



## New Year's Resolution: Be Ready

We all make resolutions for the New Year, lose weight, read more, learn a new skill. Well this year why not make one of your resolutions to *be ready*? 2011 was full of devastating emergencies, from the Mississippi River flooding to the more than 343 tornados that tore through the Southeast. Just a few simple tips can ensure that you're ready for anything.

Here are a few tips to help you be more prepared in 2012.

Tip #1—Make an emergency kit for your second home . . . aka your car

Tip #2—Always keep your gas tank at least half full

Tip #3—Learn how to change a flat tire

Tip #4—Review or establish an evacuation plan for your house

Tip #5—Put together a [first aid](http://www.redcross.org/services/hss/lifeline/fakit.html) kit for your home

Tip #6—Have an ample supply of drinking water on hand

For further information on being prepared, please log on to:

<http://blogs.cdc.gov/publichealthmatters/2012/01/new-years-resolution-be-ready/>



Find us on the web at:

<http://www.gilacountyaz.gov/health/default.html>

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# Teen Maze Wants You. . .

Teen Maze has been described as a life-size game board to help teens see firsthand the consequences of life choices. Volunteers interact with teen participants in a fun and creative way to convey important and vital information about a variety of health and educational issues. The *Yes Track* covers topics such as sexually transmitted diseases, teen pregnancy, relationships, legal issues, and parenting. The *Alternatives Track (No Track)* offers insight into selecting a career and educational aspects of that career.



Maze topics include:

- sexually transmitted diseases
- teen pregnancy/parenting
- relationships
- substance abuse
- legal obligations (child support)
- media myths and dangers
- education and career opportunities



If you would like to interact with young people and aid in their decision making for their future sign up today to become a Teen Maze volunteer.

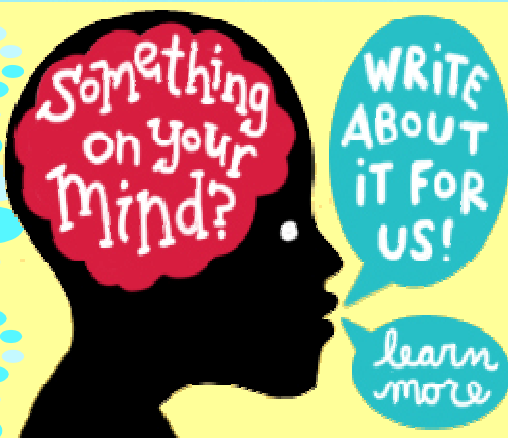
Teen Maze educates teens about the consequences of life choices while they're having fun!

It is a fun, life-size interactive event.

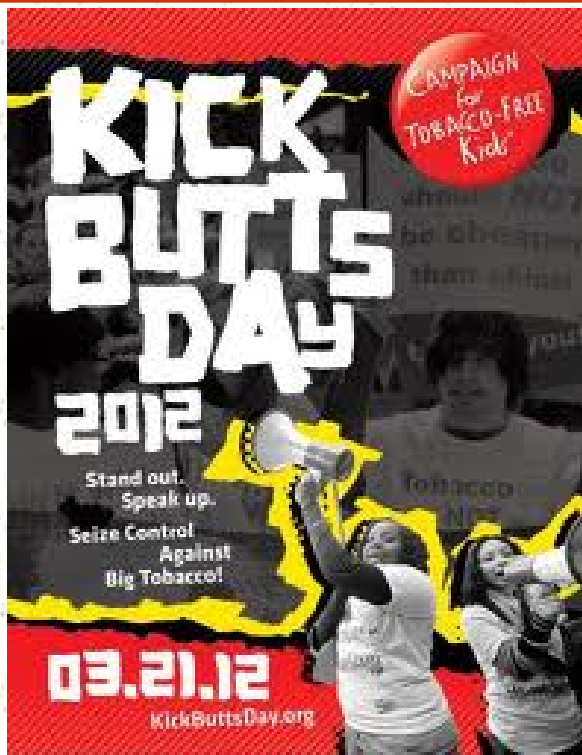


*You can make a difference!*

Please contact either Chris Phillips 928-402-8696 or Nancy Rutherford 928-402-8517.



Did you know that more than 2,000 teen girls in the United States get pregnant every day? In fact, 3 in 10 girls will become pregnant at least once by age 20. And even though nearly all teens say they don't want to get pregnant, most of them have never really thought about how getting pregnant or getting someone else pregnant would affect their lives.



## ~ Food Handlers Certification Classes ~

Did you know you must carry a Food Handler's Certificate in order to work at an establishment that requires handling food? Whether you are a waiter/waitress, cook or selling food at an event booth, Gila County requires that you have a Food Handlers Certificate. The Gila County Environmental Health Department offers Food Handler's Certification training on a monthly basis. The cost for a food handler's certificate is \$15.00 and the card is effective for two years. Call Joe Kline at (928) 402-8669 to sign up for the next class.



## PREGNANT? HAVE A CHILD UNDER 2?

*The Health Start Program can help you!*

- FREE Program
- Prenatal Education
- Parenting Skills
- Car Seat Program
- Labor and Delivery Classes

**There are NO INCOME QUALIFICATIONS!**

Please call Jessica Alexander at 928-402-8810 or 928-812-0858, or email [jtalexander@co.gila.az.gov](mailto:jtalexander@co.gila.az.gov)  
Gila County Division of Health and Emergency Services  
5515 S. Apache Ave. Suite 100  
Globe, AZ 85501

**FREE & CONFIDENTIAL  
PREGNANCY TESTING AVAILABLE**



# 80's Message Still Rings True in 2012



In the 1980's, the physical fitness revolution exploded. With spandex and headbands on, people started moving more. Music and aerobics made physical fitness seem more like fun than exercise. The 80's and spandex are long gone, but the message of physical activities' benefits that started back then is still as important today.

