WELLNESS PROMOTION AND EDUCATION

MARCH 2020 NEWSLETTER

- EVENTS
- PRESENTATIONS & WORKSHOPS
- MASSAGE CHAIRS
- OUTREACH
- DOLPHIN PANTRY
Who We Are

Purpose

WPE utilizes a multidimensional and holistic approach that provides programs for lifelong physical, mental, and spiritual well-being.

What We Do

• Offer educational presentations, workshops, and one-on-one peer-to-peer meetings
• Access to online resources (i.e. Kognito Suicide Prevention & 3rd Millennium Courses)
• Host campus-wide & national awareness campaigns
• Provide stress relieving services (i.e. Workshops, Presentations, and massage chairs)
EVENTS & SOCIAL MEDIA

Tabling & Outreach

3/04: National Nutrition Month @ Islands Cafe 1-3pm
3/05: National Nutrition Month @ SUB Courtyard 1:30pm-3:30pm
3/11: National Sleep Awareness Week @ Broome Library 1-3pm
3/12: National Sleep Awareness Week @ Santa Rosa Breezeway 1:30-3:30pm
3/18: Safe Spring Break @ South Quad 12-2pm
3/19: Safe Spring Break Day 2 @ South Quad 12-2pm

Follow us on Facebook: @CIWPE

Follow us on Instagram: @CI_Wellness
My name is Nichole Speziale and I am currently a third year at CI. I absolutely love the healthcare field and have been loving my journey throughout the field to find my niche. Being able to help others and spread kindness is very important to me, which is why I am very happy to be a Wellness Peer Educator. I believe it is also important to have a growth mindset and be working towards a better "you".

**ABOUT ME**

Major: Health Science  
Minor: Psychology  
Wellness Peer Educator

**HOBBIES**

Cooking, working out, reading, binge-watching TV, and enjoying the outdoors.

**FAVORITE QUOTE**

"You can't connect the dots looking forward; you can only connect them looking backwards." -Steve Jobs

**DESCRIBE WHAT WELLNESS MEANS TO YOU**

Wellness is the process of obtaining a healthy, happy, and fulfilling life. I believe the key to wellness is simply having a balance and finding what works to create that balance. This involves getting to know yourself on an in-depth level and truly finding what pushes you to be happy and healthy. Going through the trial and error of understanding what works for you individually is the first step towards creating a healthy balance to your well-being. This sometimes chaotic journey to wellness can be tiring at times, but it's important to always keep pushing forward in order to achieve your definition of wellness.
THE ROARING 2020 SPRING BREAK

Wednesday March 18th
Thursday March 19th
12-2pm
South Quad

Come to our Safe Spring for prizes, activities, live singing performance, dancing, and games!
NATIONAL WOMEN'S HISTORY MONTH

During the month of March, we give some extra attention to the amazing accomplishments of determined and headstrong women. Since 1987, the United States has recognized the month of March as National Women's History Month. Here are a few ways to start embracing women's empowerment:

- Thank a woman who inspires you
- Find a Women's March to attend
- Tell the women in your life that you care
- Shut down negativity
- Fight against injustice
- Be an active bystander
- Donate to women's shelters

For more info visit: womenshistory.org
March is National Nutrition Month!
This annual campaign focuses on the importance of making more informed food choices, and developing healthier habits in regards to food and exercise.

Here's a few tips on how to start eating healthier this year:
- Say no to sugary drinks (Soda, energy drinks, sweet tea, etc.)
- Keep healthy foods stocked in the kitchen instead of unhealthy options
- Choose whole foods instead of processed foods
- Learn how to read Nutrition Facts Panels
- Hydrate
- Pay attention to serving size

For more information: https://www.eatright.org
Calories determine energy. It's important to choose low calorie/high nutrient foods. The new food label now tells you how many calories are in one serving as well as in the entire container.

**Look at serving size first**
Remember that serving size is typically one portion of the food. If you plan on eating more than the serving size, then you need to multiply the serving size by the number for correct nutrient/caloric intake.

**Next, look at calories**
Calories determine energy. It's important to choose low calorie/high nutrient foods. The new food label now tells you how many calories are in one serving as well as in the entire container.

**Read nutrient content**
This part of the label will tell you what type of nutritional content is in your food. Remember to choose foods high in protein, fiber, and vitamins. Try to avoid foods with too much sugar, especially added sugars.

