



# For Healthy Living in Eastern and Northern Maine Communities

www.WhatYouDoMatters.org



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

November 2010



## Great American Smokeout®

### The 35th Great American Smokeout is November 18

Smoking is the leading cause of preventable death in Maine. The sooner you quit, the sooner you reverse the damaging effects of tobacco. If you haven't contacted the Maine Tobacco HelpLine at 1-800-207-1230 to create your personalized "quit plan" for the Great American Smokeout, it's not too late.

### Don't Go It Alone

The Great American Smokeout is a chance to join millions throughout Maine and the nation in quitting tobacco for 24 hours. If you can quit for a day you can quit for life, and those who have a "quit plan" are nearly 3 times more likely to kick the habit than those who don't. If you haven't contacted the Maine Tobacco HelpLine at 1-800-207-1230 to create your personalized "quit plan", it's not too late.



## Your Baby's Health Starts With You!

Childhood obesity is linked to an increased risk of high blood pressure, type 2 diabetes, heart disease and colon cancer later in life. A diet of fruits, vegetables, and whole grains is important in maintaining an ideal weight for your child as they grow and develop. The first step mothers can take to help their unborn child from becoming obese is to control their own weight before and during pregnancy.



Research shows that a child is more than twice as likely to become obese if the mother is obese during her first trimester of pregnancy.

If you are pregnant or planning to have a baby visit [www.healthfinder.gov](http://www.healthfinder.gov) and click on "Personal Health Tools" to create a personal diet and exercise plan that can help you AND your child live a more healthy life.

### At [healthfinder.gov](http://healthfinder.gov) you'll find:

**Online Check-Ups**—The personalized health quiz that can help you learn if you're at risk for a disease or condition and how to reduce that risk.

**Health Calculators** – To help you estimate your ideal weight, how many calories you need every day to maintain that weight, plus target heart rate, pregnancy due date, and more.

**Activity and Menu Planners** –To help you track your physical activity and diet goals.

Your baby's health starts with you, so take charge of your health before you become pregnant by creating a diet and exercise plan and sticking to it. It can change your life and your baby's too!





## Better Choices, Better Health -- Manage Your Chronic Disease

Are you dealing with an ongoing health condition? Are you anxious or depressed or coping with daily pain?

If you have a condition such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, or anxiety, you can take steps toward a better life by signing up for a **free, online workshop** that will help you manage that condition.

Based on Stanford University's successful Chronic Disease Self-Management Program, a Better Choices, Better Health Workshop can help you:

- Find practical ways to deal with pain, fatigue, and stress
- Discover better nutrition and exercise choices
- Make informed treatment decisions
- Learn better ways to talk with your doctor and family about your health
- Get the support you need

### ***How It Works***

Workshops are easy to follow and take place online.

- You can join from any computer with an Internet connection, even a dial-up connection.
- With up to 25 people in each workshop group, interactive sessions are posted each week for six weeks.
- You log on at your convenience two or three times a week for a total of about two hours.
- You can remain anonymous—no one in the group needs to know who you are.

You'll learn from trained volunteer leaders, many with health conditions themselves. And there's nothing to prove, so there's nothing to worry or be anxious about. You'll set your own goals and make a step-by-step action plan to help you feel better and start doing the things you want to do again.

### **Sign Up Today!**

**To register online for a Better Choices, Better Health Workshop online, visit: <https://selfmanage.org/SignUp>. There are also in-person classes available too. To find one in your area visit [http://www.maine.gov/dhhs/oes/healthychoices/living\\_well.shtml](http://www.maine.gov/dhhs/oes/healthychoices/living_well.shtml).**

## What You Do For You



Do you feel an increase in anxiety or stress after watching or listening to news or political talk programs on television or radio?

According to physician and author Dr. Andrew Weil, today's news programs can have a major affect on our mental state. "They can increase anxiety, give us new reasons for worry, and satisfy our desire for emotional stimulation," he writes on his website. To help identify sources of stress in your life, pay attention to how you feel after watching or listening to the news. A news addiction, like a caffeine addiction, can be a major roadblock to relaxation. Dr. Weil urges us to try breaking the news habit by selecting one or two programs to keep us informed rather than watching many programs throughout the course of the day.

For more information on how you can reduce stress in your life visit [www.drweil.com](http://www.drweil.com)