

StallTalk

Volume 6 / Fall 2017
 Editor: Center for
 Health Education and
 Promotion staff

College Students and Suicide Risk Factors

In 2013, 0.6% of people age 18 and over attempted suicide. During the same period of time, 7.5% of those ages 18–25 seriously considered suicide. Rates of suicide among young people attending college are actually significantly lower than among those not attending college. There is no single cause of suicide. Frequently it occurs in a situation when a person feels like they can't cope or deal with the problems and challenges in their life. Depression is the most common illness associated with suicide. Conditions like depression, anxiety and substance use disorders, especially when they are untreated, increase the risk of suicide. People in early stages of psychotic illness are also at elevated risk for suicide and people with a family history of suicide are more likely to have suicidal thoughts and to die by suicide.

A number of factors may put a person at increased risk of suicide, including:

- Prior suicide attempt
- Substance abuse and intoxication — more than one in three people who die from suicide are found to be under the influence of alcohol or other substances
- A serious or chronic medical illness or disability
- Mental disorders, particularly depression and other mood disorders
- Lack of access to or inadequate mental health care
- A history of trauma or abuse
- Prolonged stress
- Isolation
- A recent tragedy or loss
- Early stages of psychotic illness
- Stress from prejudice or discrimination, particularly in LGBTQ youth, Native Americans and Alaska natives

If you or a friend has thoughts of suicide please call the National Suicide Hotline available 24/7 at (1-800-273-8255)

The Millersville University Center for Counseling and Human Development is located on the 3rd Floor Lyle Hall: 717-871-7821.

Source: <https://www.jedfoundation.org/suicidal-behavior/#card=1>

Stall Talk 15,000,000 by the Numbers: 15,000,000

The number of Americans with a food allergy.

Source: <https://www.foodallergy.org/facts-and-stats>

HEALTH SERVICES

Monday thru Thursday, 9 a.m.–5 p.m.

Friday, 8 a.m.–4 p.m.

By appointment only, call 871-5250.

Health Services offers 4 different STI tests through the Center for Disease Detection. In addition to Gonorrhea and Chlamydia testing, we are now submitting labs for Syphilis and HIV. Call for an appointment and pricing.

ELSIE S. SHENK

Center
 for

Health Education
 & Promotion

Millersville University

CONTACT US

Website: www.millersville.edu/chep

Email us: chep@millersville.edu • Call us: 717-871-4141

Facebook: Peer Educators at MU

Twitter: Peer Educators at MU@PeersEducate

Snapchat: ChepMU

Instagram: peerseducate



"Keep your eyes on the stars and your feet on the ground." ~Theodore Roosevelt

Coming Attractions!

Tables and Outreach:

Body and Mind Marauder Mondays

Nov. 20 and 27; Outside Bookstore; 11 a.m.–12 p.m.

Shoot Your Shot at a Healthy Relationship Wellness Wednesday

Nov. 29; Montour House; 11 a.m.–1 p.m.

Education Programs:

AOD DUI Mario Cart

Nov. 17; South Suites Great Room; 6 p.m.

STI Bingo

Nov. 21; SMC 118; 6pm



Meet the Peer Educators: Student Spotlight

LISA FILIPELLI
 Senior, Social Work/
 Criminology Minor

"I became a peer educator to educate my fellow peers on topics other people might not feel comfortable talking about that are imperative to a healthy college experience."

Mini-Fridge Makeover 10 healthy choices to keep in your dorm mini-fridge*

Stock your dorm-room fridge with a variety of healthy foods. That way, when you need a quick breakfast or study snack, you'll have plenty of options on hand.

1 low-fat cheese

Pair 1 slice cheese with 100% whole-grain bread for an easy snack or munch on a cheese stick for a quick bite between classes. Low-fat cheeses can even be used when making omelets and quesadillas in your dorm microwave!

2 vegetables

Pre-washed and pre-cut varieties are convenient for quick snacks and meals. Try incorporating green, red, orange, and yellow vegetables into your diet. Pair veggies with your favorite dips, such as carrots with hummus or celery with peanut butter. Add them to omelets and quesadillas.