**Lastly, read the %DV**
This value tells you the percentage of the nutrients that are included in the food. The percentage is based on a 2,000 calorie diet.
Dorm Room Cooking

Expand your definition of salad. Salads can be delicious and filled with nutrients. Try having bagged and chopped lettuce on hand as much as possible in addition to a variety of fruits and vegetables to add in.

Ramen Noodles are an affordable option but its seasoning packets are often filled with high levels of sodium and additives. Try cooking the noodles and adding veggies.

Scrambled eggs are a great source of protein. Eggs are often affordable and can even be cooked in the microwave in minutes or less. Be sure to add veggies to beef up the dish.

Sweet potatoes are made easy in the microwave and are a healthy carb option. Pair with a small amount of butter or cheese to elevate the flavor.

Keep It Affordable

Breakfast: Oatmeal, yogurt, fruit, whole-wheat bagels.

Lunch: Salads, wraps, and/or fruit. Take other cooking into account and plan to make lunches with leftovers repurposed into salads and wraps/sandwiches.

Entrees: Fresh or frozen veggies, boxed rice, pasta side dishes and protein sources. Individually bag protein (chicken breasts, fish filets).

Snack foods: Popcorn, chips and salsa, hard boiled eggs, baby carrots and ranch dressing

*Buy in bulk: Try to buy in bulk whenever possible. Retailers and brands often sell products at a lower price per item when packaged in bulk.
Where To Shop

**CSUCI Dolphin Food Pantry:** This is a great option for students who are food insecure. Food insecurity is the state of being without reliable access to a sufficient quantity of affordable, nutritious food. At the Dolphin food pantry, students in need can pick up 5 free items a day. Food items range from vegetables and fruits to pasta and soup.  
**First floor of Arroyo Hall, Room 117.**

**Hours:**
- **Monday & Wednesday:** 11am-4pm
- **Tuesday:** 12-6pm
- **Thursday:** 9am-4pm
- **Friday:** 11am-2pm

**CalFresh:** CalFresh is a government-funded program that issues electronic benefits to qualified applicants each month to use towards grocery stores and markets. The program was designed to supply individuals with low incomes additional funds to use towards nutritious and healthy food purchases.

For more information, to find out if you qualify for CalFresh benefits, and for confidential one-on-one assistance with applications you can schedule an appointment with a staff member from CI's Dolphin Food Pantry by calling: (805)437-3521 or visit the CalFresh webpage at: http://www.cdss.ca.gov/food-nutrition/calfresh

Take advantage of these tips and tricks to focus on your nutritional health! Optimal nutrition levels can help to improve focus in your academics, your mood, and even your sleeping habits. Be smart and eat smart!

**Bargain Outlets:** Shop at outlet grocery stores carrying marked down items.

**Farmer’s Markets:** Farmer’s markets offer a great variety of fresh, local, and nutritious foods. Vendors will often offer a better price on bulk quantities.

**Additional Tips**

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March Health Awareness

Drug & Alcohol Facts Week
Monday March 30th-Sunday April 5th

National Drug & Alcohol Facts Week links students with scientists and other experts to counteract the myths about drugs and alcohol that teens get from social media, TV, and friends. They put on educational events in communities so teens can learn the science behind drug use and addiction.

For more information go to: drugabuse.gov

WORLD SLEEP DAY
March 13th, 2020

World sleep day is an annual event to celebrate sleep and the important issues related to sleep which include medicine, driving and education. The aim is to lessen the burden of sleep problems on society through prevention and management of sleep disorders.

For more information go to: worldsleepday.org
SMART Goals!

Did You Know?
Wellness Promotion & Education has a mentoring program that helps you achieve your goals! Want to eat healthier? Want to try a new workout routine? Want to stop procrastinating? WPE can help!

How Does It Work?
Wellness peer educators will meet with you one-on-one to discuss your goal. Using the SMART Goals framework, you'll carve out your goal and set rewards for when you achieve them!

How Do I Get Started?!
Call our office at (805) 437-3521 or visit us on the first floor of Arroyo Hall to make your appointment today! You'll meet with a certified wellness peer educator who will help guide you and keep you accountable!
Are Vaccines Really So Scary?

A sad fact these days is that many people are refusing to vaccinate their children or to be vaccinated themselves. Others are hesitant about vaccinations due to the wide media dissemination of anti-vaccination misinformation (Edwards et al, 2016). So-called ‘anti-vaxers’ have disseminated the dangerous message that vaccinations are dangerous and should be avoided. This is simply not true. The bottom line is that vaccines save lives and almost everyone can be safely vaccinated.

