

# SAC Newsletter

Mark Shin Student Assistance Counselor



Nov./Dec. 2014

## > December 1st is World AIDS Day

- There are currently 35.3 million people living with HIV.
- The massive scale up of antiretroviral therapy is saving more lives. The number of people dying from AIDS-related causes each year has declined from a high of 2.3 million [2.1–2.6 million] in 2005 to 1.6 million [1.4–1.9 million] in 2012.
- With treatment and regular medical care, HIV today is a manageable disease. In fact, recent studies say HIV-positive people can have normal life spans with effective treatment that keeps their immune systems healthy.

## November is Lung Cancer Awareness Month

- Smoking is the #1 cause of preventable deaths in the United States
- Nov. 20th– **Great American Smoke Out**–we will be providing information on the dangers of smoking and ways to quit
- Nationally, 1 in 5 High School students report being a smoker
- In the 2013 YRBS, 21% of MAUHS students report smoking a cigarette in the past 30 days
- In the 2013 YRBS, 14% of MAUHS students report chewing tobacco in the past 30 days

Students interested in a smoking cessation program can contact Mark Shin (SAC #437) or Nicole Dodge (School Nurse #131)

## December Is: Drunk Driving Prevention Month

- Every 52 minutes a person is killed due to drunk driving.
- Statistically, reports of driving while or with a intoxicated driver increases 20% during the holidays.
- Vermont was ranked 39th in regards to states with the highest driving under the influence deaths last year.

Blood Alcohol Concentration	Typical Effects	Effects on Driving
.02 %	Impaired judgment Altered Mood	Decline in visual function and multi-tasking
.05%	Lowered Alertness Exaggerated behaviors	Poor coordination Difficulty Steering

If you would like additional information about any of the aforementioned issues, please feel free to contact Mark Shin at ext. 437 or by email [mark.shin@svsu.org](mailto:mark.shin@svsu.org).