

The Student Life Center Progress Report

Volume 1, Issue 2

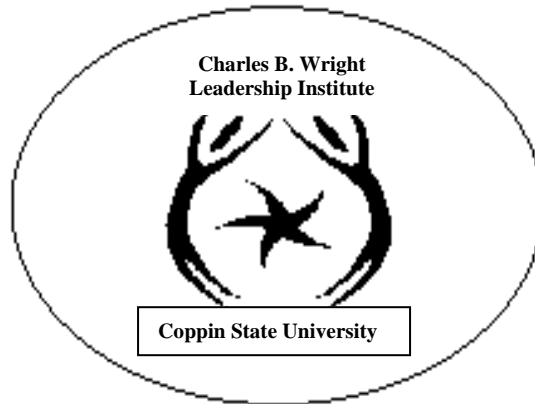
Spring 2009

Charles B. Wright Leadership Institute

Coppin State University had its first orientation and application meeting for the Charles B. Wright Institute February 12, 2009, in the Tawes Center Conference Room. The orientation session will cover the structure of the program, a review of the application packet, and roles and responsibilities of participants in the program. Greetings were given by Betsy D. Simon the Coordinator. A Historical Perspective of the Institute was presented by Dr. Hicks, Associate Vice President for Student Affairs.

Participants interested in the Charles B. Wright Institute have to follow the following requirements of participation in the Leadership Program:

- Participants must be in good academic standing at the end of the following semester.
- Participants must have no active judicial sanctions while participating in the Leadership Program.
- Participants must begin to establish experiences through workshops and participation in activities for the Leadership Development Transcript.



Future Charles B. Wright Leaders

- Plan to:
 - Join at least one club or organization during or before the end of the fall or spring semester.
 - Attend the Student Leadership Transcript Workshop
 - Attend the Emerging/ Experienced Leaders Lectures
 - Seek on campus volunteer/employment opportunities
 - Document at least one experience on your leadership transcript during or before the end of the fall and or spring semester.

If you or anyone one that you know is interested and would like to know more about the Charles B. Wright Institute Please contact:



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National Diabetes Goal Champions Campaign at CSU

The National Diabetes Goal: Turning the Tide of Pre-Diabetes in America by: Manan Shah

Diabetes, especially type 2, is increasing at an alarming rate in the United States. This rapid rise is being fueled by an aging population, rising rates of obesity and more sedentary lifestyles. While genetics plays a role, we know that diabetes and its complications can often be delayed or prevented through lifestyle changes such as exercise and healthy eating. Preventing and managing diabetes may not be an easy task, but with improved awareness and action, it is possible.

Managing diabetes involves a balance of healthy eating, prescription medication and physical activity that can often be overwhelming. Many people who are newly diagnosed with diabetes don't know where to begin. People with diabetes must have access to information to help them make healthy choices, take control of their own care, and remain motivated to stay on track.

Recently, the Centers for Disease Control and Prevention (CDC) reported new statistics on the prevalence of diabetes. While the headlines focused on the 23.6 million Americans—roughly eight percent of the population—who currently have diabetes, there is another number that poses a great risk and potential opportunity for the country: 57 million Americans have pre-diabetes, a condition where a person's blood glucose level is higher than normal but not yet high enough to be diagnosed as diabetes. Recent research has shown that even in this condition, long-term damage to the body, including the heart and circulatory system, may already be occurring.

Additionally, there is also the growing economic burden of diabetes in America. In mid-November, research conducted by The Lewin Group and commissioned by the National *Changing Diabetes*® Program found that the cost of diabetes was an estimated \$218 billion in 2007 due to higher medical expenditures and lost productivity. Of that, \$25 billion was attributed to those 57 million Americans with pre-diabetes. "In individuals with pre-diabetes, we observed a significant increase in ambulatory visits for a wide variety of medical conditions, including hypertension, endocrine, metabolic and kidney complications," said Tim Dall, vice president at The Lewin Group.

Diabetes does not have to be inevitable. People with pre-diabetes can take action to manage their blood glucose levels and reverse the course to diabetes.

