Student Health Services is located in Rich Hall

Student Health Services is committed to the promotion of wellness through health education, prevention, early diagnosis, and treatment of illness. Through a variety of programs, activities, and services, students are encouraged to develop responsibility for their own wellness and health needs.

February is healthy heart month

- Heart disease is the #1 killer in the United States and a major cause of disability

- Death from heart disease was so concerning, in 1963, Congress required the President to establish February as American heart month

- There are many types of heart disease, the most common is coronary artery disease (CAD) which is a narrowing or blockage of the blood vessels that supply blood to the heart. CAD is the leading cause of heart attacks.

- Ways to reduce the risk of heart disease include:
  - eat a healthy diet low in saturated fat & cholesterol & high in fiber, limit sodium (salt) intake
  - avoid smoking (including second hand smoke)
  - avoid consuming too much alcohol
  - exercise regularly
  - control blood pressure
  - lower cholesterol

Open: Monday to Friday 8:30am – 4:00pm - Campus Box #144 - (570) 321-4052

More information is available at our website: http://www.lycoming.edu/healthservices

Bollinger student health insurance after hours nurse triage # 1-866-525-1955
Obesity refers to having an excessive amount of body fat & can be a result of many factors such as genetics, lifestyle choices (what you eat & how you exercise), environment & some medical conditions.

Being overweight & obese puts you at a higher risk of developing conditions such as heart disease, diabetes, high blood pressure, gall stones, breathing difficulties & certain cancers.

One good way to determine a healthy weight is by calculating your body mass index (BMI).

BMI calculates an appropriate weight based on height:
☆ Multiply your weight in pounds by 703.
☆ Divide that answer by your height in inches.
☆ Divide that answer by your height in inches again.

Interpreting BMI:
☆ below 18.5= underweight
☆ 18.5-24.9= healthy
☆ 25.0-29.9= overweight
☆ 30.0-39.9= obese
Portion Distortion

- In the 1980's portion sizes began grow and have continued to increase to the point that our perception of what a normal portion size is has become extremely distorted

- Here are some easy ways to measure an APPROPRIATE portion size:
  - 3 oz meat= deck of cards
  - 1 tsp of oil= size of a quarter
  - 1 cup raw veggies= light bulb
  - 1 med fresh fruit= tennis ball
  - 1 bagel or roll= 6 oz tuna can
  - 1/4 cup nuts= golf ball
  - A serving of cheese= pair of dice
  - Pasta= size of one ice cream scoop

- Here are some examples of portion distortion from the National Library of Medicine:
  - 20 years ago, the average bagel had a 3-inch diameter (140 calories). Now, bagels have a 6-inch diameter (350 calories). That’s three servings of grains, half the recommended number of grain servings for the entire day.
  - 20 years ago 6.5 oz of soda= 85 calories; today 20 oz=250 cal
  - 20 yrs ago 1.5 oz blueberry muffin= 210 calories; today 5 oz= 500 cal
  - 20 yrs ago 2 slices pepperoni pizza= 500 calories; today’s larges slices= 850 cal