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STALL STREET JOURNAL

A PUBLICATION OF WKU HEALTH SERVICES AND TOPPERWELL PEER HEALTH EDUCATORS

Volume 7 Tissue 1 August 2014

www.wku.edu/hep

(270)745-5033

WELCOME!



The WKU Health Education & Promotion (HEP) Department strives to help WKU students make healthier lifestyle choices with a variety of programs, services, and resources. We believe good health is essential for students' academic and personal success. HEP is located in the Health Services Building (side door facing Bemis Hall). Free brochures, materials, condoms, programs and presentations are available from our office. See below for a description of our programs & services!

NUTRITIONCHAT

This program is a series of interactive sessions covering different topics led by the WKU Registered Dietician. Enjoy free refreshments as you learn healthier eating options on campus, how to cook nutritious snacks in your residence hall, get your questions answered by a professional and more.

- The first session is titled: *My Plate and YOU*
- Date: Tuesday, Oct. 7th
- Time: 5 p.m. - 6 p.m.
- Location: Health Services Lobby
- WellU credit is available!



e-CHUG • e-TOKE

Alcohol Self-Assessment

Marijuana Self-Assessment

Both of these online confidential self-assessment tools provide students with personalized feedback regarding their alcohol (e-CHUG) or marijuana (e-TOKE) use and perceptions. The assessments take about 15-20 minutes each and can be found on the WKU Health Education webpage or the QR code here.

Students can earn WellU credit



TOPPERWELL PEER HEALTH EDUCATORS

is a group of volunteer peer health educators who have a passion for wellness.

They act as student leaders and empower their fellow classmates to make healthy behavioral choices.

Benefits of joining TopperWell:

- Making a positive impact on campus
- Gaining professional experience for your resume
- Acquiring connections on campus & making new friends
- Receiving incentives, shirts, and having fun!

Recruiting NOW!!!



INTERESTED?
APPLY TODAY!

E-mail Topperwell@wku.edu
or stop by the HEP office.

Upcoming Events

FREE HIV TESTING Tuesday, Sept. 16th from 10-3:30 p.m.
Health Services Building

Nutrition Chat Series - My Plate & YOU
Tuesday, Oct. 7th from 5-6 p.m.
Health Services Lobby

FREE HIV TESTING



* Offered once a month in the HEP Department at Health Services.

* Testing is discreet, anonymous, and painless.

* Method: Quick mouth swab by trained professionals. No blood or needles required.

* Results available in 20 minutes!

* First testing date: Tuesday, Sept. 16th from 10-3:30 p.m.

* Cost: FREE

(Do not eat or drink 20 minutes before scheduled testing time)

Why Should You Know Your Status?

The number of HIV cases is increasing on college campuses across the nation. Getting tested can alleviate the anxiety of not knowing your actual HIV status, will help you reduce the risk of transmitting the virus and can help you make decisions that will benefit you.

THE HEALTH & FITNESS LAB

The Health & Fitness Lab is located in the Preston Center. They offer blood pressure screenings, body composition measuring, basic fitness assessments, a personal wellness profile, individual and buddy personal training, group fitness classes, massages & nutrition counseling with the campus registered dietician. For more information, visit www.wku.edu/healthfitnesslab



What is WellU®?

A student wellness incentive program designed to promote wellness related programs and services available at WKU for students to get involved.

- Who can join? All full-time WKU students
- Cost: FREE
- How to register? Through the WellU® website: <http://www.wku.edu/awellu>
- Incentive Prizes:
 - * T-shirt
 - * 7 - \$500 Scholarships
 - * 4 - \$300 Scholarships
 - * 2 - \$150 Scholarships
 - * 1 - iPad Air (16G Wi-Fi)

Strawberry Oatmeal Breakfast Smoothie

Ingredients:

- 1 cup soy milk
- 1/2 cup rolled oats
- 1 banana, broken into chunks
- 14 frozen strawberries
- 1/2 teaspoon vanilla extract
- 1 1/2 teaspoons white sugar

Direction:

In a blender, combine soy milk, oats, banana and strawberries. Add vanilla and sugar if desired. Blend until smooth. Pour into glasses and serve.



Source - Allrecipes.com



STALL STREET JOURNAL

A PUBLICATION OF WKU HEALTH EDUCATION & PROMOTION AND TOPPERWELL
VOLUME 7, TISSUE 2 | FUTURE PLANNING | wku.edu/hep (270) 745- 5033

The Stall Street Journal is intended for fun, education and promotion of wellness, not as a formal scholarly publication.

PLAN AHEAD

THINGS TO THINK ABOUT DURING YOUR EARLY COLLEGE CAREER

START THINKING OF YOUR FUTURE CAREER

This will help keep you focused and enable you to work towards your future goals. Don't have a major yet? Don't worry... relax. Think about what you love doing and what you excel at.

