

## To All Pastors, Faith Leaders and Workers:

The Chronic Disease and Injury Section of the North Carolina Division of Public Health, Department of Health and Human Services is pleased to bring you a collection of health messages that can be copied and shared with members as a handout (i.e., church bulletins) or placed on bulletin boards.

This resource contains short, simple and easy to read messages about many health issues that many in our communities will face.

These easy to read sheets can:

- ◆ *increase knowledge of ways to prevent chronic illnesses (those lasting 3 months or longer)*
- ◆ *increase understanding of ways to control chronic illnesses, and*
- ◆ *increase knowledge of resources available on the web to answer health questions*

To add your unique information to an insert simply:

- ◆ *save the document with your name;*
- ◆ *type your faith community's name, inspirational text, etc. in the blank text box at the bottom of each page;*
- ◆ *save the document again as your own.*

Look for the Health Observance Calendar at the back of this document. This calendar provides ideas for health issues to highlight monthly.

Enjoy!

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# Facts about Asthma

- ◆ Asthma is a long-term (chronic) disease which affects the airways within the lungs.
- ◆ A person of any age can have asthma.
- ◆ A person will not outgrow asthma.
- ◆ Asthma is often inherited.
- ◆ Asthma can be controlled with proper treatment.

*For more information visit:*  
[www.asthma.ncdhhs.gov](http://www.asthma.ncdhhs.gov)

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# How Do You Know If You Have Asthma?

Asthma can be hard to diagnose or detect.

Some basic symptoms are wheezing, coughing, shortness of breath and chest tightness.

Your health care provider will perform certain tests to determine if you have asthma.

**Some common questions your health care provider will ask are:**

1. Do you cough? If so, when and how often?

2. Do you have trouble sleeping at night due to coughing, wheezing or other breathing problems?

3. Are breathing problems worse after physical activity?

4. Are breathing problems worse during a particular time of year?

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# Signs and Symptoms of Asthma Trouble

When your asthma is under control, you can breathe well, be active and sleep through the night.

There are four signs your asthma may not be in control:

1. Coughing during the day or night

2. Wheezing – a whistling noise heard when breathing or noisy breathing

3. Shortness of breath (breathing much faster or slower than usual)

4. Chest tightness or pain

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# Common Asthma Triggers

For people with asthma, triggers are things which cause the airways to tighten and produce mucus or swell.

There are indoor, outdoor and allergic asthma triggers.

## Some common asthma triggers include:

- ◆ chemicals and odors
- ◆ animal dander and warm-blooded animals
- ◆ smoke from burning wood, burning fields, tobacco
- ◆ physical activity

- ◆ mold and mildew
- ◆ pests (cockroaches, mice, lady bugs)
- ◆ dust mites
- ◆ pollen and outdoor pollution

To **prevent** an asthma episode, people with asthma need to:

- ◆ **know** what things trigger their asthma.
- ◆ **plan** to avoid or reduce triggers in their environment.

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# How is Asthma Treated and Managed?

**Talk** with your health care provider to develop an asthma action plan and follow that plan.

**Keep** an asthma diary to help your health care provider assess proper care and treatment.

**Know** the early and late warning signs of an asthma episode. Some basic symptoms of asthma are wheezing, coughing, shortness of breath and chest tightness.

**You can help control asthma when you...**

- ◆ take your medicine as instructed
- ◆ avoid asthma triggers

**Asthma can be controlled, expect nothing less!**

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# Asthma Tips and Facts

## TIPS:

Self-management of asthma is the key to controlling asthma.

Avoid exertion outdoors when the level of air pollution is high.

Exercise is good for you – with or without asthma. People with asthma need to check for symptoms daily.

Follow the asthma action plan which your health care provider has recommended.

## FACTS:

Strong feelings can sometimes cause asthma symptoms to get worse.

Asthma episodes can be very harmful and can come on quickly.

Asthma symptoms can be caused by many different triggers.

Several types of medicines are used to control asthma.

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# Breast Health and You

When breast cancer is found early, the chance of treatment is greater.

A plan for good breast health includes:

- ◆ **Breast self-exams (BSE) every month, age 18 and over**

When you do your own BSE every month, you will know how your breasts feel and may be more likely to notice any changes.

- ◆ **Clinical breast exams (CBE) every year, age 18 and over**

A CBE is done by your doctor or nurse.

- ◆ **Mammograms every 1 to 2 years, age 50 and older**

A mammogram is an x-ray picture of your breast. A mammogram may find a lump up to two years before you can feel it with your hand.

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# 5 Important Reasons to Get a Pap Test

1. Cervical cancer can affect women of all ages.
2. The Pap test can help find a change in your cervix before it becomes cancer.
3. The Pap test can find cancer early when it is easier to treat.
4. A woman may not notice symptoms of cervical cancer until it is far along.
5. You may still need to get a Pap test even if you've had a hysterectomy or been through menopause.

A plan for good cervical health includes:

**Pap test every 1 to 3 years, age 21 and older or as you are told by your doctor.**

A Pap test is a quick and simple test that can find cancer cells or other changes in and around your cervix.

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1. Finding breast cancer early can save your life.
2. As you get older, your risk for breast cancer increases.
3. Most women diagnosed with breast cancer have no family history or risk factors.
4. Getting a mammogram is easier than you think.
5. Having a mammogram once a year helps give you peace of mind.

A plan for good breast health includes:

**Mammograms every 1 to 2 years, age 50 and older**

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# 6 Ways to Reduce Your Cancer Risk

## 1. Eat Smart

Choose vegetables, fruits and whole grains. Limit red meat.

## 2. Maintain a Healthy Weight and be Physically Active

Balance calorie intake with physical activity for at least 30 minutes on most days of the week.

## 3. Stop Smoking and Avoid Secondhand Smoke

Tobacco use plays a role in the development of lung, cervical and bladder cancers.

## 4. Drink in Moderation

Drinking alcohol is linked to many cancers. Women who drink

alcohol should have no more than one drink a day.

## 5. Stay Sun Safe

Use a sun block with an SPF of at least 15 year-round. Wear sunglasses and protective clothes. Avoid the sun from 10 a.m. – 4 p.m.

