

Healthy Living Newsletter

For the Corporate Campus Employee

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Live, Take Charge, Change!

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Health & Wellness Events

12/03 – Corporate Blood Drive

12/04 – Mammography

9:00 a.m. - 3:00 p.m.

'Tis the Season with Family, Friends, and Food

Food is often the centerpiece of holiday festivities.

All foods can fit – even traditional holiday goodies – into a healthful eating plan. Keep in mind these tips when planning for the holidays:

- **Be realistic.**
Don't try to lose weight during the holidays. Eat small lower-calorie meals during the day so you can enjoy celebration foods without over-doing your calorie intake for the day.
- **Take the edge off your hunger before a party.**
Eat a small, low-fat snack, such as fruit or yogurt, before you head out the door. This will help you avoid rushing to the buffet table when you arrive.
- **Meet and greet.** Get a beverage and settle into the festivities before eating. Try sparkling water and a lime twist rather than alcohol.
- **Choose lower-calorie party foods.** Have some raw vegetables with a small amount of dip, load up on fruit and other healthful buffet options.



Stress, Depression, and the Holidays

'Tis the season to be jolly – and stressed out. For many, increased demands and expectations during the holidays can be overwhelming. Rather than being a time of joy and celebration, many homes are filled with tension, conflict, and disappointment. With some practical tips, you can minimize the stress and depression that often accompany the holidays:

1. **Be realistic.** Few of us have ideal families, unlimited resources or perfect lives. Stop putting pressure on yourself to magically create a perfect scenario during the holidays.
2. **Volunteer.** Consider volunteering at a community or religious function. Getting involved and helping others will lift your spirits and broaden your social circle.
3. **Stick to a budget.** Before you go shopping, decide how much money you can afford to spend on gifts and other items. Then be sure to stick to your budget.
4. **Plan ahead.** Take inventory of past failures and disappointments and plan differently this year. Ask for support and assistance from family members so that no one is overtaxed.
5. **Learn to say no.** People will understand if you can't do certain projects or activities. If you say yes only to what you really want to do, you will avoid feeling resentful and overwhelmed.
6. **Take a breather.** Make some time for yourself. Find something that clears your mind, slows your breathing and restores your calm.

www.acheivesolutions.net



Holiday Season Safety

Decorations

- If young children are present, remove all wrapping paper, bows, bags, and plastic wrap after opening presents. They can be choking hazards.
- Be especially careful with candles in a house with young children. Never leave them in a room alone with candles. Keep candles away from greenery and anything else that could catch fire.

Gifts

- Be especially careful when you choose toys for infants or small children. You need to be aware of the recent toy recalls and the products that are involved. Be sure to only give battery-operated toys. Be sure anything you give them is too big to get caught in the throat, nose, or ears.
- Select gifts for older adults that are not heavy or awkward to handle. For persons with arthritis, make sure the gift does not require assembly and can be easily opened and closed. Choose books with large type for anyone with vision impairment.

- **Incorporate physical activity into your daily routine.** Balance calorie intake by incorporating physical activity into your holiday plans. Activities the whole family can do include walking, ice-skating, shoveling snow, or hockey.

www.eatright.org

Abuse on an Average Day in the Life of American Adolescents

On an average day in 2006, nearly 1.2 million teenagers smoked cigarettes, 631,000 drank, and 586,000 used marijuana. In addition, each day nearly 50,000 adolescents used inhalants, 27,000 used hallucinogens, 13,000 used cocaine, 3,800 used heroin. This is according to a recent report from the Substance Abuse and Mental Health Services Administration.

The report also sheds light on how many adolescents ages 12 to 17 used illegal substances for the first time on an average day in 2006:

- Nearly 8,000 drank alcohol for the first time.
- Around 4,000 smoked cigarettes for the first time.
- Approximately 2,500 abused pain relievers for the first time.

www.achievesolutions.net/UPS

Substance Abuse References

Achieve Solutions
www.achievesolutions.net/UPS

Healthfinder
www.healthfinder.gov

National Institutes of Health – Substance Abuse
health.nih.gov/

The Substance Abuse & Mental Health Services Administration
www.samhsa.gov/

Medline Plus – Substance Abuse Problems
www.nlm.nih.gov

Plants

- Small children may think that holiday plants look good enough to eat. Plants to watch out for include: mistletoe, holly berries, Jerusalem cherry, and amaryllis. Keep all of these plants out of children’s reach.