FIND A MENTOR

This should be someone who motivates you and who can offer you helpful advice in terms of your major, career, and future goals. Such as a professor or someone already established in your field. This relationship will also allow you to use them as a reference when job searching later.

VOLUNTEER AND INTERNSHIPS

Use the time during the summer to gain valuable skills by volunteering or interning in your field. It helps you figure out your likes/dislikes and builds your resume, which future employers will notice.

CHECK YOUR EMAIL AND BLACKBOARD REGULARLY

The main form of communication with your professors is through email and blackboard, so make sure you check it frequently to avoid missing important deadlines. Remember to communicate in a professional manner. Address them as Dr. if they've earned their doctorate.

KEEP APPLYING FOR SCHOLARSHIPS

Be a careful spender. Those loans you take out will have to be paid someday. Scholarship information for freshman and other students is available on wku.edu/scholarship. Make use of the research grants. Talk to your advisor so you can start planning your research early.

HAVE FUN WITHOUT PAYING A DIME!

Subscribe to the WKU student activities listserv on your email for events happening on campus and don't forget to check WKU events calendar and WellU events!

Melt the stress away by inviting your friends to:

- ✦ Rent bikes at ORAC in the Preston Center
- ✦ Take a Group X class
- ✦ Join an intramural club
- ✦ Hike the hill
- ✦ Swim some laps in the Natatorium
- ✦ Throw a frisbee in South Lawn
- ✦ Get VERY discounted massages at the Health & Fitness Lab (270) 745-6531



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Check out the WKU Center for Career & Professional Development to get the ball rolling on your future!
DSU RM 2001 wku.edu/career

Note-Takers Needed!

Students will be paid \$150 at the end of each semester
Contact Student Accessibility Resource Center:
(270)745-5004
carolyn.boards@wku.edu
chantel.batten-utley911@topper.wku.edu
or visit Student Disabilities in DSU Room 1074

UPCOMING EVENTS

SEPT
16

FREE
HIV
TESTING

Free Anonymous Testing
No needles! Rapid Results!

@WKU Health Services Building
10am-3:30pm

NUTRITIONCHAT

My Plate & You
Health Services Lobby
5-6pm

OCT
7

What do you look for in an intern (or interviewee)?

I like an interviewee to have conducted their research on our department before interviewing with us. I want them to already know a little about our programs and be familiar with our website.

•You only get one first impression! Make eye contact and have a firm hand shake. Have some thoughtful questions in mind to ask at the end of the interview.



•Always send a thank you either through email or notecard. A tip is to write down the names of your interviewers so you don't forget when sending the thank you.

SOCIAL MEDIA



Use for Professional Building

Be careful what you post! Employers and recruiters often use social media to check on the people they want to hire.

Disable GPS technology on your phone before posting photos online. The pictures may contain your location which can be used by burglars and stalkers to see where you are.

Get Your Foot in the Door Tips for Resume Building

Employers are busy people and spend an average of only 10 seconds scanning your resume.

Objective: Research the job and tailor your resume objective to each job.

Experience: Arrange information by relevance and chronologically with most recent and pertinent on top.

Don't forget to add skills (ie, computer skills communication skills)

Get your resume approved at the WKU Center for Career & Professional Development on campus!

Located at:
Downing Student Union (DSU)
Room 2001
Hours: Mon-Fri 8:00am-4:30pm
(270) 745-3095





STALL STREET JOURNAL

A PUBLICATION OF WKU HEALTH EDUCATION & PROMOTION AND TOPPERWELL

VOLUME 7, TISSUE 3 | HEALTHY EATING |

wku.edu/hep (270) 745- 5033

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Healthy Habits!

Maintaining a healthy lifestyle starts with healthy habits! If you were used to your meals being dictated by your parents you can now be feeling overwhelmed by choices. Now is the time to start or maintain healthy eating habits that will continue throughout your life. A great start is to schedule time to eat 3 meals and 2 healthy snacks per day. If you have a problem eating regular meals, try planning ahead by looking at your schedule and finding the breaks that you can eat and take easy meals and snacks with you.

QUICK SNACKS FOR YOUR BACKPACK!



Try to avoid processed food snacks even though they are convenient

- banana
- apple
- baby carrots
- almonds or nuts
- trail mix
- cheese stick



ON CAMPUS...

Did you know that Fresh Food Company makes the most of your meal plan for healthy meals and you can do take-out?

Fad Diets or Should We Say Crash Diets?!

Fad diets look and sound appealing because they have quick results. These results are temporary because fad diets provide an extreme calorie deficit that allows for weight loss; however, it's usually water weight or it can be attributed to the fact that the body uses stored energy, usually fat, in the deficit period. Once the person returns to eating normal, the weight will be gained back -sometimes with additional pounds.

