



Shore Health

Long Beach Island
Health Department

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What Every Woman Should Know about Alcohol and Pregnancy

We've all heard that a woman shouldn't drink while she's pregnant or if she's planning to get pregnant. Here's why and what you should know.

5 Things You Should Know about Drinking Alcohol during Pregnancy

1. Drinking alcohol during pregnancy can cause a baby to be born with birth defects and have disabilities. These conditions, called fetal alcohol spectrum disorders, or FASDs, are among the top preventable birth defects and developmental disabilities. FASDs can cause problems in how a person grows, learns, looks, and acts. FASDs can also cause birth defects of the heart, brain, and other major organs. These problems last a lifetime.

2. There is no known amount of alcohol that is safe to drink while pregnant. All drinks with alcohol can hurt an unborn baby. A 12-ounce can of beer has as much alcohol as a 5-ounce glass of wine or a 1-ounce shot of liquor.

3. There is no safe time to drink during pregnancy. Alcohol can harm a baby at any time during pregnancy. It can cause problems in the early weeks of pregnancy, before a woman even knows she is pregnant.

4. Too many women think drinking alcohol during pregnancy won't hurt their unborn baby. About 1 in 12 pregnant women in the United States reports alcohol use. And about 1 in 30 pregnant women in the United States reports binge drinking (having five or more drinks at one time).

5. Fetal Alcohol Spectrum Disorders are 100% preventable. Fetal alcohol spectrum disorders are 100% preventable—if a woman does not drink alcohol while she is pregnant.

Source: Centers for Disease Control



It's not too late to get a flu shot!

Flu shots are offered at the Health Department to anyone 9 years of age and older for \$20.

Non HMO Medicare Part B accepted.

Minors must be accompanied by a parent or guardian.

Call 492-1212 for appointment.

Find more information at:



March of Dimes www.marchofdimes.com
Fetal Alcohol Spectrum Disorders www.cdc.gov/ncbddd/fas
National Organization on Fetal Alcohol Syndrome www.nofas.org

Tiny Tastes Can Total BIG Calories over the Winter Holidays

by Alice Henneman, MS, Registered Dietitian, University of Nebraska-Lincoln



The extra calories sometimes sneak up on us over the winter holidays. They don't always arrive in the form of large portions of calorie-laden food. Rather, they may tiptoe in through many tiny tastes throughout the day.

Let's look at "Holly Day's" food diary for one day and view how those "tiny tastes" can add up. Calories are approximate and will vary, depending on brand, recipe, exact serving size, etc.

Taste 1: OOPS! I broke that cookie removing it from the baking sheet. I'll just eat the half that didn't get all crumbled up. I deserve it for getting up early to bake these cookies before heading to work.

Approximate Calories: 30

Taste 2: Someone brought holiday candy to work today! I'll just have one small piece of the peanut brittle.

Approximate Calories: 80

Taste 3: It's mid-afternoon and I still haven't eaten lunch. I need to pick up a few things at the grocery store before I swing through a fast food place for a quick bite. The grocery store is offering food samples – I'll just eat a little cracker with spread to tide me over until I get to lunch.

Approximate Calories: 40

Taste 4: The fast food place is giving out 1/4 cup samples of its special flavored holiday coffee. I can't pass that up!

Approximate Calories: 20

Taste 5: Still a couple of hours to go at work before I head to that holiday dinner tonight. I think I'll check out the break room to see if any more goodies have shown up. Some chocolate-covered cherries have appeared! Chocolate is good for you, right? I'll just have one.

Approximately Calories: 60

Taste 6: It's a great dinner party, but maybe I shouldn't stand near the snack table before the meal starts. I'm now dipping my third chip.

Approximate Calories: 75

Taste 7: Who can pass up old-fashioned eggnog? I'll just have a half cup.

Approximate Calories: 200

Taste 8: There are just a couple of tablespoons of candied sweet potatoes left. Someone should enjoy them – it might as well be me!

Approximate Calories: 60

Taste 9: The nice thing about helping dish up dessert is you can take a little "preview" taste -- using a separate tasting spoon, of course! One heaping tablespoon of candy cane ice cream coming right up!