That is why the National Diabetes Goal was established. The need for a National Diabetes Goal was highlighted in 2008 by the results of a Gallup survey funded by Novo Nordisk, titled *Public Knowledge, Perceptions and Behavior Regarding Diabetes and Diabetes Prevention: A Societal Barometer*. This survey brought to light the public's perception of diabetes and the amount of knowledge about the disease that exists among the general population.

Almost all survey respondents (94%) considered diabetes to be a serious health issue. The poll showed that one in four adults (24%) have either been diagnosed by a physician as having diabetes (9%) or as being at-risk for diabetes (15%). *The survey results revealed that high awareness about diabetes had not yet translated into action to prevent the disease, and it was this fact that led a coalition of diabetes stakeholders to develop the National Diabetes Goal: **By 2015%, 45% of American who are at risk for diabetes will know their blood glucose level and what actions to take.***

In addition to calling on the American public to learn about the consequences of uncontrolled diabetes and the importance of being tested, the National Diabetes Goal emphasizes action. Blood glucose testing is only the first step in preventing diabetes; people who are at risk must also educate themselves on what the test results mean, and take the necessary next steps to stay in control of their health.

The American Diabetes Association identifies several risk factors associated with type 2 diabetes. They include a family history of diabetes or heart disease, being overweight or obese, being physically inactive, and having high blood pressure or triglycerides or low HDL cholesterol. African Americans, Hispanics, Native Americans, Asian Americans and Pacific Islanders are also at higher risk for developing diabetes.

Confirming the important role that family history and genetics play in diabetes, a recent report in the *Journal of the American Medical Association* estimates

that one in three boys and two in five girls born in the year 2000 are at risk to develop diabetes in their lifetime, this number increases to one in two for minority children born that year. Diabetes is more common in African Americans, Latinos, Native Americans, and Asian Americans/Pacific Islanders. This means these groups are also at increased risk for developing pre-diabetes.

Currently, the Goal is championed by Coppin State University and more than 50 other health, advocacy, business and educational organizations across the country that are committed to reversing the diabetes epidemic in the United States.

Here at Coppin, I am thrilled that ehealth educators, other healthy campus 2010 students, faculty, staff, and administrators such as Betsy Simon, are taking the values of the Goal to heart and working to make a difference on campus and in the community. Initiatives such as the "Eliminate Belly Fat Campaign @ Coppin," which includes on-site weight watchers classes, 3 times weekly physical activities (line-dancing, hand dancing), healthy snacks events, and the Wednesdays @ Noon Diabetes Awareness Sessions are great ways to engage and educate those who may be at risk or encourage them to tell friends and family.

Each organization that supports the National Diabetes Goal is working to reach out to its audience and constituents to spread the message of diabetes awareness and action. If you would like to learn more information about this initiative, please visit www.NationalDiabetesGoal.com or contact Betsy Simon at bsimon@coppin.edu to learn what you can do at Coppin!

K M. Venkat Narayan, et. al. Lifetime Risk for Diabetes Mellitus in the United States. *JAMA*, Oct 2003; 290: 1884 - 1890.



Healthy Campus 2010/2020 Report for March 2009

The Healthy Campus 2010/2020 at Coppin State University located in the Student Life Center, is a student driven, student focused, and student led initiative. It is designed to provide students opportunities to participate fully in changing campus norms around issues of healthy behaviors and evidence-based knowledge transfer practices. The direction of our work is motivated by the two overarching goals of Healthy People 2010: 1. Increase quality and years of healthy life and 2. Eliminate Health Disparities.

The ten leading health indicators that have been proven to be associated with the health of the nation are: 1. Physical Activity, 2. Overweight and Obesity, 3. Tobacco Use, 4. Substance Abuse, 5. Responsible Sexual Behavior, 6. Mental Health, 7. Injury and Violence, 8. Environmental Quality, 9. Immunization and 10. Access to Health Care. These are our foci and the evidence that's available for each provide guidance for programming, services, and community outreach through our student driven, student focused, and student led model of engagement.