Some popular fad diets include:

Don't confuse these fad diets with diet plans like the *South Beach Diet* and *Weight Watchers*; they actually promote long term changes for sustaining healthy eating. The BEST "diet" to maintain weight and a healthy lifestyle is to enjoy healthy foods and know that it's okay to cheat every now and then. Who says healthy can't be yummy!

~~3 day diet~~
~~Grapefruit diet~~
~~Juice fast~~

Moderation is key!

EZ TIPS OF THE WEEK:

1. Drink a glass of water

before a meal. This helps you become fuller faster!

2. Eat breakfast, even if it's a piece of fruit! Breakfast kick starts your metabolism and provides you with energy.

3. Try not eating a large meal with less than 1-2 hours before bed-time. Metabolism slows down later in the day and you won't be doing much that requires you to burn the calories taken in that late.

4. Become familiar with reading nutrition labels. Pay close attention to serving sizes because lot of labels will try to trick you with small serving sizes.

Oz, Daphne. *The Dorm Room Diet*

WKU's Registered Dietician!

Brandi Breden

For advice and nutritional counseling

(270) 745-6531 // 1 hr appt // \$5

www.wku.edu/awellu/



Don't forget, wellness is not only about healthy eating and staying active; it's a holistic approach that contains eight dimensions of wellness:

- I Environmental
- II Financial
- III Intellectual
- IV Occupational
- V Physical
- VI Psychological
- VII Social
- VIII Spiritual

"Wellness must be a prerequisite to all else. Students cannot be intellectually proficient if they are physically or psychologically unwell."

-Ernest Boyer.



UPCOMING EVENTS

NUTRITIONCHAT

MyPlate and You

When: Tuesday, September 30, 2014

Where: Health Services Lobby

Time: 5-6pm

EARN  CREDIT

Oh, and did we mention there will be SNACKS!?

Dorm-Friendly Tuna Salad!

Ingredients:

- *1 (6 ounce) can tuna
- *2 tbl. nonfat plain yogurt,
- *1/2 teaspoon Dijon mustard,
- *1/4 medium carrot (grated),
- *salt & pepper.

Directions:

- *Grate carrot. Drain tuna.
- *Combine ingredients in a bowl and mix.
- * Serve on greens, in a sandwich, or just eat it plain. (Serve immediately or refrigerate for later)



Stall Street Journal brought to you by:

 HEALTH EDUCATION AND PROMOTION

 TOPPERWELL
PEER HEALTH EDUCATORS

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STALL STREET JOURNAL

A PUBLICATION OF WKU HEALTH EDUCATION & PROMOTION AND TOPPERWELL

VOLUME 7, TISSUE 4 |

HYGIENE |

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Dorm Room Etiquette

- **Clean up after yourself**, or forever bear the pain of your dorm mates complaining to each other about how messy you are.
- **Share the space.** Keep your belongings on your side of the room. The space under your bed can be used to store extra shoes, clothing, and more. Consider using bed risers to increase storage space to put away your large totes and shelves.
- **Be open to new ideas and experiences**, especially as it relates to what your roommate brings into your life. That's why you went to college in the first place, right?
- **Create roommate rituals.** Give yourselves a chance to get to know each other better by establishing roommate get-togethers.
- **Decide beforehand how you will handle overnight visitors** and/or visitors of the opposite sex. Your roommate's views on this subject may be drastically different than yours.
- **Let the little things go.** Don't resort to passive-aggressive behavior like the silent treatment, or note leaving. If something is really bothering you, discuss it with your roommate.

HOW OFTEN SHOULD YOU WASH YOUR BED SHEETS?

- Once a Week = Ideal
- Once Every Two Weeks = Totally Acceptable
- Once a Month = Fine. Not good, but fine
- Once Every Six Weeks = Dicey
- Longer than that = Break out the microscope and see what's growing.

Your bedding is the most important piece of furniture in your room. Bed mites, or "dust mites" thrive in the warm, humid, and dark environment of your mattress, which is where all your dead skin, oils, sweat, bodily fluids and food crumbs can be found!
www.cnn.com/living

SUPPLIES TO GET THROUGH FLU SEASON:

- Hand sanitizer
- Lysol spray
- Tissues
- LOTS of fluids
- Flu SHOT (available at GGC@WKU)

Slip On A Pair Of Flops Before Sudsing Up

Why should you wear shower shoes in the shower?

- A. The floors are gross and unsanitary.
- B. They keep you from developing staph, meningitis and warts.
- C. You can pick up athlete's foot (which is VERY contagious)
- D. You will encounter hair clumps, clogged drains, pubes, soggy hair ties, and many other things you wish you hadn't on your venture to get clean.
- E. All the above

TIP:

FOR REMOVING THE MILDEW SMELL FROM YOUR TOWELS—POUR A FEW CUPS OF VINEGAR IN THE MACHINE AND WASH THEM WITH HOT WATER AND DETERGENT.



