Since 1976, the nurse-managed primary care center at the Lienhard School of Nursing has served as a model nationally and internationally for the delivery of services by advanced practice nurses. In 1997, the Center for Nursing Research, Clinical Practice and International Affairs at the LSN established Primary Health Care Associates (PHCA). Its mission — to provide comprehensive primary health care to both the Pace University community (University Health Care) and outside community partners (Community Health Care).

This article from the July 2005 issue is being repeated because it is probably the most frequent question the nurse practitioners receive when providing care. Knowing and understanding your numbers is very important. The UHC provides blood pressure screening free of charge.

120/70—WHAT DO THE NUMBERS MEAN?

When told that your blood pressure (BP) is 120/70 mm Hg, the question comes, “Is that good? What do the numbers mean because I don’t know?”

Blood pressure is the force exerted on the walls of your blood vessels as blood flows through them. It is reported as two numbers—systolic over diastolic. The systolic or upper number indicates the force exerted to push blood through the body’s blood vessels as the heart beats during contraction of the muscle. The diastolic or lower number indicates the force within blood vessels as the heart relaxes between beats. Both numbers are important.

When blood pressure is consistently above normal it is called hypertension or high blood pressure—a systolic BP equal to or over 140 OR a diastolic BP equal to or over 90. New 2003 guidelines identify a new classification of pre-hypertension if the systolic reading is over 120 OR the diastolic reading is over 70. The purpose of lowering the borders for BP classification is the earlier identification of individuals at risk for high blood pressure so that appropriate, early counseling about lifestyle behaviors can be instituted.

Ways to prevent high blood pressure include:

- Maintain a healthy weight
- Be physically active
- Follow a healthy eating plan
- Eat foods with less sodium (salt)
- Drink alcohol only in moderation
- Take prescribed medications

Know your numbers!

- blood pressure
- resting pulse rate
- lipids—total cholesterol, LDL (bad cholesterol), HDL (good cholesterol), triglycerides
- fasting blood sugar
- height and weight and BMI (Body Mass Index)

EMPLOYEES—Go to page 3 to learn how you can improve your health.
GREAT NUTRITION WEBSITES

5-A-Day Nutrition Program - The National Cancer Institute
http://5aday.gov

American Heart Association
http://www.deliciousdecisions.org

American Dietetic Association
http://www.eatright.org/Public

US Dept of Agriculture - Food & Nutrition Information Center
http://www.nal.usda.gov/fnic/etext/fnic.html;
http://mypyramid.gov

International Food Information Council
http://www.ific.org

The Vegetarian Resource Group
http://www.vrg.org

American Obesity Association
http://www.obesity.org

Health-e Weight for Women - Brigham & Women's Hospital
http://www.brighamandwomens.org/
healthweightforwomen

Center for Food Safety & Applied Nutrition
http://vm.cfsan.fda.gov

Nutrition Navigator from Tufts Nutrition
http://navigator.tufts.edu/index.html

Weekly Column from The Washington Post
http://www.washingtonpost.com Search: The Lean Plate Club

Other websites: www.realage.com click on More Diet & Fitness Tools under Featured Health Tools; and www.ediets.com

AMERICAN COLLEGE
HEALTH ASSOCIATION

All nurse practitioners at UHC attended the annual meeting of the American College Health Association (ACHA) at the Marriott Marquis Times Square from May 30-June 3, 2006. As an institutional member of ACHA, UHC receives benefits of national affiliations and access to many of the organization's documents prepared by committees and special task forces on topics in college health, such as vaccine recommendations for college students and standards of practice for college health centers.

The more than 2000 attendees were inspired by the opening keynote speaker, Dr. Deborah Prothrow-Stith from the Harvard School of Public Health, who addressed violence in our world and the need to focus on prevention rather than responding to violence with aggression.

General sessions offered information and dialogue on clinical practice, student health insurance, third-party reimbursement from insurers, political advocacy for college health issues, cultural and diversity considerations, substance abuse, mental health, athletics, emergency preparedness, and many more topics.

Members of ACHA represent the full range of student life professionals and the meeting offers something for everyone. Special sessions are held for student attendees and an award is presented for the best student poster.

Participation in the meetings of two other college groups—the Westchester Consortium of College Health and the Downstate College Health Association in NYC—provides further opportunities for local networking and exchange of best practices. All nurse practitioners are nationally certified and regularly complete continuing education credits to stay abreast of the changing and new recommendations for primary health care providers.

