

PURDUE TIMMY TIMES



TIMMY
GLOBAL HEALTH

Volume: 1

Issue: 1

Table of Contents

Timmy Directory.....	3
News Around the World.....	4
Health Professional Profile.....	6
National News.....	8
Disease Profile: HPV.....	10
Local News.....	12
How to be a Healthier You.....	14
Waist Trimmer.....	15
Cauliflower Mac and Cheese.....	16
Upcoming Timmy Events.....	17

Timmy Directory

President: Will Austin (austinw@purdue.edu)

Advocacy

Vice President: Hannah Gallion (hgallion@purdue.edu)

Director of Development: Ananya Tadikonda (atadikon@purdue.edu)

Director of Development: Morgan Boncyk (mboncyk@purdue.edu)

Director of Education: Clare Burkert (cburkert@purdue.edu)

Director of PR/Media: Meg Tharp (tharp15@purdue.edu)

Finance

Vice President: Sarah Kinkade (skinkade@purdue.edu)

Director of Banquet: Madison Almon (almon@purdue.edu)

Director of Banquet: Naomi German (german2@purdue.edu)

Director of Donations: McKenna Turner (turne247@purdue.edu)

Director of Fundraising: Kelsie Basile (kbasile@purdue.edu)

Director of Fundraising: Lexi Umberger (aumberge@purdue.edu)

Service

Vice President: Henry Ludwig (hludwig@purdue.edu)

Director of Community Service: Aman Kaur (kaur38@purdue.edu)

Atlanta Trip Leader: Erin Dubin (edubin@purdue.edu)

Atlanta Trip Leader: Sukhi Kaur (kaur84@purdue.edu)

Ecuador Trip Leader: Ashley Birkheimer (abirkhim@purdue.edu)

Ecuador Trip Leader: Mikaela Skaare (mskaare@purdue.edu)

NEWS AROUND THE WORLD

WHO Ten Threats to Global Health

In January 2019, the World Health Organization (WHO) released its ten threats to global health in 2019. Among diseases, resistant pathogens, obesity, and decrease in physical activity, WHO also listed vaccine hesitancy. Vaccine hesitancy takes into account those children who are not vaccinated due to the parents' decision, not because of medical or religious beliefs.

Over the past 50-70 years, science has made advances in the ways that we prevent and treat diseases. Creating and understanding vaccines has prevented many communicable diseases and even eradicate

some. Smallpox and polio are two of the most famous diseases that have been wiped off the planet. Many other communicable diseases, although not eradicated, are prevented by vaccines and were unheard of in many parts of the United States for many years.





WHO Ten Threats to Global Health

Over the past few decades, there has been large movement towards not vaccinating children.

Reasons for not vaccinating children range from religious reasons, medical reasons, and even beliefs that the vaccines will make children sick. One of the biggest beliefs is that vaccines cause autism. This however has not been proven.

As a result of children not being vaccinated, there have been outbreaks across the

US and even the world of diseases once thought dormant. Some of the most recent outbreaks include measles, mumps and even whooping cough. WHO and many other public health sectors worry that the hesitancy of vaccinations will cause more of these outbreaks. In addition, younger doctors have likely not encountered some of the diseases and treatment may be prolonged because of this.

For more information on WHO's Ten Threats to Global Health, visit the WHO Website! <https://www.who.int>

HEALTH PROFESSIONAL PROFILE



Dr. Patricia Tharp is a pediatrician practicing in Evansville, IN. She attended Indiana University for her undergraduate degree, then Indiana University School of Medicine for medical school.

Q: How long have you been practicing?

A: I have been practicing pediatrics for 28 years.

Q: Describe a typical day at work.

A: I work at a community pediatric clinic serving uninsured and underinsured families. I typically see 15-25 children each day, newborn to teenage. I love seeing babies for preventative care, monitoring growth and development, offering nutritional and parenting advice, and administering immunizations. I find it very rewarding taking care of children who are acutely ill or have chronic health problems like asthma, congenital heart disease, sickle cell disease, diabetes, prematurity and cancer. The hardest part of my job is handling cases of child abuse and neglect, sadly too prevalent.

Q: What is one thing you love about your field?

A: I absolutely love taking care of children.

Q: If you could change one thing about your field, what would it be?

A: I would change how much time we have to spend documenting in electronic medical records.

Q: What advice do you have for anyone seeking the pre-medical route?

A: Don't let anyone one tell you medicine is not what it used to be. Health care is a wonderful, rewarding profession.



NATIONAL NEWS

Suicide Rates Declining Around the World Except in the United States

A study has shown that suicide rates across the globe have declined since the 1990s. However, suicide rates in the United States alone have actually increased. Public health officials worry and warn citizens of the recent study.

