

County Medical Services Program (CMSP) Wellness

Go Screen Free

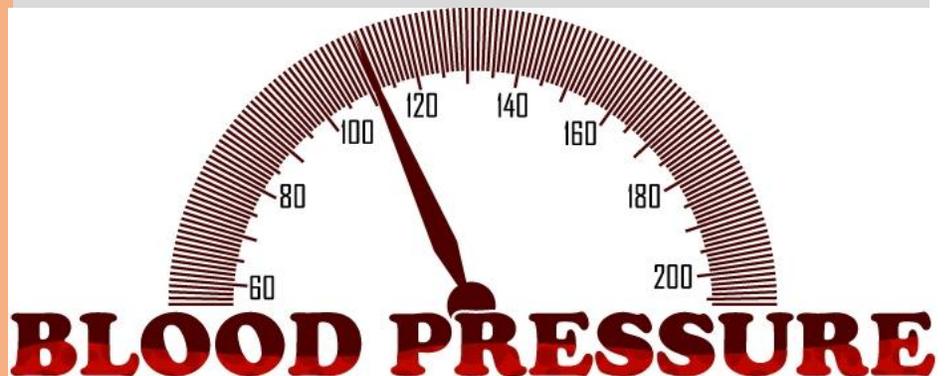
Screen free week happens every April. This week encourages everyone to explore, play, engage, and interact with people outside of screens. Screen time includes watching TV, playing video games, or using a computer, tablet, or smartphone for watching videos or surfing the web. Excessive screen use can have a negative impact on people's physical, mental, and emotional health.

Some ideas to do during screen-free week include:

- Read a book or do a crossword
- Draw or color to relax
- Put together a puzzle
- Play outdoors or go on a hike
- Spend time with friends or family

Silent Killer

Nearly half of American adults have high blood pressure, and many don't even know it. Many times there are no obvious symptoms. High blood pressure is known as the "silent killer". One option available to everyone is to follow the healthy eating plan known as the DASH diet. The DASH diet stands for Dietary Approaches to Stop Hypertension. This diet focuses on vegetables, fruit, beans, low-fat dairy products and whole grains. In fact, this is a great diet for everyone. The DASH diet decreases the amount of meat, sweets, and sodium (salt) in the diet. This healthy eating plan can help to lower blood pressure. Always speak with a doctor before decreasing or stopping any medication. And always let your physician or provider know about any changes you have made in your diet.



Alcohol Awareness

Did you know that April is Alcohol Awareness month. Over 21 million Americans suffer from untreated alcohol addiction.

Some questions to think about include:

- Have you ever needed a drink in the morning to get yourself going after a heavy drinking session?
- How often during the last year have you been unable to remember what happened the night before because of your drinking?
- Has a relative, friend, doctor or other health care worker been concerned about your drinking or suggested you cut down?
- Have you or someone else been injured because of your drinking?

If you answered yes to any of these questions you may want to seek help regarding your drinking. Call: 1800-622-2255

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Did you know?

ON AVERAGE
men live
about
5 years less
than women

MEN HAVE A
higher death rate
for most leading causes of death
including cancer, heart disease, diabetes, and suicide

APPROXIMATELY
30,000 men
IN THE U.S.
die each year
from
prostate cancer

Men make
1/2 as many
physician visits for
prevention
as women


1 in 2 men
will develop
cancer

Men are more likely to be **uninsured** than women

June is Men's Health Month

Focusing on preventable health problems for men and encouraging early detection and treatment is desired to encourage early treatment for disease and injury.

1. Get Healthy
2. Get moving
3. Make prevention a priority

According to menshealthweek.org Women are 100% more likely than men to visit the doctor for annual exams and preventative services. Even though 1 in 2 men are diagnosed with cancer in their lifetime compared with 1 in 3 women.

Women's Health

The US Department of Health and Human Services Office on Women's Health encourages women ages 18 years of age and older to make their health a priority! The following steps are used to encourage women to improve their healthy, both physical and mental health, and lower their risks of certain diseases by:

- Visit a health care practitioner for a well-woman checkup. This can include preventive screenings, vaccinations, lab work and more.
- Get active. Increase your physical activity to meet the recommendation of 150 minutes per week.
- Eat healthy. Make half your plate fruits and vegetables, eat whole grains, and healthy proteins. Limit saturated fat, sweets, and sodium in your diet.
- Pay attention to mental health, including getting enough sleep and managing stress. Doing yoga or meditation are wonderful ways to lower your stress levels
Practice safe behaviors, such as quitting smoking, not texting while driving, and taking steps to protect yourself from sexually transmitted infections.

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Safe Transportation

Stay safe on the road

1. On a bicycle – plan your route, check your tire pressure, obey all traffic signals, and wear a helmet
2. On a motorcycle: wear a helmet, ride defensively, respect all traffic laws, choose the best motorcycle to fit your skill level
3. In a car – check the tire pressure, make sure your vehicle is serviced often, obey all traffic laws, drive defensively.
4. Walking – plan your route, pay attention, be aware.



Oral Health

Tooth decay is a common but often preventable problem. Untreated tooth decay is progressive and can undermine children and adult's long-term health, achievements, self-image, and overall success. There are programs available to help promote oral health for adults by referring them to low-cost or free dental services.