

Attachment 19—Example Health Messages

1. Eat More Fruits & Veggies

CDC: Enjoy summer veggies & farmers' markets. Diets high in fruits & veggies reduce risk for chronic diseases, cancer, stroke and type 2 diabetes. CDC 800-232-4636

2. Healthy Restaurant Eating

CDC: Eating out? Try veggie stir fry or wrap at a restaurant. Ask for extra veggies on your sandwich, lettuce, tomato, onions, peppers, cucumbers. CDC 800-232-4636

3. High Blood Pressure

Almost 75M Americans have High Blood Pressure (HBP) & greater risk of heart disease or stroke. Avoid HBP: Get checked & be heart-healthy!
<http://m.cdc.gov/hbp>

4. Quit Smoking

CDC: Do you smoke? Smoking causes about 1 out of every 5 deaths each year in the U.S. That's about 443,000 people. For help, call 800-QUIT-NOW (1-800-784-8669)

5. Traumatic Brain Injuries

Heads up! 1.7 million traumatic brain injuries each yr! Be safe: Install guard rails 4 seniors, safety gates 4 kids, wear helmets 4 sports. CDC 800-232-4636

6. Prostate Cancer Screening

CDC: Prostate cancer is the most common cancer in men. Ask your doctor if prostate cancer screening is right for you. <http://m.cdc.gov/prostate>

7. Five Minutes to Better Health

Do U have 5 min? Quick ways 2 better UR health: Wash hands (20 sec), Buckle up (4 sec), Test smoke alarm (10 sec), Take stairs (2 min). CDC 800-232-4636

8. Sports Safety

Play like an Olympian! Wear protective gear, helmet, wrist guards, knee/elbow pads when playing sports--4 signs of concussion visit <http://m.cdc.gov/gear>

9. Limit Salt Intake

Most adults consume 2x more salt than is healthy. Improve UR health-choose foods low in salt & limit to 1500 mg/day. <http://m.cdc.gov/salt>

10. High Blood Pressure

Too much salt can increase blood pressure & risk of heart attack, stroke. Have high blood pressure? Text "HIGH" CDC at 800-232-4636 to get recommendations for you.

11. Be Active!

Be active! Get 2.5 hrs of moderate activity each week: walk fast, ride a bike, dance, play tennis. Break a sweat! CDC 800-232-4636.

12. New Year's Resolutions

Resolve to be healthy in 2010! Reply NEWYEAR to get weekly tips on weight loss, fitness & nutrition. CDC 800-232-4636.

13. Holiday Stress

Manage holiday stress. Don't over commit or over spend. Take breaks, stay in touch with friends/family, go for a walk. CDC 800-232-4636.

14. Avoid Secondhand Smoke

Avoid 2nd-hand smoke. Nonsmoking adults who R exposed 2 secondhand smoke increase their risk of heart disease by 25-30%. CDC 800-232-4636 or <http://m.cdc.gov>

15. Healthy Thanksgiving

Plan now to have a healthy Thanksgiving. Change traditional favorites to reduce calories, eat healthy snacks, & plan ways to be active. Call CDC 800-232-4636

16. Cover Coughs & Sneezes

Cover cough & sneezes to protect others. Call CDC 800-232-4636 or <http://m.cdc.gov> for more info.

17. Clean-up

US GOV/HHS Health Alert: Never mix bleach and ammonia to clean; the fumes can kill you. More info CDC 800-232-4636 or <http://m.cdc.gov>

18. Carbon Monoxide Warning

URGENT safety alert from US Gov: Don't use generators/grills inside home, garage, carport. Carbon monoxide gas can kill! Call CDC 800-232-4636 for health info

19. Swim Safely

CDC: Swim safely when at the beach or pool! Avoid alcohol while swimming / boating, wear life jackets, learn CPR, & make sure pools are fenced off. CDC 800-232-4636