



**KENNESAW STATE  
UNIVERSITY**  
DIVISION OF STUDENT AFFAIRS



# HEALTH & WELL-BEING

February Celebrates:  
African Heritage and Health Week 1-7  
National Recreation Sports and Fitness Day 22  
Eating Disorders Awareness and Screenings 22-28

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## African Heritage and Health Week

*by Deondre Pelote, Sports and Recreation*

As we embark on African Heritage and Health Week, a celebration created by OldWays, we celebrate the traditional flavors and cooking heritage of African cuisines. OldWays, a food and nutrition organization, helps students to prepare tasty food while simultaneously educating them on healthy choices. During this week, it is encouraged to venture out and experience a dish that is commonly prepared in the African culture. While highlighting great dishes, they use their platform to shed light on diet-related illnesses that are most prevalent in the African American community.

Diet-related illnesses, such as diabetes, hypertension, and cardiovascular disease, are increasing in the African American community. Despite the increase, we can do our part today to help combat the rise of these illnesses. Physical activity and food moderation play a significant role in everyday health. The American College of Sports Medicine (ACSM) recommends a goal of 30 minutes or more of physical activity each day. This activity does not have to be high in intensity or overcomplicated. The main goal is to find something you enjoy that is active and continue to do it regularly. Maintaining consistent physical activity and a healthy diet will help to manage or prevent many lifestyle-related illnesses, such as the ones mentioned above. The OwlFit group fitness classes with Sports and Recreation are a great way to get the adequate amount of exercise needed to improve health and fitness.

# Health Disparities Among the African American Population

by Josh Gunn, Assistant Dean and Executive Director,  
Counseling and Psychological Services

In recognition of African Heritage and Health Week and African American History month, we wanted to shine a light on the longstanding disparities of health conditions and healthcare access in the African American Community. While such things as increased access to health insurance have improved access to medical care and thus better health outcomes, disparities still exist in maternal mortality, infant mortality, heart disease, diabetes, cancer, and other health issues. And it is not just about access to the healthcare system. Social factors like economic disadvantage, inequities in education, and experiences with racism have an impact throughout the lifespan that contributes to these disparities.

The coronavirus has recently highlighted the disadvantages African Americans face as the infection, hospitalization, and death rates for African Americans outpace those of most other groups and outpace infection rates by three times compared to Whites. The Centers for Disease Control (CDC) suggests the following factors contribute to these differences:

- **Discrimination:** Unfortunately, discrimination exists in systems meant to protect well-being or health. Examples of such systems include health care, housing, education, criminal justice, and finance. Discrimination, which includes racism, can lead to chronic and toxic stress and shapes social and economic factors that put some people from racial and ethnic minority groups at increased risk for COVID-19.
- **Healthcare access and utilization:** People from some racial and ethnic minority groups are more likely to be uninsured than non-Hispanic whites. Healthcare access can also be limited for these groups by many other factors, such as lack of transportation, child care, or ability to take time off work; communication and language barriers; cultural differences between patients and providers; and historical and current healthcare discrimination systems. Some people from racial and ethnic minority groups may hesitate to seek care because they distrust the government and healthcare systems responsible for inequities in treatment. Historical examples include the "Tuskegee Study of Untreated Syphilis in the African American Males and sterilization without people's permission.
- **Occupation:** People from some racial and ethnic minority groups are disproportionately represented in essential work settings such as healthcare facilities, farms, factories, grocery stores, and public transportation. Some people who work in these settings have more chances to be exposed to the virus that causes COVID-19 due to several factors, such as close contact with the public or other workers, not being able to work from home, and not having paid sick days.
- **Educational, income, and wealth gaps:** Inequities in access to high-quality education for some racial and ethnic minority groups can lead to lower high school completion rates and barriers to college entrance. This may limit future job options and lead to lower-paying or less stable jobs. People with limited job options likely have less flexibility to leave jobs that may put them at a higher risk of exposure to the virus that causes COVID-19. People in these situations often cannot afford to miss work, even if they're sick, because they do not have enough money saved up for essential items like food and other important living needs.
- **Housing:** Some people from racial and ethnic minority groups live in crowded conditions that make it more challenging to follow prevention strategies. In some cultures, it is common for family members of many generations to live in one household. In addition, growing and disproportionate unemployment rates for some racial and ethnic minority groups during the COVID-19 pandemic may lead to a greater risk of eviction and homelessness or sharing of housing.