## 6. Have Screenings as Recommended

Health screenings can be lifesavers. Talk to your doctor about regular screenings.

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# Prostate Cancer

Prostate cancer is the most diagnosed cancer in American men. Early detection greatly improves the chances of successful treatment.

## **Risk Factors**

*(These may increase the chance of developing prostate cancer)*

- ◆ Age 50 or older
- ◆ Lack of physical activity
- ◆ Obesity
- ◆ High dietary fat intake
- ◆ Family history

## **Symptoms**

- ◆ Weak or interrupted flow of urine
- ◆ Inability to urinate or difficulty in beginning to urinate

- ◆ Need to urinate frequently
- ◆ Pain or burning upon urination or ejaculation
- ◆ Blood in urine or semen
- ◆ Continuing pain in the lower back, pelvis or upper thighs

If you experience any of these symptoms, see your doctor.

## **Early Detection Tests**

- ◆ Digital rectal examination (DRE)
- ◆ Prostate Specific Antigen (PSA) blood test every year after age 50, or after age 40 if you have a family history or are African American

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# What Causes Colorectal Cancer?

## Colorectal Cancer: What You Need to Know

Colorectal cancer is uncontrolled growth and spread of cancer cells in the colon and rectum (part of the digestive system).

## Risk Factors

(These may increase the chance of developing colorectal cancer)

- ◆ Family History
- ◆ Aging
- ◆ Smoking
- ◆ Inflammatory bowel disease
- ◆ Colon polyps
- ◆ High dietary fat intake

## Symptoms

- ◆ Blood in stool
- ◆ Unexplained weight loss
- ◆ Diarrhea or constipation
- ◆ Feelings of bloating, fullness or cramping
- ◆ Frequent gas pains
- ◆ Feeling that the bowel doesn't empty completely

If you experience any of these symptoms, go see your doctor.

## How to Lower your Risk:

- ◆ Get regular colorectal screening tests starting at age 50. If you have a family history of colorectal cancer, polyps or inflammatory bowel disease, you may need to be tested earlier.
- ◆ Maintain a healthy weight by eating a low-fat diet that includes fruits, vegetables, and whole grains. Get regular physical activity.
- ◆ Drink only in moderation.
- ◆ Avoid smoking.

With early detection you have a better chance of successful treatment and the possibility of a cure.

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- ◆ Feelings of bloating, fullness or cramping
- ◆ Frequent gas pains
- ◆ Feeling that the bowel doesn't empty completely

If you experience any of these symptoms, go see your doctor.

## **How to Lower your Risk:**

- ◆ Get regular colorectal screening tests starting at age 50. If you have a family history of colorectal cancer, polyps or inflammatory bowel disease, you may need to be tested earlier.
- ◆ Maintain a healthy weight by eating a low-fat diet that includes fruits, vegetables, and whole grains. Get regular physical activity.
- ◆ Drink only in moderation.
- ◆ Avoid smoking.

With early detection you have a better chance of successful treatment and the possibility of a cure.

*For more information visit:*

[www.cancer.gov/cancertopics](http://www.cancer.gov/cancertopics)

# What Causes Colorectal Cancer?

## **Colorectal Cancer: What You Need to Know**

Colorectal cancer is uncontrolled growth and spread of cancer cells in the colon and rectum (part of the digestive system).

## **Risk Factors**

(These may increase the chance of developing colorectal cancer)

- ◆ Family History
- ◆ Aging
- ◆ Smoking
- ◆ Inflammatory bowel disease
- ◆ Colon polyps
- ◆ High dietary fat intake

## **Symptoms**

- ◆ Blood in stool
- ◆ Unexplained weight loss
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# What Causes Gynecologic Cancers?

## What Causes Gynecologic Cancers?

Uncontrolled growth and spread of abnormal cells in the female reproductive system including the cervix, uterus, ovaries, fallopian tubes, vagina and vulva.

## Risk Factors

(may increase the chance of developing gynecological cancer)

- ◆ Family history
- ◆ Inappropriate estrogen use
- ◆ Aging
- ◆ Infertility
- ◆ Smoking
- ◆ Not bearing children
- ◆ Lack of physical activity
- ◆ Obesity
- ◆ Hypertension
- ◆ Diabetes
- ◆ High dietary fat intake

## Symptoms

- ◆ Excessive discharge
- ◆ Persistent indigestion
- ◆ A sore that does not heal
- ◆ Itching
- ◆ Changes in bowel or bladder habits
- ◆ Unexplained bleeding
- ◆ Pressure or fullness in the pelvis
- ◆ A thickening or lump that either causes pain or can be seen or felt

If you experience any of these symptoms, go see your doctor.

## Can gynecologic cancers be prevented?

Self-examinations and screenings conducted regularly can result in the detection of certain types of gynecologic cancers in their earlier stages. Diet, exercise and lifestyle choices play a large role in the prevention of cancer.

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# Diabetes Prevention Is Proven, Possible and Powerful

Studies show that people at high risk for diabetes can prevent or delay getting diabetes by losing weight. Just 10 to 14 pounds can make a difference.

- ◆ Reduce the number of calories you eat per day by choosing smaller portions and limiting foods (and beverages) with too much fat and sugar.

## **Two Keys to Success:**

- ◆ Get at least 30 minutes of moderate-intensity physical activity five days a week.

Small steps (like being more physically active and choosing smaller portions of healthier foods) can equal big rewards for preventing and treating diabetes.

*For more information visit:*  
**[www.ncdiabetes.org](http://www.ncdiabetes.org)**

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# The “Good” News About Diabetes

You can delay or prevent Type 2 diabetes.

## **How?**

Studies show that type 2 diabetes can be prevented or delayed when you:

1. Lose weight. Even losing 10-14 lbs can make a difference.

2. Get thirty minutes of moderate physical activity most days of the week.

Diabetes is the 7<sup>th</sup> leading cause of death in North Carolina. It is the 6<sup>th</sup> leading cause of death in the United States.