Suicide is one of the top 10 causes of death in the United States. Rates of suicide are often reported lower than the actual number of deaths due to suicide. At risk groups include men, young adults, older adults

and teenaged girls. Those struggling with depression or other mental health issues are also considered at risk groups.

Public health officials say that suicide is one of the most preventable deaths. Many survivors say that they did not want to die, but it was the only way they felt they could fix their problems. Talking to a trained professional, friend, or family member can help with suicidal thoughts.



NATIONAL NEWS

NATIONAL NEWS

Suicide Rates Declining Around the World Except in the United States

If you or someone you know struggles with suicidal thoughts, do not be afraid to reach out and ask for help. Below is a list of suicide cues and numbers to reach out.

Suicidal Warning Signs

- Excessive sadness or moodiness.
- Sudden calmness
- Withdrawal
- Changes in personality
- Dangerous self-harm behavior
- Recent trauma or life crisis
- Making preparations
- Threatening suicide

Numbers to Call

National Suicide Hotline: 1-800-273-8255

Purdue Police: (765) 494-8221

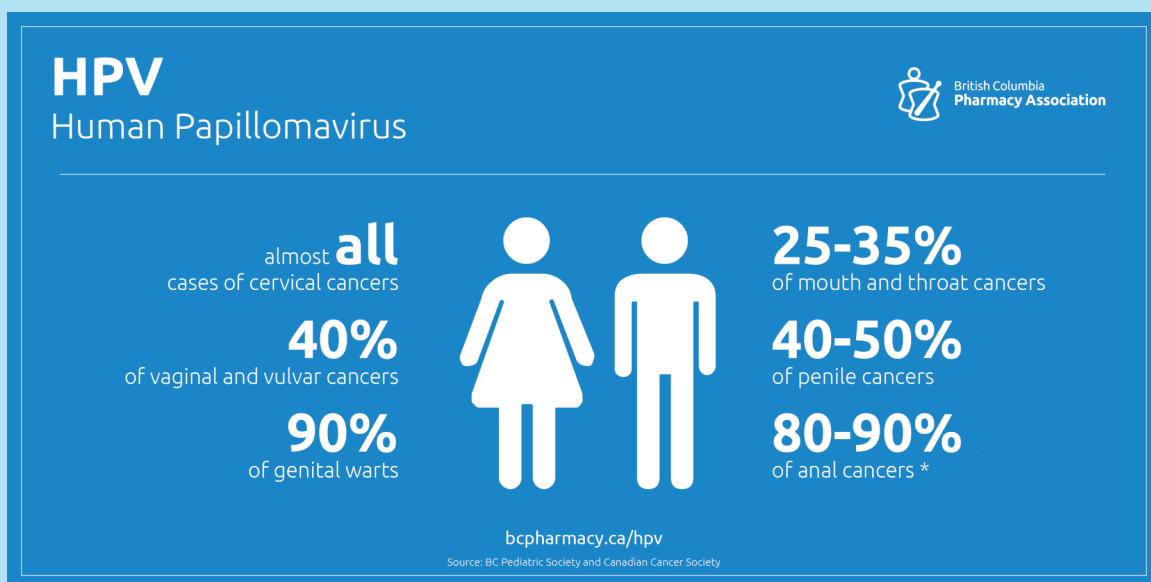
Disease Profile: HPV

While we have all heard of HIV and AIDS, we fail to recognize the prevalence of HPV, one of the most common STDs. HPV stands for human papillomavirus.

HPV can be sexually transmitted or transmitted through the exchange of bodily fluid, including needle sharing. According to the American Sexual Health Association, 14 million new cases of sexually transmitted

HPV occur in the United States each year. In addition, about eighty percent of sexually active people contract HPV at some point in their lives.

HPV can cause many types of cancer including but not limited to: cervical, anal, and oropharyngeal cancers. Many strains of HPV can cause cancer if left untreated.

