



## Upcoming Events

**April 1st**– Student Services Wellness Fair, Stotler Lounge, 10-2 pm. Free Food, Freebies, and Free Health Screenings

**April 6-12**–Public Health Week sponsored by Master of Public Health Program

**April 18th**– Chad Eatherly memorial 5k Fun Run \$10 if you sign up early, \$20 the day of the race. Price includes a T-shirt.

**April 20**– MU alcohol and Marijuana Screening Day, Stotler Lounge, 10-2 pm

**April 22nd**– Earth Day Farmer's Market, Lowry Mall, 12-3 pm. Support local farmers and get great produce, meat, and flowers!

For more information on any of these events please email [amhhvc@mizzou.edu](mailto:amhhvc@mizzou.edu)

## Wellness in Columbia

**April 5th**– Planetarium Show Rock Bridge, 7pm

**April 19**– Columbia Earth Day 2009 Celebration Peace Park, 12-7 pm

**April 25th**– City-wide Cleanup Columbia

For more information go to: [www.gocolumbiamo.com](http://www.gocolumbiamo.com)

## Question of the Month

**“What are 3 things you can do to help make the earth healthy?”**

\*Email Julie at [tobiasja@missouri.edu](mailto:tobiasja@missouri.edu) with the correct answer to enter into a drawing for:

**\$10 of Wellness Bucks!**

February Winner: Jaclyn Malke

## Earth Day is Our Day

April 22 is Earth Day, a day devoted to promote and remind people to take care of our planet! There are many of activities one can do to help save our planet:

- Use compact fluorescent light bulbs
- Ride a bike, walk, or carpool when possible
- Buy a fuel efficient car such as a hybrid
- Weatherize and insulate your home
- Only run dishwasher when completely full
- Use recycled, biodegradable, reusable, or buy minimally packaged goods

- Plant a tree
- Air dry your clothes
- Adjust thermostat
- Buy products locally
- Recycle
- Take shorter showers
- Inflate your tires
- Bring cloth bags to the market
- Change your air filter



[http://www.stopglobalwarming.org/sgw\\_actionitems.asp](http://www.stopglobalwarming.org/sgw_actionitems.asp)

## April is National Alcohol Awareness

April has many observances focusing on alcoholism. The whole month is Alcohol Awareness Month, the first weekend is Alcohol Free Weekend, and April 20th in Stotler Lounge from 10-2 is MU Alcohol and Marijuana Screening Day. To find out more or to participate in these observances, visit National Council on Alcoholism and Drug Dependence at <http://www.ncadd.org/programs/index.html>.

- Alcoholism effects 17.6 million American adults according to the DSM-IV diagnostic criteria (Grant et al, 2004)
- Accounts for \$185 billion in health care costs a year (Hanson, Li TK, 2003).
- 1700 college students (ages 18-24) die a year from alcohol related unintentional injuries
- 600,000 college students (18-24) are injured (also unintentional) a year under the influence of alcohol.
- 700,000 college students (18-24) are assaulted each year by someone under the influence of alcohol (Hingson, 2005)

## Wellness Tip

Our planet is in a crisis and it is up to each one of us to make a difference! This is a very urgent topic that will greatly effect those after us and innocent animals. We owe it to them to make up for what we are causing: Global Warming. Please visit the website provided to learn how you can play your part today! If further inspiration is needed, watch the documentary *The Inconvenient Truth*.



**National Public Health Week April 6-12, 2009**  
**Building the Foundation for a Healthy America**

For more than a decade, communities around the country have celebrated National Public Health Week (NPHW) each April to help protect and improve our nation's health. This year, as we face the inauguration of newly elected officials and with the nation's attention directed toward health reform, NPHW 2009 will focus on the role of public health in improving our nation's health system.

The NPHW 2009 theme is *“Building the Foundation for a Healthy America.”* The goal is to raise awareness nationally and locally about public health's critical role in ensuring a healthy America. Even though the United States spends more on health care than any other country, our nation falls short in many of the important measures of what it means to be healthy.

For example, babies born in America are three times more likely to die than those born in some developing countries, and America has made the top 10 list of countries with the most people with HIV/AIDS.

From the water we drink and the food we eat, to the parks throughout our cities, there are many people behind the scenes who constantly work to make us healthy. During NPHW, take the time to thank these people, including those who administer flu vaccines, ensure that restaurants follow healthy practices and so much more. For more information, please visit [www.nphw.org](http://www.nphw.org)

**THIS IS PUBLIC HEALTH.**  
[whatispUBLICHEALTH.org](http://whatispUBLICHEALTH.org)

Article Sponsored by MU Master of Public Health Program

To add your name to our monthly mailing list or other questions or comments please email either Julie at [tobiasja@missouri.edu](mailto:tobiasja@missouri.edu) or Alison at [amhhvc@mizzou.edu](mailto:amhhvc@mizzou.edu) or call 573-884-9441.

\* By responding to the Question of the Month you will automatically be added to the distribution list.