



W.E. H.E.L.P.

(Wellness Education-Helping Each other Learn Prevention)

Coastal AHEC
December 2009

December 1st is World AIDS Day

- This observance draws attention to the status of the human immunodeficiency virus/acquired immunodeficiency syndrome pandemic. The theme for this year's U.S. recognition is "Working Together."
- On World's AIDS Day, we honor the millions of people around the world who have been impacted by the AIDS epidemic—those who are living with HIV, those we have lost, and caregivers, families, friends and communities in our commitment. Working together, we have begun to turn the tide against the HIV/AIDS pandemic.

cdc.gov

National Handwashing Awareness Week—December 6-12

Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.



When should you wash your hands?

- * Before preparing food.
- * After going to the bathroom.
- * After changing diapers or cleaning up a child who has gone to the bathroom.
- * Before and after tending to someone who is sick.
- * After blowing your nose.
- * After handling an animal or animal waste.
- * After handling Garbage.
- * Before and after treating a cut or wound.

Help keep the holidays merry and bright by giving safe toys and gifts to children this year

Prevent Blindness America offers tips on ways to protect children

- * Make recommendations to family members and friends about gifts that you feel are appropriate for your child.
- * Inspect all toys as much as possible before taking them out of the box. Once opened, go through each part of the toy to make sure there are no small parts that could be choking hazards or sharp edges.
- * Avoid toys that shoot or include parts that fly off. BB guns and air guns should not even be considered toys. Flying toys caused 9,600 injuries in 2008.
- * Gifts of sports equipment should always be accompanied by protective gear (such as a basketball along with goggles, a baseball with a batting helmet with face shield). In fact, 90 percent of all sports-related eye injuries can be prevented by using the appropriate eye protection.
- * Educate yourself on what products have been recalled. Contact CPSC at 800-638-2772 or go to www.cpsc.gov.
- * Keep toys meant for older children away from younger ones. Closely monitor all activities to make sure smaller children do not have access to toys that are not at their age-appropriate level. Continued on page 4.



***If you wish to unsubscribe/subscribe to W.E. H.E.L.P., please send an email to tdickerson@cahctx.org**



Tips for a Healthy Holiday

1. Select physical activity-oriented gifts with recipient's skills, interest and /or needs in mind.
2. Plan a post Christmas Dinner walk for the whole family. Take the family pet for a walk or jog.

Please share this newsletter with all your friends, family and coworkers.

Healthy Holidays!

The holiday season is in full swing. This means a lot of holiday gatherings with large amounts of food. During the holiday season we tend to eat and drink a lot more calories. As you enjoy the holidays, remember to balance the calories you consume with the calories you burn.

Family, fun...and FOOD! It's what the holidays are all about, right? But that doesn't mean you have to pack on the holiday pounds. Balance the calories you consume with the calories you burn, and avoid any holiday weight gain.



Take the Extra Calories Out of Cooking!

- If you're heading out to a party — holiday, birthday or any sort — eat a light, healthy snack before you go. Broth-based soups, cereal with skim milk, or just plain fruit are all good options! This will help curb your hunger and decrease your visits to the buffet table.
- Modify recipes to reduce the amount of fat and calories. For example, when making lasagna, use part-skim ricotta cheese instead of whole-milk ricotta cheese. Substitute shredded vegetables, such as carrots, zucchini, and spinach for some of the ground meat in lasagna.
- Bring a low-fat, holiday dish to the party. Need some suggestions? Visit CDC's [Healthy Recipes](#) for details.
- When eating or snacking in front of the TV, put the amount that you plan to eat into a bowl or container instead of eating straight from the package. It's easy to overeat when your attention is focused on something else.
- You've tried the leftover turkey sandwich, right? Now try the leftover turkey salad! Add a few pieces of turkey to a generous portion of mixed greens, tomatoes, raw broccoli, carrots, or any of your favorite vegetables. Toss with a light salad dressing and some dried cranberries for an authentic holiday taste.

Rethink Your Drink!



- Choose water, diet, or low-calorie beverages instead of sugar-sweetened beverages.
- For a quick, easy, and inexpensive thirst-quencher, carry a water bottle and refill it throughout the day. Limit your alcoholic beverage intake. Alcoholic drinks can have many calories, especially holiday favorites like eggnog. Try to drink water or low calorie beverages instead.



Get Active, Healthy, and Happy!

- Make a goal with a friend to achieve the new Physical Activity Guidelines! Visit CDC's [Physical Activity for Everyone](#) for details.
 - Regular physical helps with weight control, reduces the risk for many diseases, and strengthens muscles, bones and joints.
- Sign up for a 5K walk or run to keep your mind focused on physical activity goals. Maintain your physical activity during the holidays — better yet, try and get *more* active!
- Find fun, creative ways your friends and family can spend time being active instead of eating.

