



For YOUR Health

A Health Promotion Newsletter

Keeping the Holidays Happy
Volume 4, Issue 12

December 2011

KEEP THE HOLIDAYS HAPPY!

Inside:

ABCs of BAC	pg 2
BAC/Behavior	pg 3
Avoiding Holiday Stress	pg 4
Safe Toys	pg 4
Good Time Plan	pg 5
Holiday Party Tips	pg 6
Drinks	pg 7
Upcoming Events	pg 8

The holiday season is once again upon us. Once again, it's time for the holiday parties, the family and friends' get-togethers, the shopping, gift wrapping, the mailing packages state-side (in time), decorating the house, oh and let us not forget having the kids out of school. Yes, it's a joyous time of the year. One can easily get stressed out just reading this, let alone living through this. However, many of us do exactly this. Year after year, we put on a happy face and manage to get everything done; well most of it, and we find ways of coping with the stress. A major stress reliever during the holidays tends to be alcohol.

Alcohol use increases during the holidays. People, who normally don't drink enjoy beer, wine and other alcoholic beverages during the holidays with family and friends. For those individuals who already abuse alcohol and are alcohol dependent, the holiday season is a time when they tend to abuse it even more. Holiday time and especially New Year's Eve teens, young people and adults ring in the New Year well over the legal limit and heavily intoxicated. It doesn't stop there. They drink, get drunk, and then drive.



Motor vehicle accidents increase and the number of DUI charges also increase during the holiday season. The consequences of drinking and driving are **career-altering** and **life-altering**. Children, passengers and other motorists are often the ones killed. US statistics indicate that half of all traffic deaths are alcohol-related. What starts out as a festive holiday turns into a tragic holiday for many people. Their Thanksgiving, Christmas, and New Year's will never be the same because of one tragic moment that could have been avoided. The Health Promotions staff would like to offer some information on how to avoid being a tragic, alcohol-related holiday statistic.



Ready to start your New Year's resolution?

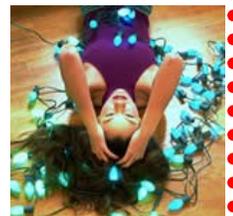
Ship Shape Weight Management Program is the thing for you. Learn how to loose weight at your own pace.

Call DSN 629 6445/6315 to sign up today!!

Managing Christmas Stress

For some people, the holidays bring unwelcome guests — stress and depression. And it's no wonder. In an effort to pull off a perfect Hallmark holiday, you might find yourself facing a dizzying array of demands — work, parties, shopping, baking, cleaning, caring for elderly parents or kids on school break, and scores of other chores. So much for peace and joy, right?

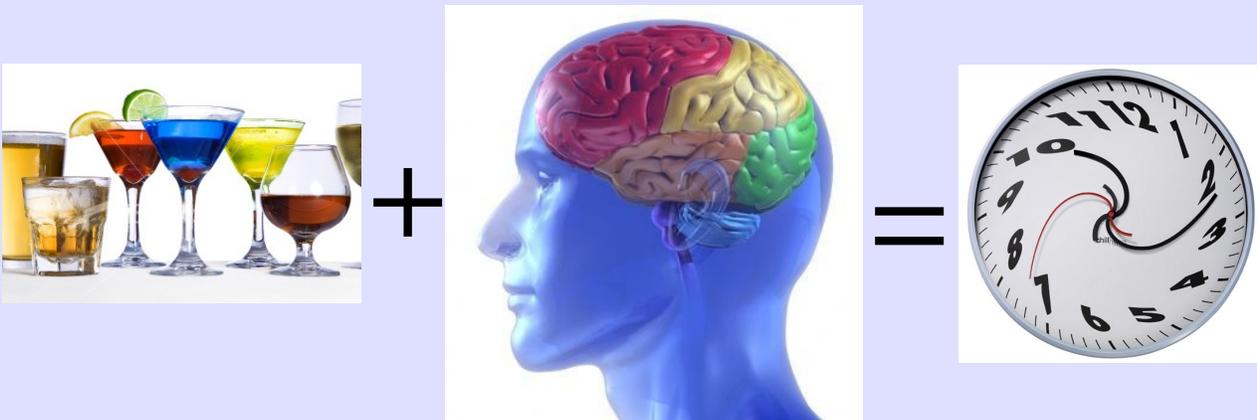
Actually, with some practical tips located on page 4, you can minimize the stress that often accompany the holidays. You may even end up enjoying the holidays more than you thought you would.



