

Did You Know?

59.8% of CPP students carry no debt from month to month. (data based on December '04 NCHA Survey).



SVO: A Campus Resource

One out of four female freshmen students are victims of a sexual assault and attempted sexual assault.¹ Relationship violence including sexual assault, domestic/dating violence, and stalking is a silent epidemic that plagues institutions of higher learning throughout the nation. 21% of college students report incidence of dating violence by a current partner;² and 13% of college women report being stalked.³ However, very few survivors report these crimes.

The Stop Violence Office (SVO) provides crisis intervention and advocacy to individuals offering them the opportunity to express themselves in a non-judgmental, supportive, caring environment; providing opportunity to discuss the available options; and providing support in the individual's choice on the course of action they feel is best.

Lack of education about intimate violence contributes to the rate of intimate violence and the silencing of its survivors. SVO offers a variety of presentations and programs to educate the campus community and to help create an anti-violent environment.

Professors may invite SVO speakers to facilitate a discussion on sexual assault, dating/domestic violence, and stalking. These presentations cover legal definitions, myths & realities, and the dynamics surrounding intimate violence. As students receive information about these issues, and information about SVO, they gain confidence to come forward and seek help.

For more information about internships, volunteer positions, and program details, contact Diane Sands (x3102, Bldg. 26 – 101&102).

¹Warsaw, R. (1994). "I Never Called it Rape." The Ms. Report on Recognizing, Fighting and Surviving Date & Acquaintance Rape. New York: Harper Perennial: 63.

²Sellers C., & Bromley, M. (1996). Violent Behavior in College Student Dating Relationships. Journal of Contemporary Justice.

³Fisher, B., Cullen, F., & Turner, M. (2002). Being Pursued: Stalking Victimization in a National Study of College Women. Criminology and Public Policy, 1, 57-308.

⁴Warsaw, R. (1994).



According to the Centers for Disease Control and Prevention, a pandemic is a global disease outbreak. An influenza (flu) pandemic occurs when a new influenza virus emerges for which people have little or no immunity and for which there is no vaccine. The disease spreads easily from person-to-person, causing serious illness, and can sweep across the country and around the world in very short time.

The infectious disease community has been concerned about the possibility of another pandemic flu for years. Influenza pandemics occurred three times in the past century—in 1918-19, 1957-58, and 1968-69. The most severe of these pandemics, being the Spanish Flu (1918-19), resulted in estimated deaths of over 500,000 people in the U.S., and had a worldwide mortality of 20 - 40 million. With seasonal flu each year, approximately 200,000 people are hospitalized and 36,000 die in the U.S. from influenza infection or a secondary complication. During an influenza pandemic, the level of morbidity and mortality from influenza-related complications

can increase dramatically worldwide.

The need to plan in advance for a modern day pandemic flu is being stressed, in light of the aftermaths of other recent disasters affecting the U.S. and overseas (Tsunami in Indonesia, earthquake in Pakistan, and Hurricane Katrina). Planning in advance for disasters—including pandemic infectious disease—is important for everyone's well being.

One strain of avian flu—H5N1 (the so-called "bird flu"), has been identified as posing the greatest current pandemic threat. So far, the avian flu (H5N1) has not been efficiently transmitted from human to human and it is unknown if it ever will be. However, it is a significant enough threat to have sounded the alarm by the scientific community for everyone (governments, businesses, schools, hospitals, institutions, and individuals and their families) to be informed and plan for a flu pandemic.

Be assured that Cal Poly Pomona has formed the **PIIRT** task force (Pandemic Illness-Influenza Response Team) to address this issue and to plan accordingly for a potential flu pandemic should one strike our university.

As we begin another flu season, here are some ways to stay healthy and avoid the flu:

1. Wash your hands frequently!
2. Cover your mouth and nose with a disposable tissue when coughing or sneezing, and then discard it after each use.
3. If you have no tissue available, cough or sneeze into your upper sleeve or clothing so as not to release germs into the air.
4. Clean or wash your hands with soap or alcohol-based hand cleaner after coughing or sneezing.
5. Stay at home or isolate yourself from others when you are sick.
6. Eat a balanced diet, exercise regularly, and get plenty of sleep to keep your immune system healthy!

For more information on this topic, stop by our Pandemic Flu table at the Wellness Fair on October 26.



