

April 5, 2008

Delta Health Watch



Delta Sigma Theta Sorority, Incorporated
Philadelphia Alumnae Chapter
Physical and Mental Health Committee

Public Health Awareness

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Previous topics:

January: Cervical
Cancer
February: Heart Health
March: Colon Cancer

Upcoming topics:

May: Mental Health
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April 7- 13 is dedicated to Public Health awareness. During that week, Americans are being urged to consider the impact of community infrastructure on the health and future of children. The purpose of Public Health is to have organized community efforts aimed at the prevention of disease and promotion of health. Public Health links many disciplines together, and rests upon the scientific core of epidemiology (the study of disease). Core functions of public health agencies at all levels are assessment, policy, development, and assurance.

The focus of this year's Public Health Awareness week is climate change and its impact on the world.

About 100 years ago, people worldwide began burning more coal and oil for homes, factories, and transportation. Burning these fossil fuels releases carbon dioxide and other greenhouse gases into the atmosphere. These added greenhouse gases have caused Earth to warm more quickly than it has in the past. Scientists from around the world tell us that during the past 100 years, the average global air temperature has risen more than 0.6°C or 1.0° F. This may not

sound like very much change, but even one degree can affect the Earth.

~During the 20th century, sea level rose 4-8 inches due to melting glacier ice and expansion of warmer seawater. In the next 100 years, sea level may rise as much as 33 inches. This is a threat to people living near the coast, wetlands, and coral reefs.

~Arctic ice is melting. The summer thickness of Arctic icebergs is about half of what it was 50 years ago. This melting ice may someday cause changes in the world's ocean currents.

~Sea-surface temperatures are warming. Some animals, such as corals, cannot live in warmer seas. Over the past few decades, about a quarter of the world's coral reefs have died.

~Heavier rainfall causes flooding in many regions as warmer temperatures speed up the water cycle. In the last ten years, floods have caused more damage than in the previous 30 years.

~There have been changes in where we can farm: As climates warm, some mid-latitude places, like Europe, are getting a longer growing season, while some tropical places are becoming too hot and dry to grow crops.

~The amount of drought may be increasing. Higher temperatures lead to a high rate of evaporation and very dry conditions in some areas of the world. Researchers are not sure if drought has increased as a result of current warming.

~Ecosystems are changing. As temperatures warm, species may migrate to cooler places or die. Species that are in particularly danger include endangered species, coral reefs, and polar animals such as penguins, polar bears and seals.

~Severe weather events may be more common and stronger. Some researchers say that the number and strength of hurricanes and tornados, and other events has increased over the last 15-20 years. However, scientists are still looking into this.

These are a few examples of the impact of climate change on the World, and how it affects

Chicken Salad

6 servings

INGREDIANTS

- 2cups Baby Spinach Leaves
- 1 Red Onion sliced thin
- 1cup Mushrooms sliced
- 1small can mandarin oranges, drained (*save the juice for the dressing*)
- 2 cups Romaine Lettuce
- 2 cups diced Roasted Chicken breast
- 1 large Yellow Tomato chopped
- 1cup grape tomatoes
- 1cup diced Celery
- 1/4 cup chopped Pecans

DIRECTIONS

Take the breasts off a roasted chicken and dice the meat. Clean and slice, dice and chop the veggies. Place veggies in a large serving bowl. Drain the oranges, reserving the liquid for the dressing .Top the greens with the chicken, oranges and chopped pecans. Serve with a fruity dressing and full grain bread.



Benefits of Exercise



~Reduce the risk of developing coronary heart disease, hypertension, diabetes and carcinoma of large intestine.

~Improve the cardiopulmonary system and blood circulation.

~Burn calories, prevent obesity and keep a good body figure.

~Strengthen bones and reduce the risk of osteoporosis.

~Improve the agility and flexibility of joints, and

prevent injuries and falls.

~Help relieve pressure, soothe anxiety, boost confidence and enhance mental health.

Blessings!

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