



TAKING CARE OF YOUR BROTHERS TAKING CARE OF YOURSELF

In 1960 nobody batted an eye at children riding loose in the back of a station wagon. Today people will call the police if they see a child who is not in a car seat.

What changed? There's no dramatic rise in accidents, but rather an increased awareness of risk and safety, says Tim Marchell, *Cornell '82*, associate director of health services at Cornell University.

Awareness, specifically an increased awareness of health risks for students, means university student health services are expanding. At Cornell University, for example, counseling services have doubled in the last 10 years as awareness of needs has grown. And Cornell is a leader in a campus trend to increase dialogues, ramp up professional training and truly face the needs of students.

While Delta Upsilon provides a natural setting for brothers to share, educate each other and look out for each other, when it comes to emotional wellbeing

and health issues some things often slide under the radar. It's generally not that brothers don't care; they just may not understand the issues another brother is facing or don't know who to turn to for help. With the myriad health issues a DU brother might face, increased awareness among alumni and undergraduate brothers can be invaluable.

When students are struggling, they are most likely to turn to friends and parents so, as a brother, it's important to be prepared and know what to do or what to say when a concern arises. Often a chapter's officers or involved alumni are the first to know who is struggling because a brother with problems is brought to their attention for causing trouble, often related to problem drinking or fighting. In such a scenario, is the person drinking heavily just to party, or is there a serious problem?

Recognizing a need, responding and helping a brother find help and resources, or simply sitting

down to listen to a brother who might be troubled, is an extension of Delta Upsilon's articulated values. As a friend and brother, it's important to take the time to learn about resources in your community and to be sensitive to the needs of other brothers.

Alumni also need to recognize significant changes in societal thinking. Did a brother who left school many years ago have a mental health issue that went unrecognized? Was the heavy drinker exhibiting a symptom of a depressive disorder? Recognition of these realities has changed the way we think and increased the responsibility to respond and reach out.

"Fraternity membership is a particular domain more aligned with traditional gender roles," said Marchell. He encourages a shift in culture to reduce the stigma associated with asking for help and for young men to feel okay, saying "I need help."

"Take a cue from the Air Force," Marchell said. The Air Force has one of the few suicide-prevention programs proven effective. In addition to training in

TAKING CARE OF MIND AND BODY ON CAMPUS

Do you and your brothers know what resources are available at your campus health center? If not, now is the time to learn.

If your school is not near your primary doctor, find out what is available nearby to take care of your mind and body.

Please check with health services on your campus. They may offer services like treatment of acute illness, immunizations, Tuberculin skin tests, over-the-counter (non-prescription) medications, family planning services, and free STD and HIV testing.

Health screening may also be available to check your BMI, body fat, vision, glucose and cholesterol. Flu shots may also be available for those at high risk living in close quarters.

Invite a speaker to discuss health-related issues with your chapter and educate brothers about what resources are available.

GreekLifeEdu™ is one of the services offered by Delta Upsilon to help student health and safety.

LEADERSHIP, FRIENDSHIP, SCHOLARSHIP, AND PHILANTHROPY.

GreekLifeEdu is an online, Population-Level Prevention® program that educates an entire group of students about behaviors that compromise personal safety and challenges preconceived social norms. Tailored to the needs of Greek organizations, GreekLifeEdu is an interactive program that focuses on alcohol consumption, hazing, and sexual assault, helping students make safer and healthier decisions.

PROGRAM CONTENT

Customized to each student, the course provides an experience that impacts both individual behavior and community culture. First, members learn what is in a "standard drink," different factors that affect BAC,

how to help a friend who experiences an alcohol overdose, and guidelines for being a safe party host. Next, students identify different forms of hazing, learn how states legally address hazing, and create a personal plan that includes goals and activities for their chapter. Lastly, members learn about the facts and myths surrounding sexual assault, define the term "consent," and identify strategies that can be used to intervene in a situation that might lead to a sexual assault.

GreekLifeEdu also includes:

- Personalized pathways and feedback for a customized user experience
- Realistic simulations that allow students to evaluate their decisions
- Delta Upsilon specific resources, such as policies, procedures, and key staff contacts

*Allan, E.J. and M. Madden. (2008). Hazing in View: College Students at Risk, Initial Findings from the National Study of Student Hazing.

detecting depression and other mental disorders for all service members, four-star chiefs of staff take the lead in talking publically about mental health and building an understanding that seeking health care is a sign of strength, not weakness.

“Brothers can educate themselves about health issues and cultivate a sense of responsibility by helping educate other brothers,” said University of Houston’s Health Center Director, Floyd Robinson, *Houston* ‘03. Robinson, an alumnus initiate of Delta Upsilon, has 15 years of experience in student health. There was no men’s health clinic when he arrived at the University of Houston, but he established one 10 years ago.

“Students want to talk openly and not be criticized,” he said, “And it’s important to find someone in the community who is honest, candid and comfortable talking about men’s health.”

