

Wellness Newsletter



April 2009

April is Alcohol Awareness Month

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Alcohol abuse is prevalent within many demographic groups in the United States. More than 100,000 U.S. deaths are caused by excessive alcohol consumption each year. Direct and indirect causes of death include drunken driving, cirrhosis of the liver, falls, cancer, and stroke. To recognize the serious problem of alcohol abuse, April is designated "Alcohol Awareness Month."

People who abuse alcohol could be:

- College students who binge drink at local bars.
- Pregnant women who drink and put their babies at risk for fetal alcohol syndrome.
- Professionals who drink excessively after a long day of work.
- Senior citizens who drink out of loneliness.
- Virtually anyone you meet.

April Celebrates

- ♥ Alcohol Awareness Month
- ♥ Autism Awareness Month
- ♥ Child Abuse Prevention Month
- ♥ Counseling Awareness Month
- ♥ Humor Month
- ♥ March for Babies

Holly Rochelle, IPFW Student

<http://ncadi.samhsa.gov/seasonal/aprilalcohol/>

Please drink responsibly.

If you suspect that either you or a friend or family member abuses alcohol, please contact:

- ♥ IPFW/Parkview Student Assistance Program or Parkview Employee Assistance Program at 260-373-8060 or 800-721-8809 to schedule an appointment. All IPFW students and IPFW benefited employees are eligible for free personal counseling.
- ♥ Help is also available at SAMHSA's National Clearinghouse for Alcohol and Drug Information (NCADI), call 1-800-729-6686.

The consequences of excessive drinking affect virtually all college campuses, college communities, and college students, whether they choose to drink or not.

- **Death:** 1,700 college students between the ages of 18 and 24 die each year from alcohol-related unintentional injuries, including motor vehicle crashes ([Hingson et al., 2005](#)).
- **Injury:** 599,000 students between the ages of 18 and 24 are unintentionally injured under the influence of alcohol ([Hingson et al., 2005](#)).
- **Unsafe Sex:** 400,000 students between the ages of 18 and 24 had unprotected sex and more than 100,000 students between the ages of 18 and 24 report having been too intoxicated to know if they consented to having sex ([Hingson et al., 2002](#)).
- **Drunk Driving:** 2.1 million students between the ages of 18 and 24 drove under the influence of alcohol last year ([Hingson et al., 2002](#)).

did you know?



All the above contain the same amount of absolute alcohol!



Black Bean and Corn Salad with Avocado Oil Dressing

Prep Time: 25 min

Serves: 6

Ingredients:

- 2 cans black beans
- 2 cups thawed sweet corn
- ½ cup finely chopped onion
- 1 cup red pepper small diced
- 1 jalapeno diced
- 1/3 cup avocado oil
- Juice of 1 lime
- 4 Tbsp cilantro
- 2 cloves of garlic, minced
- 1 tsp seasoning salt, optional
- 1 tsp cumin

Whisk oil, lime, garlic and seasoning together and pour over salad. Refrigerate.

Note: It may be difficult to find Avocado Oil, substitute Extra Virgin Olive Oil.

Serves 6
210 calories
10 grams fat
7 grams, monounsaturated
1.7 grams, saturated
1.3 grams, polyunsaturated
8 grams fiber

Recipe by Ivy Tech Culinary Students, prepared at the IPFW Health Fair on March 25, 2009

Upcoming Events

April Events:

April 7: Cholesterol Screenings and more! WU 114, 7-10 am.
Register at ipfw.edu/health

April 7: Healthier You Series: A Happier You. 12-1 pm, KT G46Life Performance Coach, "Be a Magnet for What You Want!" Red Apple

April 17: Retirement Planning with Andy Marsh, TIAA Cref., NF 101, Time TBA

April 25: 14th Annual Mastodon Stomp www.ipfw.edu/fitness
Hilliard Gates Sports Center, 7:30-9:00 am registration, 9:00 am Start

April 28: Healthier You Series: A More Zen You. Trent Parker, IPFW, Tai Chi Instructor. 12-1 pm, KT 120
NEW LOCATION!

Thank You!!

Thank you to all students and staff who volunteered their time to making the 20th annual IPFW Health Fair a great success.

Thank you to everyone who participated in screenings and demonstrations throughout the day.

Thank you to the behind the scenes helpers! From the committee members to the publications and designers!

We couldn't do it without you!

IPFW Wellness

April Showers...Get to the Sports Center!

Sport Center Hours:

M-Th: 5:30am-10:00pm
Friday: 5:30am- 8:00pm
Saturday: 8am - 5pm
Sunday: Noon - 8pm

Registered Students free w/ ID
Employee memberships available (\$25 annual fee)

Drop-in fitness classes!

Visit www.ipfw.edu/fitness for updated schedule.
\$5 drop-in fee

Monday, April 13
4:45-6:45 PM

FREE! Fitness Assessments
Gates Sports Center
Blood pressure, Height, weight, body composition and blood sugar available

JUST RELEASED: New Healthy Guidelines for Americans

The Healthy Guidelines Committee of America just released new and updated healthy living guidelines that I think many Americans will be pleased about:

- We've turned the Food Pyramid over. New guidelines state, eating from the fats, salt and sweets is a great base to build from.
- The latest research on exercise has shown to be inconclusive. New findings state that moderate activity including: getting up and down up off the couch, vigorously changing the television channels and frequently using finger muscles to grasp potato chips and other snack foods are quite effective in maintaining health.
- Why start today? Tomorrow is a new day, go ahead and wait.

April Fools! Everything above is all a joke! Your health is important! Make a commitment to you, your family and friends to stay active, eat healthy and make a healthy lifestyle promise! IPFW Wellness is here to support you!

Jen Roherty

Visit these websites for the real healthy lifestyle guidelines for Americans:

- www.health.gov
- www.healthypeople.gov
- www.acsm.org
- www.eatright.org



Sponsored by IPFW/Parkview Health & Wellness Clinic.

For more information call 481-6647 or 481-6746 OR visit www.ipfw.edu/health & www.ipfw.edu/clinic