Located in the busy Bronco Student Center across from Round

Table Pizza, resides the Wellness Center, our satellite health education facility. Often, this is a student's first introduction to the Health Center and the many services that are covered by their quarterly health fees.

Because no appointment is needed, students may drop in any time we are open to pick up educational materials, confer with Peer Health Educators about all aspects of their health, and complete a variety of health-enhancing assessments. Listed below are just some of the many free services offered at The Wellness Center:

- Birth Control Options Consults
- Body Composition
- Cholesterol/Glucose Screening
- CPR/First Aid Classes (\$30/class)
- Fitness Evaluation
- Health Worksheets
- Healthy Steps Pedometer Program
- Minor First Aid Treatment
- On-line Assessments (alcohol, eating disorders, and depression)
- Personalized Exercise Prescription
- Personalized Nutrition Assessment
- Smoking Cessation
- Stress Management Program

Watch for some exciting new programs coming soon!

Come "Solve the Mystery" at Wellness Fair 2006 on Thursday, October 26, from 10am to 2pm in the BSC Urso Major. Brought to you in partnership with Campus Recreation and the American Red Cross, this year's event is partnering again with the Cyber Security Fair.

Over 60 different exhibitors will be participating to bring you a variety of educational and interactive displays regarding all aspects of your health, including personal and computer safety. Encourage your students to come for free assessments, health-enhancing tips, healthy food samples, and plenty of great prizes including free T-shirts!

Free HIV testing will be offered at the East Valley Health Center mobile unit behind the upper level of the BSC (No appointments necessary).

Healthy students equate to better academic success...so we'll plan to see your students at the fair!

For more details, call x.5309 or go to:

www.dsa.csupomona.edu/shs/twc/wellness_fair.asp

Phone: x4000

Hours: M & R: 8-6

T & W: 8-7

F & Qtr Breaks: 8-5; Closed weekends & University holidays.

WEB: www.dsa.csupomona.edu/shs

E-mail: health@csupomona.edu

THE WELLNESS CENTER • Bldg. 35-1341

Walk-ins welcome

No appointments needed!

Phone: x5272

Hours: M-R:10-5, F: 10-3

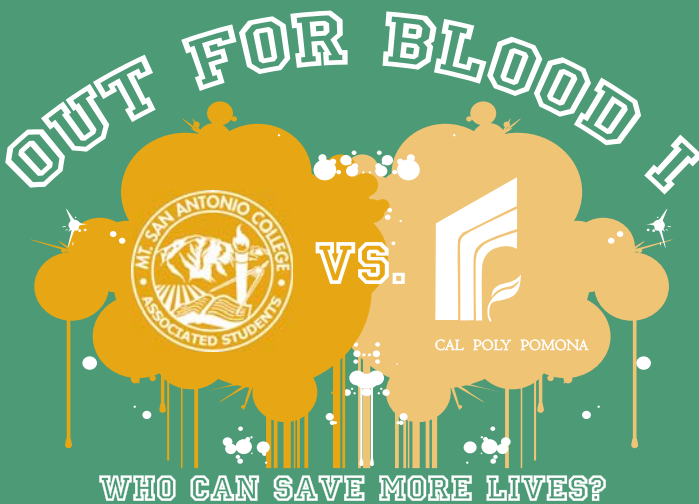
Closed quarter breaks

E-mail: wellnessctr@csupomona.edu



**Free
HIV/AIDS
Testing**

Student Health Services offers free and anonymous testing on a weekly basis every Tuesday from 1– 3pm. The OraQuick method is used to swab the cheek, and results are returned in just 20 minutes or less. Call x. 4000 to schedule an appointment during clinic times. Open to the public.



Mt. SAC has challenged CPP to a **BLOOD DRIVE** competition! Let's show them that we have more spirit...and more **BLOOD!** Take time to donate at the competition drive on 10/31, 11/1, and 11/2. Go to:

www.givelife.org

and enter sponsor code "CLPOLY" to make your appointment now!

Alcohol Sanction Program

Cal Poly Pomona uses the Alcohol Edu program as a consequence for violating campus policy. It consists of educational modules to increase awareness on alcohol abuse and its consequences, personal assessment of drinking behaviors, and a review of campus policies. If you know of a student who can benefit from taking this program, please contact Sonia Atkins at x2737.