

"Healthy Students"

a faculty/staff newsletter about student health issues

FALL 2004

Did you know?

Did You Know?

Most CPP students (56.1%) do not engage in drinking games when they party.



Student Health Services

STEP UP TO BETTER HEALTH

It is widely known that regular physical activity can help people live longer, feel better, look better, and be happier. Exercise has been shown to have a positive effect in the management of numerous diseases.¹ The risk of developing coronary heart disease is cut in half for those who exercise regularly. That's even more important when you know that heart disease is the number one adult health risk.

Public health recommendations state that individuals accumulate 30 minutes of at least moderate-intensity activity on a daily basis.² Unfortunately, more than 60% of adults do not engage in the recommended amount of physical activity. Priorities such as work, family obligations, school, lack of time, and fatigue are common obstacles. In response to this, we offer a simple way to boost daily physical activity. It has all the tools needed to track daily exercise habits, while making more steps a permanent part of a healthy lifestyle.

The journey to physical fitness starts with a few thousand steps. Recent research has found that walking 10,000 steps a day is close to public health recommendations for physical activity. Student Health Services

(SHS) will be launching "Healthy Steps" at the Wellness Fair on October 28. This program, a pedometer-based format designed to increase physical activity, is for people of all fitness levels. Using a personal pedometer, daily step tracker, and support from SHS, program participants will count and record the number of steps taken each day. Participants will determine their personal goals and receive support from SHS in the form of weekly e-mail messages.



Who can participate?

The program is open to all Cal Poly Pomona students at no cost.

How can students get started?

Fill out an intake form and complete personal assessments at the Wellness Fair on October 28, 2004, at Ursa Major in the Bronco Student Center. After the fair, participants can sign up at The Wellness Center, 35-1341. Participants will receive a pedometer and daily step tracker.

How does it work?

It's easy! Just put on the pedometer in the morning and log the number of steps taken at the end of the day. The daily step tracker contains all the information needed to learn how to calibrate and use the pedometer. For the first week, participants will count the number of steps without attempting more than normal. For the following weeks, they will review the previous week's average and set personal goals. In addition, weekly e-mail messages will be sent from SHS to support goals to become more active.

For more information on the program, please call Teresa Quijano at x2753 or e-mail at tquijano@csupomona.edu.

¹ National Institutes of Health. Physical Activity and Cardiovascular Health. NIH Consensus Development Panel on Physical Activity and Cardiovascular Health. JAMA 1996; 276:241-6.

² Pate RR, Pratt M, Blair SN, et al. Physical activity and public health: a recommendation from the Center for Disease Control and Prevention and the American College of Sports Medicine. JAMA 1995; 273 (5): 402-7.



Meet Nellie León, our new Health Education Assistant and a Cal Poly Pomona Kinesiology & Health Promotion graduate. Formerly one of our Peer Health Educators who worked at The Wellness Center, she is a licensed Esthetician and is

currently enrolled in the masters program of Health Sciences—Health Professions Education at Western University. Nellie realizes that "the underlying key to teaching effective health promotion depends upon the quality of the educator." She hopes to become a "more well-rounded health educator" and plans to pursue a doctorate degree in the near future.



Free HIV/AIDS testing will resume 9/28/04, from 2 pm to 4 pm, at the Student Health Services West Clinic. Call x4000 to schedule an appointment during clinic hours. Open to CPP faculty, staff, students & guests.

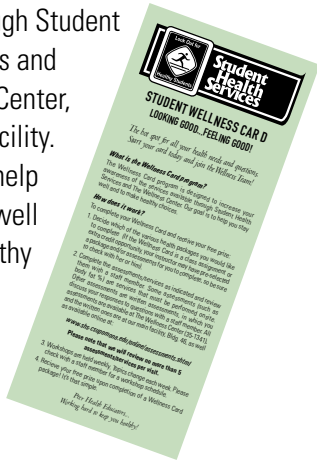
NCHA HEALTH SURVEY

We wish to alert the Cal Poly Pomona academic community to a campus-wide health survey administered via the classroom during Fall quarter. Your assistance in allowing us access to your students is greatly appreciated to help ensure data is collected from a representative sample of our students.



WELLNESS CARD REVISIONS

Have you ever considered using our Wellness Card program as part of your curriculum? This program is designed to increase student awareness of our services available through Student Health Services and The Wellness Center, our satellite facility. Our goal is to help students stay well and make healthy choices.