Upcoming Events

NUTRITIONCHAT
Healthy Meal Plans on Campus
Date: Tuesday, Nov 4th
Time: 5-6 p.m.
Where: Health Services Lobby
FREE FOOD!!
EARN WELL CREDIT



Hand Sanitizer
VS.
Hand Washing

Hand sanitizers can get rid of many types of germs, but many people don't use a large enough volume of the sanitizer or may wipe it off before it has dried causing it to be ineffective. Soap and water are more effective than hand sanitizers at removing or getting rid of certain kinds of germs, especially if they are visibly dirty.

www.cdc.gov/handwashing

HEALTH EDUCATION AND PROMOTION

\$Financial Tip
LITTLE THINGS CAN CHIP AWAY AT YOUR BUDGET. TRY TO AVOID THINGS, SUCH AS PARKING FINES, LATE FEES FOR BOOKS, ATM FEES (CHECK WITH YOUR BANK AND THE BANKS ON CAMPUS), AND MAKE THE BEST OF YOUR MEAL PLANS (DON'T SPEND EXTRA MONEY ON FOOD WHEN YOU ALREADY HAVE THAT MEAL PLAN IN PLACE).



Celeste Somerville
Junior
Healthcare Administration

Q: How would you address your roommate's hygiene issues?
A: Poor hygiene affects roommates & everyone around them. I would explain this to my roommate and ask if there were anything I could do to help; offer them some laundry detergent or even talk to them about the products I use daily. Every roommate is different but no one wants to be attacked or embarrassed in front of others, so try to approach them privately in a non-aggressive way.



STALL STREET JOURNAL

A PUBLICATION OF WKU HEALTH EDUCATION & PROMOTION AND TOPPERWELL

VOLUME 7, TISSUE 6 | SEXUAL HEALTH | wku.edu/hep (270) 745-5033

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BEING SEXUALLY HEALTHY MEANS:

- Knowing about your body and how it works.
- Understanding the physical, social, and emotional changes that come with puberty, pregnancy and aging.
- Making sure you and your partner(s) are tested regularly.
- Finding information and support when things go wrong such as unplanned pregnancy or sexually transmitted infections/ diseases (STIs/STDs).
- Knowing the risk of an activity & how to protect yourself.

WKU STUDENTS REPORTED THAT THEY NEVER HAD:

SPRING 2012 | SPRING 2014

Vaginal Sex	25.1%	25.3%
Oral Sex	23.4%	25.9%
Anal Sex	78.9%	74.8%

• In Spring 2012, 54.1% of WKU students who have had sex only had 1-2 partners in the last 12 months.

• In Spring 2014, 50.3% of WKU students who have had sex only had 1-2 partners in the last 12 months.

*Source : WKU National College Health Assessment (NCHA)

ABSTINENCE:

Abstinence can mean different things to different people. For some, it means having no sexual contact with a partner. If you have a partner, make sure you both agree about what abstinence means. You do not have to be a virgin to be abstinent.





Tips to Stay Abstinent:

- Speak up, let your partner know
- Be clear about your reasons
- Avoid the situation of outside pressure.
- Be with people who feel the same
- Avoid students who might make it harder for you to abstain

Benefits of Waiting:

- Your relationships are stronger.
- 100% effective for pregnancy and STIs
- Focus on school, career and extracurricular activities
- Supports personal beliefs

Contraception: It's good to be informed and determine

METHOD	HOW IT WORKS	ADVANTAGES	DISADVANTAGES
 PILL	Recommended to take daily for 21-84 or more days followed by a 4-7 day break.	Safe; reversible; easy to use; doesn't interrupt with sex; does not require partner compliance	Does not protect against STDs; requires a prescription; efficiency may be diminished when taken with other drugs.
 (Depo Provera) SHOT	Contains synthetic progesterone and is given every 3 months.	Easy to use and reversible; doesn't interrupt sex; no drug interactions; good option for women who are breast feeding.	Requires visit to health care provider to get the shot; does not protect against STIs; potential for weight gain; may cause irregular bleeding/spotting.
 VAGINAL RING	Small flexible ring with estrogen and progesterone; prevents ovulation. Placed in the vagina for 21 days then removed for 7 days; new ring inserted after 7 days.	Doesn't interrupt sex; easy to use; effective for 1 month; doesn't cause weight gain; safe for women with latex allergies	Requires a prescription; doesn't protect against STIs; may cause hormonal side effects like breast tenderness, mood changes, nausea
 IMPLANT	A 4 cm flexible plastic rod inserted into inner side of woman's upper arm. Contains synthetic progesterone; prevents ovulation.	Easy to use; effective for up to 3 years; doesn't interrupt sex; reversible; cost effective; safe for women with latex allergies.	Doesn't protect against STIs; potential for weight gain; unpredictable periods; in-office procedure

the best method for you.