For more information: <http://www.cdc.gov>



YOUR HEALTH IS IN YOUR HANDS® www.fyiahec.org

Handwashing is the single most important method of preventing the spread of infection. (CDC)

**Are you a germs or bacteria's best friend?
Take the "Germ Genius Quiz" and find out!**

- Regular soap and water can kill germs.
 - True
 - False
- How many bacteria are on the average student's desk?
 - 10
 - 100
 - 10,000
 - 10 million
- All bacteria are bad.
 - True
 - False
- How many surfaces does the average person touch in 30 minutes?
 - 10
 - 40
 - 100
 - 300
- What is the most germ-contaminated surface in the average home?
 - Toilet seat
 - Phone receiver
 - TV remote
 - Light switch
- How many colds does the average kid catch each year?
 - 1
 - 4
 - 8
 - 10
- Which of these classroom surfaces has the most bacteria?
 - Water fountain
 - Phone receiver
 - Computer keyboard
 - Student Desktop
- How long can viruses survive on common surfaces like doorknobs and staplers?
 - 10 minutes
 - 3 days
- How many bacteria are on the average sponge?
 - 100
 - 2500
 - 600,000
 - 7 billion
- You can help the spread of germs at home and school.
 - True
 - False



Answers:

1.B, 2. D, 3.B, 4.D, 5.B, 6.D, 7.A, 8.B, 9.D, 10.A



When Washing your hands with soap and water:

- Wet your hands with clean running water and apply soap. Use warm water if it is available.
- Rub hands together to make a lather and scrub all surfaces.
- Continue rubbing hands for 20 seconds. Imagine singing the "Happy Birthday" song, twice to a friend!
- Rinse hands well under running water.
- Dry your hands using a paper towel or air dryer. If possible, use paper towel turn off faucet.

When using an alcohol-based hand sanitizer:

- Apply product to the palm of one hand.
- Rub hands together.
- Rub the product over all surfaces of the hands and fingers until hands are dry.

Source: www.cloroxclassrooms.com

Coastal AHEC's

Hot Apple Cider



For your next office meeting bring:

1 gallon organic cider

6-8 fresh cinnamon sticks

Warm cider and pour in coffee mugs.

Add fresh cinnamon stick to each drink.

Sip cider and enjoy in the comfort of your co-workers!

Happy Holidays!

Coping with depression during the holidays-When sadness clashes with celebration

Health Tip: Holidays do's and don'ts:

- * Do think about what's important. Happiness and fulfillment lie in the balance between self-care and caring for others.
- * Do socialize. If you're feeling lonely, find a church or community center where you can be with other people.
- * Do exercise every day. That's especially important when you're eating more. It's hard to be sad if you're physically fit.
- * Don't watch TV. Most programs are not designed to make you a better person, or even feel better.
- * Don't spend so much. You don't have to buy electronic entertainment equipment that far exceeds the human sensory capability to detect the difference.

Health Tip: Healthier comfort foods:

The comfort foods we crave are usually loaded with fat and calories. But there are healthier ways to enjoy your favorite comfort foods.

- * Watch portion size; don't overindulge in just one food.
- * When the urge for ice cream hits, top a low-fat version with granola or try sherbet topped with fruit.
- * If cookies are your comfort food, reach for a oatmeal-raisin, vanilla wafers, or ginger snaps.
- * When salt is what you crave, try popcorn, pretzels dipped in mustard, or baked tortilla chips and salsa.

Add grated, shredded, or chopped vegetables like zucchini, spinach, or carrots to your favorite lasagna, meat loaf, or mashed potatoes.

Source: WebMD.com

Featured Recipe!!! Ginger Snap "Bread" Pudding

Prep time: 15 minutes

Total time: 3 hours

Ingredients:

32 Nabisco Ginger Snaps, coarsely broken

1/4 cup golden raisins

4 eggs

1-3/4 cups fat free milk

1/2 cup sugar

1 cup thawed Cool Whip Lite whipped topping or vanilla nonfat yogurt

Directions:

Place ginger snaps in lightly greased 9-inch square baking pan; sprinkle with raisins.

Beat eggs, milk and sugar with wire whisk until well blended. Pour evenly over gingersnaps; stir until well blended. Cover with foil. Refrigerate at least 2 hours.

Preheat oven to 325°. Bake dessert 45 minutes or until knife inserted 1 inch from center comes out clean, removing the foil after 30 minutes. Cool slightly before cutting into 9 squares. Serve warm topped with the whipped topping.

Nutrition Information:

Calories: 230

Total fat: 6g

Saturated fat: 2g

Cholesterol: 95mg

Sodium: 260mg

Carbohydrates: 39g

Dietary fiber: 1 g

Sugars: 25 g

Protein: 6g

Vitamin A: 4% DV

Vitamin C: 5DV

Calcium: 8% DV

Iron: 10% DV

Source: Kfratfoods.com