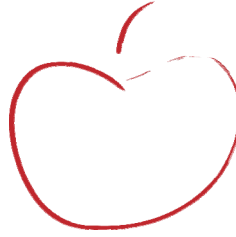


# The Health Educator



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## Health Corner: Seasonal Influenza by Amy Melichar

In case you haven't heard, cold and flu season is upon us! When working with any student, student group, class, etc. please support our efforts by reiterating the importance of great prevention. Seasonal Influenza, also known as "the flu," is a contagious respiratory illness caused by influenza viruses. It attacks the respiratory tract in humans (nose, throat, and lungs). Seasonal Influenza usually occurs from November to April.

Seasonal Influenza is different from a cold. It usually comes on suddenly and may include the following symptoms: fever (usually high), headache, extreme tiredness, dry cough, sore throat, nasal congestion, and body aches. Seasonal Influenza is spread, or transmitted, when a person who has the flu coughs, sneezes, or

speaks and sends flu virus into the air, and other people inhale the virus. The virus enters the nose, throat, or lungs of a person and begins to multiply, causing symptoms of Seasonal Influenza. A person with Seasonal Influenza becomes contagious the day before their own symptoms start, and continues to be contagious for up to 1 week.

The single best way to protect against Seasonal Influenza each year is to get vaccinated. Public Health authorities also recommend the following health and wellness behaviors:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze.
- Avoid touching your eyes,

nose or mouth.

- Try to avoid close contact with people who are sick. Seasonal Influenza is spread mainly by person-to-person contact, through coughing or sneezing of infected people.
- If you get sick, stay home from work or school and limit contact with others.
- Drink plenty of fluids.
- Eat a well-balanced diet.
- Get plenty of rest.
- Get your Seasonal Flu Shot.

For up-to-date information regarding seasonal flu and H1N1, FAQs to share with students/classes/student groups, and logistics on campus vaccine sites, please don't hesitate to check the Student Health Service website often at [www.mu.edu/shs](http://www.mu.edu/shs). If you have specific questions, please call Student Health Service at (414)-288-7184.

## Marquette University Tobacco Coalition by Becky Michelsen

The Marquette University Tobacco Coalition met for the first time on Wednesday, September 30. At the first meeting, the Coalition discussed the need for uniformed smoking policies on campus, better enforcement of smoking policies, the problem with cigarette litter across campus, and cessation services available to students,

faculty and staff on campus.

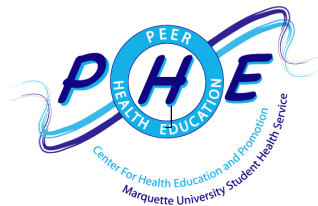
The purpose of the Tobacco Coalition is to unify campus-wide tobacco education and advocacy efforts. Coalition members will be responsible for reviewing data about tobacco use on campus; proposing changes to policies, implementing a plan for enforcement of policies; and

developing an awareness plan.

If you are interested in being a part of the Tobacco Coalition, please join us at an upcoming meeting. You can find a list of meeting dates, times and locations on the Center for Health Education and Promotion web site ([www.mu.edu/healthed](http://www.mu.edu/healthed)).

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## The Health Educator

### PHE Program Spotlight by Stephanie Navarre

*The Truth About Women: Inside and Out* sounds like some sort of documentary coming to a theater near you, but is actually one of the many programs the PHE's facilitate for female students in sororities, residence halls, student organizations, and classes. This program focuses on making female students more aware of their bodies and their

reproductive organs, explains a pelvic exam and other screening tests, helps women understand Breast Cancer risks, educates on breast self exam, and encourages women to take an active role in their health and health care.

You can request this great outreach program for your

group by calling the Center for Health Education and Promotion at (414) 288.5217. It is worth its educational weight in gold!

### Better Know a PHE: Jenny Ciske by Amy Melichar

Name: Jennifer Ciske  
Years as a PHE: 4  
Class: Senior  
College: Biomedical Sciences  
Hometown: Appleton, WI



**Why did you become a Peer Health Educator?** I have been interested in a career in the health professions ever since my sister developed a blood disorder, during my childhood. Since I knew I wanted to pursue a medical career, I figured becoming a Peer Health Educator would pertain to all my interests. Also, I believe in the power of public health initiatives, such as peer education, and I wanted an opportunity to partake in such an influential movement.