ABCs of BAC

Blood Alcohol Concentration is the amount of alcohol in a person's body and is measured by the weight of the alcohol in a certain volume of blood.

- ◆ Alcohol is absorbed directly through the walls of the stomach and the small intestine, goes into the bloodstream, and travels throughout the body and to the brain
- ◆ Alcohol is *quickly absorbed and can be measured within 30 minutes to 70 minutes* after a person has had a drink



Several things affect your BAC:

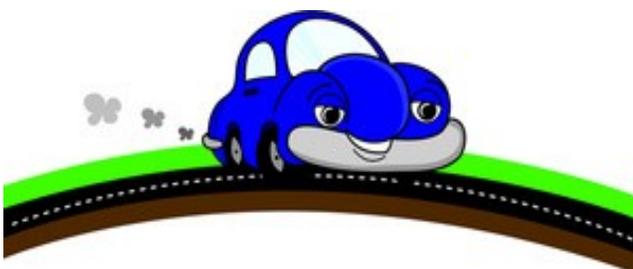
- ◆ **The number of drinks.** The more you drink, the higher your BAC
- ◆ **How fast you drink.** When alcohol is consumed quickly, you will reach a higher BAC than when it is consumed over a longer period of time.
- ◆ **Your gender.** Women generally have less water and more body fat per pound of weight than men. Alcohol does not go into fat cells as easily as other cells, so more alcohol remain in the blood of women.
- ◆ **Your weight.** The more you weigh, the more water is present in your body. This water dilutes the alcohol and lowers the BAC.
- ◆ **Food in your stomach.** Absorption will be slowed if you've had something to eat.
- ◆ **Medication or drugs** will not change your BAC. However, if you drink alcohol while taking certain medications, you may feel—and be—more impaired, which can affect your ability to perform driving-related tasks



Effects of BAC on the Behavior

Blood Alcohol Concentration (BAC)	Typical Effects	Predictable Effects on Driving
* 0.02%	<ul style="list-style-type: none"> Some loss of judgment Relaxation Slight body warmth Altered mood 	<ul style="list-style-type: none"> Decline in visual function (rapid tracking of a moving target) Decline in ability to perform two tasks at the same time (divided attention)
0.05% Highest BAC allowed on NSA Naples is 0.04%	<ul style="list-style-type: none"> Exaggerated behavior May have loss of small-muscle control (e.g. focusing your eyes) Impaired judgment Usually good feeling Lowered alertness Release of inhibition 	<ul style="list-style-type: none"> Reduced coordination Reduced ability to track moving object Difficulty steering Reduced response to emergency driving situations
0.08%	<ul style="list-style-type: none"> Muscle coordination become poor (e.g. balance, speech, vision, reaction time, and hearing) Harder to detect danger Judgment, self-control, reasoning, and memory are impaired 	<ul style="list-style-type: none"> Concentration Short-term memory loss Speed control Reduced information processing capability (e.g., signal detection, visual search) Impaired perception
0.10%	<ul style="list-style-type: none"> Clear deterioration of reaction time and control Slurred speech, poor coordination, and slowed thinking 	<ul style="list-style-type: none"> Reduced ability to maintain lane position and brake appropriately
0.15%	<ul style="list-style-type: none"> Far less muscle control than normal Vomiting may occur (unless this level reached slowly or a person had developed a tolerance to alcohol) Major loss of balance 	<ul style="list-style-type: none"> Substantial impairment in vehicle control, attention to driving task, and in necessary visual and auditory information processing

* Highest BAC allowed by Italian law





Avoiding the Holiday Stress



- * Plan ahead. Create a holiday budget and stick to it.
- * Know your limits. Don't plan to attend every holiday party.
- * Reduce your caffeine intake—drink more water.
- * Enjoy the weather outside—ski, skate, or walk in the snow.
- * Consider yourself! Get a massage, pedicure, or manicure.
- * Take your vitamins
- * Talk to your friends about your frustrations..
- * Don't use alcohol as a coping mechanism

- * Stop eating before you are full.
- * Be flexible with timing, food, and schedules.
- * Shop EARLY!!
- * Shop ONLINE!!
- * Remember the big picture—pray or meditate
- * Seek the meaning of the holidays.



Please Give

Here are some tips from the National Safe Kids Campaign for buying safe toys for children:



The holiday season is the time when most of the toys and games are purchased.



