

Wellness Resources from the CDC

Information from the Centers for Disease Control (CDC)

During the transition from childhood to adulthood, adolescents establish patterns of behavior and make lifestyle choices that affect both their current and future health. Adolescents and young adults are adversely affected by serious health and safety issues such as motor vehicle crashes, violence, substance use, and sexual behavior. They also struggle to adapt behaviors that could decrease their risk of developing chronic diseases in adulthood—behaviors such as eating nutritiously, engaging in physical activity, and choosing not to use tobacco.

Environmental factors such as family, peer group, school, and community characteristics also contribute to the challenges that adolescents face.

Good Nutrition:

It's no secret that good nutrition plays an essential role in maintaining health. While you already know it is important to eat a healthy diet, you may find it more difficult to sort through all of the information about nutrition and food choices. The CDC has compiled a variety of resources to help you start healthier eating habits. <http://www.cdc.gov/nutrition/everyone/index.html>

Sleep and Sleep Disorders: A Public Health Challenge

Sufficient sleep is not a luxury—it is a necessity—and should be thought of as a “vital sign” of good health. Sleep is increasingly being recognized as an essential aspect of health promotion and chronic disease prevention. Insufficient sleep is associated with a number of chronic diseases and conditions—such as diabetes, cardiovascular disease, obesity, and depression—which threaten our nation’s health. Insufficient sleep is associated with the onset of these diseases and has important implications for their management and outcome. Moreover, insufficient sleep is responsible for motor vehicle and machinery-related accidents, causing substantial injury and disability each year. In short, drowsy driving can be as dangerous—and preventable—as driving while intoxicated. <http://www.cdc.gov/sleep/>

How much sleep do I need? http://www.cdc.gov/sleep/about_sleep/how_much_sleep.htm

Tips to help you sleep better - http://www.cdc.gov/sleep/about_sleep/sleep_hygiene.htm

Sleep and chronic disease - http://www.cdc.gov/sleep/about_sleep/chronic_disease.htm

Physical Activity for a Healthy Weight

Why is physical activity important? Regular physical activity is important for good health, and it's especially important if you're trying to lose weight or to maintain a healthy weight. When losing weight, more physical activity increases the number of calories your body uses for energy or "burns off." The burning of calories through physical activity, combined with reducing the number of calories you eat, creates a "calorie deficit" that results in weight loss. Most weight loss occurs because of decreased caloric intake. However, evidence shows the only way to *maintain* weight loss is to be engaged in regular physical activity. Most importantly, physical activity reduces risks of cardiovascular disease and diabetes beyond that produced by weight reduction alone.

Physical activity also helps to maintain weight, as well as reduce high blood pressure, risk for type 2 diabetes, heart attack, stroke, and several forms of cancer, arthritis pain and associated disability, risk for osteoporosis and falls, and symptoms of depression and anxiety.

http://www.cdc.gov/healthyweight/physical_activity/index.html

Calculating your Body Mass Index (BMI)

BMI is a number calculated from a person's weight and height. BMI provides a reliable indicator of body fatness for most people and is used to screen for weight categories that may lead to health problems.

- Use this calculator for children and teens, aged 2 through 19 years old. This calculator provides BMI and the corresponding BMI-for-age percentile on a CDC BMI-for-age growth chart. <http://apps.nccd.cdc.gov/dnpabmi/>
- Use this calculator for adults, 20 years old and older. <http://www.cdc.gov/healthyweight/assessing/bmi/>

Risky Behaviors to Avoid

http://www.cdc.gov/healthyyouth/yrbs/pdf/us_overview_yrbs.pdf

In the United States, motor vehicle–related injuries are the leading cause of death for people ages 1–34, and nearly 5 million people sustain injuries that require an emergency department visit. Motor vehicle crashes cost around \$230 billion in 2000.

Wearing a bike helmet reduces the risk of brain injury by 88% and reduces the risk of injury to the face by 65%. Wear a helmet every time you ride a bicycle.

Behaviors that contribute to unintentional injuries and violence include:

- Rarely or never wearing a seat belt
- Rarely or never wearing a bicycle helmet
- Riding with a driver who has been drinking alcohol
- Driving while drinking alcohol
- Cell phone use and texting while driving
- Exposure to lethal weapons, such as a gun, knife or club
- Physical fighting or being hit, slapped or physically hurt by a boyfriend or girlfriend
- Tobacco use
- Alcohol and other drug use
- Sexual behaviors that contribute to unintended pregnancy and sexually transmitted diseases (STDs), including human immunodeficiency virus (HIV) infection
- Unhealthy dietary behaviors
- Physical inactivity

Emergency/Disaster Preparedness

Would you be ready if there were an emergency or natural disaster? Be prepared: assemble an emergency supply kit, make your emergency plans, and stay informed.

You can download a booklet “Preparing for Disaster for People with Disabilities and Other Special Needs” at www.redcross.org/images/pdfs/preparedness/A4497.pdf

More information at: <http://emergency.cdc.gov/>

Preventive Health Care-

- Regular Health Care Visits and Recommended Screenings - Get the right kinds of preventive health services at the right times —screenings, counseling, and preventive medicines.

- Adult Prevention Guidelines based on the recommendations of the United States Preventive Services Task Force
<http://www.osuhealthplan.com/pdf/members/adultpreventexams.pdf>
- Immunizations - Vaccines are important for adult and adolescents as well as children. Vaccine recommendations for adolescents and adults are based on a variety of factors including age, overall health status, and medical history. To help you understand what vaccines you might need, you can complete the Adolescent and Adult Vaccine Quiz online. <http://www2a.cdc.gov/nip/adultImmSched/>