



CHANCELLOR'S Notes



February 17, 2012

DR. LARRY HOLLIER

LSUHSC campus almost tobacco free

Just a reminder, effective March 1, 2012, our entire campus, both indoors and out, will be 100% tobacco free.



For your good health and for our healing environment, LSUHSC campuses and properties will be tobacco free effective March 1, 2012

Ready to Quit?
We Can Help
504-903-5059
or
lyoun2@lsuhsc.edu

This policy showcases our institution's role as a community leader in protecting the health of the public and models for all an environment where tobacco has no place. "No Tobacco" signs are posted throughout our campus buildings, walkways, parking lots, garages and other areas that have been used for smoking since our buildings went smoke free in 2007. Containers and bins outdoors that have been used to dispose of cigarette butts will be removed.

We are providing services for faculty, students, and staff who are ready to quit tobacco use. Call 903-5059 for details.

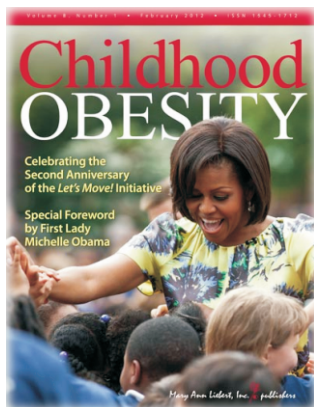
Thank you for your support and cooperation during this transition. We appreciate your help in providing a healthy environment for all. ■

LSUHSC's Sothern on expert national panel on childhood obesity

Dr. Melinda Sothern, Professor of Public Health and Jim Finks Chair of Health Promotion, was invited to participate on an expert panel for a special issue of *Childhood Obesity*, now available online. The issue includes a foreword by the First Lady and a guest editorial coauthored by New Orleans Saints quarterback and NFL Offensive Player of the Year Drew Brees.



Dr. Sothern stresses the importance of recess and free outdoor play for children. She advises that health education for parents to prevent childhood obesity needs to begin with the first visit to the OB/GYN office during the initial pregnancy exam. She recognizes that more research is needed to close the gap in preventing and controlling obesity. Epigenetic research is vital – to examine the genetic, epidemiological, and behavioral factors that promote resistant obesity, the kind of obesity that is very difficult to treat and to manage. The link between obesity, inflammation, and metabolic disease needs to be further examined and we need long-term studies of intense, behavioral, family-based programs that focus on multiple generations of obesity and attempt to break the cycle. ■



PAL program provides info on resources for students

More than 80 people participated in this year's Peer Advocate Liaison Program (PAL) Student Resource Fair this week. Each year PALs hold this fair to remind students of all the resources that are made available to them through the Health Sciences Center.

Resources participating this year included: Bonnie Adelsberg (Free off campus counseling), Campus Assistance Program, LSUHSC's Wellness Center, Rehabilitation Counseling, Communication Disorders, Occupational Therapy, Student Health, University Police, Multicultural Affairs, and School of Public Health, as well as BlueCross BlueShield.

