

Healthy Waldo County Newsletter



April 2010

 A Local Healthy Maine Partnership

Child Abuse Prevention Month

- We all want to live in a prosperous, innovative, and healthy nation.
- Investing in child development is an investment in community and economic development.
- Getting prevention right early is less costly to society, and to individuals, than trying to fix things later.
- When a parent treats a child with respect, love, and understanding, it affects the child for a lifetime—making it easier to develop and keep friendships, succeed in school and work, sustain a happy marriage, and parent effectively.
- Unfortunately, many factors can limit parents' ability to protect and nurture their children. These can put families at risk for abuse and neglect.

The following factors have been shown to serve as buffers against these risks, enhancing parents' coping skills and helping them to raise happy, healthy children, even under stress.

Nurturing and attachment - Parents and caregivers who bond with and respond to the basic needs of their babies and young children lay the foundation for a positive and loving relationship.

Knowledge of parenting and of child and youth development - Helping parents learn about normal infant, childhood, and teen development will help them understand what to anticipate as their children grow and develop, and what types of support and discipline may work best at each stage.

Parental resilience - Parenting can be stressful, especially when parents are also managing work demands or unemployment, financial worries, illness, or difficulties with a spouse or others. Parents who have support and skills for managing stress will be better able to cope with day-to-day challenges.

Social connections - For most of us, family, friends, and neighbors form a network that provides social interaction, recreation, advice, and help. When parents have the opportunity to interact with, learn from, and seek the support of other adults, their children benefit.

Concrete supports for parents - When parents are not employed or face other challenges, they may need assistance in order to provide adequate food, clothing, housing, and medical care for their children. These supports may reduce the stress parents feel in difficult circumstances, giving them more energy to nurture and support their children.

From *Child Welfare Information Gateway: Strengthening Families and Communities*
www.childwelfare.gov

Child & Parent Day 3
YMCA Healthy Kids Day 3

Earth Day 22

Alcohol Free Weekend 1-3

Public Health Week 4-11

Volunteer Week 17-23

Turn Off Your TV Week 19-25

Child Abuse Prevention Month

National Alcohol Awareness Month

Youth Sport Safety Month

Donate Life Month

Humor Month



Inside this issue:

Alcohol Awareness 2

Public Health Week 3

Sports Safety 3

Turn off your TV week 3

National Humor Month 4

Organ Donor Donation 4

Earth Day 4

April is Alcohol Awareness Month



Healthy Waldo County focuses on underage drinking because we want to protect young people from engaging in this behavior that can result in accidental injury, unwanted sexual activity and other consequences. There is considerable research that shows that early drinking increases the likelihood of adult substance abuse problems. Those consequences are greatly reduced if young people wait until age 21 to use alcohol, tobacco or illegal substances.

Problem drinking (alcohol abuse or dependence) affects 18.2 million in the United States alone – nearly one in every 13 adults and teens aged 12 and over. Millions more Americans engage in risky drinking behaviors, such as driving under the influence or being intoxicated while having direct responsibility for another person's well-being.

Binge drinking is a common pattern of excessive alcohol use in the United States. The National Institute of Alcohol Abuse and Alcoholism defines binge drinking as a pattern of drinking that brings a person's blood alcohol concentration (BAC) to 0.08 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. The proportion of current drinkers that binge is highest in the 18- to 20-year-old group (51%). It is estimated that 14% of the adult population of Waldo County engages in this type of drinking. But the good news is that that is the third best rate out of 16 Maine counties. Surprisingly, most people who binge drink are not alcohol dependent.

Binge drinking is associated with many health problems, including but not limited to

- Unintentional injuries (e.g., car crashes, falls, burns, drowning).
- Intentional injuries (e.g., firearm injuries, sexual assault, domestic violence).
- Alcohol poisoning.
- Sexually transmitted diseases.
- Unintended pregnancy.
- Children born with Fetal Alcohol Spectrum Disorders
- High blood pressure, stroke, and other cardiovascular diseases.
- Liver disease.
- Poor control of diabetes.



Warning Signs of Alcohol Abuse - If you answer "yes" to any of the following questions, you may have a problem with alcohol:

- Do you drink alone when you feel angry or sad?
- Does your drinking ever make you late for work?
- Does your drinking worry your family?
- Do you ever drink after telling yourself you won't?
- Do you ever forget what you did while drinking?
- Do you get headaches or have a hangover after drinking?



Many resources for help with alcohol abuse can be found listed in the front of your telephone book or by calling 211.

