



For Healthy Living in Eastern and Northern Maine Communities

www.WhatYouDoMatters.org



Bangor Region
Public Health & Wellness
www.WhatYouDoMatters.org
City of Bangor



December 2011

Start the New Year Tobacco Free!

You hear a lot of different reasons to quit tobacco, but the reason that matters most is the one that's important to you.

What's YOUR reason to quit?

- Save money?
- Spend more time with your grandchildren?
- Breathe easier and feel better?

Every year, Mainers join millions of Americans who make it their New Year's resolution to quit tobacco. Take time this month to find your reason to quit and begin planning your quit plan NOW so you can make 2012 the year you quit tobacco.

Call the toll-free Maine Tobacco HelpLine at 1-800-207-1230 and let them help you create a plan that's designed just for you: A plan that includes personal coaching and medication resources to make quitting less difficult.

1-800-207-1230

Cold turkey attempts are only successful 5% of the time, but people who use the HelpLine

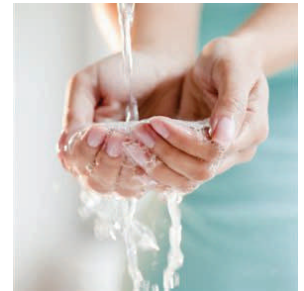
and medications are **three times more likely to quit**, so start getting ready for a brand New Year by talking with them TODAY!

For more information: http://www.tobaccofreemaine.org/quit_tobacco/Maine_Tobacco_HelpLine.php

Don't Get Caught Dirty Handed – National Hand Washing Week Dec 4-10

Washing hands is the single most important thing you can do to prevent illness.

Use clean, running water. Lather up with soap and scrub all parts of your hands and fingernails for at least 20 seconds. Rinse well and air dry or use a clean towel



Make sure to wash your hands:

- Before, during, and after preparing food;
- Before eating food;
- Before and after helping someone who is sick;
- Before and after treating a cut or wound
- After using the toilet;
- After changing diapers or cleaning a child who has used the toilet;
- After blowing your nose, coughing, or sneezing;
- After touching an animal or animal waste;
- After touching garbage.

For more information visit www.washup.org

Want to help out in the community this holiday season?



Volunteer at food pantries, churches, or homeless shelters where meals are served, or help out by donating food.

For information on warming shelters or food assistance programs call 2-1-1 or visit: www.211maine.org or www.maine.gov/agriculture/co/tefap/countysearch.html

Food Pantries are in great need of:

- Canned vegetables and fruit
- Canned meat and tuna
- Cereal, pasta and rice
- Peanut Butter
- Juice and beverages

For more suggested food pantry donation items visit: <http://umaine.edu/publications/4304e/>

Fall Back and Prevent Fires and Carbon Monoxide Poisoning



Last month we turned back our clocks, and if you haven't done so already, this is a great time check the batteries in your smoke and carbon monoxide detectors! Fire departments across the US responded to more than

386,000 house fires that caused nearly 2,400 deaths, and 12,500 injuries. Accidental carbon monoxide poisoning deaths from products such as portable generators, accounted for an annual average of 184 deaths.

For a safe winter season follow these tips:

- Install smoke alarms on every level of the home, outside sleeping areas and inside each bedroom.
- Install carbon monoxide alarms on each level of the home and outside sleeping areas but not in attics or basements unless they are sleeping areas.
- Have a professional inspect all fuel-burning home appliances, including furnaces and chimneys.
- Use caution with candles, lighters, matches, and smoking materials near upholstered furniture, mattresses, and bedding.
- Have a fire escape plan and practice it so all family members know what to do and where to meet if there's a fire in the home.
- Never ignore an alarming carbon monoxide alarm. Immediately move outside to fresh air and do not try to find the source of the carbon monoxide. Call your emergency services, fire department, or 911.
- Never use a portable generator indoors – including garages, basements, crawlspaces, and sheds. Opening doors and windows or using fans will not prevent carbon monoxide buildup in the home.
- Never use charcoal indoors. Burning charcoal in an enclosed space can produce lethal levels of carbon monoxide.

For more information visit: http://www.maine.gov/dhhs/bohdcfh/inj/fs_resfire.html

Healthy Holiday Eating Tips!

The holiday season is a time to celebrate with family and friends, but it can also become a time for over-eating and weight gain. According to the National Institutes of Health, holiday eating can add an extra pound or two every year.

Follow these simple tips and stay healthy through the holiday season:

- Be reasonable. Don't try to lose pounds during the holidays, instead try to maintain your current weight.
- Plan time for exercise. Exercise helps reduce holiday stress and prevent weight gain. Try 10- or 15-minute brisk walks twice a day.
- Don't skip meals. Before leaving for a party, eat a light snack like raw vegetables or a piece of fruit to control your appetite.
- Survey party buffets before filling your plate. Choose your favorite foods and skip your least favorite. Include vegetables and fruits to keep your plate balanced.
- Eat until you are happy, not stuffed. Sit down, get comfortable, and enjoy.
- If you overeat at one meal go light at the next.
- Take the focus off food. Plan group activities with family and friends that aren't food-focused.
- Bring your own healthy dish to a holiday gathering.
- Practice Healthy Holiday Cooking. Preparing favorite dishes lower in fat and calories will help promote healthy holiday eating.