Visiting and entertaining

- Stick to your child’s usual routines, including sleep schedules and the timing of naps, as much as you can. This can help you and your child enjoy the holidays and reduce stress.
- Watch out for danger spots in houses that you visit. They may not be childproofed.
- Clean up immediately after a party. A toddler could rise early and choke on leftover food or come in contact with alcohol or tobacco.
- Keep a laminated list of all important telephone numbers you and your baby sitter may need to case of an emergency. Include the National Poison Help Line, (1-800-222-1222).

Fireplaces

- Before lighting any fire, remove all greenery, boughs, paper, and other decorations from the fireplace area. Check to see that the flue is open.
- Do not burn wrapping paper in the fireplace. A flash fire may result, as wrappings can ignite suddenly, which can send flames and smoke into the room.

www.aap.org/advocac & www.nsc.org



Substance Abuse

Because exposure to drugs often starts early, it is suggested that parents start referring to drug use as an undesirable behavior when a child is five to seven years of age. The prime time to openly discuss the dangers of drugs is around nine years of age. Here are some tips to help get the discussion started:

- Keep discussions brief. Talking too long or giving too much information shuts down the lines of communication.
- Encourage your child to tell you what he or she knows, thinks, and feels.
- Be factual. Talk about drugs and their effects. If you abstain from alcohol or tobacco, don’t assume that your child will simply follow your example.
- Stress the immediate consequences of drug use. However avoid scare tactics, which are not a lasting prevention strategy.
- Express your concern for your child’s safety. Children need facts and they need to hear your thoughts and feelings.
- Give your child the support and skills to resist peer pressure. Practice some clear statements that kids to respond to offers of alcohol, tobacco, or other substances can be helpful.
- Be a role model. “Do as I say, not as I do,” does not work in the real world.

Set clear rules concerning drugs, friends, and socializing. Involve your child in this process. For example, work together on a plan for contacting you for a ride – without fear of punishment – if friends are high or if a social situation becomes uncontrollable or dangerous. Describe the behavior you expect and agree on specific consequences for breaking rules and follow through.

UPS Wellness Guide – ROAD MAP TO HEALTH



Emergency

There are more than 6,000 emergency-response centers in the United States to handle 911 calls. Here is what to do and not to do to be sure your call gets through and you get the medical help you need:

- **Do not hang up:** If there is no immediate ringing or if you get a recording – this can cause a delay in processing your call.
- **Answer the dispatcher's questions briefly, clearly, and calmly.**
- **If safety permits, stay on the line:** The dispatcher may require more information after help has been sent or may need to transfer the call. Hang up only when directed to.
- **If it is nighttime, turn on the lights in your home:** This will make it easier for the ambulance driver to find you.
- **Know your location:** Although enhanced 911 systems display your phone number and address for the dispatcher, you will be asked to verify your location.
- **Cellular users beware:** Your phone number and address may not be displayed, and your call may go to a center miles away. You will be asked to give more detailed geographic information.
- **Internet-connected phone users beware:** 911 availability may be limited and in some cases is not offered. If available, you will need to register your current address with your provider and update it if you relocate.

The National Emergency Number Association & FCC



Heimlich Maneuver

The Heimlich maneuver is an emergency technique for preventing suffocation when a person's airway (windpipe) becomes blocked by a piece of food or other object. It can be safely used on both adults and children, but most experts do not recommend it for infants less than one year old. You can also perform the maneuver on yourself.

Heimlich Maneuver for an Adult

1. Ask the choking person to stand if he or she is sitting.
2. Place yourself slightly behind the standing victim.
3. Reassure the victim that you know the Heimlich maneuver and are going to help.
4. Place your arms around the victim's waist.
5. Make a fist with one hand and place your thumb toward the victim, just above his or her belly button.
6. Grab your fist with your other hand.
7. Deliver five upward squeeze-thrusts into the abdomen.
8. Make each squeeze-thrust strong enough to dislodge a foreign body.
9. Understand that your thrusts make the diaphragm move air out of the victim's lungs, creating a kind of artificial cough.
10. Keep a firm grip on the victim, since he or she can lose consciousness and fall to the ground if the Heimlich maneuver is not effective.
11. Repeat the Heimlich maneuver until the foreign body is expelled.

