

## Staying Healthy During the Holidays



### 12 Healthy Ways to Survive a Holiday Eating Frenzy

Research suggest that moderation is a good guideline to live by.

1. Review your cooking methods
2. Invest in lower fat ingredients for cooking
3. Eat regularly
4. Prepare for outings
5. Balance your meals out
6. Be aware of sugary foods
7. Stock up on healthy snacks
8. Be aware of food allergies
9. Moderate alcohol intake
10. Be assertive
11. Leave what you don't want
12. Exercise



The Holiday season is a time for friends and family, festive meals, and celebrating the joys of a New Year. However, when too much alcohol is in the mix, the celebration can be over before it even starts.

Binge drinking is a common pattern of excessive alcohol use in the United States.

The National Institute on Alcohol Abuse and Alcoholism defines binge drink as a pattern of drinking that brings a person's blood alcohol concentration (BAC) to 0.008 grams percent or above. This typically happens when men consume 5 or more drinks, and when women consume 4 or more drinks, in about 2 hours.

Drinking too much, including binge drinking, causes more than 79,000 deaths in the US each year and is a leading preventable cause of death. More than 15% of US adults report binge drinking. It is most common in men, adults in the 18-34 age range, and people with household incomes of \$75,000 or more. Most people who binge drink are not alcohol-dependent or alcoholics and often engage in this behavior without realizing the health and social problems of their drinking.

Excessive alcohol use usually leads to impairment and places drinkers, their families, and their communities at risk for many harmful health effects, including:

- **Motor vehicle crashes.** Every day, 32 people in the United States die in motor vehicle crashes that involve an alcohol-impaired driver.
- **Violence against others and sexual assaults.** About 2 of 3 incidents of intimate partner violence are associated with alcohol.
- **Risky sexual behaviors.** Including unprotected sex and sex with multiple partners, which can result in HIV infection, other sexually transmitted diseases, and unplanned pregnancy.
- **Alcohol Poisoning**
- **Fetal alcohol spectrum disorders.** Any alcohol use by a pregnant woman can cause harm to a developing fetus, resulting in physical, behavioral, and learning problems later in life.
- **Chronic conditions.** Over time, excessive drinking can lead to alcohol dependence, liver disease, high blood pressure, heart attack, stroke, and certain kinds of cancer.



January 2012 is the fourth anniversary of the Smoke Free Illinois Act. The act went into effect January 2008 to protect the health of Illinois residents from the harmful effects of second hand smoke.

**Secondhand smoke** Secondhand smoke is a mixture of the smoke given off by the burning end of tobacco products and the smoke exhaled from the lungs by smokers that contains a complex mixture of chemicals, many of which are known to cause cancer.

**The Smoke Free Illinois Act** prohibits smoking in virtually all public places and workplaces, including offices, theaters, museums, libraries, educational institutions, schools, commercial establishments, enclosed shopping centers and retail stores, restaurants, bars, private clubs and gaming facilities.

TO REPORT a violation of this law contact the Marion County Health Department at 618-548-3878.

## November 2011 Statistics

### Clinics

<b>Blood Pressure / Blood Sugar Clinics</b> .....	9
Blood Pressure Screenings.....	22
Blood Sugar Screenings.....	10
<b>Lead Screening</b>	
Number of persons tested.....	54
<b>Paternity Testing Clinics</b> .....	3
Number tested.....	8
<b>HIV Test</b> .....	6

### Immunizations

<b>Number of Clinics</b> .....	9
No. of persons immunized.....	262
Total vaccines administered.....	336
<b>Children's Immunizations</b>	
Pediatric Flu.....	125
Hepatitis A.....	10
<b>Adult Immunizations</b>	
Hepatitis A ( <i>number started</i> ).....	5
Hepatitis B ( <i>number started</i> ).....	8
Flu.....	212
Meningitis.....	1
MMR.....	3
Pneumonia.....	7
TD.....	2
Tdap: Adacel.....	19
Typhoid.....	9
Yellow Fever.....	4
Zostavax.....	0
<b>Other Immunizations</b>	
Gardasil ( <i>number started</i> ).....	6
Varicella.....	0

### Nursing

<b>Sexually Transmitted Disease</b>	
Chlamydia.....	17
Gonorrhea.....	4
Syphilis.....	1
<b>Communicable Disease Investigations</b>	
Chickenpox.....	1
Cholera.....	0
Hepatitis B.....	0
Hepatitis C.....	2
Malaria.....	0
Salmonellosis.....	4
Strep Pneumoniae.....	0
Whooping Cough ( <i>Pertussis</i> ).....	0
<b>Tuberculosis</b>	
Tests Administered.....	141
New Prophylactic Patients.....	2
New Investigations.....	1
New Active Cases.....	0
<b>Family Case Management:</b>	
Pregnancy Testing.....	2
Positive.....	2
Negative.....	0
Prenatal Clients.....	178
Infant & Child Clients.....	557
Number of Visits.....	248
Prenatal.....	69
Postpartum.....	30
Infant Visits.....	126
Child Visits.....	23
SIDS Investigations.....	0
APORS Investigations.....	13
Health Works Active Case Load.....	62
Active W.I.C.....	1332
Clients receiving education.....	322
<b>Vision &amp; Hearing</b>	
Number Vision Tested.....	1
Number Hearing Tested.....	1
Number Vision Referrals.....	0

### Environmental Health

<b>Food</b>	
Routine Inspections.....	34
Follow-up Inspections.....	2
Complaint Inspections.....	0
Temporary Inspections.....	0
Pre-Operational Inspections.....	2
Emergency Incident Inspections.....	0
Number of Permits Issued.....	16
<b>Sewage</b>	
Routine Inspections.....	2
Complaint Inspections.....	0
Realty Inspections.....	0
Sewage Systems Installed.....	3
Number of Permits Issued.....	2
<b>Water</b>	
New System Inspections.....	0
Existing Water Well Inspections.....	0
Realty Inspections.....	0
Complaint Inspections.....	0
Water Wells Sealed.....	0
Number of Permits Issued.....	0
<b>Tanning</b>	
Routine Inspections.....	0
Follow-up Inspections.....	0
Complaint.....	0
<b>Body Art</b>	
Routine Inspections.....	0
Follow-up Inspections.....	0
Complaint.....	0
<b>Miscellaneous</b>	
Animal Bites.....	4

**Submit Complaints**  
866-973-4646  
TTY 800-547-9466  
618-548-3878  
Marion County Health Department

**ILLINOIS TOBACCO QUITLINE**  
ILLINOIS DEPARTMENT OF PUBLIC HEALTH  
AMERICAN LUNG ASSOCIATION OF ILLINOIS  
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1-866-QUIT YES (784-8937)

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