Maine Statewide Crisis Hotline: 1-888-568-1112

Maine statewide 24 hour crisis hotline.
Department of Health & Human Services

***Office of Substance Abuse Information and Resource Center: 1-800-499-0027
(in Maine only) or 207-287-8900***

National Public Health Week April 5th - 11th



The State of Maine has launched a website designed to help all Mainers find health care services and help Mainers 18 years old and older assess their current health. KeepMEWell.org

Keep ME Well Initiative is designed to help Maine residents assess their risk for chronic diseases, improve their health through education, and link them to local resources and supports that can help them decrease their risk of chronic disease and improve their health. **KeepMEWell.org** was launched statewide by Governor Baldacci on January 27th, 2010. The Governor's Universal Wellness Initiative is aimed at helping Maine reach its goal of becoming the healthiest state in the nation. **Keep Me Well** is part of a strategy aimed to ensuring that all persons in Maine have "access to resources and evidence-based interventions in order to know, understand, and address health risks and to improve health and prevent diseases". **Keep ME Well** has two main web components. The first is an assessment that Maine residents, 18 years and older, can complete. Based on their answers to a series of health questions, a personalized report will be generated, that positively reinforces areas of low risk, encourages the individual to take steps to improve areas of high risk, and provides links to local resources that can help with disease prevention and management. The second is a tool to help Mainers, especially those who are uninsured or underinsured, learn about low-cost healthcare services in their local area. Check out the web-site www.KeepMEWell.org and get your profile.

National Youth Sports Safety Foundation Tips for Athletes and Parents



- The most important thing is to Have Fun!
- Remember youth sports are only a game designed for your enjoyment. Play to please yourself and have a good time.
- Learning how to play the game is more important than winning and losing.
- Some children grow faster than others and some have better coordination earlier than others. Everyone catches up eventually. Be patient.
- Who you are as a person does not depend on your wins and losses.
- Treat other athletes and your coaches with respect. Everyone is trying their hardest.
- Honor the rules of the game.
- Be a good sport.

- Support your team mates.

Sports safety involves the community. Check for hazards where the kids are playing. Be sure equipment is in good condition.

<http://www.nyssf.org>

Turn Off Your TV Week April 19 - 25

Get ready for national TV Turnoff Week this April by limiting TV time to two hours or less daily and by turning on active fun. People of all ages watch television daily. The media has become so much a part of modern living, that in many homes it may be on at all hours of the day and night.

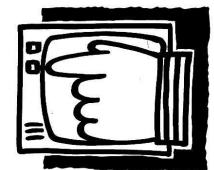
www.screentime.org

TV Turnoff week is not just for kids. Let's Go Waldo 5210 promotes limiting screen time to less than 2 hours every day. Children learn from adults behavior so plan on living "outside the box" and plan new activities.

- Have a conversation
- Listen to music
- Read a book - out loud



www.letsgo.org



Turn off TV.
Turn on life

- Walk
- Dance to your music
- Write a letter - start a journal
- Play a board game
- Complete a puzzle
- Plan your garden
- Join a class

April 2010



Healthy Waldo County

www.healthywaldocounty.org

Vyvyenne Ritchie,
930-6761
Barbara Crowley,
930-2650
Patrick Walsh,
338-2200 ext. 109

Be an Organ and Tissue Donor
www.organdonor.gov

Each organ and tissue donor saves or improves the lives of as many as 50 people. Giving the "Gift of Life" may lighten the grief of the donor's own family. Many donor families say that knowing other lives have been saved helps them cope with their tragic loss.

What you can do

- Register with your state donor registry.
www.donatelifenewengland.org
- Designate your decision on your driver's license.
- Talk to your family now about your donation decision.

Help your family understand your wish to be an organ and tissue donor before a crisis occurs. Then they will be prepared to serve as your advocate for donation.

	Organ/Tissue Donor Card
I wish to donate my organs and tissues. I wish to give:	
<input type="checkbox"/> any needed organs	<input type="checkbox"/> only the following organs and tissues:
Donor	
Signature _____	Date _____
Witness _____	
Witness _____	

National Humor Month - Laughter is Good Medicine

National Humor Month was founded in 1976 by best-selling humorist Larry Wilde, Director of The Carmel Institute of Humor. It is designed to heighten public awareness on how the joy and therapeutic value of laughter can improve health, boost morale, increase communication skills and enrich the quality of one's life.

The idea of laughing and the use of humor as a tool to lift ailing spirits is growing. Scientific research now indicates that the curative power of laughter and its ability to relieve debilitating stress and burnout may indeed be one of the great medical discoveries of our times.

Humor is very personal, remember what you think is funny someone else may not. Keep it light, and fun.

It is joyful to laugh, find ways to laugh at yourself and lighten your mental load and stress!

What does the letter "A" have in common with a flower?

They both have bees coming after them.

- Kim Roblin

What did One Eye say to the Other Eye?

Between you and me something smells!

How do you compare apples and oranges?

By their nutritional value.

My wife's a water sign. I'm an earth sign.

Together we make mud.

- Rodney Dangerfield

40th Anniversary of Earth Day April 22, 2010

Earth Day 2010 can be a turning point to advance climate policy, energy efficiency, renewable energy and green jobs. Earth Day Network is galvanizing millions who make personal commitments to sustainability. Earth Day 2010 is a pivotal opportunity for individuals, corporations and governments to join together and create a global green economy. Join the more than one billion people in 190 countries that are taking action for Earth Day.

Global Days of Service – April 17-18, 2010

Think about starting a project like cleaning up your neighborhood, a local park or beach. Plan a garden, plant trees. Unplug electronic device chargers when not in use, trade out incandescent light bulbs for florescent , plan an energy audit, turn off your TV, use your re-useable shopping bags, recycle, ride share, walk. Learn about your water supply and how to keep it clean and healthy. It's your planet.

www.earthday.net

