

health happenings

Peer Health Education

Boiling Water 101:
An Introduction to Vegetarian Cooking

Wed. 4-5:30
May 14, 21, 28
University Health Center, Cafeteria

Call 346-2794 to register.

Learn basic skills to prepare quick, nutritious and delicious meals! If you feel like you have no time, money or creativity, then this is the workshop for you. Class is limited to seven students. Cost is \$15.

Quit Kit

Quitting tobacco is the healthiest move you can make! Pick up a "quit kit" from a Health Center practitioner or from the Health Ed Office.

Smoking Cessation Workshop

Tue. April 29
4:00 - 5:00 pm

University Health Center Medical Library

Gather information and resources to help you quit for good. Aids such as the patch, zyband, gum and behavior strategies will be discussed.

CPR Certification

April 14, 28, or May 12
5:00 - 9:00 pm

Health Center Cafeteria

Heart saver course with two year certification. Register at 346-2770.

Free Cholesterol Screening

Every Tuesday
9:30-11:30 am

UO Health Center, Health Education Office

Simply drop by, no appointment necessary.

Health Info Tables at the Student Rec Center

Wednesdays 3:00 - 5:00 pm

April 16: Contraception
April 30: Healthy Relationships
May 14: Alcohol
May 28: Sun & Skin Health



Current Peer Health Educators enhance their learning of college health issues and make a healthy and creative impacts on campus. Find out how at <http://healthed.uoregon.edu>.

By Annie Dochmahl

Whether you are a regular reader of the Well Now or are looking through this issue for the first time, you are one of the thousands in the UO community who are influenced by the Peer Health Educators. Many people read, see, hear or otherwise experience the work of the Peer Health Educators without realizing the full scope of their program. This article endeavors to provide that scope.

First a little background. The UO Peer Health Education Program has been sponsored by the Health Center for over 15 years. Literally hundreds of students have become peers in that time and have enjoyed the dual benefit of educating their class mates while gaining useful skills for their future careers and

studies. While helping others adopt healthy practices can be its own reward, most students express that they appreciate the marketable skills that they have developed in the program. Skills like designing presentations, public speaking, newsletter writing, coordinating events and interfacing with health professionals are not easily gained else where on campus. I conducted a survey of PHE alumni recently and was delighted to discover how this program has been of use to students, even years after they were in the program. (see side quotes)

As Peer Health Educators, students receive 8 upper division elective credits through the college of education. The involvement spans two terms, with the option of practicum after that. The class is small- limited to 12 students- and

peers are actively involved in the bi-weekly seminar. The current coordinator of the program, Ramah Leith, is a recent graduate from the public health program at OSU and emphasizes how health is as much a public issue as it is a personal one. Health topics that are addressed in the class reflect this emphasis and includes everything from eating disorders and tobacco to HIV, disabilities and poverty.

During their first term, peers help out with projects that are designed by the Health Education staff and the returning peers. New students mentor with the seasoned students in creating traditional and non-traditional presentations for campus audiences. Recent examples include:

- innovative media campaign to promote body acceptance for eating disorders awareness week

"I think the program really promotes acceptance and open mindedness. I thought it was the most beneficial thing I did in college."

—University academic advisor and former peer

"It was the idea of belonging to something important that was valuable. I feel confident that once the PHEs graduate they will look back at the program and realize it was one of the most positive experiences that they had while attending the U of O."

—Communication disorders graduate student and former peer

"Without question, the 'people skills' I gained as a result of the PHE program have helped me out the most. Plus the amount of creativity allowed in the program can't be found anywhere else on campus."

—Internet marketing advisor and former peer

- safer sex show and tell information tables for valentines day
- A "Best Dressed Breast" fashion show to promote breast health
- Publication of quarterly Well Now in the Daily Emerald

For students who are interested in Health Education as a field of study, want elective credits that allow you to make a difference or are simply interested in health issues as they apply to college aged populations, consider becoming a Peer Health Educator. Contact Ramah at 346-0562 for more info.

When Looks Can Kill: Beware of Tanning

By Lora Szaraniec

Most people know that excess exposure to sunlight can lead to skin cancer, but not everybody knows that exposure to artificial tanning devices is just as hazardous, if not more so. As you begin stripping off those winter clothes and the seduction of tanning beckons, consider some common myths about indoor tanning.

MYTH: I use artificial tanning devices because I want to look healthy year-round.

FACT: A tan is actually the body's response to damaged DNA because of the negative effects of UVA and UVB rays. There is no such thing as a healthy tan.

MYTH: I tan indoors to prevent sunburns because burns are worse than tans.

FACT: Yes, sunburns are worse than tans, but a

tan still represents damaged skin and DNA. Indoor tanning devices emit UVB rays and UVA rays. The long UVA waves make burning less likely. However, these rays are more closely linked to melanoma, the deadliest form of skin cancer, which claims one American life each hour according to the American Cancer Society.

MYTH: Tanning indoors is okay because I do it to relax.

FACT: Imagine how relaxed you would be if you were one of the million people diagnosed with skin cancer each year. Not to mention the stress you will have thinking about the wrinkles, visual abnormalities, and immune system disorders that could occur from indoor tanning.

MYTH: I tan indoors because I get depressed if I do not see the sun.

FACT: People who are truly depressed from lack

of sun are treated by exposing their eyes to special bulbs. You must use protective eyewear in artificial tanning devices. Without eye protection while indoor tanning, you risk damaging the retina, burning the cornea, and may eventually form a cataract.

So if you are tanning simply for the look, switch to sunless tanning lotion. New formulas have been designed to appear more natural. Or if you tan to relax, try yoga or meditating instead. These replacements do not have the deadly effects of artificial tanning.

For more information about skin health and cancer, stop by the Health Education office at the Health Center. To consult a medical practitioners about a suspicious skin conditions, schedule an appointment at 346-2770.

Run for the health of it.

2mi fun run/walk

Wednesday, May 7th • 4pm (3:30 registration)
Alton Baker Park

PRIZES FOR

- most accurately predicted run time
- largest showing from living group
- wackiest costume (call 346-4456 for more info)



Spring 2003 Contributing Writers and Peer Health Educators

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