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# Smart Choices Help Prevent Diabetes and Other Diseases

## 5 Reasons to Serve Healthy Foods & Beverages and Encourage Physical Activity Where You Worship

- ◆ African Americans suffer more from heart disease, stroke, cancer and diabetes than Whites. When uncontrolled, diabetes can lead to heart disease, stroke, high blood pressure, blindness, amputations and kidney failure.
- ◆ You are more likely to get these diseases when your diet is poor eating and you get little physical activity.
- ◆ When you eat more fruits and vegetables you reduce your risk of getting heart disease, high blood pressure, diabetes, eye disease, prostate problems, osteoporosis and cancer.
- ◆ When you get more physical activity you reduce your risk of getting heart disease, high blood pressure, osteoporosis and cancer. Adults need 30 minutes of moderate activity (such as walking) most days of the week.
- ◆ When you provide healthy foods during events and meetings and encourage physical activity you are preventing illnesses.

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# Effects of Diabetes

## **Diabetes can affect any part of your body including your:**

**BRAIN:** People with diabetes are 2 to 4 times more likely to have a stroke than people without diabetes.

**HEART:** Diabetes, especially in people with high blood pressure & high cholesterol, causes heart disease. Heart disease is the #1 killer of people with diabetes.

**FEET:** Diabetes can damage nerves and blood vessels to the feet, which leads to numbness, burning “pins and needles” feeling, poor circulation and possibly amputation.

**NERVES:** Nerve damage can affect any body part.

**REPRODUCTIVE HEALTH:** Diabetes can complicate pregnancy.

**TEETH:** High blood sugars can cause gum (periodontal) disease. Gum disease can cause high blood sugars.

## **Good News! You can prevent most problems when you:**

- ◆ Keep your blood glucose (blood sugar) under control.
- ◆ Eat healthy.
- ◆ Get more physical activity.
- ◆ Work with your doctor to keep your blood pressure & cholesterol under control.
- ◆ Get necessary screening tests.

## **Prevent Diabetes or Control it.**

*For more information visit:*  
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*Adapted from National Center for Chronic Disease  
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# If You Have Diabetes: Know Your ABCs

Talk to your health care team about how to manage your **A1C** (blood glucose or sugar), **B**lood pressure and **C**holesterol. This helps lower your chances of having a heart attack, a stroke or other diabetes problems. The ABCs of diabetes stand for:

## **A for the A1C test (A-one-C)**

The A1C test shows what your blood glucose has been over the last 3 months. The A1C goal for most people is below 7. High blood glucose levels harm your heart and blood vessels, kidneys, feet and eyes.

## **B for Blood pressure.**

The goal for most people is 130/80. High blood pressure makes your heart work too hard. It can cause

heart attack, stroke and kidney disease.

## **C for Cholesterol. (ko-LES-ter-ol)**

The LDL goal for most people is less than 100.

The HDL goal for most people is above 40.

LDL or “bad” cholesterol can build up and clog your blood vessels. It can cause a heart attack or a stroke. HDL or “good” cholesterol helps remove cholesterol from your blood vessels.

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# Avoid Holiday Weight Gain

Faith communities “minister” to the whole person - body, mind and spirit. We want our faith family to be healthy during the holidays.

Holidays are a challenge to eating healthy – especially for people who want to prevent or control diabetes. Yet together, we can do all things. Over the holidays most people gain 1 to 5 pounds; most NEVER lose those extra pounds. With all the sweets and treats that the season brings, this is not the time to try to lose weight, but we do want to keep our family and friends from gaining.

## How?

- ◆ Eat a healthy snack before leaving home to reduce overeating.

- ◆ Check out the buffet; decide what and how much to eat.
- ◆ Take your favorite healthy dish to the holiday meal.
- ◆ Eat slowly, reduce overeating.
- ◆ Drink water.
- ◆ Trim fat from meat.
- ◆ Focus on party activities instead of food.

*Find out more, contact the  
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# Treating Diabetes

- ◆ To survive, people with type 1 diabetes must have insulin delivered by injections or a pump. They must also make healthy food and physical activity choices.
- ◆ Most people with Type 2 diabetes take oral medication only. Some take insulin only or insulin and oral medication together.
- ◆ Many people with type 2 diabetes control their blood sugar (glucose) by making healthy food and physical activity choices, losing excess weight and taking oral medication.
- ◆ Many people with diabetes also need to take medications to control their cholesterol and blood pressure.

**Diabetes self-management education is an integral part of medical care for persons with diabetes. Talk with your doctor about the best way to manage your diabetes.**

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# Why Do I Need to Have My Blood Pressure Checked?

We have high blood pressure when our blood flows through our arteries at higher pressure than for a healthy person. Here are some things you should know about blood pressure:

- ◆ Ask your doctor at your next visit what your blood pressure numbers mean for you.
- ◆ For most people, blood pressure should be below 120 over 80, but only your doctor can tell you what your blood pressure goal should be.
- ◆ There are usually no symptoms – you may feel fine, and still have blood pressure that is dangerously high.
- ◆ It can lead to death or lifelong disability from heart disease and stroke.
- ◆ It can damage your heart, blood vessels, kidneys and eyes.
- ◆ High blood pressure can be controlled with exercise and a diet low in salt and fat.
- ◆ Many people also need medicines to control their blood pressure.
- ◆ If you are African American, Native American or Mexican American, you are at higher risk.

*To learn more, visit:*

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# Talk to Your Doctor About Heart Disease and Stroke

These diseases are the first and third leading causes of death in our country. They can lead to lifelong disability or death.

The signs that you may be at risk include:

- ◆ Being overweight
- ◆ High blood pressure
- ◆ High cholesterol
- ◆ Having someone in your family who has heart disease or has had a stroke

- ◆ Little or no exercise
- ◆ Smoking
- ◆ Diabetes
- ◆ Being African American, Mexican American or Native American

Lower your risk – move more, eat right and have your blood pressure and cholesterol checked regularly.

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# If I Have High Blood Pressure, Can I Get Better?

Yes, you can.

For most people, blood pressure should be below 120 over 80, but only your doctor can tell you what your blood pressure goal should be.

## **You can improve your blood pressure when you:**

- ◆ Quit smoking or chewing tobacco.
- ◆ Lose weight if you are overweight.
- ◆ Move more – for example walk, dance or play a sport.