Safety of Vaccinations

Are vaccines 100% safe? No, of course not. There are some people with dysfunctional immune systems who cannot safely take vaccines. These people rely on other people getting vaccinated in order to avoid disease. This is called herd immunity and is an important form of protection for people with certain medical conditions and infants whose immune systems have not yet matured. If people opt out of vaccinations, then the herd immunity goes away. Other adverse events due to vaccination have been reported in children but occur very infrequently and while they can be serious, they are rarely fatal. There is no association between Autism and vaccinations. There is also no association between adjuvant agents used in vaccines (such as mercury or aluminum compounds) and Autism (Davidson, 2017; Hviid, Hansen, Frisch, & Melbye, 2019; Maglione, 2014; Spencer, Tronsden Pawlowski, & Thomas, 2017).

Rarity of reactions to vaccines

Very rarely, some people have a severe allergic reaction to something in a vaccine. But people also have severe allergic reactions to other things. Anywhere from 50-100 people die each year from anaphylactic shock caused by peanut allergy. In comparison, how many die from vaccine allergies? Not many. "A 10-year review of claims to the US National Vaccine Injury Compensation Program noted five cases of death from anaphylaxis after vaccinations...Another study published in 2003 using electronic health record databases found that after 7,644,049 doses of vaccination in children and adolescents, there were five possible cases of vaccine associated anaphylaxis and none resulted in death". (Miller, Moro, Cano, & Shimabukuro, 2015). The bottom line is that vaccines are much safer than peanuts. It even seems like there will soon be a vaccine for peanut allergy (Storni et al, 2019).

A doctor’s opinion

Here is another statistic with regard to people who seek compensation for health problems supposedly caused by vaccines. The Health Resources and Services Administration reports that “for every 1 million doses of vaccine that were distributed, approximately 1 individual was compensated”. In 70% of the cases of compensation, it was unclear that the vaccine caused the medical problem, and it was deemed cheaper to settle the case. It’s worth reading the entire web page (HRSA, 2020).

Many anti-vaxers will say that many doctors know about all the horrors of vaccines, but don’t say anything because they are co-opted by the pharmaceutical industry. I have worked with many physicians over that last 30 years. I have asked them what they really think about vaccines. I have asked them if they think there is a hidden health crisis from vaccines. I have asked them if they have ever seen a serious adverse event from giving a vaccine. To a person, these doctors, who do not work for the pharmaceutical industry, or the Food and Drug Administration, have told me that vaccines are safe. There is no cover-up of the health dangers of vaccines, and the majority of physicians have not seen problems due to vaccination in their practices. I spoke with my son’s pediatrician most recently about the Gardasil vaccine. He had been in practice for close to 40 years and has given countless vaccinations. He has never seen a serious adverse event. He has, however, had kids who have almost died from peanut allergy. If you go out and talk to other doctors their stories will be similar.

The Bottom Line

Vaccines have freed humans from dangerous scourges like Cholera, Ebola, Hepatitis, Herpes Influenza, Malaria, Measles, Mumps, Pneumonia, Polio, Rabies, Rubella, Tetanus, and Tuberculosis to name some (World Health Organization, n.d.). It is even possible that in the future a vaccine will be able to help prevent Alzheimer’s disease (Armstrong, 2019; Cacabelos, 2020). There is no credible research demonstrating that vaccines are unsafe (Vaccine Safety, 2017). On the other hand, there is plenty of evidence of the devastation caused by cervical cancer (Li, Wu, & Cheng, 2016). Only about 1/3 of 1% of those receiving Gardasil had some sort of adverse event. Most adverse events were minor. Many of the serious adverse events were related to some other underlying syndrome or receiving a head injury from falling after fainting. Gillian-Barre syndrome (which is rapid-onset muscle weakness caused by the immune system damaging the peripheral nervous system) was no higher in those receiving Gardasil than in the general population. In initial studies there were only 32 deaths out of 23,000,000 doses which is a mortality rate of about 00014%.
Compare this to 12,200 new cases of cervical cancer, of which about 4000 will be fatal in a year or about a 33% mortality rate (Centers for Disease Control, 2020). Also, the latest version of Gardasil is even more effective than the initial vaccine (Stillo, Carrillo Santisteve, & Lopalco, 2015). Gardasil has the potential to ELIMINATE this type of cancer (Näsman, Du, & Dalianis, 2020; Patel et al, 2018). This is incredible. Vaccines are a wonderful technology that save many lives. I would encourage everyone to follow the science and make sure you vaccinations are up to date.

