



For Healthy Living in Eastern and Northern Maine Communities

www.WhatYouDoMatters.org



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

September 2011

September is National Childhood Obesity Awareness Month



In Maine, nearly one in three children is overweight or obese. Obesity puts kids at early risk for health issues that used to be considered “diseases of adulthood” such as type 2 diabetes, heart disease, stroke, and breathing and joint problems. Children who are obese also often struggle socially because of teasing by their peers that can lead to low self-esteem and poor performance in school.

The good news is there are things you can do to help prevent and reverse childhood obesity:

- Make fruits and veggies the “fast food” in your home. Clean, peel and cut produce at the start of the week and put them front and center in your refrigerator, making them easy to grab and go!

- Be active as a family. Kids need at least an hour of physical activity each day. Schedule a walk together each night after dinner or have a family jump rope or push-up competition.
- Set a timer for 20 minutes, turn up some fast-paced music, and have everyone join in for a house cleaning spree. The time will fly by, chores will get done, and you’ll have added to your physical activity for the day!
- Limit screen time to 1-2 hours a day or less.
- Talk to school administrators and other parents about starting a walk and bike to school program in your community.
- Be a role model. *Show* your kids what a healthy lifestyle looks by eating a balanced diet, exercising regularly and limiting your own computer and television time. Learn more at www.HealthierKidsBrighterFutures.org.

September is National Alcohol and Addiction Recovery Month

In September, communities across the nation will celebrate National Alcohol and Drug Addiction Recovery Month. Locally, the Bangor Area Recovering Community Coalition (BARCC) will hold their 4th Annual Bangor Area Conference on Addiction Recovery. This event and others like it across the nation seek to bring attention to the recovering community and educate people about addiction and recovery.

Addiction affects many people in our region. In Penobscot County in 2010 over 3,700 people were treated for addiction, with over 2,500 people treated for opiate addiction. But, with over 9,000 Penobscot County residents currently in recovery, it is clear that with proper treatment and supports, people can lead healthy, productive lives in recovery.

By educating ourselves, we can help combat the misconceptions associated with addiction

To learn more, visit www.BangorRecovery.org



Warning - Bath Salts

A Dangerous New Designer Drug
What you immediately need to know:

Signs and Symptoms of Bath Salt Use:

- Chest Pain
- Agitation
- Hallucination
- Psychosis
- Extreme paranoia
- Delusions
- Insomnia
- Renal failure
- Depression
- Suicidal Thoughts
- Unpredictable and possibly violent behavior



Bath Salts - also known as:
Monkey Dust, Kryptonite, Ivory Wave

This is NOT a beauty aid, “Bath Salts” are a man-made synthetic drug sold sometimes as plant food and marketed as “not for human consumption”.

If you come into contact with someone who you think is under the influence of “Bath Salts”:

1. Do not approach
2. Do not be confrontational
3. Call 911