To support this work, an eHealth NLM Training Lab is being established directly across the hall from the Student Life Center in the Tawes Center Basement. Trained student ehealth educators will provide in-lab support for other students, Coppin Family Members, and our community partners. Additionally, as their academic schedules allow, these students may provide NLM awareness sessions for classes when requested by professors, and respond to community requests.

Since October 16, 2008, the Director for the Student Life Center has been working with students to address two of the leading health indicators mentioned above; overweight & obesity and physical activity through campus events and campus-wide messages. Line dance, weight watchers classes, and informal Center Chats have reinforced the evidence that small sustained weight lost and physical activity (2.5 hours per week) may have positive health benefits (HHS Physical Activity Guidelines, 2008).

Of equal importance is a positive mind set about change. So as we build on these beliefs and our four month history, we ask for the continued support of the Coppin Family and our community partners as we address healthy living and wellness principles.

During the month of March, we will offer several new and sustainable activities to support our on-going Eliminate Belly Fat Campaign and we invite your participation and support. Please mark your March calendars & plan to attend the activities below.

SLC Healthy Campus Activities

Activity	Date/Time
1. Line Dance Classes with Randy Dennis (1hr intense physical activity)	Mondays, 6:00pm to 7:00pm excluding 3/16/09 (ends 5/4/09) Students with ID = Free, Others = \$5.00/Session
2. Diabetes Awareness Sessions with Tracy Newsome, American Diabetes Association No Fee	Tuesdays, 11:00 am to 12 noon March 24, 2009: Power over Diabetes – What is Diabetes? Know your A1C score. March 31, 2009: Fit for the Master's Use – the Importance of Physical Activity. 3/09-5/09
4. I Can I Will Be Happy, Be Healthy with Lee Thomas, C.H.A.M.P. A 10 Week Nutrition/Exercise Program that includes weight loss instruction, label reading, cooking demos, low impact exercise, and weekly incentives.	Wednesdays, 12 noon to 1:00 pm 3/4/09 – 5/14/09 (excluding 3/18/09 2009) One time only Registration Fee of \$10.00 per person (CSU students may request a waiver of this one time only fee). *Sessions are led by a Registered Dietician and a Certified Aerobics Instructor
5. Hand Dance, Bop, & Ballroom Dance Classes Shirley & Reggie (1 hr. moderate to intense physical activity)	Thursdays, 4:30 pm to 5:30 pm excluding March 19, 2009 (ends April 30, 2009) Students with ID = Free, Others = \$5.00/Session
6. Special Introductory Sessions "FOR MEN ONLY" Male Health Awareness with Dr. Clarence Mills	Wednesday, March 11, 2009, 2:00-3:00pm "Male Anatomy, Body Functions, and Issues to explore next" Wednesday, April 1, 2009, 2:00 pm to 3:00 pm: "Male Health Issues: Staying Alive - Pulling No Punches"
7. "FOR WOMEN ONLY" Female Health Awareness Session	Wednesday, April 8, 2009, 4:00 pm to 5:00 pm "My Body, My Health, My Choices"

The Coppin HC2010/2020 Initiative embraces the mission of the American College Health Association (ACHA). The ACHA Healthy Campus 2010 document is based on Healthy People 2010 and will subsequently follow the new 2020 health objectives. So with 2010 fast approaching, we are actively engaged in evidence-based program modifications and will be ready to move forward when the 2020 National Health Objectives have been finalized.



Line-Dancing with Randy Jackson

Coppin State University | Division of Student Life

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**Website
Coming Soon!!!**



**Check out our News Board
Located on the
First Floor of the Tawes Center**

Special Message to the Coppin Family



Help the Campaign

Buy a shirt only \$5.00
Sizes: Small – 5 X Large

Students as you prepare to do research for your spring semester classes, remember to use the National Library of Medicine on-line resources (NLM is the largest library in the world). When you need the very best expert opinions almost any subject; academic, professional, and personal log onto www.nlm.nih.gov.



If you are having any trouble with using the website do not be afraid to come to the Student Life Center.

We invite you to work with us

All students are more than welcome to come and work in the student Life Center. Please contact Betsy D. Simon if you would like to volunteer or use it for work study.

