

Health Awareness

A County Health Pool Publication



January 2005

Make the new year healthier for your kids

The American Academy of Pediatrics (AAP) offers the following New Year's Tips to help keep kids healthy and safe in the coming year.

Make sure immunizations are up to date

Review your child's immunization record with your pediatrician. Make sure your child is current on recommended immunizations.

Provide your child with a tobacco-free environment

Indoor air pollution from tobacco increases ear infections, chest infections, and even Sudden Infant Death Syndrome. If you smoke, consider quitting. Remember, the most important predictor of whether your children will grow up to be smokers is whether you smoke. Make your home a smoke-free zone.

Prevent violence by setting good examples

Hitting, slapping and spanking teaches children that it is acceptable to hit other people to solve problems. Non-physical forms of discipline work better in the long run. Remember that words can hurt too.

Read to your child every day

Start by the age of 6 months. Reading to children shows them the importance of communication and motivates them to become readers. It also provides a context to discuss

issues and learn what is on your child's mind.

Practice "safety on wheels"

Make sure everyone in the car is buckled up for every ride, with children in the back seat in age-appropriate child safety seats. All bikers, skaters and skateboarders should wear helmets and other appropriate sports gear.

Pay attention to nutrition

Nutrition makes a big difference in how kids grow, develop and learn. Good nutrition is a matter of balance. Provide foods from several food groups at each meal. Emphasize foods that are less processed, such as whole grain breads and cereals and fresh fruits and vegetables. Review your child's diet with your pediatrician for suggestions.

Do a "childproofing" survey of your home

A child's-eye view home survey should systematically go from room to room, removing all the "booby traps" that await the curious toddler or preschooler. Think of poisons, small objects, sharp edges, knives and firearms, and places to fall.

Become more involved in your child's school and your child's education

Visit your child's school. Become active in the parent-teacher organization. Volunteer in the



classroom or for special projects. Be available to help with homework. If your child's education is important to you, it will be important to him.

Monitor your children's "media"

Monitor what your children see and hear on television, in movies, and in music. Children are affected by what they see and hear, particularly in these times of violent images. Talk to your children about "content." If

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New Year's tips for safe and healthy kids (continued from pg. 1)

you feel that a movie or TV program is inappropriate, redirect your child to more suitable programming.


Asking saves lives

ASK your neighbor if they have a gun before sending your kids over to play. If the answer is NO, that's one less thing you have to worry about. If the answer is YES...you have to determine if your child's safety is at risk. Guns should be kept in a gun safe with the ammunition locked separately or they pose a real risk to your child. If you have any doubts about the safety of someone's home, you should politely invite the children to play at your house instead.

Help kids understand tobacco, alcohol, and the media

Help your teenager understand the difference between the misleading messages in advertising and the truth about the dangers of using alcohol and tobacco products. Talk about ads with your child. Help your child understand the real messages being conveyed. Help direct your child toward TV shows and movies that do not glamorize the use of tobacco, alcohol, and other drugs.

Make your children feel loved and important

Kids develop a sense of self-worth early in life. Listen to what your children have to say. Assure them that they are loved and safe. Celebrate their individuality, and tell them what makes them special and what you admire about them. 


County Health Pool changes to Anthem for prescription drug plan

The County Health Pool will change its prescription drug provider from AdvancedPCS to Anthem Prescription Management starting on January 1, 2005.

The change to Anthem Prescription Management was designed to save the plan money, while providing the same level of benefits as the previous plan.

Anthem offers a large list of generic prescription medications and an extensive formulary list. Anthem has a large pharmacy network. Like AdvancedPCS, Anthem will offer both retail and mail order prescription services.



Because Anthem currently provides a health provider network to CHP, employees will be able to use the same customer service phone number and website for both medical and pharmaceutical questions. And because the medical and drug programs will be integrated, Anthem will be able to provide better disease management for chronic diseases such as diabetes. 

Toast the new year with these non-alcoholic holiday drinks

Old Fashioned Wassail

Ingredients:

- 2 quarts apple cider
- 5 cups pineapple juice
- 2 cups orange juice
- 1 cup lemon juice
- 1 tsp. cinnamon
- 1 tsp. whole cloves

Instructions: Simmer ingredients together in a crockpot or saucepan. Serve in coffee mugs. Serves 20.

Coco Colada

Ingredients:

- 2 cups pineapple juice
- 1 cup coconut milk
- 1 cup crushed ice

Instructions: Whirl ingredients together in a blender. Pour into chilled martini glasses. Serves 2.

Sparkling Fruit Punch

Ingredients:

- 1 bottle (750 ml) sparkling apple-grape juice, chilled
- 1 cup apricot or peach nectar
- 1 cup sliced strawberries (fresh or frozen)
- 1 orange, thinly sliced
- 1 tsp. sugar

Instructions: Place strawberries in a punch bowl and sprinkle with sugar. Add nectar and orange slices. Pour sparkling apple-grape juice over fruit mixture and stir to blend. Serve over ice. Serves 10.