



## NATIONAL HEALTH CENTER WEEK

National Health Center Week: August 9<sup>th</sup>-15<sup>th</sup>

National Health Center Week has been celebrated for more than 30 years to recognize the services and contributions of Community, Migrant, Homeless and Public Housing Health Centers.

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### What are health centers?

Health centers are non-profit, community-directed health care facilities serving low income and medically underserved communities. For almost 50 years, health centers has provided high-quality, affordable primary and preventive care, as well as dental, mental health and substance abuse, and pharmacy services.

### Who do health centers serve?

Health centers serve over 22 million people nationally. Health center patients are among the nation's most vulnerable populations. Nearly all patients are low income, with 72% having family incomes at or below poverty. Patients also tend to be members of racial and ethnic minority groups. 36% of health center patients are uninsured and another 40% depend on Medicaid.

Support and celebrate National Health Center Week by checking out events on the [Health Center Week website](#) and help spread the word about health centers by Facebook posts and using #NHCW15 hashtag on twitter and Instagram. Source: <http://www.healthcenterweek.org/>



## BACK-TO-SCHOOL HEALTH TIPS

Going (back) to school is an exciting time. Here are a few tips on staying safe and healthy:

- [Maintain a Healthy Lifestyle](#)- start with diet and exercise! Follow a balanced diet, with plenty of fruits and vegetables. Limit junk food and sugary and caffeinated beverages. [Exercise](#) helps to offset the stresses of college/grad school.
- [Sexual Health](#)- Get tested for STDs annually, always use protection, and don't do anything you're not comfortable with. Sexual assault is a particular problem on college campuses. Know your rights and seek help.
- [Immunizations](#)- Have your immunization records ready and check to make sure that they are up to date, including Tdap, Hep B, Varicella, MMR, and annual flu vaccine and PPD skin test (or acceptable alternatives). The SHAC offers these immunizations for free or cost.
- [Illness](#)- Wash your hands, don't go to class if you're sick (it will only make you feel worse and infect other students). If you have symptoms that aren't improving within a few days, make an appointment at the SHAC.
- [Managing Stress](#)- Don't let stress get the best of you. Learn how to balance your life and implement [relaxation exercises](#) into your daily practice.
- [Maintain Your Mental Health](#) - The counseling staff at the SHAC understand the challenges of student life and are here to support your growth and development, help you restore balance, build strength, gain emotional resiliency and increase your personal well-being. You can make an appointment at the SHAC to see one of our staff psychologists for an initial evaluation and up to [10 free counseling sessions](#) per calendar year. Also take a free [Mental Health Screening Here](#)
- [Medical Insurance](#)- If you aren't going with your school's insurance plan, make sure that your own insurance covers healthcare providers in your area.
- [Keep backpacks from being too heavy](#)- a heavy backpack can hurt your back and leave you with some serious back and shoulder pain. Make sure your backpack is properly fitted and avoid carrying around more than you need.



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