IF YOU SMOKE quitting is the single most important thing you can do for your health! If you need help to quit smoking, speak to your health care provider or contact the New York State Smokers' Quitline at 1-866-NY-QUITS (697-8487) or go on-line at http://www.nysmokefree.com. Services are free or low-cost.
IMPROVE YOUR HEALTH
“Set Your Pace to Wellness”

Pace University is once again collaborating with the New York City Department of Health and Mental Health in a research project to determine how they can most effectively support worksites to design, implement, and evaluate evidence-based health promotion and disease prevention programs.

Completing the Health Risk Appraisal (HRA) is a crucial start! The survey is completely confidential and is hosted by a third party vendor. Pace will never see detailed results, only summary reporting will be made. The survey should take only 15 minutes to complete, can provide you with important health information, and will help us create work wellness programs and policies that meet YOUR needs and interests. When you have completed the HRA, your PERSONALIZED FEEDBACK REPORT will appear on the screen. Make sure you are at a computer that is connected to a printer.

It’s as simple as 1-2-3!

1. Go to http://www.nychra.com/
2. Read the Informed Consent section. If you ACCEPT, you will continue on to the HRA.
3. A username will automatically be assigned. Please create a unique PASSWORD. Write them both somewhere for future reference.
4. Fill out the HRA completely.
5. Print your PERSONALIZED FEEDBACK REPORT.
6. Hold on to your HRA receipt, which is the last page of your personal report, to obtain a FREE PRIZE.

The survey is voluntary, confidential, and will not affect your employment status.

Questions? Contact
Eden Albano - Human Resources - 11869
Jamie Newland - University Health Care - 11600
Pat Kelly - Human Resources - 33812

You have from
May 30th to July 21st
to complete the 2006 HRA.

Thank you in advance for your participation!!
NATIONAL HEALTH OBSERVANCES

The Office of Disease Prevention and Health Promotion of the US Department of Health and Human Services designates national health observances every year. Contact the organization and explore ways you can be actively involved in any one of the celebrations.

July 1 - 31
UV Safety Month
American Academy of Ophthalmology
P.O. Box 7424
San Francisco, CA 94120-7424
(415) 447-0213
(415) 561-8533 Fax
eyemd@aao.org
www.aao.org
Materials available
Contact: Georgia Alward

August 1 - 31
National Immunization Awareness Month
National Partnership for Immunization
121 North Washington Street, Suite 300
Alexandria, VA 22314
(703) 836-6110
npi@hmb.org
www.partnersforimmunization.org
Materials available
Contact: NIAM Resource Center

NOTE: Adults should receive a diphtheria-tetanus booster every 10 years. An easy rule of thumb is to boost at 25, 35, 45, 55 years of age, etc.

September 1 - 30
Healthy Aging Month
Educational Television Network, Inc.
P.O. Box 442
Unionville, PA 19375
(610) 793-0979
info@healthyaging.net
www.healthyaging.net
Materials available
Contact: Carolyn Worthington

September 19
Take A Loved One for a Check-up Day
Office of Minority Health
U.S. Department of Health and Human Services
P.O. Box 37337
Washington, DC 20013-7337
(800) 444-6472
(240) 453-8223 Fax
info@omhrc.gov
www.healthgap.omhrc.gov
Materials available
Contact: Blake Crawford

PROTECT YOUR SKIN

Apply sunscreen (15 SPF or higher) to all exposed areas of your skin when engaging in outdoor activities, including walking, swimming, or observing a sports event.

Primary Health Care Associates
Jamie Newland, NP (NY) and Director
TBA, NP (NY)
Molly Huppuch, NP (PLV)
Connie Serafin, NP (PLV)
Staff
Senior Staff Associate, Kathi Reczek, PLV
Staff Assistant, Wendy Claros, NY
Secretary, Linda Rahman, NY & PLV

University Health Care
NY—41 Park Row, Room 313  212-346-1600
PLV—Goldstein HFRC, Room 125  914-773-3760
Hours: 9 AM to 5 PM

Community Health Care
Cathy Hopkins, NP and Co-Director,
Community Health Care
Faculty Practice
Lyn Drury, RN
Donnas Hallas, NP
Nurses
Veronica Dobbins, RN