MEANINGFUL CONSENT WITH SEX:

• VERBAL • MUTUAL • SOBER

- Believe that you have the right to decide for yourself whether or not you want to participate in a particular sexual activity.
- Know what the activity involves and what your feelings are about it.
- As best you can, avoid situations where you are likely to experience pressure to have unwanted sex.
- Strive for a relationship where your decision will be recognized and respected by your partner.

STIs: OFTEN STIS HAVE NO SIGNS OR SYMPTOMS. IT IS IMPORTANT TO BE TESTED REGULARLY IF YOU ARE SEXUALLY ACTIVE.

SOME STIS CAN BE CURED, SOME STIS CAN BE TREATED-BUT NOT CURED.

MYTHS:

- You can't get an STI from oral sex.
- If you or your partner have an STI, you will know it.
- Only certain "types" of people get STIs
- You can only get an STI from semen

FACT:

YOU ARE AT HIGH RISK IF YOU:

- Have sex while under the influence of drugs alcohol
- Have more than one sexual partner
- Have sex with someone who has had many partners.
- Don't use protection when having sex

Three most common STDs at WKU:

CHLAMYDIA

Transmission: Oral, anal, vaginal sex through bodily fluids (semen, vaginal secretions)

Symptoms: Burning or pain while urinating; need to urinate more often

Things to know: Chlamydia can make it difficult for a woman to get pregnant (or) it can lead to infertility if left untreated; Treated with antibiotics

HERPES

Transmission: By direct skin to skin contact

Symptoms: Flu like symptoms; small, painful blisters on the mouth or sex organs

Things to know: Herpes cannot be cured; Antiviral medication available to reduce symptoms and the length of outbreak

HPV/ GENITAL WARTS

Transmission: Direct skin to skin contact

Symptoms: Small, bumpy warts on sex organs and anus; itching around sex organs; some types cause cervical cancer in women

Things to know: Men and women are at equal risk for contracting HPV; No standard HPV test for men making it more difficult to detect and diagnose; In some cases goes away on its own; can be treated

Upcoming Events:

HEALTHY DAYS

Student Health Fair

TUES, MAR 3rd // 2-5pm // PRESTON CENTER

FREE FOOD, PRIZES, SHIRTS & MORE!

GROCERY BINGO

THU, MAR. 26th // 7PM // DSU NITE CLASS

PLAY BINGO & WIN PRIZES!!

Provided by:

HEALTH EDUCATION AND PROMOTION

TOPPERWELL

WELL

Why should you know your status??

The number of HIV cases is increasing on college campuses across the nation. Getting tested can alleviate the anxiety of not knowing your HIV status, help you reduce the risk of transmitting the virus and allows for early treatment options.

Myth: Pulling out before ejaculation will prevent pregnancy

Fact: Men can secrete fluid before the ejaculation phase and women also secrete vaginal fluid during arousal. The exchange of fluids may still occur even if the man pulls out before ejaculation increasing risk of pregnancy or STIs.

Female Condoms (FC2): The female condom is another option for protection. It is a soft loose fitting sheath with a ring at each end. It is inserted before sex and should be removed after sex.



Benefits: Prevents pregnancy and protection against STDs. Safe for women who are allergic to latex. Can be inserted ahead of sex allowing for more spontaneous act. One size fits all.

WKU Health Education and Promotion Office provides FREE:

- Male and Female Condoms
- Dental Dams
- Lubricants
- Non-Latex Condoms
- STI Education Sessions
- Oraquick HIV Testing (once a month)



STALL STREET JOURNAL

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VOLUME 7, TISSUE 7 |

BOOZE NEWS |

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DID YOU KNOW...

Excessive alcohol consumption contributes to more than 4,300 deaths among underage youth (under 21), in the United States each year (drunk driving, alcohol poisoning, etc.).

KNOW YOUR MARKS!

1 STANDARD DRINK SIZE



CALORIE COUNT



WESTERN KENTUCKY'S ALCOHOL POLICY

- Strike 1: Disciplinary Agreement and an educational experience
- Strike 2: Probation and an educational experience
- Strike 3: Separation or Suspension (Referral to University Disciplinary Committee)

***If you are found responsible of an alcohol related offense in which your own health or safety is affected, or in which you disturb, hurt or endanger others through your drinking, more serious consequences will occur.**

***IN KENTUCKY, IT IS ILLEGAL TO DRIVE A VEHICLE IF YOUR LEVEL OF INTOXICATION IS .08% OR ABOVE.**

***IF YOU ARE UNDER 21, IT IS ILLEGAL TO DRIVE A VEHICLE IF YOUR LEVEL OF INTOXICATION IS .02% OR ABOVE.**

Booze On The Brain

- Alcohol slows down the cerebral cortex as it works with information from a person's senses.
- It makes the person think, speak and move slower.
- A person may find it hard to control their emotions & urges. The person may act without thinking or may even become violent.