Very recently, President Whitten used her "Written by Whitten" to reinforce KSU's commitment to reducing inequities on campus and beyond. She shared the Presidential Task Force report on Race, and we would encourage you to read the report and find ways that you can contribute. Our campus's physical and emotional health and well-being, our communities, and our country are interdependent. We all have a role to play to eliminate disparities.

# HEALTHY HAPPENINGS FEBRUARY CALENDAR



#OwlSeeYouThere

Join us around campus and online for these great events. Please remember your KSU ID and your face covering.

## On Campus Events

Visit OwlLife for event registration

### HIV and Hepatitis C Testing

Reservations Required.

Call 470-578-6394

Wed. Feb. 3, 11 am-3 pm

Thurs. Feb. 18, 11 am-3 pm

SRAC\* 1220

### Recipe Tastings:

Kennesaw Campus Green

(Rain location SRAC\* room 1220)

### Where Have You BEAN All My Life?

#### Red Beans & Rice

Wed. Feb. 10,

12 pm

Thurs. Feb. 11,

12 pm

#### Hello Cupcake!

#### Red Velvet Cupcakes

Wed. Feb. 24,

12 pm

Thurs. Feb. 25,

12 pm

Marietta Student Center

### Wellness on Wheels:

#### Body Image

Wed. Feb. 10,

2-4 pm

Marietta Student Center

Wed. Feb. 23,

11 am-1 pm

Social Sciences Lobby

## On Campus Events

Visit OwlLife for event registration

### Naloxone Training

Reservations Required

Mon. Feb. 15, 3-4 pm

CYAAR -University Village 6000

Building

### Love Languages

Mon. Feb. 15,

Social Sciences Lobby

11:00 am-1 pm

Tues. Feb. 16,

Marietta Student Center

11:00 am-1 pm

Wed. Feb. 17,

Kennesaw Student Center (outside

of the university rooms)

2:00pm-4:00pm

## Online Events

Visit OwlLife for event registration

### Recovery Ally Training

Tues. Feb. 2,

3:30-4:45 pm

Fri. Feb. 19,

12-1:15 pm

### Yoga For Recovery

Wed. Feb. 3,

3:30 pm

Wed. Feb. 10,

3:30 pm

Wed. Feb. 17,

3:30 pm

Wed. Feb. 24,

3:30 pm

## Online Events

Visit OwlLife for event registration

### So you think you can't

#### PASS?

Study Skills

Tues. Feb. 2,

11 am

#### Procrastination

Thurs. Feb. 11,

3 pm

#### Time Management

Wed. Feb. 17,

11 am

#### Study Skills

Mon. Feb. 22,

3 pm

### Managing Anxiety & Depression Workshop

Wed. Feb. 3,

1 pm

Thurs. Feb. 4,

3 pm

Mon. Feb. 8,

1 pm

Thurs. Feb. 11,

4 pm

Tues. Feb. 16

11 am

Fri. Feb. 19,

1 pm

Wed. Feb. 24,

11 am

Thurs. Feb. 25,

11 am



# LOVE YOUR BODY WEEK

## MONDAY, FEBRUARY 22ND

12:30 pm-2:30 pm  
Engagement Tables  
Kennesaw Student Center

### VIRTUAL EVENTS

10:10 am-11:00 am  
Love Your Body Yoga

12:00 pm-1:00 pm  
Mood and Food  
*A virtual luncheon*

## TUESDAY, FEBRUARY 23RD

12:30 pm-2:30 pm  
Engagement Tables  
Kennesaw Student Center

11:00 am-1:00 pm  
Wellness on Wheels:  
Body Image  
Kennesaw Social Sciences

2:00 pm-5:00 pm  
Smash the Scale  
Kennesaw Campus Green

### VIRTUAL EVENTS

11:00 am-12:00 pm  
Self-Compassion Workshop  
and Meditation

12:00 pm-1:00 pm  
Virtual Lunch Table

## WEDNESDAY, FEBRUARY 24TH

12:30 pm-2:30 pm  
Engagement Tables  
Marietta Student Center

12:00 pm-2:00 pm  
Red Velvet Cupcake  
Recipe Sampling  
Kennesaw Campus Green

3:30 pm  
Butts and Guts  
Campus Green

5:30 pm Zumba  
Campus Green

### VIRTUAL EVENTS

10:00 am-11:00 pm  
Creative Expression  
Workshop

12:00 pm-1:00 pm  
Virtual Lunch Table

3:30 pm-5:00 pm  
Yoga for Recovery

1:00 pm-2:00 pm  
What Is \_\_\_ Anyway? Series

## THURSDAY, FEBRUARY 25TH

12:30 pm-2:30 pm  
Engagement Tables  
Kennesaw Student Center

12:00 pm-2:00 pm  
Red Velvet Cupcake  
Recipe Sampling  
Marietta Student Center

