

news & notes

CELL PHONES AND DRIVING

According to the Cellular Telecommunications & Internet Association, approximately 175 million people in the United States use cell phones compared with 4.3 million people 15 years ago. There has also been an increase in the number of people talking on cell phones while driving. Recent estimates suggest that cell users do over half of their cell phone time while driving.

Here are the two major dangers:.

1. Drivers take their eyes off the road when dialing.
2. Drivers get so absorbed in the conversations that their ability to focus on driving is impaired.

Follow these safety tips:

- Avoid unnecessary calls.
- Make the driving task your top priority.
- Wait until you have arrived at your destination or pull over to the side of the road to begin your cell phone conversations.
- Keep your hands on the wheel.
- Keep your eyes on the road.
- Practice using your phone when not driving.
- Use a hands-free model.
- Stay in your lane.
- Use speed dialing.
- Never dial while driving.
- Take a voice mail message.
- Don't try to answer if the cell phone is out of reach.
- Know when to stop talking.
- Avoid getting wrapped up in your conversation.
- Keep the phone in its holder.
- Don't take notes while driving.
- Drive defensively.



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Winter Wellness

Keep that healthy glow—even in the snow

Don't let winter weather mean the end of wellness activities by staying indoors all season! You still need to get outside for fresh air and enough daily sunlight for vitamin D absorption and to avoid seasonal affective disorder (SAD).

But cold temperatures do add hazards to outdoor activities. Here's what you need to know:

- **Frostbite** is a severe reaction by the skin to cold that can permanently damage fingers, toes, the nose, and the ear lobes. See "Are You Too Cold?" **news & notes** article for frostbite symptoms.
FIRST AID FOR FROSTBITE: If medical help is not immediately available, slowly rewarm affected areas, but do not soak in hot water, rub with your hands, or use a heat source.
- **Hypothermia** occurs when the entire body becomes cold, and the body's core temperature drops below 95° F. See "Are You Too Cold?" **news & notes** article for hypothermia symptoms.
FIRST AID FOR HYPOTHERMIA: Keep the victim as warm as possible until medical help arrives. If the body temperature continues to drop, unconsciousness or even heart failure may result. Warm the body first and then the arms and legs, using blankets. Get the person into dry clothing if possible. Do not give the person any alcohol or hot beverages or food.

Also know that **the use of certain drugs** for diabetes, heart and vascular conditions, and thyroid problems can increase the risk of cold-related problems. So can **alcohol, nicotine, and caffeine**. Speak with your medical professional about the medications you take.

Here's how to keep warm outdoors this winter:

- **Wear several layers** of loose-fitting, natural-fiber clothing. Air trapped between the layers helps to insulate your body. Outer garments should be of tightly woven, waterproof material.
- **Wear a hat.** Half of the body's heat is lost through the top of the head.
- **Wear earflaps, a hood, a scarf, and/or a facemask** if it's windy. Use the scarf to cover your mouth in order to protect your lungs from frigid air.
- **Wear mittens or gloves** that fit snugly at the wrist, sturdy shoes, and two layers of warm socks to protect your extremities.



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NUTRITION NOTES

Did you know?

- Eating more fruits and vegetables (and less saturated fat) is associated with a reduced risk of stroke, cardiovascular diseases, type 2 diabetes, and certain cancers.
- Around 127 million U.S. adults are overweight, 60 million obese, and 9 million severely obese. Obesity is associated with more than 30 serious medical conditions, including heart disease and high blood pressure, as well as chronic health problems such as back pain and impaired sleep.
- Eating right makes you feel better and gives you the fuel you need to do a good day's work and still have energy to enjoy personal time.

NUTRITION INFORMATION

Where can you get nutrition information?

- Books
- Magazines
- TV
- Internet

Perhaps the best place to start is with the USDA's Center for Nutrition Policy and Promotion website (www.cnpp.usda.gov/), which includes information about the food pyramid, the Dietary Guidelines, nutrition tips for adults and kids, and more. In the *My Pyramid Tracker*, for example, you can enter all the foods you've eaten that day and it will give you an overall evaluation on the nutritional quality of your diet for the day.



National Nutrition Month

Stay healthy, stay safe

Eating right gives you more energy, gives you better digestion, and helps you sleep better—all of which will help you focus on safety. So:

1. Eat your veggies. The Centers for Disease Control and Prevention advises eating five to nine servings of fruit and vegetables every day. Here's how:

- For breakfast add your favorite fruit to cereal or yogurt, and drink a glass of 100 percent juice.
- For lunch pack a pita full of chopped veggies, have a salad, eat some warm and tasty vegetable soup, or fill a bag with cut fruits or veggies to munch on.
- For a refreshing snack, fill ice cube trays with 100 percent juice, stick in toothpicks, freeze, and enjoy mini-Popsicles.
- For dinner serve two vegetables and a salad along with the main course.

2. Eat whole grain foods. The U.S. Department of Agriculture advises eating at least three 1-ounce servings a day of foods that contain whole grains. Whole grains can reduce the risk of heart disease and type 2 diabetes and may help with weight control. Each of the following is a 1-ounce serving:

- 1 slice of bread, 1/2 English muffin, or 1/2 hamburger bun
- 1 cup of dry cereal
- 1/2 cup of cooked cereal, pasta, or rice



Begin with Breakfast

Get your family off to a good start

You've probably heard the conventional wisdom that breakfast is the most important meal of the day. You've probably even told your kids that. But there are real reasons you and your kids need to begin every day with breakfast. According to the East Idaho Public Health District, studies have shown that kids who eat breakfast:

- Are less likely to be absent or late from school
- Are less likely to visit the school nurse for stomachaches or headaches
- Are able to concentrate better and make fewer errors
- Are more creative and work faster
- Cause fewer fights
- Are more cooperative and get along better with classmates
- Are less likely to be sent to the principal's office for discipline

Even with these great reasons to eat breakfast, many busy families feel like they just don't have time to make a healthy meal. They'd rather sleep in or grab something on the run.

Use the occasion of **National School Breakfast Week** from **March 8 to 12** to get your family off to a good start each day with a healthy breakfast. Perhaps start with getting a good breakfast one day a week no matter what. Then work your way up to every day. See the sidebar for quick breakfast ideas.