Last year, Robinson led a program attended by more than 200 men. “We talked about anything and everything,” he said, listing issues such as alcohol abuse, drunk driving, same sex issues, exercise addiction, bulimia, body image, sexual issues and STDs. The program, scheduled for one hour, ran for nearly four hours as he tackled a range of questions. “Give men a chance to write in anonymous questions,” he said, “because they want to talk about these things, it’s just a matter of opening the door.”

Alumni can also benefit from education, awareness and increased communication about health-related issues. Regular checkups and age-appropriate preventative health screenings are integral to improving health. All too often, men do not see a doctor for regular checkups. Most men wouldn’t



Floyd Robinson, *Houston* ‘03, is Director of the University of Houston Health Center. Brother Robinson says it is a great privilege to educate a college campus about various health issues. He frequently speaks to community groups and can advise undergraduates on setting up a chapter health education program For more information call Delta Upsilon International Headquarters at 317-875-8900.

dream of driving a car without ever getting the oil changed or checking the tire pressure, so why don’t they get regular health checkups just scheduled car maintenance?

Some men will wait until something is terribly wrong, before reluctantly going to the doctor. Avoiding that trend and getting a regular physical exam, no matter what age, will increase the likelihood of reaching reunion milestones and enjoying a full and productive life.

Strong social relationships are linked to health and longevity and are an important factor in health and emotional wellbeing throughout life. In addition to managing your own health, whether it is your brother, a friend or family member, you can reach out and be supportive in a time of need. And you can lean on support from others. Weigh the cost of not being educated, aware and making wise choices against the alternatives, and the only logical thing to do is take care of yourself and your brothers.

PLACES TO GO FOR MORE INFORMATION

- National Library of Medicine, www.nlm.nih.gov
- Mayo Clinic, www.mayoclinic.com
- National Mental Health Awareness Campaign, www.nostigma.org
- WebMD, www.webmd.com

MEN: STAY HEALTHY AT ANY AGE CHECKLIST FOR YOUR NEXT CHECKUP

SCREENING TESTS: WHAT YOU NEED AND WHEN

Screening tests, such as colorectal cancer tests, can find diseases early when they are easier to treat. Some men need certain screening tests earlier, or more often, than others. Talk to your doctor about which of the tests listed below are right for you, when you should have them, and how often. The Task Force has made the following recommendations, based on scientific evidence, about which screening tests you should have.

- *Blood Pressure:* Have your blood pressure checked at least every 2 years.
- *Colorectal Cancer Tests:* Begin regular screening for colorectal cancer starting at age 50. Your doctor can help you decide which test is right for you. How often you need to be tested will depend on which test you have.
- *Diabetes Tests:* Have a test to screen for diabetes if you have high blood pressure or high cholesterol.
- *Depression:* If you've felt "down," sad, or hopeless, and have felt little interest or pleasure in doing things, talk to your doctor about whether he or she can screen you for depression.
- *Sexually Transmitted Diseases:* Talk to your doctor to see whether you should be screened for sexually transmitted diseases, such as HIV.
- *Prostate Cancer Screening:* Talk to your doctor about the possible benefits and harms of prostate cancer screening if you are considering having a prostate-specific antigen (PSA) test or digital rectal examination (DRE).

SHOULD YOU TAKE MEDICINE TO PREVENT DISEASE?

- *Aspirin:* Talk to your doctor about taking aspirin to prevent heart disease if you are older than 40, or if you are younger than 40 and have high blood pressure, high cholesterol, diabetes, or if you smoke.
- *Immunizations:* Stay up-to-date with your immunizations:
 - Have a flu shot every year starting at age 50.
 - Have a tetanus-diphtheria shot every 10 years.
 - Have a pneumonia shot once at age 65 (you may need it earlier if you have certain health problems, such as lung disease).
- Talk to your doctor to see whether you need hepatitis B shots.

WHAT ELSE CAN YOU DO TO STAY HEALTHY?

- *Don't Smoke.* But if you do smoke, talk to your doctor about quitting. You can take medicine and get counseling to help you quit. Make a plan and set a quit date. Tell your family, friends, and co-workers you are quitting. Ask for their support.
- *Eat a Healthy Diet.* Eat a variety of foods, including fruit, vegetables, animal or vegetable protein (such as meat, fish, chicken, eggs, beans, lentils, tofu, or tempeh) and grains (such as rice). Limit the amount of saturated fat you eat.
- *Be Physically Active.* Walk, dance, ride a bike, rake leaves, or do any other physical activity you enjoy. Start small and work up to a total of 20-30 minutes most days of the week.
- *Stay at a Healthy Weight.* Balance the number of calories you eat with the number you burn off by your activities. Remember to watch portion sizes. Talk to your doctor if you have questions about what or how much to eat.
- *Drink Alcohol Only in Moderation.* If you drink alcohol, have no more than 2 drinks a day. A standard drink is one 12-ounce bottle of beer or wine cooler, one 5-ounce glass of wine, or 1.5 ounces of 80-proof distilled spirits.

Source: U.S. Department of Health and Human Services