### VIRTUAL EVENTS

12:00 pm-1:00 pm  
Mood and Food  
*A virtual luncheon*

3:30 pm-4:30 pm  
Eating and Body Image  
Concerns 101 Workshop

## FRIDAY, FEBRUARY 26TH

12:30 pm-2:30 pm  
Engagement Tables  
Kennesaw Student Center

12:30 pm-2:30 pm  
Art4Healing®  
"My Body" Workshop  
Kennesaw Campus  
Limited seating,  
Owl Life registration  
required



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# HEALTHY HAPPENINGS



Commemorating the founding of the National Intramural and Recreational Sports Association (NIRSA) is the celebration of NIRSA Recreational Sports and Fitness Day or Rec Day on February 22! This celebration remembers the vision 'to celebrate health, activity, competition and inclusivity'.

Tag us in your photos using #RecDay2021

February 10-19: Send [@ksusportsrec](#) a photo of how YOU rec! Everyone gets their workout in differently from hitting the weight room, to walking outside, rock climbing, swimming, or roller skating - show us your favorite way! Tag us on social or send us a DM. Photos will be featured on our account on Rec Day (February 22) and one participant will win a Sports and Recreation prize pack!



## Celebrate with Sports and Recreation February 22

**Wake Up with REC 8:00 am-10:00 am**  
Student Recreation and Activities Center (Kennesaw Campus) Wrap up your morning workout and fuel for your day with some hot coffee! Ask any questions you may have about Sports and Recreation programs and services.

**Bike Ride from Campus - 12:30 pm**  
Join Outdoor Adventures for a fun bike ride from the Kennesaw Campus on the Noonday Creek Trail. No bike? No problem! We will meet at Outdoor Adventures where bikes and helmets will be provided for those who make a reservation in advance. Outdoor Adventures is located inside the Student Recreation and Activities Center on the Kennesaw Campus. Register at [mysportsrec.kennesaw.edu](https://mysportsrec.kennesaw.edu)

**Hanging in Hammocks 3:00 pm**  
Visit Outdoor Adventures at the Arboretum where hammocks will be provided! Learn to set up a hammock and take some time to relax and enjoy the great outdoors!

**Hydrate with REC 4-6:00 pm**  
Recreation and Wellness Center (Marietta Campus) Wrap up your afternoon workout and refuel! Ask any questions you may have about Sports and Recreation programs and services.

**OwlFit Group Fitness Classes**  
Participate in an OwlFit Group Fitness Class and earn a Sports and Recreation water bottle! Did you know group fitness classes are available at no additional cost?  
11:15 am Cycle Express  
5:15 pm Guts & Butts  
7:15 pm Zumba  
[Learn more about OwlFit group fitness!](#)

**Instagram Live - Zumba! 7:15 pm**  
Join us virtually for an OwlFit group fitness Zumba class! Get your sweat on from the comfort of your own home. Make sure to follow [@ksusportsrec](#) and tune in for the class!

# HEALTHY HAPPENINGS

Introducing

# WELLBEING @KSU

Follow WellbeingatKSU on social media!



24/7/365 Mental Health Support Line  
470-578-6600



Telehealth or in-person treatment options



Personal Student Navigators



Expanded on-line resources.



Expanded access to Psychiatric Services



KSUWellnessHub.com

# LOVE Languages

Peer Health OWLs  
Outreach & Wellness Leaders

Join us to learn how to communicate with partners and friends in your love language as well as ways to improve your sexual health.

15

**Relationship Arcade with Sexual Health Supply Kits**

Social Sciences Lobby 11:00 am-1 pm

16

**Love Language Bingo & the Condom Step Game**

Marietta Student Center 11:00 am - 1 pm

17

**Consent Day- Wheel of Consent & the Excuse Game**

Kennesaw Student Center (outside of the university rooms) 2:00pm - 4:00pm

18

**HIV Testing & Virtual Love Language Quiz & Crossword**

Student Recreation and Activities Center Rm 1220  
11 am - 3:00pm

Book your appointment online

<https://bit.ly/HPWPatient> or

Call 470-578-6394 to schedule your appointment

# OwlFit Outdoors

Wednesday, February 24

Butts and Guts 3:30 pm      Zumba 5:30 pm

OwlFit is taking some of our favorite classes out to the Campus Green with OwlFit Outdoors!

