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SWOSU BULLDOG WELLNESS

Current Newsletters

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September 2021

SWOSU Bulldog Wellness Committee

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SWOSU

Bulldog Wellness

September 2021



SWOSU is holding COVID19 Vaccination Clinics on Fridays
through the months of September and October
10 am – 2 pm at the Pioneer Cellular Event Center

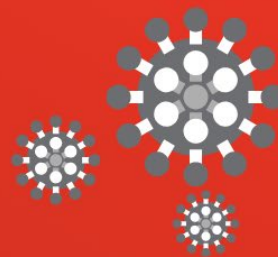
- This is open to all students and faculty
- Public walk-ins are welcome
- **Appointments are not required, but helpful for vaccine management**
- For questions, call the SWOSU COVID phone line 580-774-3025

-----Catapult Health is Back-----

Catapult Health is back with safety in mind!

Additional measures to ensure patient safety include:

- PPE for all Health Technicians
- 6' social distancing between stations
- Temperature reading
- COVID-19 assessment
- Opportunity to ask COVID-19 questions during NP consult
- NP follow up for patients with signs or symptoms
- Stations cleaned after each patient



Catapult
HEALTH

Catapult will also be offering virtual visits this year! See page 3 to learn more about the virtual visit option. Sign-ups are now available:

<http://www.timeconfirm.com/SWOSU>
<https://virtualcheckup.com/SWOSU>

-----National Childhood Obesity Awareness-----

National Childhood Obesity Awareness Month offers opportunities for families to prevent childhood obesity early and to address the issue early. Children who have obesity issues are more likely to have those same issues as adults. Addressing them now prevents lifelong health issues such as diabetes, certain cancers, heart, and sleep disorders.

Disease researchers at the Centers for Disease Control and Prevention (CDC) made the prediction that one in three children born in the United States after 2000 will likely develop type 2 diabetes sometime in their lifetime unless they get more exercise and improve their diets. The prediction for Oklahoma children is one in two children will be affected by type 2 diabetes in their lifetime.

[Type 2 Diabetes is a Rising Threat in Youth](#) | [Diabetes](#) | [CDC](#)

See page 4 for more information.

-----National Courtesy Month-----

It takes little effort to extend kindness. The entire month of September gives ample opportunity to practice being kind. It's National Courtesy Month!

The word courteous comes from the Middle English word 'kindness,' which means 'noble deeds' or 'courtesy'. One of the greatest novelists in the English Language, Henry James, once said: "Three things in human life are important: The first is to be kind; the second is to be kind; the third is to be kind." So, what does it mean to be courteous?

Courtesy can mean several things to different people. To some, being courteous means being helpful. To others, being courteous means being polite and having good manners. Courtesy can be words spoken or actions towards someone. Courtesy is about manners and respect. How you choose to show someone courtesy is entirely up to you!



One kind
word can
warm three
winter
months.
Japanese proverb

Courtesy should never have limits for people you know. Showing a stranger common courtesy could be the defining factor of their day. Oftentimes, a small gesture, such as a compliment, can make a person feel appreciated. When people are considerate to one another, a positive effect happens. Moods improve and smiles are easily found. Starting your day with a polite demeanor will have a ripple effect on the people you encounter!

HOW TO OBSERVE #NationalCourtesyMonth

There are so many ways to show kindness to people through courtesy. Hold the door open for the people behind you. Mow your elderly neighbor's lawn. Compliment that shy person you see every day on the subway. Above all, SMILE at everyone you meet.

COMING SOON!

October 1 November 1

NEW!

Catapult Health's
VirtualCheckup[™]
brings everything
to you.



Take advantage of this exciting new benefit! Complete your Catapult Checkup onsite OR participate in the 100% **VirtualCheckup**[™]
Be on the lookout for an email soon with more information.

Getting a health checkup has never been easier

1



Get your
Home Kit
in the mail

Our VirtualCheckup[™] is fast, free and easy.
But don't let that fool you. It is also
comprehensive and filled with
powerful insights.

2



Follow the
simple
directions

We make things simple, convenient and
painless. Our mission is to empower you
to improve your health.

3



Complete
your
VirtualCheckup[™]

Our Nurse Practitioners provide just
the right mix of clinical advice and
practical solutions, always delivered with
compassion and care.



What's a
VirtualCheckup[™]?
Scan here
to find out!

Find out more at VirtualCheckup.com

Your logo
(replace or delete)

Catapult
HEALTH

CHILDHOOD OBESITY IN OKLAHOMA



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TSET

WHAT YOU SHOULD KNOW & HOW YOU CAN HELP

Childhood obesity is a growing national concern. In Oklahoma alone, **1 in 3 children ages 10-17 are overweight or obese.** Plus, we have the 7th highest high school obesity rate in the nation.

If we address these four contributing factors to childhood obesity, we can **make Oklahoma a healthier place** to live, work, learn and play.

HEALTHY FOOD CHOICES

Healthy diets can help prevent weight gain and chronic disease.¹



What you can do: Teach children to fill half their plate with fruits and veggies at each meal.

SUGARY DRINKS

Sugary beverages have been linked to numerous health problems, like obesity.

Children who consume higher amounts of sugary drinks have a 55% greater chance of being overweight or obese compared to those who consume fewer sugary drinks.²



What you can do: Swapping out water for soda can help children maintain a healthy weight and can help improve their kidney and joint health.

PHYSICAL ACTIVITY



Sedentary lifestyles are a major contributor to obesity, but regular physical activity reduces the risk for serious health problems like heart disease, type 2 diabetes, obesity and some cancers.³

What you can do: Encourage children to move for at least 60 minutes per day.

SCREEN TIME

Too much screen time is linked to obesity, insomnia and other health issues.

The more time children spend using a device, the less time they spend being active.⁴



What you can do: Limit the amount of time children spend watching TV, playing video games, or interacting with phones or tablets to fewer than 2 hours per day.

SOURCES

¹ <https://www.hsph.harvard.edu/obesity-prevention-source/obesity-causes/diet-and-weight/>

² https://www.heart.org/idc/groups/heart-public/@wcm/@adv/documents/downloadable/ucm_474846.pdf

³ <https://www.cdc.gov/physicalactivity/about-physical-activity/index.html>

⁴ <https://www.mayoclinic.org/healthy-lifestyle/childrens-health/in-depth/screen-time/art-20047952>