The Wellness Card is divided into many themed "packages" which, upon completion, allow students to earn a free prize. In addition to the popular fitness and nutrition assessments, **WE HAVE ADDED** fingerstick screenings for glucose and non-fasting cholesterol. Students may drop in any time to complete up to 5 assessments per visit. Most of the paper-based assessments are available through the website below.

Many instructors offer this program as a means of extra credit or build it into their courses as a requirement. Before making it a class assignment, please review the details of the program at the website below. We would appreciate knowing about your assignments ahead of time, if possible, so that we might confirm what students are saying they need to do for their class. By knowing in advance, we can better serve you and your students.

Go to <www.shs.csupomona.edu/outreach/wellness_card.shtml> to learn more about this program. Or give us a call at x5272 and we would be happy to discuss other health education options.

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1-Day Saturday CPR or First Aid classes for \$30 each (open to the public).

Register & prepay at The Wellness Center (x5272).

10/30 & 11/6: **Community CPR** (fulfills teacher credentialing requirements)

11/20: **Adult CPR & First Aid**

RED CROSS BLOOD DRIVE

Emergency blood supplies remain dangerously low, due to national disasters and casualties overseas. Won't you help save a life? Signing up is easy...just log onto 'Givelife.org' and enter the sponsor code of *CLPOLY* during one of the following days:

- Tuesday, October 19, 9 a.m.-3 p.m.**
- Wednesday, October 20, 8 a.m.-2 p.m.**
- Thursday, October 21, 9 a.m.-3 p.m.**
- Bronco Student Center, Ursa Major**



In keeping with the theme of our new "Healthy Steps" program (pg. 1), this year's Wellness Fair will focus on the importance of getting active, and staying active!

Mark your calendar and syllabus now for:

**Thursday, October 28th
10 a.m. — 2 p.m.
Bronco Student Center
Ursa Major**

Featuring:

- % Body Fat Testing
- Blood Pressure
- Body Mass Index (BMI)
- Cholesterol Screen (CPP students only)
- Glucose Screen (CPP students only)
- HIV/AIDS Oral Swab Testing
- Healthy Food Sampling
- Educational Displays
- Fitness Demos
- Stress Massages
- Games & Prizes
- ...and much, much more!

Call (909) 869-5309 for more information.

We regret that time factors limit the amount of cholesterol and glucose screens administered at the fair; therefore, we ask that any class assignments be arranged with us ahead of time so that we can better prepare for your students.

STUDENT HEALTH SERVICES

Bldg. 46

Phone: x4000

Hours: M & R: 8-6
T & W: 8-7

F & Qtr Breaks: 8-5; Closed weekends & University holidays.

WEB: www.shs.csupomona.edu/

E-mail: health@csupomona.edu

THE WELLNESS CENTER

Bronco Student Center, Bldg. 35-1341

Phone: x5272

Hours: M-R:10-5, F: 10-3
(Closed quarter breaks)

E-mail: wellnessctr@csupomona.edu

Walk-ins welcome –
No appointments needed!

FREE TUESDAY WORKSHOPS

Our students lead busy lives and we want to give them the tools they need to succeed academically. Encourage **YOUR** students to sign up at The Wellness Center for one of these workshops from noon-1:00 p.m. on the following Tuesdays:

10/5	Time Management Tips
10/12	Birth Control Options
10/19	Fact or Fad Diets?
10/26	Workout Smarter...Not Harder
11/02	Learn to Stress Less
11/09	Sexual Health
11/16	Fact or Fad Diets?
11/30	Workout Smarter...Not Harder
FINALS WEEK	"Stress-Free Zone" (Chair massages, make a stress-ball, color, build with Play-Doh, and relax!)



BEAT THE BUG THIS SEASON

Cold, flu, and sore throat (the most frequent reasons for visiting Student Health Services) are the second most common causes of poor academic performance among Cal Poly Pomona students.

Students can now learn ways to improve their health by visiting our Cold & Flu Self Care Clinic at The Wellness Center, where they can:

1. Learn the truth about colds, flu and SARS.
2. Take their temperature and determine whether or not they have a cold or flu.
3. Learn to improve their chances of staying well.
4. Determine when they should seek medical help.
5. Learn how to take care of themselves!

