



The York College Health Promotion Center

THE YORK COLLEGE HEALTH PROMOTION CENTER

IN THIS ISSUE

President Keizs supports HPC interns initiatives

by Erika Guadalupe

President Keizs supports the HPC interns and their initiatives!! On February 23, 2012 our dear President Keizs opened the door for an interview to the HPC interns and the Gerontology Club. President Keizs welcomed the initiative of having an E-newsletter in order to go green. In addition, she was very proud that the HPC is supporting the Healthy CUNY advocates at York who are pushing the healthy campaign Let's Get Physical with the aim of promoting physical activity on campus. She even declared that she is willing to participate

in some of the activities. In addition, she said she was very proud to see that faculty and administration are helping and guiding students with their projects and campaigns. She also asked that we use our e-newsletter to strongly promote the use of our York email accounts that are offering a lot of very good features that are beneficial and efficient for the users. At the same time, she was very happy to see that in the Health Promotion Center, students are looking to work in collaboration with other organizations within York!

DANCE PARTY



Students having fun while exercising at the first Dance Party event organized by the Health Promotion Center interns sponsored by the Gerontology Club and supporting the Healthy CUNY Campaign, bravo HPC!!!!

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SEMAA PARENTS CAFÉ AT HPC

The York College Health Promotion Center reached out on March 10 to the community in order to enhance the relationship between the community and York College by inviting the York College SEMAA parent café' to participate in a free BMI testing day.

HPC and SEMAA

Bringing Optimal Health to the Community

By: Erika Guadalupe

The Health Promotion Center and the SEMAA Parents Café as part of their tremendous effort to promote health among the York neighboring communities organized a BMI session exclusively for the Parents Café at SEMAA.

The committed interns under the supervision of their HPC supervisor Professor R. Marks and the collaboration of our dedicated Prof. Khandaker worked very hard on Saturday March 10, to serve all the SEMAA parents. The event was a success. Parents were able to get BMI measurements, blood pressure measures and also receive personalized information about physical activity and proper nutrition and how to lose weight according to their goals in order to help them achieve a healthy life style.



Participants were:

Health Promotion Center Interns

- Erika R. Guadalupe (Organizer)
- Geovanny Santistevan
- Paulene Lingard
- Melissa Blakeney
- Kehinde Aiyelabowo

HEALTH PROMOTION CENTER DIRECTOR

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Dance Party with the HPC Interns

by Erika Guadalupe



The Health Promotion Center, in it's aim to promote health at York, and to support the Healthy CUNY campaign "Let's Get Physical @ York" is inviting the whole York family to their Dance Party program every Tuesday from 12- 2 pm club hours. Please come and join us in this fantastic event in which you will not only relax, but have fun and also exercise.

VALENTINE'S DAY AT HPC

**Eat Healthy, Play Safely**

The Interns from the HPC were very happy with their success on the Valentine's day event they put together in the HPC building on February 14, 2012, in which they were able to promote health at all levels!!!



Dance Party's interns and students having fun and getting physical to the rhythm and music from all parts of the world!!



Provost Griffith, Ivelaw Lloyd

Provost Griffith's Wise Advice

by Erika Guadalupe

The HPC by petition from our Provost is encouraging all students to use and keep their York email accounts active. In order to support this campaign and to comply with school policy the HPC is no longer accepting or using non York email accounts for email communications within the York family. So if you do not have a York email address or are unable to access your account please contact the Help Desk at York so that we can communicate with you and give you the latest information on how to improve your health!!!

In addition, Provost gave the HPC's Interns wise recommendations on how to work with our e-newsletter projects, such as having due dates, delegating responsibilities and using this e-newsletter as a good means of informing us of current important issues that are relevant to the York family!!!

Thank You Provost Griffith!!!

FOR MORE INFORMATION

Go to our website

www.york.cuny.edu/centers-institutes/health-promotion-center

The York College Health Promotion Center Invitation

The HPC once again wants to encourage all York family members to come and take a BMI test Monday to Friday from 9am to 5pm. This will allow you to know your current status about your BMI and to help you with information that you can use to achieve optimal health.

In addition, if you work at York and would like to arrange a day for your staff or peers at the office please contact us so that we carry out the necessary arrangements and help us to make York the **Healthiest** College in CUNY!!

rmarks@york.cuny.edu

The HPC Health Fair is Arriving

by Erika Guadalupe

As was promised, the Health Promotion Center is bringing back a bigger and better **Health Promotion Fair** on May 1 from 10am to 4pm. The Interns are planning a lot of surprises and special guests that will discuss many health topics that concern us today.



