Monthly Strides
Taking strides to better your health

December Issue Includes

- National Drunk and Drugged Driving Month
- National AIDS Day (December 1)
- National Hand Washing Awareness Week (December 6-12)

National Drunk and Drugged Driving Month
Some signs of a driver who may be drunk include straddling lanes, driving with headlights off, erratic braking or stopping, slow response to traffic signals, weaving across the road, driving on the wrong side of the road or off the roadway and tailgating. Keep your distance, write down the license plate number and don’t hesitate to phone 911—it could save lives.

Visit StayWell Online at https://uclivingwell.online.staywell.com and type “alcohol” in the Search box to learn more about alcohol and other drugs.

World AIDS Day
Today there are more and more People living with HIV:
- 33 million people living with HIV worldwide
- 30.8 million adults
- 15.5 million women
- 2.0 million children under 15

The aim of World AIDS Day is to bring to people’s attention the world-wide challenges and consequences of the epidemic—ultimately, preventing the spread of HIV and improving the lives of people living with the virus.

To learn more, visit www.worldaidsday.org.

Hand Washing Week
We need to understand that humans spread infectious disease, but some can be prevented. Sometimes, all it takes is awareness of our own personal hand hygiene. Follow these three principles to help prevent the spread of infectious diseases:

1. Wash your hands vigorously with warm water and soap when they are dirty and before eating.
2. Never cough or sneeze into your hands or out toward others (use a tissue to cough or sneeze into your arm).
3. Don’t put fingers in your eyes, nose or mouth.

Did you also know that the kitchen can be full of germs? To avoid food born illnesses, keep sponges (or dishcloth) clean. This porous water-holder also traps grease and food, allowing for bacterial growth. The cutting board is also an item that should be cleaned after each use and should not be cross contaminated with meats and fruits and vegetables in the same use. Wooden boards may hold blood and juices.

To learn more, visit www.henrythehand.com
Monthly WellTips

December
National Drunk & Drugged Driving Month

Alcoholism and drug dependence place an enormous burden on today’s society. As America’s number one health problem, addiction strains the health care system, the economy, harms family life and threatens public safety. Substance abuse crosses all societal boundaries, affects men and women and every ethnic group.

Did you know?

- There are more deaths and disabilities each year in the U.S. from substance abuse than from any other cause.
- About 18 million Americans have alcohol problems; about 5 to 6 million Americans have drug problems.
- More than half of all adults have a family history of alcoholism or problem drinking.
- More than nine million children live with a parent dependent on alcohol and/or illicit drugs.

If you drink alcoholic beverages, do so in moderation.

Women should consume no more than one drink per day, and men should consume no more than two drinks per day, based on government recommendations. This limit is based on differences between the sexes in both weight and metabolism.

What counts as a drink?

- 12 ounces of regular beer
- 5 ounces of wine
- 1.5 ounces of 80-proof distilled spirits

Drug and Alcoholism Dependency Resource:

The National Council on Alcoholism and Drug Dependence
http://www.ncadd.org

Additional Resources:
StayWell Online
https://uclivingwell.online.staywell.com