Avoid electrical toys with heating elements for children under age 8

Consider purchasing a small parts tester to determine whether small toys may present a choking hazard to children under age 3. Small parts testers can be purchased at toy or baby specialty stores.

Use Mylar balloons instead of latex to eliminate the risk of choking or latex allergy reaction.



Avoid cap guns that use caps that can be ignited by the slightest friction and can cause serious burns.



Avoid toys with sharp points or edges, toys that produce loud noises, and projectiles (such as darts)

Toys are frequently recalled for safety reasons. Check the National Safe Kids Campaign website www.safekids.org for updates and information on recent toy recalls.

Avoid toys with strings, straps or cords longer than 7 inches that may pose a risk for strangulation for young children

When selecting toys, consider the child's age, interests and skill level. Look for quality design and construction, and follow age and safety recommendations on labels.

A Good Time Involves A Good Plan



Prior to stepping out on the town with friends for an evening of spectacular food and great wine, be responsible and make a plan to get home safely.

It's always smart to have a **Plan A**, a back-up, **Plan B** and "if all else fails," **Plan C**.



Plan A

A good Plan A involves having a **Designated Driver**.

- ∴ A **Designated Driver** is someone you *trust to stay sober* throughout the evening and ensures that everyone in the group gets home safely.
- ∴ A good rule of thumb is to *take turns being the "DD."*
- ∴ Everyone needs to let off a little steam once in a while, so it's no fun for the person who is always the "DD."

Sometimes however, things happen and the "DD" decides to "tie one on" at the party and also gets drunk or perhaps they met their soul mate at this party and leave the party. What then? Well, that's why there's a Plan B.



Plan C

If all else fails, remember Plan C.

- ∴ Plan C is for **Chain of Command**.
- ∴ Call your Chain of Command.
- ∴ This may seem difficult at the time, but consider how difficult it will be for you to face them after you have been arrested for a DUI.



Plan B

The Support Site and NSA Capo have a program called, "**Tipsy Taxi**". This is how the program works:

- ∴ Call one of the many phone numbers listed below, inform them that you have been drinking and you **need a ride home**; be it at Capo or Support Site, it doesn't matter
- ∴ They will call a taxi to pick you up and bring you to the gate
- ∴ If you **don't have cab fare, NOT A PROBLEM. They will pay the cab fare for you.**
- ∴ The taxi will leave you at the gate and you can walk home, either to the barracks or to your apartment from the gate.
- ∴ There will be **no negative fallback, no issues of "public intoxication," no judgments.***
- ∴ **No names** are taken down
- ∴ The money for the cab fare is taken out of a fund that is gathered for this purpose and although it is not "**required**" to reimburse the cab fare, it is "**recommended**" and "**appreciated**" so that money will be available for the next sailor who needs a ride back to base.

If you are at the Support Site at a party or at the Bowling Alley drinking and having a good time and you live off base, **have the MWR staff call a cab for you.** Yes it will cost money, but this amount of money, compared to the cost of a DUI is a worthwhile investment.

*Quote from CMC Collins via phone interview on 22 Nov 11



**DON'T BE THAT GUY...
ARRIVE ALIVE**

Call One Of The Numbers Below For A Ride When You've Been Drinking

- Tipsy Taxi:
- | Cell: 337-100-1738
- Capo: 081-568-5361
- | Support Site: 081-811-6155
- Radio Taxi: 081-570-7070
- | NSA Quarterdeck: 081-568-5547

If you don't have funds to pay for the taxi the CDO will pay at the front gate.



Tips for Party Givers



Avoid making alcohol the main focus of social events. Entertain guests with music, dancing, games, food, and lively conversation

Make sure to offer plenty of non-alcoholic choices such as sparkling water, fancy juice drinks, soft drinks, and bottled drinking water



Provide guests with nutritious and appealing foods to slow the effects of alcohol. High protein and carbohydrate foods like cheese and meats are especially good. Avoid salty foods, which encourage people to drink more.



No Self-Service Bar. Require bartenders to measure the correct amount of liquor into drinks (no doubles), and instruct them not to serve anyone who appears to be impaired.



Stop serving drinks at least 1 hour before the end of the event. Instead, serve coffee, non-alcoholic beverages, and desserts at that time.

Recruit people ahead of time who will not be drinking to help ensure that everyone has a safe ride home



When the Party's Over

Be prepared to offer your guests alternate forms of transportation:

-  Know what "safe ride" programs are available, such as Tipsy Taxi (see next page)
-  Keep phone numbers of several cab companies handy
-  Ask someone who was not drinking to drive a guest home
-  Offer your place to spend the night. If they refuse, take the keys, ask for help from other guests



What is a standard drink?