Approximate Calories: 70

TOTAL TASTING CALORIES FOR THE DAY: 635

If comparable types of "tiny tastes" are continued throughout the holidays, it might be possible to gain as much as a pound a week! On average, an additional 3,500 calories above your body's needs can lead to a weight gain of a pound. Maybe that tiny taste isn't so small after all ...



Tips for a Healthier New Year from the American Academy of Pediatrics

Prevent violence by setting good examples-Demonstrate and teach displays of affection, attention, approval, and how to say ‘I’m sorry’ and how to ask for, give and accept forgiveness. All of these promote love, goodwill, self-esteem and reduce likelihood of violence, aggression, and negative, destructive words and behaviors. Set limits for your children by letting them know what’s expected, and notice when they meet your expectations. Celebrate their successes with them. Try to avoid hitting, slapping or spanking. Your children may copy you and think that it is OK to hit other people.

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-Second-hand tobacco smoke increases ear infections, chest infections and even Sudden Infant Death Syndrome. If you smoke, consider quitting. Remember, your child loves you and will copy you – if you smoke, your children may grow up to be smokers too. Make your home and car smoke-free zones.

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.

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.

Monitor your children’s media-Monitor what your children see and hear on television, in movies, and in music. Talk with your children about “content.” Screen out sexually exploitative Web sites, music and video. Be informed of what your children see or hear when visiting friends. If you feel that a movie or TV program is inappropriate, redirect them to more suitable programming.

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.

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.

Be involved in your child’s school and your child's education-Visit your child’s school, and find out how parents can help. Whether you become active in the parent-teacher organization or volunteer in the school, parent involvement matters. Your child will notice how important education is to you.

Make your children feel loved and important-Recognize every effort and increment of ‘progress’ or ‘improvement’ they make; don’t compare siblings; understand your child’s behaviors and emotions; recognize ‘hidden agendas’ like acting up, may be a cry for attention and help; not doing homework may be a sign of distraction or learning problems. Keep expectations for changes and goals realistic and use ‘baby steps.’ Celebrate their individuality and tell them what makes them special. Assure them that they are loved and safe.



Long Beach Island Health Department

Timothy J. Hilferty, Director
11601 Long Beach Blvd.
Haven Beach, NJ 08008

Phone: 609-492-1212

Fax: 609-492-9215

Email: lbihd@lbihealth.com

Visit us on the web:
www.lbihealth.com

Supported by:
Long Beach Island Municipal Alliance
www.lbima.org



*The Long Beach Island Health
Department is the branch of local
government responsible for
protecting and promoting the health of
the residents of:*

*Long Beach Township
Beach Haven
Ship Bottom
Surf City
Harvey Cedars
Barnegat Light*

*The Public Health activities and
programs include services for
individuals and their families, as well as
for the environment in which we live,
work, and play.*

Healthy Choices...A Program for Mothers and Daughters

Healthy Choices was held on Wednesday, November 19, 2008 at Sea Oaks Country Club. Over 75 moms and daughters turned out to enjoy the fun, free program, which included dinner, favors and presentations on Fetal Alcohol Syndrome, Self Defense, Host Liability, Stress Management and Improving Communication.



Participants enjoyed a buffet dinner.



Kristen Castro of Southern Ocean County Hospital discussed stress management.

The following agencies helped to make this program a reality:

Alcoholism & Drug Abuse Council of Ocean
American Cancer Society
Barnegat Municipal Alliance
Eagleswood, Little Egg Harbor & Tuckerton Municipal Alliance
Family Planning Center of the Jersey Shore
Girl Scouts of Ocean County
Gold Hawk Tae Kwan Do
Long Beach Island Health Department
Long Beach Island Municipal Alliance
NJ Coalition for the Prevention of Developmental Disabilities
Ocean County Communities Against Tobacco Coalition
Ocean County Health Department
Office for Prevention of MR/DD
Pinelands Regional School District
Regional Perinatal Consortium of Monmouth and Ocean Counties
Soroptimist International of Long Beach Island
Southern Ocean County Hospital
Southern Ocean County Coalition Against Substance Abuse
Southern Regional School District S.T.Y.L.E.
Stafford Township Municipal Alliance Committee