



It's the Law!

Volume 1, Issue 5

May 29, 2009



Click It or Ticket



Child Passenger Safety:

- * One out of four occupant deaths among children ages 0 to 14 years involved a drinking driver. More than two-thirds of these fatally injured children were riding with a drinking driver.
- * Restraint use among young children often depends upon the driver's seat belt use. Almost 40% of children riding with unbelted drivers were themselves unrestrained.
- * Child restraint systems are often used incorrectly. One study found that 72% of nearly 3,500 observed car and booster seats were misused in a way that could be expected to increase a child's risk of injury during a crash.

http://www.cdc.gov/MotorVehicleSafety/Child_Passenger_Safety/CPS-Factsheet.html

You may be familiar with the phrase, "Click it or ticket." This month, you may have noticed that they are cracking down on seat belt usage. Click It or Ticket is a national campaign that encourages everyone to buckle up. It is very important to buckle up, day and night, and every trip you make. Seat belts not only save you money from a ticket, but they can save your life! We should always consider:

~Just by buckling their seat belts, drivers and passengers can reduce their risk of dying in a crash by more than half.

~In 2007, 41,059 people lost their lives in motor vehicle crashes, including

motor vehicle occupants, pedestrians, and motorcyclists. This is an average of 112 deaths a day, or a death every 13 minutes.

~Of those who were killed in crashes, 70% were occupants of passenger vehicles.

~An estimated 15,147 lives (of those age 5 and over) were saved in 2007 as a result of seat belt use.

We should always protect our passengers as well. The safest place for a child is in the backseat properly restrained. It shows that:

~In 2007, child-restraints saved the lives of 382 chil-

dren ages 4 and younger. ~Child safety seats reduce the risk of death in car crashes by 71% for infants and 54% for toddlers ages one to four.

~For children ages 4 to 7, booster seats reduce injury risk by 59% compared to safety belts alone.

~Unbuckled children and adults can be seriously injured or killed by sitting too close to an airbag.

~Infants in rear-facing car seats should never ride in the front seat of vehicles with airbags.

<http://cdc.gov/Features/>

Teen Driving

The leading cause of death in teens in the U.S. is motor vehicle crashes. The most at risk age group are teens between 16-19. Those especially at risk are:

~**Males:** In 2005, the motor vehicle death rate for male drivers and passen-

gers ages 16 to 19 was more than one and a half times that of their female counterparts.

~**Teens driving with teen passengers:** The presence of teen passengers increases the crash risk of unsupervised teen drivers. This risk in-

creases with the number of teen passengers.

~**Newly licensed teens:** Crash risk is particularly high during the first year that teenagers are eligible to drive.

http://www.cdc.gov/MotorVehicleSafety/Teen_Drivers/

Tip of the Day

To keep your meal moderate in calories, fat, and sugars - ask for salad dressing to be served "on the side" so you can add only as much as you want.

<http://www.mypyramid.gov/>

Check it Out!
www.iowachiroclinic.com

Key Tips About Your Family History

The key features of a family history that may increase risk are

- Diseases that occur at an earlier age than expected (10 to 20 years before most people get the disease);
- Disease in more than one close relative;
- Disease that does not usually affect a certain gender (for example, breast cancer in a male);
- Certain combinations of diseases within a family (for example, breast and ovarian cancer, or heart disease and diabetes).

If your family has one or more of these features, your family history may hold important clues about your risk for disease.

http://www.cdc.gov/genomics/public/famhix/fs_web.htm

Families are like fudge—mostly sweet with a few nuts.

~Author Unknown

Family Reunions

With summer just around the corner, many families are preparing for annual reunions at a local park, lake, or even a home. Keep in mind when planning a reunion that this is a time to introduce and enforce healthy living. Follow these simple steps to encourage each other to live that healthier lifestyle.

~**Plan healthy meals, snacks, and drinks.** We all like to share recipes with our families. So exchange recipes that are low in calories, salt, and saturated fat.

~**Prepare food safely.**

-**Cook:** Cook meat, poultry, and eggs thoroughly.

-**Separate:** Don't cross-contaminate one food with another.

-**Chill:** Refrigerate leftovers promptly.

-**Clean:** Wash produce and hands.

-**Report:** Report suspected food borne illnesses to your local public health department.

~**Know and share your family history.** This is a good time to share your family's health history. This way you become educated on the ways you can help prevent and control such illnesses as diabetes, stroke, cancer, heart disease, etc.

~**Travel safely, and be prepared.** No matter how far you are traveling, always be prepared. No drinking and driving, children are buckled up, and that you have all the right vaccinations for your destination.

~**Be safe.** This includes leaving

fireworks to the professionals, avoiding heat-related illness, practicing sun and water safety, wearing appropriate safety gear, and more.

~**Be active.** While at your family reunion, plan activities that can help meet your physical activity requirement for the day. Include activities that increase heart and breathing rates as well as muscle strengthening.

~**Go green.** Use products that can be easily reused or recycled. Recycle items that are glass, plastic, and paper.

AND...Have a great time!

<http://www.cdc.gov/Features/FamilyReunion/>