**How have you put your PHE skills to work?** When faced with a respond and referral situation, the safety of a friend ALWAYS comes first. Even if a

relationship might be compromised by intervening, a safe friend is better than a dead friend. This ethics lesson I personally experienced last year. A friend had conversed with another friend about recent suicidal thoughts. Worried, he told me about the conversation, since he knew I was a PHE and QPR certified. Since it was late and my friend was already asleep, I decided to tell my RA about the conversation and together we decided that whoever met my friend first the next day would go through the QPR stages of help. It ended up being a really messy situation, but the moral of the story is her safety was the most important factor in the equation of what action to do.

**What have been some of your favorite PHE programming opportunities thus far?** Great American Smokeout in Fall 2006: I handed out hundreds of anti-smoking stickers at the information tables and it was so rewarding seeing people all week with stickers on their clothing, throughout campus. People really do care! Abbottsford

Alcohol Program in Fall 2007: It was the first program for the majority of the first year students in attendance and they had a blast! I was encouraged that so many freshmen had shown up, since it was a Friday night; and it just reiterated the statistic that not all college students drink. I think it was good for them to see that it is not only possible to have fun without alcohol, it is very likely, and that if they don't want to drink, there are many others like them in the same position. All women's health programs (Truth About Women: Inside and Out) because so many personal and intimate stories are shared that I truly feel I'm connected with the audience on a deeper level.

**What is the best advice you have received as a peer educator?** The best advice I received was to ask for help when you need it. The peer educators I have met are all independent, strong-willed, and gifted individuals, and it is easy for people of such personalities to take too much on. When this

*Continued on Page 3...*

**"...the safety of a friend ALWAYS comes first. Even if a relationship might be compromised by intervening..."**

## Better Know a PHE, Continued...

happens, educating changes from being fun to being stressful. To avoid this, I was told early on to just ask for help. It may seem an easy task and simplistic advice, but often peer educators are used to being asked for help and not asking for it. It is just one of many things that must be learned.

### Notable leadership during PHE

**role:** Jennifer has been fortunate to represent the Center for Health Education & Promotion as a student delegate at BACCHUS Network General Assemblies (2006, 2008) and a BACCHUS Network Area 4 conference (2009). Our peer education program is the Marquette University affiliate group to this national

organization. This year, she was also voted by her fellow Area 4 peers as the "Area 4 SAC" (Student Advisory Committee) member, which is a huge honor. In addition, to her BACCHUS accomplishments, Jennifer also served as WI Student State Representative to the North Central College Health Association (our regional American College Health Association affiliate).

### A word from Amy Melichar, her supervisor for the past 4

**years:** Jenny's work with the Peer Health Education program has been huge and expansive. She has been a joy to work with. What started as a simple meeting in PREVIEW, has turned into four great years of growth,

learning, and educating her peers across campus. Her leadership has come through during countless planning committees, educational opportunities and outreach programs presented, etc...the list is too long to mention. Her sights are on medical school when she graduates this year, and whomever gets her will be lucky to have her. Our program is better because of her work with us. Only 3 other Peer Health Educators in the existence of the program have been with us all four years - not an easy feat at all!! We love Jenny Ciske!



Jennifer Ciske accepting the 2008 BACCHUS Network "Outstanding Affiliate" award with Advisor, Amy Melichar, and PHE alum, Colleen O'Donnell.

**"...often, peer educators are used to being asked for help and not asking for it" (themselves).**

## Know Your Resources: Bulletin Board-in-a-Bag by Jessica May

Of all the resources the Center for Health Education and Promotion offers, few can create a Resident Assistant (RA) stampede the way our *Bulletin Board-in-a-Bags* do! Each month, the Center creates a bulletin board that provides information about a health issue relevant to college students. Past topics have included: tobacco cessation, physical fitness, healthy sleep habits, stress management, cold and flu care, and sun/tanning safety. One complete *Bulletin Board-in-a-Bag* is created for each residence hall, and the first RA from each Residence Hall to stop in the Center for Health Education and Promotion

receives a pre-packaged display, complete with all the bulletin board pieces and a backdrop. These packets are meant to be a "starting place" - it is up to the RAs to personalize them and adapt them to their halls' or floors' specific needs. However, a sample layout will be displayed in the Center for Health Education and Promotion, as well as on our website ([www.mu.edu/healthed](http://www.mu.edu/healthed)).

In addition, the Center keeps a "library" of past bulletin boards, which anyone can check out for reference or ideas. To browse through past "Bulletin Board in a Bag" samples, visit our [Archives](#) page.