3 fruit

Remember that fresh, frozen, dried, and canned fruits all count. Just watch out for varieties with added sugars or syrups. Add a tablespoon of raisins or dried apricots to your morning oatmeal or yogurt and grab an apple for a natural source of energy during a late night study break.



4 water

Keep water in your fridge. Investing in a water-filter pitcher is a great way to store water in your dorm room. Drinking water instead of sugary drinks is a healthy choice.

5 nuts and nut butters

These will last longer when stored in the fridge. Try walnuts, almonds, peanuts, hazelnuts, pistachios, or cashews. Peanut butter and almond butter are delicious on apple slices or whole-grain toast.



6 eggs

Eggs in a dorm room? If you have a refrigerator, yes! Use a microwave safe bowl or mug to scramble eggs for a quick, convenient breakfast or snack. Toss in raw veggies and a tablespoon of cheese for added flavor!

7 milk and yogurt

Fat-free (skim) or low-fat milk can be added to oatmeal or whole-grain cereals for a filling, nutritious breakfast. Individual containers of low-fat yogurt or low-fat Greek yogurt are convenient and portable. Mix yogurt with fruit and nuts for an energizing breakfast or top with a few chocolate chips and cinnamon for a healthy dessert.



8 hummus

Hummus can be paired with almost anything! Enjoy dipping red pepper slices, carrots, or other raw veggies into this delicious dip. Spread hummus onto a whole-wheat pita with tomatoes and cucumbers for an easy, nutritious lunch.

9 salsa

A fresh salsa with tomatoes, jalapenos, cilantro, and onions is a fun and yummy way to incorporate veggies into your diet. Pair low-sodium salsas with a small serving of whole-grain tortilla chips or raw veggies.

10 use the Nutrition Facts label

Use the Nutrition Facts label to choose beverages and foods at the store. The label contains information about total sugars, fats, and calories. Reading the Nutrition Facts labels on packaged foods can help you make better choices.

* Refrigerators should be set to maintain a temperature of 40 °F or below. Keep an appliance thermometer in the refrigerator to monitor the temperature.



Go to www.ChooseMyPlate.gov for more information.

DG TipSheet No. 27
 April 2013
 Center for Nutrition Policy and Promotion
 USDA is an equal opportunity provider and employer.

Trivia Question

Q: True or False: Humans get an entirely new skeleton every 12 years?

A: In the next edition of Stall Talk

LAST EDITION:

Q: When does your brain stop maturing?

A: Your brain doesn't finish developing and maturing until you are in your mid- to late-20s. The front part of the brain, called the prefrontal cortex, is one of the last brain regions to mature. It is the area responsible for planning, prioritizing and controlling impulses.

Source: <https://www.nimh.nih.gov/health/publications/the-teen-brain-6-things-to-know/index.shtml>

News You Can Use:

How many standard drinks in a keg cup?

- A: One
- B: One and one third
- C: I have no clue.

Answer is B: One and one third.

A standard drink is twelve ounces of beer and a keg cup holds 16 ounces. Partying for three hours and consuming five standard drinks will produce a BAC of .07 for a 120 pound female. Having five keg cups would almost double the BAC to .13.

How many shots of Vlad come up to the bottom line on a keg cup?

Answer: Two.

A 160 pound male who drinks four mixed drinks in three hours of partying and pours two shots in each would have a BAC of .12. If each drink contains three shots, his BAC will be .21, high enough to blackout. If you chose to drink, be sure to get all of the "Good stuff" and none of the "Less good stuff" from your relationship with alcohol.

If you have any questions or wish to know more about the real deal regarding your relationship with AOD, take the Alcohol survey or eTOKE Self-Assessments on the Counseling Center webpage at Millersville.edu/counsel or contact the AOD Guy at John.Baltzer@Millersville.edu or call the AOD Guy at 871-7821

Ville After Dark

Friday, Nov. 17

Rocky Springs Bowling Trip
 Bus departs at 6:00 p.m.;
 Rocky Springs Bowling Alley

Saturday, Nov. 18

Movie Night:
 The Dark Tower
 9 p.m.; SMC Club 'De Ville

Friday, Nov. 24

Thanksgiving Recess
 (No Events)