

## 855 Smart Living - A Health Awareness Calendar

### December '20: Impaired Driving Prevention Month

Since 1981, every President of the United States has demonstrated a commitment to prevent impaired driving.

#### TIPS

- Never drive while under the influence of alcohol
- Be a good role model for children and young adults

### January: Winter Sports TBI Month

Traumatic Brain Injury (TBI) is commonly caused by falling or crashing into another person or object.

Approximately 1.7 million head injuries occur annually in the U.S.

#### TIP

- Wear a helmet when engaging in winter sports like skiing, sledding and skating

### February: American Heart Month

Heart disease is the leading cause of death for both men and women. 630,000 Americans die from heart disease every year.

#### TIPS

- Manage high blood pressure and high cholesterol
- Eat foods low in saturated fats
- Reduce sugar and sodium intake
- Don't smoke
- Stay active

### March: Healthy Nutrition Month

A well-balanced diet improves overall health and also prevents cancers, improves mood, reduces diabetes risk and protects memory.

#### TIPS

Be physically active

Make small dietary changes every day

- Team up with a friend to swap healthy recipes

### April: Distracted Driving Month

Using a cell phone while driving caused an estimated 1.5 million car crashes in 2018

#### TIPS

- **Hand-held Cell Phone Use Ban:** 20 states ban all drivers from using cell phones while driving
- **All Cell Phone Ban:** 38 states ban all cell phone use by novice or teen drivers
- **Text Messaging Ban:** 48 states ban text messaging for all drivers

Source: *Insurance Institute for Highway Safety 2019*

### May: Mental Health Month

Research shows that mental illness impacts millions of people each year.

#### TIPS

- Exercise to help manage symptoms
- Keep stress levels in check
- Sleep 7-9 hours a night
- Make social connections

### June: Men's Health Month

A month to raise awareness of preventable health issues faced by men.

#### TIPS

- Don't smoke and limit alcohol
- Eat a healthy diet to maintain a healthy weight
- Get moving and manage stress
- Schedule regular doctor appointments and cancer screenings

### July: UV Safety Month

ultraviolet (UV) exposure increases skin cancer risk.

#### TIPS

- Wear sunglasses that block UV rays
- Use sunscreen with 30 SPF or higher
- Protect skin with SPF clothing and wear a hat

### August: Children's Eye Health and Safety Month

Schedule comprehensive eye exams for children and wear proper eye protection during sports.

#### TIPS

- Schedule first eye exam at 6 months of age
- 90% of sports-related eye injuries can be prevented with proper eye protection
- Prevent eye strain by limiting use of computers and cell phones

### September: National Yoga Month

Yoga incorporates breathing exercises, meditation and poses designed to encourage relaxation and reduce stress.

#### TIPS

yoga has cardiovascular benefits  
Yoga increases strength, flexibility, and mind-body awareness  
Before starting a new exercise program, check with your doctor

### October: National Breast Cancer Month

Early detection is critical; When breast cancer is treated in the localized stage, the 5 year survival rate is often 100%.

#### TIPS

- Early detection regimens include monthly self-exams, and regular mammograms
- Early warning signs of breast cancer may include discovery of lumps or changes in tissue

### November: Lung Cancer Month

Smoking isn't the only cause of lung cancer. Other known causes of lung cancer include exposure to secondhand smoke, air pollution, radon, and asbestos.

#### TIPS

- Every 3.3 minutes someone in the U.S. dies of lung cancer
- Do not start smoking and quit if you do

### December: Safe Toys and Celebrations Month

The U.S. Consumer Product Safety Commission has created a toy safety system imposing some of the most stringent standards in the world.

#### TIPS

- Avoid selecting toys with choking hazards
- Check consumer product lists for any safety alerts or recalls