References:


Nutrition: A Healthy Body Weight
By Tanay Pattani

There are tons of topics that can be discussed regarding nutrition, especially when looking at weight change. We are bombarded with different miracle diets that seem to cure everything, to finding a new superfood every day, to people giving us advice on how much of what we should eat to get back in shape, whether foods should be GMO or organic or something else, etc. There is a lot of information, some true and some not in what and when should we be eating to maintain / get to healthy weight. This article, however, will focus on something that is not often talked about, but remains an important link to weight change, and that is stress.

Overeating or eating unhealthy foods in response to stress or as a way to calm down, is a very common response. Since you are not eating for nourishment or for fulfilment, you tend to eat more because you are not focusing on your meal but rather on the stressors. Weight gain as a result of stress, tends to accumulate in the abdominal region. Although many studies link high levels of stress to weight gain, especially in women, there are studies that show the opposite trend where high levels of stress correlated to weight loss. Some reasons for this include losing your appetite if the stressor is big or acute (imagine a family medical emergency) or your body has a different way to respond to stress that doesn’t involve food. Regardless, this is not a healthy weight loss, as it is not coming from exercise and nutritious foods, but rather through starvation and hyperactive sympathetic response in the body and unhealthy coping mechanisms. Either way, healthy eating and adequate calorie intake is compromised.

Some of the tips mentioned in the referenced articles, include having whole foods-based meals in general and not deviating too much from healthy foods when stressors are coming about. This is especially important because as students, our stressors are a bit more predictable because we have our exams or assignments scheduled, so at least we have an idea on what is to come in advance. During these times, make sure you have your meals planned, or better, have them prepared. The key is to not let stress influence what you are putting in your mouth and to find better and healthier coping methods to deal with stress rather than eating comfort foods or skipping meals.
Subtopic

- Basal Metabolic Rate (BMR)

Metabolic rate represents the number of calories that is needed at a minimum for your body to do its functions, such as breathing, circulation, digestion, temperature regulation, etc. It’s the minimum energy requirement, meaning that if you were to rest for the entire day, your body would still burn its BMR calories so that you can stay alive. Knowing what your BMR is will give you a great idea on maintaining a healthy body weight because you can add and subtract calories based off of your meals and your exercise/energy output every day. A great thing about BMR is that it is usually most of your burned calories every day! In other words, if you are consuming 1800 calories every day, you don’t have to burn all 1800 to maintain weight. Your BMR will take care of a good chunk (~60%+) of it depending on your physiological factors. So, you can relax a bit on working out excessively or having a very strict diet to maintain a healthy body weight. It is important to not hyper focus on calorie numbers, but rather to just have it in the back of the mind while you enjoy your meals and your overall life. There are several online BMR calculators, but they can only give a rough estimate to your true BMR. So, the next time you visit your physician for a routine checkup or for any other reason, ask them about testing your BMR so you can be more informed about your own body and your subsequent choices regarding your body weight.

References


Campus Recreation provides programs that promote friendly competition and also ways to live a healthy lifestyle. They assist students to balance the mental demands of academic pursuits with physical benefits of fitness and recreation. They provide programming and activities in the following categories.

- Personal Training
- Fitness
- Open Recreation
- Intramural and Extramural Sports
- Outdoor Adventures
- Waterfront
- Sports Clubs
- Membership and Passes

For more information go to: csuci.edu/recreation/
Off Campus Clinics & Urgent Care Facilities

Los Posas Family Medical Clinic
3801 Las Posas Road #214 ~ Camarillo ~ 805-437-0900

Magonlia Family Medical Clinic
2240 E. Gonzales Road #120 ~ Oxnard ~ 805-981-5151
Urgent Care: 805-981-5181

Las Islas Family Medical Group Urgent Care
325 W. Channel Islands Blvd. ~ Oxnard ~ 805-204-9513

Moorpark Family Medical Clinic
612 Spring Road, Building A ~ Moorpark ~ 805-523-5400

Conejo Valley Family Medical Group

Santa Paula Medical Clinic
1334 East Main Street ~ Santa Paula ~ 805-933-1122

Sierra Vista Medical Clinic
1227 E. Los Angeles Avenue ~ Simi Valley ~ 805-582-4000
Urgent Care: 805-582-4050

Filmore Family Medical Group
828 Ventura Street ~ Fillmore ~ 805-524-2000
Urgent Care: 805-524-2000

West Ventura Medical Clinic
133 W. Santa Clara Street ~ Ventura ~ 805-641-5600
Urgent Care: 805-641-5620

Free or Reduced Prices to all CSUCI Students!