Alcohol can cause alterations in the structure and function of the developing brain, which continues to mature into a person's mid-20s. Alcohol effects adolescents' brain development in many ways.

Leeann Kornau,
Junior,
Smyrna, TN
Topperwell Officer



TOPPERWELL SPOTLIGHT

Q: What do you do when you go out somewhere with your friends?

A: "My friends and I use the buddy system so no one is left alone & have a designated meeting spot just in case."

BiNgE dRiNkING:

According to the National Institute on Alcohol Abuse and Alcoholism, binge drinking is defined as a pattern of alcohol consumption that brings the blood alcohol concentration (BAC) level to 0.08% or more.

5 or more standard drinks on a single occasion within about 2 hours



4 or more standard drinks on a single occasion within about 2 hours

MEDICAL AMNESTY

IF YOU OR A FRIEND NEEDS MEDICAL ATTENTION, CALL 911. YOU WON'T RECEIVE AN MIP. (MIP= MINOR IN POSSESSION)



Medical Amnesty, also known as the Good Samaritan Law, is a state-wide law which grants **intoxicated minors** a limited legal immunity when they seek help for themselves or another individual who is in need of immediate medical attention. They won't be sanctioned through WKU either.

WHAT TO DO IF SOMEONE HAS ALCOHOL POISONING:

- Turn them on their side so they don't choke
- Stay with the person
- Check to make sure they are conscious or breathing until help arrives

SAFETY TIPS:

- You have the right not to drink
- Choose a designated driver sober walker
- Eat before you consume alcohol to slow absorption
- Don't mix energy drinks with alcohol. Caffeine mixed with alcohol makes people feel "less drunk." They tend to drink more than their body would normally allow
- Drink as much water as you can before going to bed, and the day after to rehydrate

ALCOHOL POISONING SIGNS:

- Confusion
- Unconscious/semi-consciousness
- Irregular breathing
- Slow breaths of 8 or less/min
- Cold clammy pale or bluish skin
- Low body temp
- Vomiting
- Seizures



Brought to you by:



TOPPERWELL
PEER HEALTH EDUCATORS

THE SAFE RIDE: PURPLE LINE BUS

Runs Thursday, Friday, and Saturday during Fall and Spring Semesters from 10:00 PM- 2:00 AM.

- Runs on a continuous 15 minute frequency.
- Incorporated into the Next Bus GPS tracking system.
- Find the location & route of the shuttle through the iWKU app on your iPhone or Android smart phone.

UPCOMING EVENTS:

Tuesday March 24
10-3:30pm
Health Service
Building, Room 1064

FREE
HIV
TESTING



GROCERY
BINGO

Thursday March 26th
7-9pm
@DSU Nite class
(Between Papa Johns
& Red Zone)
PLAY BINGO & WIN PRIZES!!



STALL STREET JOURNAL

A PUBLICATION OF WKU HEALTH EDUCATION & PROMOTION AND TOPPERWELL

VOLUME 7, TISSUE 8 |

BODY TYPES |

wku.edu/hep (270) 745-5033

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WHAT IS BMI?

BMI is a screening tool to identify possible weight problems for adults.

The correlation between BMI number and body fitness is fairly strong. However, it does not take muscle mass, gender or other variables into account. It is important to know that this not a diagnostic tool.

HOW TO FIND YOUR BMI

Weight (in lbs.) x 703
Height (in inches)

EXAMPLE:
(220 lb. man is 6 ft 3 in)
 $\left\{ \frac{220 \text{ lbs}}{75 \text{ in} \times 75 \text{ in}} \right\} \times 703 = 27.5$

For true BMI that accounts for muscle mass, please visit the WKU Health and Fitness lab at the Preston Center

- WHY IT HELPS TO KNOW YOUR BMI SCORE -

- Being overweight or obese will put you at a greater risk for heart disease, stroke, type 2 diabetes, cancer, high blood pressure (hypertension) and kidney disease.
- If your BMI is less than 18.5, you may consider gaining weight.
- Being underweight can increase your risk of other health problems, such as: brittle bones (osteoporosis), absent periods in women (amenorrhea), iron deficiency (anemia), and lower immune system.

(<http://www.nhlbi.nih.gov/health-pro/resources/heart/aim-facts.html>)

FEEL GOOD VEGGIES!

FOR HEALING & HEALTHY TEETH

- Red & Green Peppers
- Broccoli
- Cauliflower

DENSE & TASTY

- Spaghetti Squash
- Kale
- Edamame
- Avocado
- Watercress

VITAMIN A

- Sweet Potatoes
- Pumpkin
- Carrots

TRY TO AVOID FOODS WITH EMPTY CALORIES

EXAMPLES:

- Refined grains - white bread
- Junk food- ice cream, candy & chips
- Processed meats- sausage, hotdogs & bacon
- Sugary drinks

DIFFERENT TYPES OF BODIES

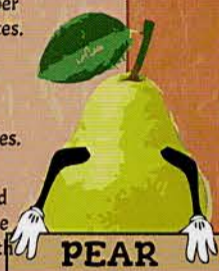
Pears have larger lower bodies and smaller upper bodies - storing fat on the hips, thighs, and glutes.