Social distancing will be in effect to ensure your safety. Pre-registration is required. Classes will be 45 minutes.

INTERESTED IN BECOMING A

## PEER HEALTH EDUCATOR?

Are you passionate about health?  
Apply to become a Peer Health OWL now!

Peer Health Outreach and Wellness Leader (OWL) is a student trained and certified in developing, implementing, and evaluating health education programs for his/her peers.

The Peer Health OWLs provide FUN interactive programs for students in classroom settings, fraternities, sororities, on-campus housing, student groups/organizations, and health promotion campaigns on campus.

# MENTAL HEALTH



**Friday, Feb 26th at 1:00pm**

Making important decisions that will affect your future can be stressful, if not downright overwhelming. Luckily, however, help is at hand. Counseling and Psychological Services (CPS) offers Major Decision to help KSU students find satisfying college majors and careers about which they can be passionate. The Strong Interest Inventory® assessment is the perfect career tool to help you decide on the right major and what steps to take after graduation. Knowing and making informed decisions based on your interests can help you achieve greater success in your college career and find a career path that is enjoyable and fulfilling.

## **Benefits of Major Decision:**

- A professional-led workshop utilizing the Strong Interest Inventory (SII)
- Career exploration led by CPS professional staff
- Identify career fields and occupations you would likely find rewarding. Choose a major that reflects your interest
- Discover potentially satisfying work environments

Major Decision is available to all KSU Students currently enrolled for Spring 2021. Students will take the SII assessment prior to attending a workshop where they will receive their results. Workshops will continue to be offered virtually via MS Teams for the spring semester.

There is a \$25.00 fee and registration is required. The fee includes the cost of the test, report, and professional guidance.

To register for an assessment, [click here](#).

## **Improving Well-Being Through Supportive Spaces**

Sense of belonging is an important aspect of social wellness. It has been well documented in higher education publications, that students who establish healthy connections to their peers, faculty, and staff perform better academically. These connections can also facilitate healthy identity exploration and development, which can have a positive impact on students' mental health and wellbeing.

While meeting new people in the current environment may be a challenge, there are many engagement opportunities available through the Cultural & Community Centers. This department develops programs, services, and supportive spaces that help students navigate through topics of race/ethnicity, gender, sexual orientation, and international student support. The Cultural & Community Centers offers many ways to connect to other students and options to meet with staff both virtually and in-person. For more information about the centers, please visit [ccc.kennesaw.edu](http://ccc.kennesaw.edu).



# NUTRITION

## Love Your Body Week

February 22-26 is Kennesaw State University's annual Love Your Body Week (LYBW) celebration! This is a week of campus-wide programming to promote body acceptance and honor bodies of all types, sizes, and shapes. Events will take place all over campus and cover topics ranging from LYBW Yoga and Zumba, Mood and Food Virtual Luncheons, Smash the Scale Event, No Forbidden Food Red Velvet Cupcake Sampling, Wellness on Wheels-Body Image, Art4Healing® "My Body" Workshop, Eating and Body Image Concerns 101 Workshop, Self-Compassion and Meditation Workshop, and eating disorder screenings. There will also be tabling events occurring every day in the Student Center to provide resources about body positivity. For times and locations of all events, please see page 4 or check Owl Life for listings.

Love Your Body Week is open to everyone in the KSU community-- those who have never participated in LYBW before, newcomers to the body positivity movement, and seasoned supporters. We invite everyone to participate in LYBW events to strengthen your body image, learn more about resources, and acquire skills to support our KSU community.



## Cooking Corner

*Come sample this recipe at our recipe tasting on February 24 & 25!*



### RED VELVET CUPCAKES

#### Ingredients

- 1 box vanilla cake mix
- 4 eggs
- 1 cup butter, melted
- 1 cup milk
- 6 tablespoons cocoa powder
- 3/4 teaspoon red food coloring
- 1 container buttercream frosting (or frosting of choice)

#### Directions

1. Preheat oven to 350 degrees F.
2. Place cupcake liners in pan.
3. In a large bowl, add cake mix, eggs, butter, and milk. Beat with mixer until just combined.
4. Add cocoa powder and red food coloring. Mix until just combined.
5. Pour batter into lined cupcake pan. Bake according to directions on cake box.
6. Remove from oven and cool fully.
7. Frost with frosting and ENJOY!

Scan for  
recipe video!