- ◆ Eat more fresh fruits and vegetables.
- ◆ Limit pre-packaged or restaurant meals – they are often high in salt which can raise your blood pressure.
- ◆ Drink less alcohol.
- ◆ Drink fewer beverages with caffeine.
- ◆ Take all your blood pressure medicines, unless your doctor tells you to stop.

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# Tips to Lower the Salt in your Diet

Did you know we have more than twice the salt in our food today as we had in the 1970s? Salt has been linked to high blood pressure, which can lead to deadly heart disease and strokes.

## **Here's how to have less salt each day:**

- ◆ Eat more fresh fruits and vegetables.
- ◆ Limit pre-packaged or restaurant meals – these have most of the salt in our food today.
- ◆ Use herbs and spices to flavor food in place of salt.
- ◆ Use less MSG (which is a type of salt), teriyaki sauce, ketchup,

barbecue or steak sauce, mustard, olives, pickles and soy sauce.

- ◆ Wash canned vegetables with water first if they are preserved in salt.
- ◆ Snack on fresh fruits and unsalted snacks instead of salted chips or popcorn.

If you cut down on salt a little bit every week, you will slowly get used to enjoying food with less salt and live healthier.

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# Do You Know How To Safely Throw Out Your Old Medicine?

Learn the steps to get rid of old medicines so they don't end up in the wrong place!

1. Take your medicine out of the bottle it came in.
2. Mix your old medicine up with something nobody would want to get into, like cat litter or used coffee grounds.
3. Put your old medicine into a disposable container that can be sealed. Try using an empty margarine tub or a sandwich bag that you can seal.
4. Mark through or take off any of the information on the bottle about you. Make sure to get rid of the Rx number too. You can use black permanent marker or duct tape, or just scratch it off.
5. Place the sealed container with the mixture and the empty drug containers in the trash.

*For more information visit:*

**[www.whitehousedrugpolicy.gov](http://www.whitehousedrugpolicy.gov)**

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# Protect Your Family from Home Fires

- ◆ Install smoke alarms on EVERY FLOOR of the home, including the basement and ALWAYS near rooms where people sleep.
- ◆ Use long-life smoke alarms with lithium-powered batteries and hush buttons, which allow you to stop false alarms quickly.
- ◆ If long-life alarms are not available, use regular alarms. Replace the batteries when you change the clocks in the spring and the fall.
- ◆ Test all smoke alarms every month to make sure they are still working.
- ◆ Make a family fire escape plan and practice it every six months. In the plan, describe at least two different ways each family member can escape every room. Designate a safe place in front of the home for family members to meet after escaping a fire.

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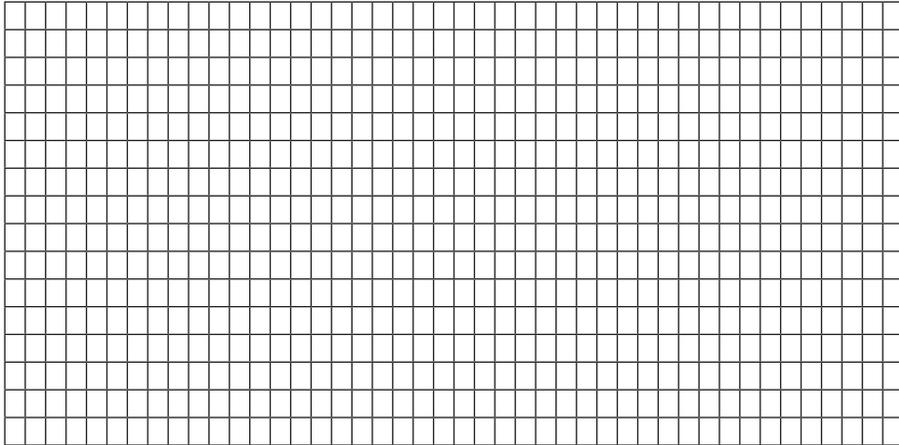
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# Fire Escape Plan

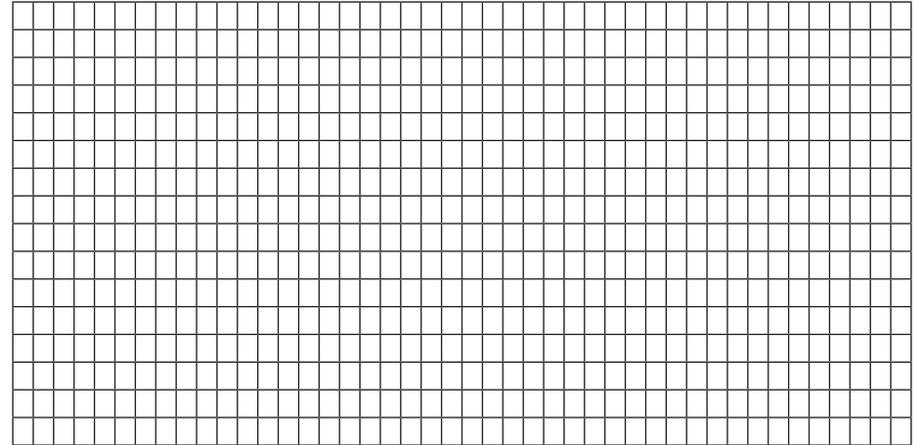
Fire Department Phone number \_\_\_\_\_



1. Draw a floor plan of your home, including all windows and doors and label each sleeping area.
2. Indicate all working smoke alarms, which should be located on every floor of your home and outside of sleeping areas.
3. Plan two routes of escape from every room and mark your family meeting spot, somewhere safely away from your home.
4. Post the escape plan on every level of your home in a place where caretakers and visitors can see it.
5. Most importantly, practice your fire escape plan at least twice a year.

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# Are You or Someone You Love at Risk of Suicide?

