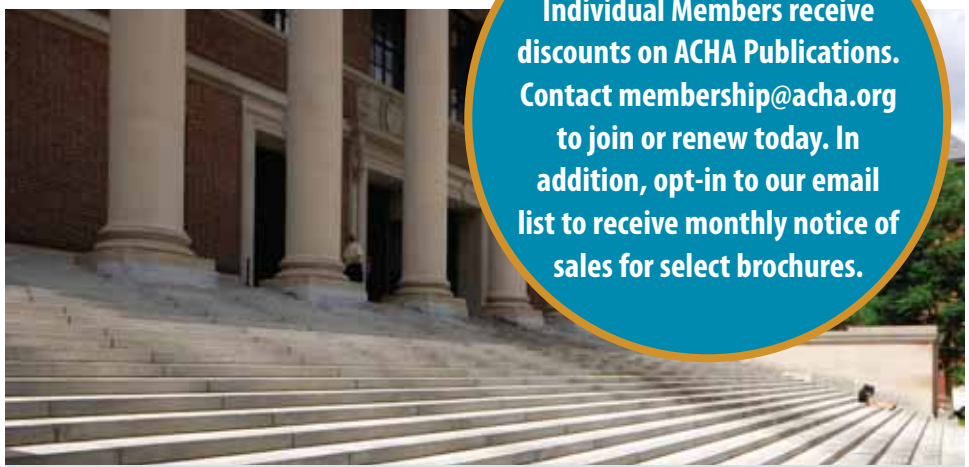
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HOW TO ORDER

- 1. ORDER ONLINE** at www.acha.org/publications via ACHA's convenient and secure online store! Credit card payments only.
- 2. ORDER BY PHONE** by calling (410) 859-1500, option 4. Credit card payment or purchase order accepted.
- 3. ORDER BY MAIL OR FAX** by submitting the enclosed order form to:
ACHA Publications
1362 Mellon Road, Suite 180
Hanover, MD 21076
Fax (410) 859-1510



Both Institutional and Individual Members receive discounts on ACHA Publications. Contact membership@acha.org to join or renew today. In addition, opt-in to our email list to receive monthly notice of sales for select brochures.



As an ACHA institutional member, you can save up to 50% on your next order.

In addition to substantial savings on our publications, you also receive:

- ▼ Discounts on annual meeting registration fees
- ▼ Reduced costs for participation in ACHA-National College Health Assessments, Benchmarking Surveys, and consultation services
- ▼ Free copies of *Vision Into Action*

For more information about the benefits of institutional membership in ACHA visit us at www.acha.org/membership or call (410) 859-1500.

ORDER FORM INSTRUCTIONS

1. Membership Status

Be sure to indicate your current membership status at the beginning of the order form.

2. Billing and Shipping Information

Provide complete billing and shipping addresses and purchase order number, if applicable.

3. Brochures for Young Adults

Indicate the item #, title, and quantity for each brochure you are ordering, then figure the total quantity. Use the pricing chart below to figure the unit price. Figure subtotal A and proceed to side two of the order form.

4. Publications for Professionals

Indicate the item #, title, quantity, and price for each publication you are ordering. Figure subtotal B.

5. Total Due

Add subtotals A and B and shipping charges as applicable to figure the total amount due.

6. Indicate Method of Payment

All orders must be prepaid unless accompanied by a written purchase order.

PRICING CHART

Professional Publications: Use prices on pages 13 and 14.

Brochures: Use prices specified below.

<i>Total Quantity Ordered in Increments of 50</i>	<i>A Member Institutions</i>	<i>B Individual Members</i>	<i>C Non- members</i>
50	\$.44 ea.	\$.54 ea.	\$.75 ea.
100-450	.37	.45	.64
500-950	.32	.39	.56
1,000-9,950	.27	.33	.45
10,000 or more	.25	.30	.42

Order quantities in increments of 50. Minimum order for each brochure is 50.

Quantity discounts are determined by the total number of brochures ordered.

Prices are subject to change without notice.

Shipping and handling for orders totaling less than \$100 is \$8.

Shipping and handling for orders totaling more than \$100 is 8%.

MONEY-BACK GUARANTEE

ACHA will refund your purchase price in full if you are not satisfied with these educational materials. Contact ACHA Customer Service within 15 days of receipt for return instructions. The material must be in its original condition.



2011 UPDATE Making Sex Safer

- ▼ Presents frank discussions about reducing risks and using condoms.
- ▼ Includes a chart of the most common STIs and their symptoms.
- ▼ Identifies safe, risky, and dangerous activities.

(May 2011) Item # HS01



2011 UPDATE Sexual Violence: What Everyone Should Know

- ▼ Offers suggestions for preventing sexual violence, acquaintance rape, and date rape, recovering from it if it happens, and helping a friend.
- ▼ Highlights the role of communication, gender socialization, and alcohol and date rape drugs.