You too can find physical activity a fun way to be fit. Exercise reduces your stress! Controls your weight! Lowers your risk of cancer, heart disease, osteoporosis, and diabetes!

The best news is that all of these benefits can begin with moderate activity. Activities that make you breathe as hard as you would during a brisk walk are considered moderate. This includes things like walking, biking, even housework and gardening. If you enjoy more vigorous activities, that's great too. What is important is that everyone be more active every day. It is never too late to start. All you need is at least 30 minutes a day.

Engage in at least 30 minutes of moderate to vigorous physical activity, above your usual daily activities, on five days or more a week.

Healthy citizens are the greatest asset any country can have.

Winston Churchill

**Quitting tobacco is tough—even tougher when you do it alone.**

**You can quit tobacco. We can help.**

Contact the Arizona Smokers' Helpline and develop a quit plan that works. Go at your own pace using free telephone and 24/7 Web-based services.

**1-800-55-66-222 ashline.org**

Gila County Division of Health and Emergency Services  
Tobacco Free Environments Program

**ASHline**



Teens can "join the movement" and participate in youth anti-tobacco coalitions at their school. For more information contact:

**Lexie Nosie Teen Liberty Sponsor at Globe High School**

or

**John Yanez, Miami Anti-Tobacco Club Sponsor at Miami High School**

If you would like more information regarding our Physical Activity and Anti-Tobacco programs please contact Christine Rocha at 928-8789 or [crocha@co.gila.az.us](mailto:crocha@co.gila.az.us).

# Mom was right—so eat your vegetables and fruits

Fruits and vegetables contain important vitamins, minerals, phytochemicals, and antioxidants, and are usually low in calories. In general those with the most color—green, red, yellow, and orange—have the most nutrients. Eating at least five servings of vegetables and fruits each day may not be that hard to do when you look at how small one serving really is:

- ½ cup of fruit
- 1 medium piece of fruit
- ¼ cup of dried fruit
- ¾ cup (6 ounces) of 100% fruit or vegetable juice



- 1 cup of leafy vegetables
- ½ cup of cooked or raw vegetables

Add fruit to your cereal and have a glass of juice to breakfast; add lettuce and tomato to your sandwich at lunch; and have a salad and cooked vegetable with dinner—and there's your five a day!

For more healthy eating tips, call Christine Rocha at (928) 402-8789 or e-mail at: [crocha@co.gila.az.us](mailto:crocha@co.gila.az.us)



*Anybody can exercise...But this kind of lethargy takes discipline*

*- Garfield*

## 543,000 babies are born too soon each year

With a grade of "C," the United States has a long way to go in reducing our rate of premature birth. At 1 in 8 babies born too soon, our country's rate is higher than that of most developed countries.

Arizona's report card isn't any better. With a "C" grade, we need to strive to identify causes and prevention strategies to improve our birth outcomes.

Health care before and during pregnancy can help identify and manage conditions that contribute to premature birth.

If you are thinking about getting pregnant, please contact Gila County Preconception Health, Chuck Turney, for information and services at (928) 402-8868.

Programs are provided at no charge.



# Dump the Drugs

**Feb. 4, 2012**  
8:00 a.m.—12:00 p.m.

**Fry's Parking Lot**  
2115 E. Hwy. 60  
Globe, Az

## 24/7 Drop Off Sites:

Globe Police Dept.  
175 N. Pine St. Globe, Az

Miami Police Dept.  
804 Sullivan St. Miami, Az

For more information call: Lucy or Cecilie  
928-425-9276

**Let's Make a Difference in Our  
Community  
and Save a Life!**

**903 POUNDS  
DUMPED SINCE  
3-14-09**



Going to "Dump Your Drugs?"  
You can

## "Dump Your Change"

at the same time!



**Where: Fry's (Dump the Drugs event)**

**When: February 4, 2012 8am-12pm**

**WHY: TO INCREASE BABIES'  
CHANCE AT LIFE!**

march  of dimes®



*"In the end, as First Lady, this isn't just a policy issue for me. This is a passion. This is my mission. I am determined to work with folks across this country to change the way a generation of kids thinks about food and nutrition."*

- First Lady Michelle Obama

Let's Move! is a comprehensive initiative, launched by the First Lady in 2011, dedicated to solving the challenge of childhood obesity within a generation, so that children born today will grow up healthier and able to pursue their dreams. Combining comprehensive strategies with common sense, Let's Move! is about putting children on the path to a healthy future during their earliest months and years. Giving parents helpful information and fostering environments that support healthy choices. Providing healthier foods in our schools; ensuring that every family has access to healthy, affordable food; and, helping kids become more physically active.

Everyone has a role to play in reducing childhood obesity, including parents, elected officials from all levels of government, schools, health care professionals, faith-based and community-based organizations, and private sector companies. Your involvement is key to ensuring a healthy future for our children.

The week of February 6-12, 2012 is the anniversary of the Let's Move! campaign. The Globe and Payson WIC offices will be focused on discussing healthy eating choices, as well as, encouraging families to increase daily physical activity.

For more information on the Let's Move! campaign, visit this website: <http://www.letsmove.gov/>