

Did you know?

WINTER 2005

Did you know?

Did You Know?

Most CPP students (70.5%) who drink always or usually use a designated driver when they party.



Student Health Services

IMPROVING RELATIONSHIPS

Improving relationships is a noble endeavor and a lifelong process. At this time of year, many individuals vow to strengthen personal relationships, whether it is with family members, a spouse, friends, and others. Successful relationships are based on respect, honesty, trust, and communication.

Improving communication is a key to improving relationships, as communication is critical to the other three elements of a healthy relationship. It is how we show our honesty, our respect, and our trust. Listening to others, and really "hearing them," is a sign of a strong relationship. Often, when a relationship is struggling, one partner may feel that they do not feel understood. As valuable as listening is, communication also requires each person to take the responsibility to communicate their own thoughts, wishes, requests, and needs. Oftentimes, we leave clues as to what we want and are disappointed when our partner does not figure them out. It is easier to have open lines of communication and vocalize these things, trusting the relationship enough and ourselves to ask for what we believe we deserve.

Other ideas and tips to improve relationships include:

- Let go: let go of past wrongdoings and focus on the present.
- Acceptance: sometimes you have to accept that a person will always act a certain way, or do certain things, and there is nothing that you can do to change that.

- Change: you cannot change a person, because change needs to come from the inside out, not the outside in.
- Be open: as people we are constantly evolving, so we must be willing to grow and change.

Starting, maintaining and ending relationships can all be stressful. Recent figures from the National College Health Assessment conducted in Spring 2003 indicate that 16% of college students nationwide report that relationship difficulties are factors in impeding academic performance.¹ Sometimes, improving problems in relationships can mean seeking the help of others. Students have a valuable resource on campus in Counseling & Psychological Services (CAPS), staffed by licensed professionals. Students can be seen at no charge. They can call 909-869-3220 for appointments. If they are uncomfortable about seeking help on campus, CAPS can refer them to agencies off campus.

¹ American College Health Association. National College Health Assessment Web Summary. Updated June 2004. Available at http://www.acha.org/projects_programs/ncha_sampledata_public.cfm. 2004

DONATE BLOOD TO SAVE A LIFE!

Blood supplies remain critically low at local hospitals—and The American Red Cross relies on your donations to save lives. Won't you and your students consider donating blood this quarter during the following days: February 15-17, Ursa Major C.

Sign up online to make an appointment: www.Givelife.org and type in "CLPOLY" for the sponsor code. Call or e-mail Debbie Jackley (x5309 or DLJACKLEY@csupomona.edu) for more information.



CPR & FIRST AID CLASSES +

WHEN: Saturday 2/12 or 3/12 (Community CPR)
Saturday 2/26 (Adult CPR & First Aid)
TIME: 8:30 a.m. – 3:30 p.m.
WHERE: The Wellness Center, 35-1341
COST: \$30 in advance
Call x2888 for program details. Register and pre-pay at The Wellness Center.

FREE HIV/AIDS TESTING

Tuesdays • 2 p.m. to 4 p.m.
West Clinic Entrance @ SHS.
Students, faculty, staff and guests: call 909-869-4000 to schedule an anonymous, no blood-draw, appointment.



A heart-felt "THANK YOU" to all the professors and their students who were involved in the classroom administration of the National College Health Assessment (NCHA) survey this past quarter. With your help, we obtained over 800 responses, and we will share results with the entire campus as data is compiled.

EASY SCREENS FOR GLUCOSE & CHOLESTEROL



Now students can get a free glucose or cholesterol screen at The Wellness Center. The procedure involves a fingerstick, and then a 20-minute follow-up with results and education. Students with abnormal results are referred to Student Health Services for further assessment or testing.

The screens are part of a comprehensive fitness assessment before students can begin the **Healthy Steps** pedometer program, designed to increase one's physical activity level. Upon receiving a free pedometer, students pledge a personal goal and receive ongoing support via e-mails and individual counseling.

GET HEALTHY, GET WEALTHY



Here's another reason to stick with your New Year's resolutions: It will save you plenty of dough.

As the time for New Year's resolutions approaches, many people will put healthier habits at the top of their list, only to abandon those lofty goals by Jan. 2.

But most folks agree that money talks, and these days there are plenty of financial incentives to keep you on the straight and narrow.

Don't believe it? Consider how much these healthy moves can save you.

Quit Smoking.

With the cost of a pack averaging \$4 these

days, weaning yourself from cigarettes will save you \$1,460 a year if you smoke a pack a day.

But the cigarettes themselves are only part of the tab. Since smokers are more likely to suffer from heart disease, cancer and other illnesses, their medical costs run \$1,623 a year higher than nonsmokers', according to the Centers for Disease Control and Prevention.

Shed a Few Pounds.

Overweight people are at higher risk for high blood pressure, heart disease, diabetes and other health problems. On average, an obese person racks up \$900 more a year in medical expenses than a person of normal weight, says Eric Finkelstein, a health economist at RTI International, a research and technology company specializing in health.

Slimming down substantially will also help shrink your clothing budget. Regular-size clothing is 10 to 15 percent less expensive than plus-size clothes for women and those labeled "big and tall" for men.

Drink Your Coffee Straight Up.

A tall caramel Frappuccino blended coffee with whipped cream at Starbucks costs \$3.70 (give or take a few cents, depending on your location) and contains 320 calories. The same size brewed coffee, taken black, costs \$2 less and has just five calories.

If you average five cups of joe a week, switching to the basic brew will save you more than \$500 and, all else being equal, 23 pounds a year.

Requalify for Life Insurance.

Once you drop the weight and your nicotine and fancy java habits, reapply for life insurance, since healthy people pay lower premiums.

For instance, a 45-year-old nonsmoker who maintains his blood pressure, cholesterol and weight at healthy levels will pay \$770 a year for a \$500,000, 20-year term life insurance policy through The Hartford, or 45 percent less than his less healthy, nonsmoking counterpart, who'll pay

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!

\$1,385. Smokers who quit will see their \$3,735 annual premiums drop 63 percent.

Reap the Rewards of Good Health.

Many companies offer discounts on everything from gym memberships to Weight Watchers classes to encourage employees to get healthy and stay healthy. Now some health plans and businesses are going a step further with additional enticements like travel discounts, shopping reward programs and cash bonuses.

For instance, Blue Shield of California gives a \$200 check to members who successfully complete a 35-week exercise, nutrition, stress management and quit-smoking program online.

Says Deborah Schwab, director of new-product development for the San Francisco insurer, "In focus groups, people told us, 'Cash is king.'"

Getting healthier, of course, should really be its own reward. Pocketing a few extra bucks, though, is a nice bonus.

By Michelle Andrews, MONEY Magazine

Accessed 12/15/04: money.cnn.com/2004/12/06/pf/yr04_resolution_health/