(May 2011) Item # HS02



2011 UPDATE Safer Sex

- ▼ Discusses safe and unsafe sexual practices.
- ▼ Contains special sections on condoms, lubricants, and alcohol and other drugs.
- ▼ Identifies safe, risky, and dangerous activities.

(May 2011) Item # HS03

BROCHURES FOR YOUNG ADULTS

Acne Self-Care

- ▼ Explains what acne is and how it can be controlled.
- ▼ Discusses over-the-counter treatments and when medical assistance may be needed.

(March 2010) Item # HS04

HIV Infection and AIDS: What Everyone Should Know

- ▼ Explains what HIV and AIDS are and how they're transmitted.
- ▼ Includes information about protecting yourself and testing for HIV.

(August 2008) Item # HS05

2011 UPDATE

Alcohol Use and You: Decisions on Tap

- ▼ Offers practical advice on how to set limits and handle peer pressure.
- ▼ Includes questions to analyze attitudes about alcohol and a quiz to test knowledge of alcohol's effects.
- ▼ Suggests ways to evaluate a possible drinking problem.

(March 2011) Item # HS06

Dealing With Depression: What Everyone Should Know

- ▼ Addresses depression ranging from mild "blues" to suicidal feelings.
- ▼ Suggests self-help techniques and identifies signs that professional help may be needed.
- ▼ Gives advice on helping a friend who is feeling depressed or suicidal.

(September 2010) Item # HS10



Place your order on ACHA's online Publications Store at www.acha.org/publications



Eating Disorders: What Everyone Should Know

- Features a self-diagnostic test, special information for athletes, and information on the many factors that cause eating disorders.
- Includes definitions, signs, coping strategies, and available treatments.

(January 2010) Item # HS12



How to Help a Friend With a Drinking Problem

- Suggests practical ways to evaluate a friend's possible alcohol problem.
- Gives tips on talking to the drinker, including dealing with denial and defensiveness.

(August 2010) Item # HS14



Managing the Common Cold

- Gives practical advice about treatment and prevention techniques.
- Identifies symptoms that require professional help.

(November 2008) Item # HS15



Recuperating from Stomach Illness: Dietary Recommendations

- Offers suggestions on how to modify diets because of short-term stomach illness or dental work.
- Provides step-by-step instructions on how to progress from a limited diet to a normal one.
- Includes tips for avoiding dehydration and easing nausea.

(October 2009) Item # HS16

2011 UPDATE

Sexually Transmitted Infections: What Everyone Should Know

- ▼ Discusses common STI symptoms, transmission, treatment, and prevention.
- ▼ Includes information on making sex safer.

(February 2011) Item # HS20

2011 UPDATE

So, You Have Mono: Taking the Next Step

- ▼ Describes the cause, symptoms, and treatment of mononucleosis.
- ▼ Discusses complications that can develop and precautions that should be taken.

(March 2011) Item # HS21

Contraception: Choosing a Method

- ▼ Provides guidance in choosing a method of contraception.
- ▼ Detailed chart describes how specific forms work, their effectiveness regarding pregnancy and STIs, and advantages and disadvantages.
- ▼ Gives advice on talking to a partner.

(September 2010) Item # HS23

Know Your Status: Testing for HIV

- ▼ Includes information about HIV testing, the results, and their meanings.
- ▼ Discusses deciding where to go for testing, talking with partners, and taking steps toward a healthy sex life.

(December 2010) Item # HS26





Stress in College: What Everyone Should Know

- ▼ Provides short- and long-term stress management techniques, including tips to beat procrastination.
- ▼ Warns about risky behavior, difficulty sleeping, alcohol abuse, and other possible danger signs of stress overload.

(July 2009) Item # HS29



Eating 101: The Basics of Good Nutrition

- ▼ Offers realistic advice on how to improve eating habits with practical diet changes.
- ▼ Covers healthful snacks, smart choices at fast-food restaurants, and eating better on a budget.
- ▼ Features the USDA's MyPyramid diagram.

(February 2010) Item # HS30



2011 UPDATE

HPV... Symptoms and Prevention

- ▼ Covers treatment and prevention of human papillomavirus, genital warts, and precancerous cell changes.
- ▼ Features case studies exploring the impact of an HPV diagnosis.
- ▼ Includes an immunizations record.

(March 2011) Item # HS31



2011 UPDATE

Immunizations: They're Not Just For Children

- ▼ Gives the facts about immunizations and vaccinations for MMR, hepatitis A and B, tetanus/diphtheria/pertussis, chickenpox, influenza, meningitis, and HPV.
- ▼ Features an easy-reference chart.

(March 2011) Item # HS32

Place your order on ACHA's online
Publications Store at www.acha.org/publications



2011 UPDATE

Woman to Woman: Tips for Healthy Living for Women Who Have Sex With Women

- ▼ Outlines the steps for physical health, as well as for emotional, social, and spiritual well-being.
- ▼ Describes tips for taking care of oneself (such as screening for breast and cervical cancer), finding health care providers, and connecting with a supportive community.