12 Ways to Prevent Cancer

March 1, 2012



Cancer is one of the leading causes of death worldwide

Here Are 12 Simple Ways

YOU Can Prevent Cancer

1. Exercise!

Running more (not in polluted streets) can lower your risks acquiring many different cancers. The American Cancer Society recommends exercising 30 minutes, at least 5 days a week for cancer prevention.

So get those sweats and running sneakers out from the back of that closet!

2. Sleep

Get at least 7 hours of adequate sleep at night. Sleep is when the cells of the body renew itself. Sleeping 5 hours or less daily can increase your risks of getting cancer.

Stay far away from the “Vampire Life”!

3. Eat Fruits and Vegetables

Eating fruits and vegetables can lower your risk of developing cancer significantly. The antioxidants in fruits and vegetables help repair damage cells.

One Fruit a day keeps the cancer away!

4. IMPROVE YOUR SOCIAL LIFE

- Having a strong social life helps you stay healthy internally. Prolong loneliness builds increases your cancer risk.

5. Check your home for Radon

- Testing your home for Radon exposure can decrease your risk of developing cancers such as Lung Cancer. Especially for older homes and if someone smokes indoors.

Go to epa.gov/radon.com for Radon Tests

6. Take A Break

- Yes breaks are good for the body whether it is 15 minutes away from your office desk, or a weekend break away from home- TAKE IT!

Don't sit too much, don't work too much, don't stress too much!

Here are some more tips:

- Drink lots of water
- Get a healthy amount of caffeine
- Limit cell phone use
- Read food Labels
- Lose the weight

12 Ways to Prevent Cancer

Continued

7. Check Ups!

- Visit your Doctor routinely for physicals, blood tests, and wellness checks. Have a good friendly and social doctor. Go to the Dentist often, participate in health screenings, and get your eyes checked.

8. Vitamin Check

- Do a vitamin Check. For women Vitamin D helps breast grow normally and prevent from developing breast cancer.

9. Check your Family History

- History of how Grandma got Skin Cancer, to Grandpa sudden diagnoses of Prostate Cancer can help you prevent yourself from developing these in the long run.

Not everything Hereditary is Inherited!

10. Limit Alcohol Intake

- Alcoholic beverages increase the risk of various cancers such as cancer of the mouth, esophagus, and throat.

Didn't think there were so many different types of cancer right?

11. PRACTICE SUN SAFETY

- Sun block and Sunscreen play a major role in protecting our skin from the cell damaging rays the sun likes to shine on us. Practice sun safety and notice when you experience changes in your skin.

Protect your skin!

12. When pumping gas.....

Do not squeeze out the last drop of gas!

- Yes, that's right! The last squeeze of gas while you are at the pump releases toxic fumes into the air such as cancer-causing benzene! These toxins can latch onto your skin or inhale into your lungs.

By Intern: Paulen Lingard

Health Communities.com. (2012). Cancer Research. Available at:
http://www.healthcommunities.com/cancer-research/top-12-ways-to-prevent-cancer_ucbwl.shtml

The HPC supporting the Healthy CUNY Campaign

By: Erika Guadalupe

The Healthy CUNY Campaign is featuring its new poster that will soon be posted throughout the campus, encouraging students, faculty and administrators to carry out physical activity and maintain an active life style @ York!!!

This poster was created through a collaboration between Healthy CUNY advocate Erika Guadalupe who provided the concept and graphic designer Eivar Amaya.



HPC Presenting to the Star Program

By: Erika Guadalupe

The committed interns from the Health Promotion Center once again in their aim to promote health among all York Family prepared a presentation for the Star Program workshop in which they talked about the services at the center and the importance of taking care of our health while in college. The Interns who organized this event were Rubin Mensah and Yvonne Dingle with the help of our assistant Shantae Rhone. After that Ms. Lisa Maycock, Disability Accommodation Specialist expressed her gratitude and satisfaction for the work of the interns.

Thank you Interns for the good work!!!

The York College Health Promotion Center

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HPC announcements:

If you would like to participate or submit an article for the HPC newsletter please do not hesitate to contact Prof. Ray Marks @ rmark@york.cuny.edu

HPC Acknowledgements:

- ❖ The HPC at York Interns would like to thank our Department Chair Dr. Ajuluchuckwu who continues to give us his constant unconditional support and guidance to execute our projects in a professional manner.
- ❖ The HPC interns would also want to thank the Dean of Student Development, Dr. T. Gibson who is supporting our initiative and giving us the resources we need to bring our services to the York Family.
- ❖ A special thank you to Dr. Jean Phelps from Students Activities for her continued support and expert guidance.

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