

Healthy Hawk Hints

Health Promotion Newsletter

August 2009



Ready or Not? WELCOME BACK!

By: Trisha M. Schleicher, UNCW Health Educator

Health Promotion is ready to rock a new year! As an extension of the Abrons Student Health Center, Health Promotion provides countless programs, events, and private consultations FREE of charge for UNCW students.

All Health Promotion events are entertaining and educational. Programs are geared towards sexual health, nutrition, sleep & stress management, cancer prevention, or men's and women's health. Food & prizes are always included!



Check out our August calendar in the blue box! →

Students can also visit the on-campus dietitian, Alice Merritt, free of charge! You can see Alice regarding any nutritional concern including weight management, eating disorders, vegetarian diets, food allergies and intolerances, and much more. UNCW students can make an individual appointment to meet with Alice by calling 910-962-4135 or 910-962-3280!

The Health Promotion Office also has a Health Educator that students can visit FREE of charge to discuss and ask questions regarding sexual health, stress reduction, sleep management, & any general health & wellness question.

For those hesitant of making a private appointment, we have "Ask Anything" links available on our website. Here, you can anonymously ask any health related question to our campus dietitian or health educator. Keep in mind that ALL consultations & office visits are confidential. www.uncw.edu/healthpromo

Health Promotion also has a variety of resources available including brochures, health software, books, DVD's and videos for UNCW students, staff, & faculty to utilize!

If you have any questions or need more information, feel free to contact us!

UNCW Health Promotion
Hundley Health Education Center
Student Rec Center 104
910-962-4135
www.uncw.edu/healthpromo

Health Promotion Programs & Events

Avoiding the Freshman 15

Monday, August 17th
5:30-6:30pm
Seahawk Village Clubhouse

What's up Doc?

Wednesday, August 19th
11:00-2:00pm
Abrons Student Health Center

Smoothies in Sammy's Health Hut

Wednesday, August 19th
4:00-6:00pm
Student Rec Center 104
Co-sponsored with CARE & CROSSROADS

What's a Winner in Wag?

Thursday, August 20th
11:30-1:30pm
Wagoner Dining Hall

Dub 1 vs. 100

Tuesday, August 25th
7:00pm, Lumina Theatre
Co-sponsored with CARE & CROSSROADS

What's Healthy in the Hawk's Nest?

Wednesday, August 26th
11:30-1:30pm, Hawk's Nest

Condom Bingo

Wednesday, August 26th
5:30-6:30pm
Seahawk Village Clubhouse

UNCW:
Live it!
Love it!

Coming to a new place, or starting something new, can be scary. New people, new environment, new everything! Getting involved on-campus is one way to help your transition become easier!

UNCW offers countless ways for you to get involved. No matter what your interests are, there is something for you! With over 180 student organizations, campus-wide activities, and departmental programs, there is always something to do!

One easy way to get involved and doesn't require a huge time commitment is to attend Health Promotion programs! Health Promotion hosts tons of programs during the year! Some programs include:

- Avoiding the Freshman 15
- Condom Bingo
- Nutrition Jeopardy
- Stressbusters
- SOOO many more!

These programs are not only a great way to learn more about your health, but to meet other students too!

Did I mention that all Health Promotion programs include free food and prizes!?!?

Although involvement is important, make sure you don't spread yourself too thin! The #1 reason you are here is for school, so make sure you put your academics first!

Want to know more about Health Promotion's upcoming events & programs?

- Add us on Facebook (Peer Educators)
- Follow us on Twitter (@PeerEducators)
- Check out our website, www.uncw.edu/healthpromo.

Eating Healthy in the Residence Hall

By: Katherine Andersen, Nutrition Intern

Moving away from home and attending college is a huge transitional stage for most, if not all incoming freshmen. The reigns are let loose and for the most part they are able to come and go as they please, eat when and what they want to, and so on. This change in lifestyle offers a lot more freedom of choice to students than when they lived at home, particularly when it comes to dietary behaviors.

Avoiding the “Freshman Fifteen” can be easy by making healthy food choices. While most meals may be eaten in the dining halls, it’s important to stock up on healthy foods in the residence hall. Here are a few snack/meal ideas to fill the mini-fridge:

- Skim milk and a high fiber cereal
- Individual low fat yogurts
- Peanut butter on a ½ bagel or English muffin
- Individual packs of instant oatmeal
- Fruits and vegetables
- String cheese
- Granola bars
- Whole wheat bread with lean sliced turkey.

For any questions or ideas for healthy eating, call the Campus Dietitian, Alice Merritt, at 910-962-4135.

Tried and True Smoothies for You!

Spinach Smoothie

1 cup of 100% Apple Juice
1 cup of fat free vanilla yogurt
1 banana
1 handful of spinach
1 cup of crushed ice
Blend away!

Berry Smoothie

1 cup of frozen mixed berries
1 carton (6oz.) of favorite fat free yogurt
1 cup skim milk
1 cup of crushed ice
Blend away!



A Day at the Beach By: Nancy Patz, PA-C, Abrons Student Health Center



So many of us like the way we look with a tan. We come to UNCW because we love the beach, and spend countless hours studying, surfing and just plain lying out in the sun. There are also countless others that worsen the damage by keeping the tan year round with tanning bed use. The unfortunate reality check is that melanoma cases have risen 2000% since 1930. Melanoma is a type of skin cancer that is deadly unless detected in its earliest stages. This cancer can grow deep into the

skin layers, travel to area lymph nodes and then spread to other major organs. The risk factors include fair complexion, excessive childhood sun exposure, and blistering childhood sunburns, increased number of moles, family history of melanoma, presence of a changing mole or evolving lesion on the skin and older age. It is the most common cancer in women aged 25-29. Keep an eye on your skin looking for new or changing moles that follow the **ABCDE** criteria:

ASYMMETRY (sides don't match)

BORDER IRREGULARITY

COLOR VARIATION (different shades of tan, brown, black, white, red or blue)

DIAMETER (>6MM)

EVOLVING (changes in the appearance of the mole over time)

Take a look at every inch of your skin to potentially save your life.