

HealthyBy Choice

...One Day at a Time

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National Drunk and Drugged Driving Prevention

Every day, almost 30 people in the United States die in motor vehicle crashes that involve an alcohol impaired driver. This amounts to one death every 51 minutes.

Blood Alcohol Concentration (BAC)*	Typical Effects	Predictable Effects On Driving
.02% About 2 alcoholic drinks**	<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 functions (rapid tracking of moving target) • Decline in ability to perform two tasks at the same time (divided attention)
.05% About 3 alcoholic drinks**	<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 	<ul style="list-style-type: none"> • Reduced coordination • Reduced ability to track moving objects • Difficulty steering • Reduced response to emergency driving situations
.08% About 4 alcoholic drinks**	<ul style="list-style-type: none"> • Release of inhibition • Muscle coordination becomes 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
.10% About 5 alcoholic drinks**	<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 brakes appropriately
.15% About 7 alcoholic drinks**	<ul style="list-style-type: none"> • Far less muscle control than normal • Vomiting may occur (unless this level is reached slowly or a person has developed tolerance for 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

Hand Washing Awareness

The 4 Principles of Hand Awareness:

- Wash your hands when they are dirty and **BEFORE** eating.
- **DO NOT** cough into your hands.
- **DO NOT** sneeze into your hands.
- Above all, **DO NOT** put your fingers into your eyes, nose or mouth.



Whenever your social plans involve alcohol, make plans so you don't have to drive after drinking. For example:

- Prior to any drinking, designate a non-drinking driver when with a group.
- Don't let your friends drive impaired. Take their keys away.
- If you have been drinking, get a ride home or call a taxi.
- If you're hosting a party where alcohol will be served, remind your guests to plan ahead and designate their sober driver; offer alcohol-free beverages; and make sure all guests leave with a sober driver.

Have a Safe and Healthy Holiday Season!!

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MAINTAIN, DON'T GAIN for the Holidays

Tips for avoiding holiday weight gain:

- Plan ahead. Reduce your calories the days before a family gathering or a party and stay active.
- Never arrive hungry to a party. Eat a nutritious snack before you go and drink plenty of water. Then you can enjoy your favorites without the temptation to over indulge.
- If it's a buffet – use the smallest plate and watch out for sauces and dips – eat those in moderation.
- Pace yourself. Enjoy your food, chew slowly, eat mindfully.
- Enjoy the conversation. There's more to parties than food!
- Limit your alcohol. Not only will you save on calories, but you'll also keep control over other choices – like what you choose to eat.
- Be choosy. Eat the foods you truly love. A few bites of something you find delicious is much more satisfying than a large portion of 'just OK'.
- Move. Take a walk. It doesn't matter if it's before or after your meal, just move. You'll feel better.

If you're in charge of the holiday meals, here are a few tips for a healthier holiday spread:

- Thicken soups with light cream, evaporated milk or pureed pumpkin instead of heavy cream.
- For beef, try grass fed. It tends to be leaner, with more heart-healthy fatty acids. Coat a rib roast with olive oil and season with garlic and herbs.
- Serve sautéed or steamed vegetables and green salads with dried fruits and nuts.
- Place strawberries or sliced fruit dipped in dark chocolate on the table.



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