When a new *Bulletin Board-in-a-Bag* becomes available, Residence Hall Directors will be alerted, via email; but the themes and release dates are also posted on our website ([www.mu.edu/healthed](http://www.mu.edu/healthed)), under the [Resident Life Staff](#) page. To pick-up a "Bulletin Board in a Bag," stop by the Center for Health Education and Promotion during our normal business hours (8:30am - 4:30pm, M-F).



**“...21 percent of women and 29 percent of men at Marquette had been stalked.”**

**HAVEN Corner: Stalking** by *Becky Michelsen*

Stalking is occurring at an alarming rate on college campuses. A 2003 HAVEN survey found that 21 percent of women and 29 percent of men at Marquette had been stalked, which parallels the national prevalence rate for 18-24 year olds. About 97 percent of the men and women were Marquette students at the time of the stalking incident, and most of the stalking victims believed that they knew the stalker. Oftentimes, a stalker is a current or former dating partner, a classmate, a co-worker or an acquaintance.

Stalking is defined as a repeated pattern of harassing or

threatening behavior. Such harassment could be either physical stalking or cyber stalking. Cyber stalking includes, but is not limited to: email, chat rooms, instant messengers, text messages and voice messages. Cyber stalking often provides stalkers with information about their victims, which assists them in physically stalking their victims (i.e. retrieving information about the victim from Facebook, MySpace, or search engines). Physical stalking may involve: following a person, watching a person from afar, delivering something to a person's residence or place of work, or having other people make contact.

To learn more about stalking, please join us at the next HAVEN Conversation Series event, *Stalking and Love Persistence*, on November 12 at 6:30 p.m. in the Straz Tower First Floor Classroom. Dr. Mike Zebrowski, Director of the Counseling Center, will lead a discussion on stalking and how this crime has begun to shape the way we engage in our relationships with others.

For more information about HAVEN or stalking, contact HAVEN at (414) 288-5746 or [haven@marquette.edu](mailto:haven@marquette.edu).

**Program Wrap-up: SVAW 2009** by *Becky Michelsen*

Sexual Violence Awareness Week (SVAW) 2009 took place the last week in September. The purpose of the week was to honor victims and survivors, raise awareness, and work toward “Creating a Campus that Cares” about ending sexual violence.

A variety of scheduled events took place throughout the week. Some of the events included a

kick-off picnic and rally; a movie screening and discussion of “The Greatest Silence: Rape in the Congo”; a panel discussion on rape culture; *TRUE LIFE...I’ve been sexually assaulted, Soup with Substance*, and keynote speaker Todd Denny. In conjunction with SVAW, O’Donnell Hall held its 7<sup>th</sup> annual Teeter Totter marathon, all proceeds from this event were given to the So-

journer Family Peace Center.

Overall, the week was a great success. The SVAW Planning Committee would like to thank everyone who supported and participated in the week.

Interested in being on the SVAW 2010 Planning Committee? Contact Becky Michelsen at (414) 288-5217.



## October Events

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5	6 SHAB Meeting	7	8	9	10	11
12	13	14	15	16	17	18
19	20 Great American Smokeout Meeting, SHAB Meeting	21	22	23	24	25
26 Shoo the Flu. Employee Benefits Info Day	27 Shoo the Flu	28 Tobacco Coalition Meeting	29 Great American Smokeout Meeting, DIE Cooking Demo	30	31	

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Center for Health Education and Promotion  
Student Health Service

## November Events

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2	3 SHAB Meeting	4 Tobacco Coalition Meeting	5 Great American Smokeout Committee Meeting	6	7	8
9	10	11	12 Great American Smokeout Meeting, "Stalking & Love Persistence"	13	14	15
16	17 SHAB Meeting	18 Tobacco Coalition Meeting	19 Great American Smokeout, DIE Cooking Demo	20	21	22
23	24	25	26	27	28	29

## About the Center for Health Education

### & Promotion:

The Center for Health Education and Promotion is the preventative health office, within the Marquette University Student Health Service. It is committed to providing programs, services and resources that create a campus culture in which Marquette students make informed and proactive decisions about personal and community health.

## December Events

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 World AIDS Day, SHAB Meeting	2 Tobacco Coalition Meeting	3	4	5	6
7	8	9	10	11	12	13
14 Stress-free Zone	15 Stress-free Zone	16 Stress-free Zone	17	18	19	20

\*For event details, please visit [www.mu.edu/healthed](http://www.mu.edu/healthed), and click on the [Events Calendar](#) tab.