Suicide is the act of taking one's own life. It is important to know that suicide can be prevented. Most people show many warning signs when they are contemplating suicide. The most important thing you can do for a friend or loved one to prevent suicide is to be aware of the warning signs, take them seriously, and understand how to find help for them. **If you are in a crisis and need help, please call the Suicide Prevention Lifeline at 1-800-273-TALK, or go to the emergency room.**

## Suicide Warning Signs:

- ◆ Talking about suicide (killing oneself)
- ◆ Always talking or thinking about death
- ◆ Making comments about being hopeless, helpless or worthless
- ◆ Saying things like "It would be better if I wasn't here" or "I want out"
- ◆ Depression (deep sadness, loss of interest, trouble sleeping and eating) that gets worse
- ◆ A sudden, unexpected switch from being very sad to being very calm or appearing to be happy
- ◆ Having a "death wish," tempting fate by taking risks that could lead to death, like driving fast or through red lights
- ◆ Losing interest in things one used to care about
- ◆ Visiting or calling people to say goodbye
- ◆ Putting affairs in order, tying up loose ends, changing a will
- ◆ Be especially concerned if a person is exhibiting any of these warning signs and has attempted suicide in the past.

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# Keep Your Balance! Injuries from Falling Are Avoidable

- ◆ Exercise regularly – exercise programs that increase strength and improve balance are especially good.
- ◆ Ask your doctor or pharmacist to review your medicines—both prescription and over-the-counter—to reduce side effects and interactions.
- ◆ Have your eyes checked by an eye doctor at least once a year.
- ◆ Improve the lighting in your home.
- ◆ Remove hazards in your home that can lead to falls like cords or throw rugs that may trip you up.

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# Wearing a Bicycle Helmet can Save your Life and Theirs!

1. Always wear a bicycle helmet everywhere you ride. A bicycle helmet is a necessity, not an accessory.
2. Wear a bicycle helmet correctly. A bicycle helmet should fit comfortably and snugly, but not too tightly. It should sit on top of your head in a level position and it should not rock forward and back or from side to side. Always keep the helmet straps buckled.
3. Buy a bicycle helmet that meets or exceeds the safety standards developed by the American National Standards Institute (ANSI), the Snell Memorial Foundation or the American Society for Testing and Materials (ASTM).
4. Learn the rules of the road and obey all traffic laws. Ride on the right side of the road, with the traffic not against it. Use appropriate hand signals. Respect traffic signals. Stop at all intersections marked and unmarked. Stop and look both ways before entering a street.
5. Restrict children to riding on sidewalks and paths until they are 10 years old, able to show good riding skills and able to observe the basic rules of the road.

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# Eat Smart in Your Faith-Based Setting

**Faith communities have a special role to play in encouraging their members to EAT SMART. By making small changes to your church's facilities or by setting new policy, you can help yourself and other members to eat healthy foods. Here are some ideas:**

- ◆ Establish a health committee
- ◆ Make references to healthy eating during services
- ◆ Create literature racks and health bulletin boards
- ◆ Establish a Serve-Water-At-All-Events policy
- ◆ Create a community garden
- ◆ Organize a weight loss support group
- ◆ Establish a healthy snacks policy
- ◆ Establish an on-site farmers' market
- ◆ Create healthy meals
- ◆ Create a mother's nursing room
- ◆ Create an eat smart snack bar
- ◆ Include healthy eating tips in your congregational newsletters
- ◆ Work with and promote local restaurants that serve fruits, vegetables, whole grains, lowfat dairy products and lean meats (and purchase more local foods)
- ◆ Purchase equipment for your kitchen to help prepare healthier food

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# Rethink Your Drink!

Instead of sugary drinks like soda and sweet tea, which provide lots of calories and no nutrients, try these options:

- ◆ Water with a slice of lemon or lime
- ◆ Coffee with calorie-free sweetener and non-fat milk  
OR drink it black.

- ◆ Plain sparkling water with a splash of 100% fruit juice
- ◆ Low-calorie vegetable juice

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# Don't Let Your Snacks Attack!

Unhealthy snacks can add lots of calories to your day. Here are some tips on how to prevent snacks from attacking.

## **Eat Smart**

- ◆ Replace salty potato chips with crunchy air-popped popcorn.
- ◆ Carry a healthy snack bag with you throughout the day.

## **Right-Size Your Portions**

- ◆ Avoid eating straight from the bag. Put a small serving in a bowl.

- ◆ Keep healthy snacks in small portions in your car or at work.

## **Enjoy More Fruits & Veggies**

- ◆ Replace the candy bowl with a bowl of fruit.
- ◆ Vegetables make a great snack. Enjoy a bowl of baby carrots and red pepper slices.

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# Draw On Your Plate

Each time you eat lunch and dinner, imagine drawing lines on your plate so that you have four equal sections.

1. Fill two sections with fruits and vegetables.
2. Fill one section with 100% whole grain foods, such as brown rice or whole wheat pasta.

3. Fill one section with a lean protein, such as grilled chicken or black beans.

These three easy steps can help you **EAT SMART** by picking Right-Size Portions to make a healthy meal.

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# Teach Your Kids to Play with Their Food

Help your kids EAT SMART by making healthful eating fun! Try these ideas:

- ◆ Help your kids learn their colors. Let them choose a different color fruit or vegetable for their meals and snacks each day.
- ◆ Use cookie cutters to make fun shapes out of whole wheat bread.
- ◆ Use fruits and vegetables to make fun designs. Make silly faces on a plate using tomato eyes, a cucumber nose and a red pepper smile.

**Give creative names to healthy snacks:**

## **Apple Smiles:**

Spread a small amount of peanut butter on an apple slice. Place a few raisins on top of the peanut butter to look like teeth. Then place a second apple slice with peanut butter on top.

## **Party Parfaits:**

Let kids add healthy toppings to their own bowl of low-fat yogurt. Use fruit such as blueberries and strawberries, nuts, and low-fat granola.

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# Eat Smart

## **Rethink Your Drink:**

- ◆ Drink water instead of soda.
- ◆ Drink low-fat or non-fat milk.

## **Enjoy More Fruits and Veggies:**

- ◆ Try to eat five different color fruits and vegetables a day.

## **Prepare More Meals at Home:**

- ◆ Healthy meals can be quick, easy and inexpensive.

## **Right-Size Your Portions:**

- ◆ Larger portions=Extra Calories=Extra Pounds!
- ◆ Eat smaller portions of food and drink.

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# Don't Let a Vending Machine Get in the Way of Healthy Eating!