Heimlich Maneuver for a Conscious Child

1. Place one fist just above the child's navel with the thumb side facing the abdomen.
2. Do not thrust hard enough to lift the child off his or her feet.

Heimlich Maneuver on an Infant

1. Remove the object with your finger **ONLY if you can see it.**
2. Place the infant stomach down across your forearm and give five quick, forceful blows on the infant's back with the heel of your hand.
3. Place two fingers in the middle of the infant's breastbone and give five quick downward thrusts.

Tips & Warnings

If the victim is coughing strongly or able to talk, let the person try to expel the foreign body by using his or her own efforts.

If the choking victim displays a weak or ineffective cough, this indicates that air exchange is minimal and that you should start the Heimlich maneuver.

Teach your family the universal choking sign – clutching the throat. Encourage everyone you know to become familiar with this sign and use it when choking.

To avoid breaking bones, never place your hands on the victim's breastbone or lower rib cage when performing the Heimlich maneuver.

If choking persists, call 911 immediately.



Burglary Prevention

You do not want your holiday celebration or any other day of the year ruined by an unfortunate event. The following are some tips to help prevent this from happening to you:

- ❖ Avoid unnecessary display or talk about your valuables.
- ❖ Avoid hiding a house key under the doormat or nearby vicinity.
- ❖ Trim trees and shrubs to eliminate hiding places.
- ❖ Install lights around the perimeter of your home.
- ❖ Keep emergency telephone numbers listed on your phone.

Healthy Living Tips

- Calcium is a key nutrient for bone health at any age! After age 25 - 30, we no longer build bone mass, but continue to need calcium to maintain existing bone strength.
- Many kids and adults don't get the recommended amount of calcium each day. Use Nutrition Facts on food labels to help you find calcium sources to add to your daily diet.
- Examples of foods that are high in calcium:
 - Milk
 - Orange Juice
 - Almonds
 - Parmesan Cheese
 - Ricotta Cheese
 - Molasses
 - Dark Green Leafy Vegetables

www.acheivesolutions.net &
www.weightwatchers.com



Lighten Up Secrets

For many people, the holiday season is highlighted by cooking for family and friends. The following are some techniques for making any dish more healthful.

- **Limit sodium.** Try the recipe with half the recommended sodium.
- **Reduce portion sizes.** When plating, start with a smaller portion and see if that satisfies you.
- **Sprinkle cheese, chocolate, or nuts on top** rather than mixing into batters. As toppings, they deliver more concentrated flavor.
- **Use egg substitute** in recipes that call for more than one egg. A quarter cup equals one egg, cutting 5 grams of fat and 213 milligrams of cholesterol from your recipe.
- **Increase low-calorie ingredients.** For example, add extra vegetables to casseroles and fruits to breads, muffins, or snack cakes. This will increase the yield of your recipe without adding fat.
- **Finely chop** nuts, bacon, olives, and other high-fat or high-sodium ingredients. They will distribute more evenly, allowing you to use less without sacrificing taste.
- **Add zing with citrus.** A squeeze of fresh lemon juice can help brighten the flavors of veggies and meats without adding sodium.
- **When you need oil, use canola,** which has nearly half the saturated fat and more healthful, unsaturated fat than other oils.
- **Puree vegetables to add body.** For example, mash beans in chili or potatoes in chowder.
- **Trade 1% milk for whole,** or half-and half for heavy cream, in creamy soups.

www.cookinglight.com/



Your Bathroom – A Breeding Ground for Mold

Moisture + Poor Ventilation = Mold Problem

There are hundreds of kinds of bathroom molds, and they can exacerbate allergies and asthma and can cause healthy people to develop allergies.

- Scrub away visible mold with hot soapy water. Then use a sanitizing solution of ¼ cup of chlorine bleach to one gallon of water. (Be sure to wear a protective mask to avoid breathing mold spores.)
- An old toothbrush and bleach work wonders on the mildew between bathroom tiles. Be sure to wear rubber gloves.
- Leave shower doors open and exhaust fans on for at least 15 minutes after a shower or bath. If available, open a window.
- Control temperature and humidity. Use a dehumidifier to keep the relative humidity at 35 – 50 %.

www.epa.gov/mold