

NATIVE AMERICANS

Public health has been assigned the task of reaching Native Americans as a high health risk population. Susan Meredith is eager to begin an outreach to Native Americans under the auspices of Lane County Community Health Services. Susan is a Native American registered nurse who completed her Master's Project in August of 1985 on the Health Assessment of University of Oregon Native American Students.

Lane County Community Health Services offer Vital Statistics, Immunizations, Communicable Disease Testing and Treatment, Family Planning, and Maternal-Child health Programs in Lane County, and are located in the Lane County Annex building at 135 E. 6th Ave. Susan is a Maternal Child Health Nurse in our county and is able to offer services for home assessments for high risk infants and children up to school age, and developmental screening if appropriate from birth to age three. She is also able to act as a resource and refer Native Americans to other health programs and social service agencies. She will act as a liaison for these services if needed.

If you have any questions or health concerns, please feel free to call Susan Meredith at 687-4013, Monday through Friday, 8am - 5pm.

Peer Health Advising

We can help you...



Peer health advisers are students helping students. They have been trained to help you develop and maintain a healthy lifestyle. Peer Health Advisers specialize in the following areas:

- Stress Management
- Stop Smoking
- Nutrition
- Fitness/Exercise
- Weight Issues
- Birth Control Information
- Drugs and Alcohol

Call: 686-4456

In an appointment - FREE

Lifestyle Planning Program
University of Oregon Student Health Center

Friends can be good medicine.

When blossoms are emerging people often feel prompted to try something new. So, with great zeal, we start that diet or that exercise program. At the beginning we feel really committed to making whatever changes we have decided upon and are resolute about sticking to the program. But, sooner or later, for what ever reason, we slip up and get off the program.

One of the best ways to prevent this from happening is to work with a friend. When you feel ready to make a change that requires some discipline and motivation, find someone at the onset who will act as a support person for you. Perhaps you two will agree to be mutually supportive in some combined program.

Start by letting your support person know what kind of change you want to make and why, what your specific goal is and what your specific strategy will be. You may even wish to develop a written contract together outlining the program. Include in the contract what the support person will provide for you thereby insuring that you are both taking responsibility in reinforcing the lifestyle change.

Some examples of help the support person might provide:

Troubleshooting - together you can solve problems more easily than if you go it alone.

Encouragement & Sympathy - if you slip up, helping you remember that you've always got a second chance.

Praise and Acknowledgment - we tend to gain momentum if someone acknowledges our small successes.

Plan to check in with your support person at least every other day to review progress!

Foncy Prescott
Stress Management Peer Health Advisor

Peer Health Advising We can help you...

If you need a little more than sunshine to keep you feeling your best this term, stop by the Health Education Center or call 686-4456 and make an appointment with a Peer Health Advisor.

There are Peer Health Advisers in Fitness, Substance Abuse, Stress Management, Nutrition and Human Relations/Sexuality who would like to answer your questions, give your information, or just talk with you.

So call, or stop by. We can help!

Greg Bruno
Stress Management Peer Health Advisor