IDEAL PEAR DIET

Diet rich in complex carbohydrates, such as whole-grain cereals, lentils and beans; lean protein, such as chicken or fish; fruits and veggies.

TRAINING

Focus on aerobic exercises such as running and biking. Should include at least three 30 minute cardio sessions a week mixed with two strength training workouts.



CHILI PEPPER

Chili peppers have a narrow shape with no real difference between the size of their hips, waists, and shoulders.

IDEAL CHILI PEPPER DIET

Try a diet consisting of fish, olive oil, nuts, lean protein, and complex carbohydrates, such as fruits, veggies and beans.

TRAINING

Strength exercise can help create curves and definition. Should consist of two weight-training sessions a week involving heavier weights and low repetitions. Few days of moderate intensity cardio to boost your endurance.

(<http://www.fitnessmagazine.com/recipes/healthy-eating/tips/eat-right-for-body-type/>)



Apples carry fat around their middle but generally have a slim lower body.

IDEAL APPLE DIET

Heart healthy monounsaturated fat, found in nuts, avocados, and olive oil. Include a fiber rich, complex carb, like beans, fruits, veggies, and whole grains.

TRAINING

At least three 40 minute cardio sessions a week: running, biking, or swimming. Total body strength training should be done twice a week.

UNDERSTANDING BMI

Below 18.5---Underweight
18.5- 24.9-----Healthy
25.0-29.9-----Overweight
30.0 and above-----Obese



DORM ROOM RECIPE

DIRECTIONS

- Stir all ingredients together in a medium bowl until thoroughly mixed. Cover and let chill in the refrigerator for half an hour.
- Once chilled, roll into balls of whatever size you would like. (About 1" in diameter.) Store in an airtight container and keep refrigerated for up to 1 week.
- Makes about 20-25 balls.

INGREDIENTS

- 1 cup (dry) oatmeal
- 2/3 cup toasted coconut flakes
- 1/2 cup peanut butter
- 1/2 cup ground flax seed
- 1/2 cup chocolate chips or cacao nibs
- 1/3 cup honey or agave nectar
- 1 tablespoon chia seeds (optional)
- 1 teaspoon vanilla extract



8 WAYS TO LOVE YOUR BODY!

1. SMILE! DOING SO RELEASES ENDORPHINS THAT BOOST YOUR MOOD AND CONFIDENCE
2. DRESS IN A WAY THAT MAKES YOU FEEL YOUR BEST
3. AVOID COMPARING YOURSELF OTHERS. YOU ARE UNIQUE!
4. MAKE A LIST OF WHAT YOU LOVE ABOUT YOURSELF AND PUT IT SOMEWHERE YOU'LL SEE EVERYDAY
5. DON'T DEPEND ON A SCALE. HEALTH IS MORE THAN A NUMBER
6. STAY ACTIVE AND FIND THINGS YOU ENJOY
7. GIVE COMPLIMENTS. THEY MAKE YOU AND OTHER PEOPLE FEEL GOOD
8. SURROUND YOURSELF WITH SUPPORTIVE FAMILY AND FRIENDS

FITNESS SERVICES AT THE PRESTON CENTER

WKU Health & Fitness Lab

- Walk-in Services
Blood Pressure
Body Composition
Circumference Measures
Height & Weight
- Exercise Prescription Services
Weight Training Orientation
Kick Start Program
Total Fitness Package
Fitness Center Orientation
- Personal Training
Individual Training
Buddy Training

56.9% of WKU students do moderate intensity cardio for at least 30 minutes 1-4 days a week.

21.1% of WKU students do moderate intensity cardio 5-7 days a week
(WKU 2014 Spring NCHA Survey)

UPCOMING EVENTS:

VALLEYPALOOZA
A DE-STRESSING EVENT! TUES. May 5th 1-5pm
sponsored by:
• Health Education & Promotion
• Housing & Residence Life
IN THE "VALLEY" (by Gilbert)



PLAY Bingo WIN Prizes!

Thursday, April 9th & 23rd // 7-9 p.m.
in DSU Nite Class (by Red Zone)

-Free HIV Testing-
Thursday, April 14th
Wednesday, May 6th
10-3.30 p.m. in Health Services Building, Room 1064





STALL STREET JOURNAL

A PUBLICATION OF WKU HEALTH EDUCATION & PROMOTION AND TOPPERWELL

VOLUME 7, TISSUE 9 |

SMOKING |

wku.edu/hep (270) 745-5033

The Stall Street Journal is intended for fun, education and promotion of wellness, not as a formal scholarly publication

Too Smart to Start!