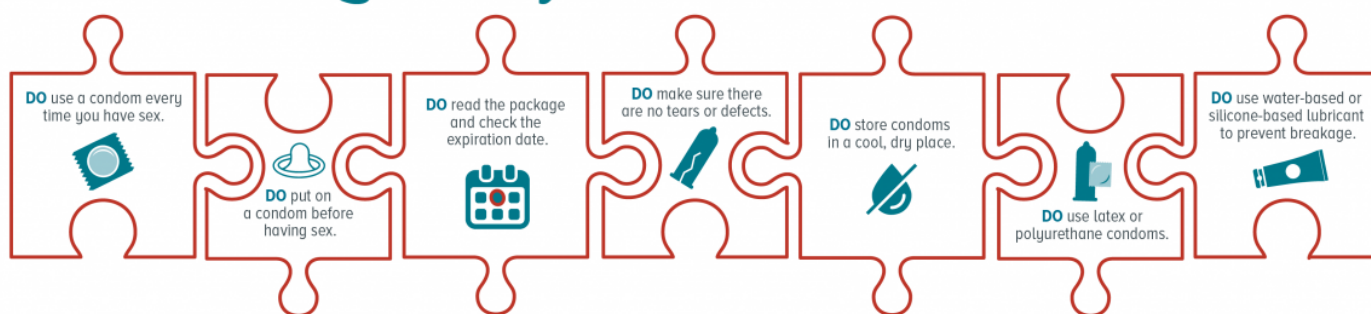


Typically this virus is transmitted sexually and men usually show no symptoms. In addition, there is no way for men to be screened for HPV, so, protection measures are crucial for personal protection. The best way to avoid the contraction of HPV is through safe sex measures, mainly through the use of condoms. Preventative measures for pregnancy, like birth control or spermicide, do not prevent the contraction HPV or other sexually transmitted diseases.

Preventative measures include properly using a condom, knowing your partners sexual history, getting testing regularly, and the HPV shot. The HPV shot is given to women and men aged nine to twenty-six and protects against HPV.

For women, starting at the age of 20, a Pap test is way to screen for HPV. This is recommended to be an annual test and is administered by a gynecologist. Early detection is key to a good prognosis!

The Right Way To Use A Male Condom



LOCAL NEWS

Many student organizations in local high schools of West Lafayette work with the community around them through building strong relationships through service. One of these examples is the Best Buddies organization, which pairs high school students with a student with intellectual disabilities to build friendships together and learn from each other. Best Buddies is an active organization run by many schools in Indiana including schools in

Indianapolis, Fishers, and Carmel Indiana.

An upcoming initiative for the students involved with disabilities is to promote employment opportunities for people with disabilities because it allows them to be treated equally and support their families. Best Buddies has recognized that providing employment opportunities to their members will enhance the experience for their members.



LOCAL NEWS

An example of an employer hiring Best Buddies across the country is MOD Pizza. Best Buddies organizations across Indiana have collaborated with MOD pizza in Indianapolis since 2016 to provide employment opportunities for the Best Buddies and ensure that the Buddies are economically secure and have a place for advancement. In fact, the MOD Pizza in Indianapolis was the first location to hire

with Best Buddies. This job program allows participants to be employed full time, and contributes taxes to the economy instead of costing the government. Employers hiring the individuals with disabilities continually work with the community to provide more opportunities for Best Buddies to experience what they want to, and have a chance to work to support their families.



GET HEALTHY GOALS

how to be a healthier you

- *Carry a water bottle to class*
- *Aim to get 8 hours of sleep every night*
- *Take a study break and hit the gym*

**SHED WEIGHT, GAIN
MUSCLE.**

WAIST TRIMMER

**30 JUMPING JACKS
4 BURPEES
2 STAR JUMPS
40 RUSSIAN TWISTS
20 OBLIQUE CRUNCHES
0:30 SIDE PLANK
0:40 PLANK
20 BICYCLES
30 JUMPING JACKS
2 BURPEES
20 MOUNTAIN CLIMBERS
10 SIDE LEG LIFTS
30 RUSSIAN TWISTS
0:30 SIDE PLANK
30 OBLIQUE CRUNCHES
5 BURPEES**



Cauliflower Mac & Cheese

PREP TIME: 2 MINUTES • COOK
TIME: 2 MINUTES • 1 SERVING

Ingredients

- 3/4 cup cauliflower florets (fresh or frozen)
- 1 oz. shredded cheddar cheese
- 1 tbsp. heavy cream

Instructions

- 1 Cover cauliflower and microwave one minute. Stir and microwave another 50 seconds.
- 2 Add shredded cheese and microwave for 10 seconds.
- 3 Stir and add heavy cream until a sauce forms.

Upcoming Timmy Events

2/13/2019 ————— General Meeting #2
2/14/2019 ——— Westminister Valentine's Day Party
2/15/2019 ——— Lafayette Urban Ministry Volunteering
2/18/2019 ————— Food Finders Volunteering
2/21/2019 ————— Women's/Men's Health Day
2/23/2019 ————— Donation Day
2/23/2019 ————— Natalie's Second Chance
2/25/2019 ————— Yoga with SKY
2/27/2019 ————— General Meeting #3
3/1/2019 ——— Lafayette Urban Ministry Volunteering
3/2/2019 ————— Timmy Takedown
3/3/2019 ————— Dinner and Discussion

Want to learn more about an event? Reach out to a VP!

President - Will Austin

Advocacy Events - Hannah Gallion

Finance Events - Sarah Kinade

Service Events - Henry Ludwig