

A Su Salud

To your health

Changes Ride in with the New Year

Smoke-free in 2003? If you are a smoker, be prepared to see no-smoking signs showing up around the campus in the coming months. On December 2, 2002, the Board of Trustees voted to amend the Foothill-De Anza Community College District's Policy on Non-Smoking Areas. The biggest change to the policy is to prohibit smoking 25 feet from doorways, windows and ventilation systems. Here is the Board Policy in its entirety:

Statement

The Foothill-De Anza Community College District's goal is to provide a smoke-free environment while reasonably accommodating those who do smoke.

A. Indoor Areas

Smoking is prohibited in all enclosed facilities owned by, leased by or under the control of the Foothill-De Anza Community College District without exception. This includes common work areas, auditoriums, classrooms, conference and meeting rooms, private offices, elevators, hallways, medical facilities, cafeterias, employee lounges, stairs, restrooms, lockers rooms, dressing areas and all other enclosed facilities.

B. Outdoor Areas

Smoking is permitted in outdoor areas (unless posted otherwise), except in eating areas and during organized events. Outdoor smoking areas should be located 25 (7.5 meters) feet away from doorways, windows, and ventilation systems to prevent smoke from entering buildings and facilities. All cigarette butts shall be disposed of in appropriate receptacles that shall be relocated to designated smoking areas.

C. Stadium and Sports Facilities

In addition, smoking is prohibited in the eating or seating areas of outdoor stadium or sports facility owned by, leased by or under the control of the Foothill-De Anza Community College District. Smoking may be permitted only in specified designated areas that are not located in close proximity to seating or eating areas.

D. Vehicles

Smoking is prohibited in district vehicles.

E. Signs

"No Smoking" signs shall be conspicuously posted at building entrances, and in employee lounges, restrooms, locker rooms, dressing rooms, dressing areas, cafeterias, lunchrooms, and stadium and sports facilities. In addition, designated outdoor smoking areas will be clearly marked.

F. Implementation

This policy relies on the consideration and cooperation of smokers and non-smokers. It is the responsibility of all members of the Colleges and District to observe and follow the guidelines. This policy shall be communicated to all employees annually and published in the Colleges' Schedule of Classes, handbooks, websites and other appropriate locations.



Trying to Quit?

~ Don't read magazines until March. According to the *Health Magazine*, tobacco companies pump up magazine advertising in the first two months of the year—just when many smokers resolve to quit.

~ Don't expect nicotine replacement therapies, like the patch or the gum, to curb your urge to smoke. Nicotine replacement helps reduce the *physical* withdrawal symptoms (such as irritability, tiredness, headaches, etc.), but doesn't do anything for the *psychological* withdrawal (craving a cigarette after eating, while drinking, while driving, etc.).

~ Don't ignore the *why*, *when*, and *with whom* you smoke. The more you understand your smoking habits, the easier it will be to replace old rituals with new and effective ones.

~ Don't forget that cigarettes were a big part of your life and you will miss them, but you can live without them.

~ If you are interested in individual smoking cessation counseling, contact Mary-Jo Kane at 8903 in Health Services, lower level of the Campus Center.

Doctor on Board!



De Anza Student Health Services is pleased to announce that primary care services will be available on a limited basis beginning winter quarter 2003. Beginning Monday, January 13, Dr. Lisa Bowie will be available to students on Mondays from 10 am to 1 pm. Her services will include diagnosis and treatment of acne, headache, urinary tract infection, sore throat, earache, and the like. Fees will vary depending on services provided, but all fees will be low cost. Dr. Bowie's schedule may change depending on student needs.

Go for the Goal

If you have resolved to increase your physical activity this year, you might want to think about setting goals. Goals don't have to be big; as a matter of fact, goals that are too big can make you discouraged and lead you to stop exercising altogether.

Anyone, at any level of fitness, can benefit from setting goals. The Cool Nurse website (www.coolnurse.com) identifies four types of goals to choose from.

Distance Goals: Challenge yourself to go further than you've gone before.

Speed Goals: See if you can move faster than before.

Endurance Goals: See if you can last longer—spend more time in motion.

Repetition Goals: Challenge yourself to repeat an exercise more than you have before. For example, try for 40 sit-ups if you've been doing 30.

Here is one other piece of advice from Cool Nurse: you can't expect to look like models you see in magazines, television and advertisements. Let's put it this way — if you went to take voice lessons, you might expect your voice to improve, but you wouldn't expect to sound like your favorite singer. The same goes for your shape, which is exactly how it should be. You'll end up with your body in shape — not with the shape of anyone else.

Save the Date!

Our National Condom Week Big Event is
Tuesday, February 11 from 10-1.
See Health Services for more details

Breakfast Food: Think Outside the Box



Healthy eating is a top New Year's Resolution for many people. But what to eat? Sometimes the hardest part of making changes in your diet is finding new things to eat. Take breakfast, for example. Typical breakfast foods include cereal, eggs, bacon, pancakes, and orange juice. Why not mix things up and create fun, new taste sensations for the first meal of the day. Use the following recipes from the *Nutrition Action* newsletter to jump-start your morning and your imagination. All recipes are healthy, low in calories and fat and, don't take a lot of time to make or to eat.

1. Spread 2 tablespoons of hummus on half a pumpernickel bagel.
2. Blend ½ cup each of plain low-fat yogurt and orange juice with ½ frozen banana and a few frozen strawberries.
3. Melt 1 thin slice of Jarlsberg Lite Swiss Cheese over sliced tomato on an English muffin.
4. Stuff half a whole-wheat pita with ½ cup low-fat cottage cheese and sliced peaches, pears or bananas.
5. Add fresh fruit or cereal (like raisin bran or low-fat granola) to plain low-fat or non-fat yogurt.
6. Roll a tortilla up with scrambled Egg Beaters and salsa.
7. Top a raisin bagel with fat-free cream cheese (or a thin layer of "lite") and thin apple slices.
8. Combine ¼ cup low-fat ricotta cheese with ½ cup apple sauce and a dash of cinnamon. Sprinkle with Grape-Nuts cereal.
9. Stir ½ cup each of plain low-fat yogurt and orange-pineapple-banana juice with 1/3 cup of sliced banana and ½ dozen fresh or frozen blueberries. Freeze overnight. (My personal favorite. I make a big batch and put into individual containers and grab one in the morning before heading out the door.)
10. Spread 1 tablespoon peanut butter on whole-wheat bread and wrap it around a banana.
11. Scoop ½ cup low-fat cottage cheese into a half of cantaloupe or honeydew melon.
12. Layer a whole-grain toaster waffle with ½ cup plain low-fat yogurt and ½ cup berries.

De Anza College Health Services

is available to all registered De Anza students. Some of our services include:

Health education/TB skin tests/First Aid/Blood pressure checks/Condoms/lubricants/Over-the-counter medicine/
Pregnancy tests/Family planning

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