



HEALTHCONNECT

connecting patients for better health

DECEMBER 2016

TIPS TO STAY HEALTHY, HAPPY THROUGH THE HOLIDAYS

Holiday season may be challenging for our health and happiness. From social festivities, last minutes shopping, traveling to seasonal sweets, maintaining our healthy habits may be difficult.

To make sure the Christmas holiday season is the most wonderful time of the year, check out the following tips:

1. **Balance Food.** Practice the 80/20 rule and make healthy choices 80 percent of the time by limiting sugar, fat and salt which could zap your energy, increase stress, and result in unwanted weight gain.

2. **Stay active.** Being active will help to keep your mood positive and will also release tension and burn off some of the holiday calories.

3. **Set realistic expectations.** Acknowledge changes, remain flexible with plans, and keep a positive outlook.

4. **Journal.** Write down the good things you have done this year, things that make you feel good and that you are thankful for, and next year's personal goals.

5. **Let bygones be bygones.** This is a new day. Set healthy personal emotional boundaries and forgive others. Don't waste your energy on negative feelings.

6. **Maintain your budget.** Plan ahead, set your limits, and track your spending.



Nurse Advice Line 24/7
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HOLIDAY DRIVING SAFETY

The holidays are a time for celebration spent with our dearest friends and family, and for many of us, part of this includes traveling to see them. Planning ahead can make a huge difference in making sure you stay safe on the road. Make sure you check the routes you plan on taking for any construction delays or detours so you can be prepared to take an alternate route. Leave as early as possible on the day of departure in an effort to cover as much distance as possible during daylight hours and to avoid late night tiredness. It's recommended that you do not drive more than eight hours a day. Additionally, traffic tends to increase later on in the day which can rise the odds of having an accident. Another good strategy is to plan out where and how often you'll be making rest stops. Fatigue is responsible for about 10 percent of automobile accidents; therefore, it is recommended stopping and resting every two to three hours for about 15-30 minutes. When you make these stops, you'll be able to properly stretch muscles, have refreshments, and refocus your mind on the rest of the trip. If you start to feel tired or sleepy, don't try to fight through it. Instead, stop at a safe place and take a nap, or plan to stop for overnight stays depending on the distance you are driving. When traveling with someone who has a valid driver's license, share the burden by switching drivers whenever you make a rest stop. Lastly, never drive under the influence of any substance that could impair your judgment and ability to safely operate a vehicle. Stay safe this holiday season and arrive alive!



DECEMBER IS NATIONAL SAFE TOYS AND GIFTS MONTH

Holiday Toy Safety Guide - In recent years, the U.S. Consumer Product Safety Commission (CPSC) has created a robust toy safety system, by requiring testing by independent, third party testing laboratories around the world; enforcing stringent lead and phthalates limits for toys; imposing some of the most stringent toy standards in the world; and stopping violative and dangerous toys at the ports and in the marketplace before they reach children's hands. These combined efforts continue to foster the confidence of American families as they prepare to shop for toys this holiday season.

Safety tips to keep in mind this holiday season:

Balloons: Children can choke or suffocate on deflated or broken balloons. Keep deflated balloons away from children younger than eight years old. Discard broken balloons immediately.

Small balls and other toys with small parts: For children younger than age three, avoid toys with small parts, which can cause choking.

Scooters and other riding toys: Riding toys, skateboards and in-line skates go fast, and falls could be deadly. Helmets and safety gear should be worn properly at all times and they should be sized to fit.

Magnets: High-powered magnet sets are dangerous and should be kept away from children. Whether marketed for children or adults, building and play sets with small magnets should also be kept away from small children.

Once gifts are open:

Immediately discard plastic wrapping or other toy packaging before the wrapping and packaging become dangerous play things.

Keep toys appropriate for older children away from younger siblings.

Battery charging should be supervised by adults. Chargers and adapters can pose thermal burn hazards to young children. Pay attention to instructions and warnings on battery chargers. Some chargers lack any mechanism to prevent overcharging.

Toy Safety Guides

The CPSC provides free safety alerts, guides, posters, brochures, handbooks and other materials which you can use to help spread consumer product safety information in your community.

For more information, check out <http://www.cpsc.gov/en/Newsroom/News-Releases/2014/Global-System-of-Toy-Safety-Works-to-Keep-Kids-Safe-This-Holiday-Season-Recalls-Down-Port-Seizures-Up/>

HEALTHY WEIGHT

ShipShape Weight Management Program - 8-week intensive program for adults. To register, call the HRAC at (866) 645-4584

Right Weigh - 4-week program for learning to manage your weight the right way. To register, call (757) 953-1925 or 953-9247

For more information on Health Promotions and Wellness Department programs and resources, call (757) 953-1925

TOBACCO CESSATION

Workshop - 1st Mondays, 8 a.m. to noon

4-week class - begins 1st Tuesdays, 1-2:30 p.m.

Tobacco Meditation Walk-In Clinic - 1st Tuesdays, 2-4 p.m.

For more information, call (757) 953-1927 or 953-1925



3D Month

 

National Drunk and Drugged Driving Awareness Month

HOLIDAY FITNESS SURVIVAL GUIDE

By Alice Fitzpatrick, community health program specialist

As the cooler temperature creep in, we sense the holiday season is here. This is the time for family and friends to get together for festive gatherings and celebrations. For many, these festivities may include traveling, shopping, and multiple opportunities to partake in savory comfort foods and high-calorie beverages. The busy, and sometimes stressful, holiday schedule can wreak havoc on exercise and healthy meal routines. These negative effects can be prevented or minimized with a few simple steps.

The holidays are meant for some splurging and enjoying the season, not for denying yourself. Planning ahead will keep the holiday splurges under control for minimal damage control in January.

Holiday Survival Guide Tips:

1. **Stay active:** Set your exercise schedule and increase your activity. Pack your exercise gear where ever your travels take you. Plan active get-togethers with friends and family.
2. **Hydrate:** Drink enough water for your weight. Limit drinking calories. Try to space alcohol (if you drink) and other high-calorie beverages with a glass of water in between.
3. **Eat regularly throughout the day:** Going long periods without eating so you can splurge at the party will backfire with “binge-level hunger.” Eat light, with quality protein choices before the party.
4. **Pre-Plan:** Plan to eat breakfast, then small snacks or meals every 4-5 hours. This will give you the control you need to keep your appetite and portion control in check.
5. **Commit to health:** Make the conscious choice that you will choose healthier foods over the high fat, high sugar, high salt choices most of the time. And that you will be active on most days of the week.
6. **Be happy:** Enjoy the company of your family and friends. Surround yourself with positive thinking people. Practice relaxation. Get enough sleep.
7. **Be prepared when shopping and traveling:** Pack your water bottle and healthy snacks so the urge to buy expensive and unhealthy food at the airport or mall is kept to a minimum, and always bring along workout clothing.

Holidays are not the ideal time to lose weight. Instead, set your goal to maintain weight and health so you can enjoy the holidays without the guilt! The Naval Medical Center Portsmouth registered dieticians suggest that for every day of splurging, you should balance it with two days of healthy eating and physical activity.

Happy Holidays from Health Promotion and Wellness Department!



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118,000

patients with a PCM at one of our ten facilities

22

Medical Home Port teams

440,000

patients we serve - active duty, retired and families

Drinking and driving

in the U.S.