COOK TIME: 45 MINUTES  
SERVINGS: 24 CUPCAKES  
SOURCE: CUISINE AND TRAVEL





# FITNESS



## Get Active

Download the KSU Sports and Recreation App



## KSU Sports and Recreation App!

Did you know that we have an awesome new Sports and Recreation app? You'll love how easy and helpful it is to engage in all of our wonderful Sports and Recreation programs and services! Easily sign up for your workout reservations and sign up for notifications to be the first to know about changes in facility hours. Available for both Apple and Android products.



## Swim Lessons

Registration is now open for adult private and group swim lessons with the Department of Sports and Recreation. During the Spring 2021 semester, youth private swim lessons will be available Saturdays.

Register Feb. 1-15th for March Adult Group Swim Lessons for \$5.00 off!

Use Promo Code: SweetheartSwim

For class times, dates and to register, visit: [mysportsrec.kennesaw.edu](http://mysportsrec.kennesaw.edu)

Have additional questions? Reach out to our Aquatics program at [owlaquatics@kennesaw.edu](mailto:owlaquatics@kennesaw.edu) or visit our website!



## Women's Climbing Nights

February 3

Join the gals for Women's Climbing Nights from 4:00 pm-6:00 p.m in the Student Recreation and Activities Center Climbing Gym. All levels are welcome to join! Shoes, chalk, and harness rentals are complimentary for women's night. We will have extra female staff to help belay and provide any climbing instruction/assistance. \*The gym will only be available for women during Women's night.



## VIRTUAL TRIVIA

Hosted on TEAMS



Test your knowledge with virtual trivia hosted by Intramural Sports every other Wednesday from 7-8pm! Trivia will be held on February 3 and 17. No registration required, click the link on our website to get access. There will be approximately 50 questions via Kahoot! Prizes given throughout the game!

# KSU VIRTUAL COUNSELING

Please note, per Georgia Law, students who are under the age of 18 will need parent or guardian consent to receive counseling services.



## NUTRITION COUNSELING

To help KSU students improve their health and well-being, Health Promotion and Wellness offers individual counseling with a Registered Dietitian to address nutrition-related questions and concerns. Currently, counseling services are offered via video conferencing using Microsoft Teams and is available to all KSU students living in state.

Interested students can self-schedule a nutrition screening appointment by visiting the [Health Promotion and Wellness Patient Portal](#). For more information, visit [Health Promotion and Wellness/Programs and Services/Nutrition Services](#).



## COUNSELING AND PSYCHOLOGICAL SERVICES

The staff of Counseling and Psychological Services (CPS) are here to help with all the struggles and challenges that come with college, including those that have been exacerbated by COVID-19. We know that the changes to our daily lives have had a necessary impact on all of our mental health. Increased uncertainty, loss of routines and support, and general disruption of our typical ways of navigating the world all add weight to our baseline level of functioning. These challenges can increase anxiety, depression, and interpersonal conflict, but they can also offer us the chance to examine our behaviors and practice new ways of being. We recommend the following to help students gain a sense of control and direction: Follow the safety guidelines; create a routine that works for you and keep it; set priorities and focus on these; stay connected to your support system; balance time spent on social media or other mediums that cause distress. Finally, make self-care a necessity; this includes protecting your sleep, putting good things in your body, and being active. All CPS services are available and being delivered via tele-mental health, and you can learn more at [counseling.kennesaw.edu](https://counseling.kennesaw.edu).

## RECOVERY COUNSELING

The Center for Young Adult Addiction and Recovery offers counseling services for students in recovery and to those recovery curious students struggling with substance misuse and process dependency (gambling, eating disorders, gaming). We allow students to explore change. For additional information, please email [recovery@kennesaw.edu](mailto:recovery@kennesaw.edu).

## CENTER FOR YOUNG ADULT ADDICTION AND RECOVERY MEETINGS

Virtual Alcoholics Anonymous meetings every Tuesday at 12:30 pm.

[Click here for Zoom Meeting.](#)

HYBRID: In-person or virtual Eating Disorders Anonymous meeting every Wednesday at 7 pm, at University Village, Building 6000, UV6138. Social distancing and masks required. Contact Tina at [cmartell@students.kennesaw.edu](mailto:cmartell@students.kennesaw.edu) for questions.

[Click here for Zoom Meeting.](#)

## Follow on Social!

Counseling and Psychological Services



Center for Young Adult Addiction and Recovery



Sports & Recreation



Health Promotion & Wellness



Wellbeing@KSU



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For the latest COVID-19 updates visit: <https://coronavirus.kennesaw.edu/>

## SUGGESTION BOX

We welcome any comments or suggestions to create an interactive and resourceful newsletter for our KSU Owls [wellctr@kennesaw.edu](mailto:wellctr@kennesaw.edu).