When you have to eat on the run, eat smart!

## **Choose:**

- Bottled water
- Diet soft drinks
- Fig bars
- Low-fat popcorn
- Baked chips

- Nuts in small portions
- Whole grain crackers

**And don't forget to read the food labels. If there's more than one serving in a package, share it with a friend!**

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# Eat Smart: Eat the Rainbow

**Eating lots of colorful fruits and vegetables is an easy way to help your body get the vitamins and minerals it needs.**

Add **RED** tomatoes to your favorite sandwich.

Enjoy **ORANGE** sweet potatoes with a sprinkle of cinnamon.

Dip pieces of **YELLOW** pineapple into plain low-fat or non-fat yogurt.

Add steamed **GREEN** broccoli to any pasta dish.

Throw some **BLUE**berries on top of your oatmeal.

The next time you cook with peppers, try a **PURPLE** one.

**Enjoy More Fruits and Veggies!**

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# Tips on Eating the Healthy “Weigh”

## **Fuel Up:**

Try to eat small, healthy snacks every few hours. Waiting too long to eat usually leads to overeating.

Try some low-fat soup at the beginning of your meal. It will fill you up and help you eat less.

## **Slow Down:**

Eating your food slowly allows you to enjoy it and may help you eat less. It takes your stomach about 20 minutes to realize it's full.

## **Right-Size Your Portions:**

Never eat out of the bag-it may tempt you to overeat. Fill up a small bowl instead.

When eating out, ask your server for a to-go box when you order. Put half of your meal in the box to eat for lunch tomorrow. Most restaurant meals are three to four times bigger than what you need.

## **Prepare More Meals at Home:**

Healthy meals can be quick, easy and inexpensive. Plus you get to decide how much fat, salt, and fruits and veggies to add.

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# Start Them Out Early on the Road to Health!

Most of what kids learn about eating, they learn in the home.

Teach your kids to EAT SMART by **enjoying more fruits and veggies.**

Always have a variety of vegetables and fruits at home for snacks and with meals.

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# Do You Have Good Salt Sense?

Cutting down on salt may help some people avoid high blood pressure and help others who have high blood pressure lower their levels.

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# This Year's #1 Baby Gift—Breastmilk

It's the best gift you can give your baby. Breastfeeding fights disease and obesity and helps babies' brains develop – making baby healthier, happier and smarter. Mommy feels better, too. She loses pregnancy weight faster and lowers her risks for cancer.

## **Want to learn more about the benefits of Breastfeeding?**

### **Talk to your doctor.**

Let your doctor know that you are interested in learning more about breastfeeding.

### **Contact your local health department.**

Health departments have staff members who are experts in breastfeeding. They can answer your questions and offer support.

### **Talk to other moms who breastfeed.**

Mothers who have experience with breastfeeding can tell you what to expect and offer you support when you need it.

*For information visit:*  
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# Move More in Your Faith-Based Setting

**Faith communities have a special role to play in encouraging their members to MOVE MORE. By making small changes to your church's facilities or by setting new policy, you can help yourself and other members be more physically active. Here are some ideas:**

- ◆ Establish a health committee.
- ◆ Make references to physical activity during services
- ◆ Create literature racks and health bulletin boards
- ◆ Include physical activity breaks in meetings
- ◆ Encourage members to park farther away and walk more
- ◆ Spruce up your stairwell and encourage members to use it
- ◆ Create a health resources lending library
- ◆ Offer regular physical activity opportunities.
- ◆ Create a fitness room
- ◆ Create and promote walking routes and maps
- ◆ Include physical activity tips in congregational newsletters
- ◆ Encourage members to increase their participation in team sports
- ◆ Encourage children to increase their physical activity
- ◆ Organize walking, weight loss or other support groups

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# See Yourself Here

Break through your limits.

## **See yourself reach your goals.**

Many of us want to be more active.

We feel good after activity but sometimes struggle to find the time. Finding the time may not be as difficult as you think.

- ◆ Set a weekly physical activity goal.
- ◆ Make a commitment.
- ◆ Plan the time.

See yourself where you want to be and commit to getting there – you'll be glad you did.

**Adults need at least 150 minutes of weekly activity.** This can be accomplished in the way that best fits your schedule. And it can be broken up in to shorter 10-minute bouts. These activities should be hard enough to get your heart pumping and make you breathe harder.

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# Mix It Up

Try new, fun ways to move more everyday.

Play a game of soccer with the family, go for a walk with friends, plant a garden – find new fun ways to move more everyday. Different activities bring different benefits. Adults need to be active 30 minutes a day on most days – 150 minutes a week. These activities should be hard enough to get your heart pumping and make you breathe harder. Adults should also do activities that strengthen their muscles at least twice a week.

**Aerobic Activities:** Make your heart beat faster and make you breathe harder than normal. Go for a brisk walk, dance or play tag with your kids.

**Strength Activities:** Make your muscles work harder than normal. You don't need equipment. Push-ups, squats, lunges and curls are muscles strengthening activities. You can also purchase resistance bands or hand weights. Don't forget the everyday strengthening activities – lifting, pushing, pulling, and carrying – work in the garden, work in the yard or play at the park with the kids.

**Flexibility Activities:** Reach, bend and stretch. Flexibility activities increase the ability of a joint to move through a range of motion.

Include each type of these activities into your weekly routine.

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# Moving More Is Better

Physical activity is for all ages, abilities and body types.

Generally speaking the more physical activity you do the more benefits you get. A little physical activity is better than none and more is even better. Gradually increase how long, how often and how hard you are active. Start moving more today.

Make the most of the time you have. If you have:

## **10 minutes**

- ◆ Take a brisk walk
- ◆ Play a game of tag with your kids

- ◆ Turn on the radio and dance

## **60 minutes**

- ◆ Do yard work
- ◆ Take a bike ride
- ◆ Take a group exercise class
- ◆ Play a game of soccer with the family

## **More than 60 minutes**

- ◆ Go for a hike, swim or bike ride

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# Tame the Tube

## Watch Less – Move More

We can spend many hours each week watching TV. Yet, we can find it hard to find time for physical activity. Try trading some TV time for some activity time. Use these simple solutions to help you and your family watch less and move more.