- Tobacco kills over 5 million people a year
- Tobacco harms nearly every organ in the body
- Young adults between the ages of 18-24 are the main targets of the tobacco industry

Keep off the Grass!

-Over 800,000 people are arrested for marijuana in the United States annually.

-The THC in marijuana is absorbed by fatty tissues in various organs, which can be detected through urine samples several days after use.

Marijuana can hurt your ability to:

- *Concentrate
- *Remember what you learned
- *Focus on projects or tasks
- *React quickly while driving
- *Coordination in sports

CAMPUS CONSEQUENCES

The WKU drug policy states any student with a violation of the Drug Policy while enrolled at WKU will be required to go through the institution judicial processes and face sanctions, which may include removal from on-campus housing or even expulsion from WKU.

The Kentucky Public Health Association is working on making WKU a smoke free campus.

Last semester, KPHA had a petition, which received 1,000 signatures from students who agreed for a smoke free campus.

If you are interested in this initiative, contact the KPHA on campus.

TOPPERWELL SPOTLIGHT

Q: How do you feel about smoking on campus?

A: As a nonsmoker who is allergic to cigarette smoke I think it is unfair that I have to walk up the hill behind cigarette smoke every day.



Zuri Jones
Major: Public Health
Hometown: Nashville, TN
TopperWell Member Since: Fall 2014

FINANCIAL TIP:

Price for a pack of cigarettes : \$5.95

A pack of cigarettes once a day for a year: \$2,171.75

You could buy about 5 Apple watches (\$350) with that amount of money!

FACT OR MYTH?

If I quit smoking now, I can reduce my risk of heart disease **FACT**

I only smoke hookah occasionally, so my body will be fine. **MYTH**

Marijuana will be out of my system within the same day of smoking it **MYTH**

One hookah session can be equivalent to smoking 10-40 cigarettes **FACT**

<https://www.nhlbi.nih.gov/health/health-topics/topics/smo/benefits>

The scoop about E-Cigs:

E-cigarettes are battery operated products designed to turn nicotine and other chemicals into vapor.

E-Cigs are a safer alternative to cigarettes when used in public, but they still contain the addictive chemical, nicotine, in addition to other chemicals that can cause health risks.

<http://betobaccofree.hhs.gov/about-tobacco/Electronic-Cigarettes/index.html>



Kihara Booth

Q: Why did you start smoking?

A: I smoked for bout a year. My older cousin was a smoker and I hung with her in the summertime, so it influenced me to try it out.

Q: How often and long did you smoke & how did you quit?

A: Once or twice a week. I stopped hanging with my cousin after the summer and I decided I did not want to do it anymore.

REMEMBER: Always surround yourself with positive people and do the right thing, especially for your health.

Keep an EYE out for the Stall Street Journal evaluation in your email!

We love to hear your feedback!

Take the e-toke survey today and get

WELL WELLU credit!

E-TOKE

RESOURCES for quitting:

Tobacco Quitter App:

TQ Price checker may save money if you are paying for quitting aids out-of-pocket. It is an educational tool that compares a lot of different quitting resources in one place.



Smoke Free Text:

This FREE mobile service provides 24/7 encouragement, advice, and tips to help smokers stop smoking. Text **QUIT** to **IQUIT (47848)**, answer a few questions, and you'll start receiving messages.

For More Resources:

Barren River Health Department offers cooper clayton smoking cessation classes.

For more info or to sign up, call: (270) 781-8039 EXT: 144

You said WHAT is in my CIGARETTE?!?!?

- Butane (Lighter Fluid)
- Acetic Acid (Vinegar)
- Methane Gas
- Arsenic (Poison)
- Carbon Monoxide (Car Exhaust)
- Acetone (Nail Polish Remover)
- Methanol (Rocket Fuel)
- Fuel
- Paint
- Ammonia (Toilet Cleaner)
- Nicotine (Insecticide)
- Toluene (Industrial Solvent)
- Hexamine (Barbecue Starter)
- Steric Acid (Wax)
- Cadmium (Batteries)



Thursday April 23 7-9pm
@DSU Nite Class

(Between Papa Johns & Red Zone)
PLAY BINGO & WIN PRIZES!!

VALLEYPALOOZA!

May 5th at the "Valley"
A "de-stressing" event //1-5pm
between Gilbert Rhodes & McCormack Halls
FREE FOOD, T-SHIRTS, INFLATABLES & MORE!

FREE HIV TESTING

Wednesday, May 6
10:00am-3:30pm
Health Services Building
Room 1064

Brought to you by: **TOPPERWELL**

HEALTH EDUCATION AND PROMOTION

UPCOMING EVENTS:

Western Kentucky University is an equal opportunity institution of higher education and upon request provides reasonable accommodation to individuals with disabilities. www.wku.edu/eoo