A standard drink contains about 14 grams of pure alcohol (about 0.6 fluid ounces).

<p>12 oz. of beer or cooler</p>	<p>8-9 oz. of malt liquor (Often sold in 16-, 22- or 40 oz. containers that hold between 2 and 5 standard drinks)</p>	<p>5 oz. of table wine</p>	<p>3-4 oz of fortified wine (such as sherry or port) 3.5 oz shown</p>	<p>2-3 oz. of corial, liquer, or aperitif (2.5 oz shown)</p>	<p>1.5 oz of brandy (a single jigger)</p>	<p>1.5 oz of spirits (a single jigger of 80-proof gin, vodka, whiskey, etc) Shown straight up and in a highball glass with ice to show level before adding mixer</p>
		<p>*</p> 				
<p>* Note: People buy many of these drinks in containers that hold multiple standard drinks. <u>Table wine is typically sold in 25 oz (750 ml.) bottles that hold five standard drinks</u></p>						

Recipes for Non-alcoholic Beverages for your Next Holiday Party

Citrus Collins

Fill a 10 –12 oz glass with ice cubes
 2 oz orange juice
 1 oz lemon juice
 1 oz flavored syrup
Fill with Club Soda. Garnish



Hot Spiced Apple Cidar

Heat in glass pot or enameled pan:
 6—8 cups apples cidar
 1/4 cup orange, lemon, or lime slices with peel, or any combination
 One 2-inch cinnamon stick
 4-6 cloves
 Serve with fruit slices in mugs. Makes 6—8 servings.



Lemon-Strawberry Punch

1 can (6 oz) frozen orange juice concentrate, thawed
 1 pkg frozen slice strawberries
 1 can (6 oz) frozen lemonade concentrate
 1 qt carbonated water
 1 qt ginger ales
 Sliced bananas (garnish)
 Sliced oranges or lemons (garnish)
Combine frozen lemonade, strawberries (half-thawed with juice), and orange juice. Place in a punch bowl with ice. Just before serving, add carbonated water and ginger ales. Garnish with thin slices of orange, lemon, or bananas. Serves 20





Contact us to sign up for one of our classes!

Comm: 081-811-6445/6315
 DSN: 629-6445/6315
 E-mail: napleshealthpromotions@med.navy.mil

Check out our Website!
www.naples.med.navy.mil
 And click on Health Promotions



QUIT TOBACCO.
 make everyone proud

Frequently Called USNH Numbers

- Central Appointments 629 6000
- Emergency Room 629 6150
- Family Practice 629 6271
- General Surgery 629 6400
- Internal Medicine 629 6291
- OB/GYN 629 6404
- Ophthalmology 629 6386
- Orthopedics 629 6388
- Pediatrics 629 6242
- Pharmacy 629 6225



Up Coming Events

Smoking Cessation—Walk-in

2nd Trimester Class-Dec. 5th @ 0900-1200

Breastfeeding Class-Dec. 13th @0900-1200

3rd Trimester Class-Dec. 12th @0900-1200

Infant CPR- Dec. 19th @ 1300-1600

Expectant FATHER Class- Dec 9

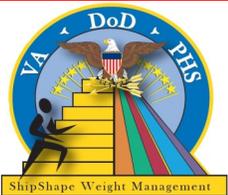
Ship Shape - TBA, January

Recenter
and
Reclaim Yourself
with Meditation



Every Monday @ 1900 in
the Support Site Side
Chapel.

Please come at 1830 if it is your first session.



Are you interested in Healthy Eating and Fitness Classes?
 Contact Health Promotions to sign up for the next

Ship Shape Class
 In January

SPOUSE FIT
for life



A 10-week nutrition and fitness program conducted by certified fitness professionals. Contact Health Promotions to sign up

Ready to Quit Smoking??



Health Promotions offers Individual Sessions on a walk-in basis
 Contact HP for more information and quit smoking **today!!**



- Christmas gift suggestions:
- ∴ To your enemy, forgiveness.
 - ∴ To an opponent, tolerance.
 - ∴ To a friend, your heart.
 - ∴ To a customer, service.
 - ∴ To all, charity.
 - ∴ To every child, a good example.
 - ∴ To yourself, respect.
- Oren Arnold