October is National Domestic Abuse Awareness Month

Every 9 seconds in the US, a woman is assaulted or beaten.

On average, nearly 20 people per minute are physically abused by an intimate partner in the United States. During one year, this equates to more than 10 million women and men.

1 in 3 women and 1 in 4 men have been victims of [some form of] physical violence by an intimate partner within their lifetime.

1 in 5 women and 1 in 7 men have been victims of severe physical violence by an intimate partner in their lifetime.

1 in 7 women and 1 in 18 men have been stalked by an intimate partner during their lifetime to the point in which they felt very fearful or believed that they or someone close to them would be harmed or killed.

On a typical day, there are more than 20,000 phone calls placed to domestic violence hotlines nationwide.

The presence of a gun in a domestic violence situation increases the risk of homicide by 500%.

Intimate partner violence accounts for 15% of all violent crime.

Women between the ages of 18-24 are most commonly abused by an intimate partner.

19% of domestic violence involves a weapon.

Domestic victimization is correlated with a higher rate of depression and suicidal behavior.

Only 34% of people who are injured by intimate partners receive medical care for their injuries.

National Coalition Against Domestic Violence
**10 Signs of Domestic Abuse**

*Does your partner ever:*
- Accuse you of cheating and being disloyal?
- Make you feel worthless?
- Hurt you by hitting, choking or kicking you?
- Intimidate and threaten to hurt you or someone you love?
- Threaten to hurt themselves if they don’t get what they want?
- Try to control what you do and who you see?
- Isolate you?
- Pressure or force you into unwanted sex?
- Control your access to money?
- Stalk you, including calling you constantly or following you?

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**Click for Utica College Title IX Information**

Utica College takes abuse and violence of any kind very seriously. Provisions are in place to help students/faculty and staff who find themselves victims in an abusive situation.

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**Domestic Abuse reaches across gender, race, religion and economic lines.**

**YWCA Mohawk Valley in Oneida County**

We provide domestic and sexual violence services throughout Oneida County.

To access our services in Oneida County, call our 24-hour hotline: **(315) 797-7740.**

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Don't forget to book your chair massage!  
[https://www.utica.edu/hr/wellness/chairmassage.cfm?](https://www.utica.edu/hr/wellness/chairmassage.cfm?)

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**To Vax or Not to Vax?**

**There should be NO Question!**  
Presented by Larry Aaronson, UC Professor of Biology and Harold T. Clark Professor of Microbiology

Monday, November 2 1:00-2:00 pm  
Boehlert Conference Room-brown bag lunch

From the Office of Human Resources
Organ Donor Registry

Most people know you can sign the back of your driver license to indicate that you are an organ donor, but did you know that there is a national registry which puts that information instantly into the hands of professionals.

If you want to give the gift of life, please go to: Organdonor.gov and put yourself on the registry.

Current information to be aware of:

Whichever side of the issue you are on, laws concerning physician assisted suicide are changing. On October 5th, California became the fifth state to allow doctors to prescribe life-ending drugs to terminally ill patients. “Death with Dignity” laws have been passed in Vermont, Montana, Oregon and Washington and there are about 10 other states considering legislation at this time.

The first patient has received a pioneering human embryonic stem cell operation in the U.K. that doctors hope will be effective against a common cause of blindness called macular degeneration.

In the current trial, patients suffering loss of sight due to a thinning of the retinal pigment epithelial (RPE) cells will have a procedure where RPE cells derived from stem cells will be replaced by inserting a specially engineered patch behind the retina during a 1-2 hour surgery.  

SODA POP ...not so hot.

Over the last 20 years, sales of full-calorie soda in the United States have plummeted by more than 25 percent. Soda consumption, which rocketed from the 1960s through 1990s, is now experiencing a serious and sustained decline.

The drop in soda consumption represents the single largest change in the American diet in the last decade and is responsible for a substantial reduction in the number of daily calories consumed by the average American child. From 2004 to 2012, children consumed 79 fewer sugar-sweetened beverage calories a day, according to a large government survey, representing a 4 percent cut in calories over all. As total calorie intake has declined, obesity rates among school-age children appear to have leveled off.

Prescription Drug Epidemic

The Centers for Disease Control and Prevention has classified prescription drug abuse as an epidemic. While there has been a marked decrease in the use of some illegal drugs like cocaine, data from the National Survey on Drug Use and Health (NSDUH) show that nearly one-third of people aged 12 and over who used drugs for the first time in 2009 began by using a prescription drug non-medically.

Some individuals who misuse prescription drugs, particularly teens, believe these substances are safer than illicit drugs because they are prescribed by a healthcare professional and dispensed by a pharmacist.

Addressing the prescription drug abuse epidemic is not only a top priority for public health, it will also help build stronger communities and allow those with substance abuse disorders to lead healthier, more productive lives.