(June 2011) Item # HS37



Man to Man: Tips for Healthy Living for Men Who Have Sex With Men

- ▼ Outlines the steps for physical health, as well as for emotional, social, and spiritual well-being.
- ▼ Describes tips for taking care of oneself (such as getting vaccinated against hepatitis A and B), finding health care providers, and connecting with a supportive community.

(January 2010) Item # HS38





2011 UPDATE
**Meningococcal Disease on Campus:
 Know Your Risk**

- Provides general information about meningococcal disease: what is it, what causes it, who's at risk, and how it's spread.
- Includes definitions, a list of symptoms, and vaccination recommendations.

(March 2011) Item # HS39



Drug Use and You: Know the Risks

- Discusses the risks associated with drug use and identifies the signs of a drug problem.
- Emphasizes prevention and treatment, defines the categories of drugs and drug tolerance and dependence, and discusses predatory drugs and the harmful effects of mixing drugs and sex.
- Includes a detailed chart of common drugs and their immediate and long-term effects.

(April 2008) Item # HS40



Sprains, Strains, and Overuse Injuries

- Differentiates sprains vs. strains and defines types of overuse injuries.
- Explains the self-care RICE method and advises when to seek professional help for more serious injuries.
- Offers prevention tips to help reduce risk, especially when working out or using the computer.

(February 2010) Item # HS41



A Good Night's Sleep: Tips and Support

- Offers tips on creating a sleep-friendly environment and for getting better quality sleep.
- Describes sleep symptoms and disorders and the harmful effects of lack of sleep.
- Suggests when to seek professional help and additional support.

(July 2009) Item # HS42

This affordable resource gives you added insights about salary competitiveness as well as staffing norms.

2010-2011 College Health Salary and Staffing Survey Report

Do you have questions about the salaries paid to those providing health services to students on college and university campuses? Do you wonder how competitive a certain salary level may be? Do you need a tool that provides information about salaries and also staffing patterns for health services based on a variety of criteria? The ACHA *Salary and Staffing Survey Report* can help you answer these questions and many more!

This report contains information gathered through a comprehensive survey on salary and staffing levels from the field. The *Salary and Staffing Report* is a valuable resource that:

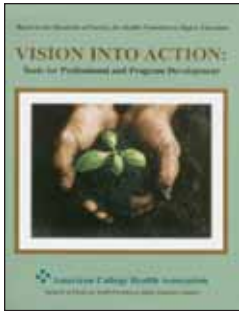
- ▼ Provides salary and staffing data for nearly 50 positions in several personnel categories
- ▼ Reports the ranges for salaries to include the minimum, 25th percentile, median, mean, 75th percentile, and maximum reported levels
- ▼ Displays staffing levels (in full time equivalents) in a similar manner
- ▼ Depicts the average (mean) level for each position
- ▼ Organizes and presents all of this information according to several variables, including the type, size, location, and Carnegie classification of institutions

(215 pages; 2011) Item # SP19



NEW!

	Participant	Non-participant
Member Institution	\$25.00	\$75.00
Individual Member	\$50.00	\$100.00
Nonmember	\$75.00	\$125.00



Vision Into Action: Tools for Professional and Program Development Based on the Standards of Practice for Health Promotion in Higher Education

- ▼ Designed for a wide range of professionals to guide daily efforts, assess individual skills and capacities, evaluate campus programs, and plan strategic goals and professional development.
- ▼ Includes a separate professional development and program self-assessment tool and a CD. A companion to the *Standards of Practice for Health Promotion in Higher Education*, which provides guidelines for enhancing prevention, health promotion, and wellness services.
- ▼ A collaborative effort by the ACHA Standards of Practice for Health Promotion in Higher Education Committee and student affairs, public health, and prevention specialists from several national higher education and health care organizations.

(67 pages + CD; 2005) Item # SP18

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B—Individual Members	\$50.00
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Item #	Title	Qty.	Unit Price	Total
			x \$	\$

PUBLICATIONS PRICING SCHEDULE			
ITEM #	MEMBERSHIP CATEGORY		
	A	B	C
SP18	35.00	50.00	70.00
SP19 <i>(survey participants)</i>	25.00	50.00	75.00
SP19 <i>(non-participants)</i>	75.00	100.00	125.00

Prices subject to change without notice.

SHIPPING & HANDLING CHARGES

Orders less than \$100 = \$8

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Allow 7-10 business days for delivery of U.S. orders.

For orders outside of the continental United States, please call ACHA at (410) 859-1500 for shipping charges.

Rush orders are subject to a \$15 handling charge plus actual shipping costs. Please call the ACHA office for a quote on the shipping costs.

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SUBTOTAL A (FROM SIDE 1)	\$
SUBTOTAL A + SUBTOTAL B	\$
SHIPPING & HANDLING <i>(from box below left)</i>	\$
RUSH CHARGES	\$
TOTAL	\$
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TOTAL AMOUNT DUE	\$

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