- ◆ Make a list of activities you want to do instead of watching TV.
- ◆ Get the TV out of the bedroom.

- ◆ Watch with your children. Discuss the shows and the advertising.
- ◆ Plan how much TV you and your family are going to watch.
- ◆ Set clear limits and be a good TV role model.
- ◆ Don't keep the TV on all the time...tune into specific shows.
- ◆ Eat together as a family without the TV.

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# Move More with your Kids

We can spend many hours each week. Young people need 60 minutes or more physical activity daily. This amount of activity should include a variety of activities. Get out and play with your kids – you'll all be moving more!

- ◆ Play running games.
- ◆ Go to the playground and let your kids climb and play on the equipment.

- ◆ Plant a garden with your kids.
- ◆ Go for a bike ride.
- ◆ Play hop scotch.
- ◆ Jump rope.

**The possibilities are endless... just ask your kids!**

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# Want to Lose Weight? Get Your Zzzzzz

If you are like many people, you have resolved to lose weight. Research has shown that people who get enough sleep are better able to lose weight than those who do not.

Try these tips to get a good night's sleep:

1. Adults should aim for 7-8 hours per night.
2. Go to bed and wake up at the same time (even on weekends).
3. Exercise regularly—exercising can help you have more restful sleep and help you fall asleep faster.
4. Don't eat a big meal before bed. A full stomach can make it difficult to fall asleep and stay asleep.
5. Avoid caffeine, nicotine and alcohol in the evening
6. Give yourself time to relax. Before hitting the sack, read a book or a magazine or do something else quietly to relax your body and mind.

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# If They Feel Well, They Will Do Well!

You hear messages about the benefits of physical activity and exercise everywhere. It helps you control your weight. It lowers your blood pressure and helps decrease your risk for diabetes as well as some types of cancer. But did you know that physical activity can help your child in the classroom? Recent studies show active kids learn

better. The Centers for Disease Control and Prevention (CDC) reports that success in school goes hand in hand with being a healthy kid, and a healthy adult.

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# Risky Business For Teens

Unhealthy risk behaviors include using alcohol, drugs and tobacco, engaging in risky sexual behavior and violence. Often times, teens who participate in one of these types of behaviors engage in others.

- ◆ Teens who smoke are more likely to drink alcohol and use drugs.
- ◆ Teens that drink alcohol and use drugs are more likely to have sex.
- ◆ Teens that drink are seven times more likely than teens that don't to have had sex.
- ◆ Teens that use drugs are five times more likely to have had sex.
- ◆ When teens were asked in a recent survey if they were drinking or using drugs the last time they had sex, almost one in four of them said "yes".

Parent (Guardian)-child communication is the best way to help young people avoid getting involved in these risky behaviors. Positive communication tips include:

- ◆ Be honest and direct with your child when discussing issues of drinking, smoking, drugs and sex.
- ◆ Let your child know the personal expectations that you have set for them.
- ◆ Take the time to listen to your child.
- ◆ Meet and get to know your child's friends.

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# Top Six Risks & How to Help

The Centers for Disease Control and Prevention (CDC) says there are six risky things teens may do that could harm them.

1. **Alcohol and Drug Use** is a factor in approximately 41% of all deaths of young people caused by motor vehicle crashes.
2. **Injury and Violence** is the leading cause of death among young people aged 10-24 years. This includes motor vehicle crashes, unintentional injuries, homicide and suicide.
3. **Tobacco Use** is responsible for approximately 1 of every 5 deaths each year.
4. **Sexual Risk Behaviors** are responsible for approximately 19 million new sexually transmitted disease (STD) infections each year, with almost half of them among young people between the ages of 15 to 24.
5. **Poor Nutrition** is associated with heart disease, cancer, obesity and stroke later in life.

6. **Physical Inactivity** is linked with diabetes, obesity, depression, heart disease and certain types of cancer.

Here's how you can help:

- ◆ Be honest and direct with your teenager when talking about sensitive subjects such as drugs, drinking, smoking, and sex.
- ◆ Show an interest in your teenager's school life.
- ◆ Encourage your teenager to be physically active and get active with them.
- ◆ Prepare more family meals. Eating together helps your family make better choices about the foods they eat, promotes healthy weight, and gives your family time to talk to each other.
- ◆ Help your teenager make healthy choices while encouraging him to make his own decisions.

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# Understanding a Coordinated School Health Program

Coordinated School Health Program is an eight part program that aims to maintain the health and well-being of school-aged children. The eight components are:

**Health Education:** teaches children and youth how to improve their health, prevent disease and reduce risky behaviors in the classroom.

**Physical Education:** helps kids develop physically, mentally, emotionally, and socially through planned physical activities.

**Health Services:** provides students with health care they need, right at school. The focus is on preventing problems and referring kids who need more help to doctors.

**Nutrition Services:** Provides a variety of healthy meals that meet the health and nutritional needs of all students.

**Counseling and Psychological Services:** provides for students' mental, emotional and social health.

**Healthy School Environment:** ensures the school building and the surrounding area is healthy and safe.

**Health Promotion for Staff:** encourage school staff to adopt a healthy lifestyle in an effort to be positive role models for students.

**Family/Community Involvement:** The active recruitment of parents (guardians) and community members/resources to respond more effectively to the health-related needs of students.

*For more information visit:*

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# Benefits of Quitting Tobacco

Tobacco use is the number one cause of preventable death. Forty-two North Carolinians die each day from the effects of tobacco.

Here are some great reasons to quit:

1. If you smoke 1 pack per day, you can save over \$1,800 per year.
2. Risk of heart attack drops and lung power improves.
3. Risk of stroke is like a person who never smoked (within 5 to 15 years after quitting).
4. Cuts risk of lung cancer in half (within 10 years after quitting).
5. Bladder cancer and cervical cancer risk are decreased.
6. Baby will be of normal birth weight if you quit before pregnancy or during your first 3 months.
7. You will smell better, feel better and look better!
8. Write down the reasons why you want to quit:  

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**Call 1-800 QUIT-NOW  
(1-800-784-8669)**

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# How to Raise Tobacco-Free Children (Even if you Aren't Tobacco-Free Yourself)

Nobody wants to raise children who smoke or use tobacco products, but most parents don't know what to do to give their kids a better chance of growing up tobacco-free.

Here are some tips that can work:

1. Keep your home and car tobacco-free.
2. Always choose smoke-free facilities for you and your family.
3. Tell your children from an early age that you expect them to stay tobacco-free.
4. If you're a smoker, try to quit, and share how hard it is with your kids.
5. Keep tobacco products out of children's reach – and never provide it to them, or let them try even a puff.
6. Encourage your kids to take a tobacco-free pledge.

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# Quitting is Good for the Body and Soul

**You Can Quit. We Can Help.**

**Call 1-800-QUIT-NOW  
(1-800-784-8669)**

Did you know that worldwide more than three million people die each year from smoking?

In the first hour of this morning's worship service, 360 people have died from a smoking-related illness. If you are a tobacco user, there is support within your faith family to help you quit smoking and join a healthier lifestyle.

Some folks may want to blame smokers for "taking on a bad habit," when that is not it at all. Most smokers became addicted at a very young age, and want to quit, but they need help and support.

If you are ready to quit, join your faith community in its commitment to healthier families by calling the North Carolina Tobacco Use Quitline at **1-800-QUIT-NOW (1-800-784-8669)**.

It's a toll-free telephone cessation service that connects people who want to quit using tobacco with trained quit coaches who can guide and support them through the quitting process by phone and web.

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# Secondhand Smoke is a Serious Health Risk

The debate is over: secondhand smoke is a serious health hazard and causes early death and disease in North Carolinians who do not smoke.

## **Here are some facts about the risk of secondhand smoke:**

1. Nonsmokers regularly exposed to secondhand smoke increase their risk of developing heart disease by 25 to 30 percent and lung cancer by 20 to 30 percent.
2. Secondhand smoke exposure is associated with an increased risk of stroke and an increased risk of having a low birth-weight baby among pregnant women.
3. Secondhand smoke contains over 4,000 chemicals; 50 of these chemicals cause cancer. Further, no amount of secondhand smoke is safe.
4. Children, pregnant women, older people, and people with heart or breathing problems should be especially careful.
5. Even a brief exposure can trigger a heart attack in someone with heart disease or risk factors for heart disease.
6. The Centers for Disease Control and Prevention (CDC) advises, "... all patients with coronary heart disease or with known coronary artery disease should be advised to avoid all indoor environments that permit smoking."

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Further, no amount of secondhand smoke is safe.

4. Children, pregnant women, older people, and people with heart or breathing problems should be especially careful.
5. Even a brief exposure can trigger a heart attack in someone with heart disease or risk factors for heart disease.
6. The Centers for Disease Control and Prevention (CDC) advises, "... all patients with coronary heart disease or with known coronary artery disease should be advised to avoid all indoor environments that permit smoking."

*For more information visit:*

[www.tobaccopreventionandcontrol.ncdhhs.gov](http://www.tobaccopreventionandcontrol.ncdhhs.gov)

# Monthly Health Observance Calendar

## The Year at a Glance

JANUARY	
Cervical Health Awareness Month	

FEBRUARY	
American Heart Month	National Women's Healthy Heart Campaign (Washington, DC)*
National Cancer Prevention Month	National Eating Disorders Awareness Week*
National Wise Health Consumer Month	National Wear Red Day*

MARCH	
National Colorectal Cancer Awareness Month	National Poison Prevention Week*
National Kidney Month	Root Canal Awareness Week*
National Nutrition Month®	American Diabetes Alert Day*
National School Breakfast Week*	World Kidney Day*

APRIL	
Alcohol Awareness Month	National Minority Health Awareness Month
Cancer Control Month	National Youth Sports Safety Month
Foot Health Awareness Month	Sports Eye Safety Month
World Health Day*	

<b>MAY</b>	
American Stroke Month	National High Blood Pressure Education Month
Asthma and Allergy Awareness Month	National Physical Fitness and Sports Month
Better Sleep Month	National Physical Education and Sport Week*
Clean Air Month	National Neuropathy Week*
Melanoma/Skin Cancer Detection and Prevention Month	National Women's Health Week*
Mental Health Month	National Women's Check-up Day*
National Arthritis Awareness Month	Melanoma Day*
National Bike Month	National Employee Health and Fitness Day*
National Cancer Research Month	World No Tobacco Day*

<b>JUNE</b>	
Fireworks Safety Month	Sun Safety Week*
Home Safety Month	National Cancer Survivors Day*
National Men's Health Week*	

<b>JULY</b>	
Juvenile Arthritis Awareness Month	
UV Safety Month	
National Youth Sports Week*	

<b>SEPTEMBER</b>	
America on the Move's September Campaign	Ovarian Cancer Awareness Month
Childhood Cancer Month	Prostate Cancer Awareness Month
Fruit and Veggies—More Matters® Month	Whole Grains Month
Healthy Aging® Month	National Suicide Prevention Week*
National Cholesterol Education Month	World Heart Day*

<b>OCTOBER</b>	
Halloween Safety Month	Drive Safely Work Week*
Healthy Lung Month	Fire Prevention Week*
National Breast Cancer Awareness Month	Lung Health Day*
National Domestic Violence Awareness Month	Metastatic Breast Cancer Awareness Day*
"Talk About Prescriptions" Month	National Child Health Day*
World Food Day*	

<b>NOVEMBER</b>	
American Diabetes Month	Pancreatic Cancer Awareness Month
Diabetic Eye Disease Month	Pulmonary Hypertension Awareness Month
Foot Health Issues Related to Diabetes Awareness Month	Great American Smokeout
Lung Cancer Awareness Month	

<b>DECEMBER</b>
Safe Toys and Gifts Month

Source: Adapted from 2009 National Health Observances, National Health Information Center, Office of Disease Prevention and Health Promotion, U.S. Department of Health and Human Services, Washington, DC.  
[www.healthfinder.gov/nho/nho.asp](http://www.healthfinder.gov/nho/nho.asp)

**\*Dates for week and day long observances are subject to change each year. Please visit [www.healthfinder.gov](http://www.healthfinder.gov) for specific dates.**