

HEALTHY PALOUSE

SPREADING THE WORD ABOUT STAYING HEALTHY ON THE PALOUSE

Waning Winter Wellness tips

Late Winter 2010

www.whitmancounty.org

We've had such a mild winter especially compared to the last couple years and the weather conditions in other parts of the country.

Even so it is always good to be reminded of ways to ward off winter illness.

Here are some tips from Centers for Disease Control and Prevention:

- Wash your hands **often** with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Stay home if you are sick until at least 24 hours after you no longer have a fever (100°F or 37.8°C) or signs of a fever (without the use of a fever-reducing medicine, such as Tylenol®).



Related Links:

www.cdc.gov

www.fda.gov

FDA Protecting Kids by Banning Flavored Cigarettes

As of September 22, 2009, the U.S. Federal Drug Association banned candy and fruit flavored cigarettes. The law affects flavored cigarettes, but not including menthol cigarettes.

Here are some reasons the Family Smoking Prevention and Control Act of 2009 bans flavored cigarettes.

Attracts youth to start smoking

Cigarettes flavored with vanilla, orange, chocolate, and coffee were designed by the tobacco companies to appeal to youth. In fact, according to the FDA's Center for Tobacco Products, a 2004 study found "22.8% of 17-year-old smokers reported using flavored cigarettes over the past month, as compared to 6.7% of smokers over the age of 25." This is important because almost 90% of adult smokers started smoking before age 18.

Masks tobacco flavor

Candy and fruit flavors lessen the bad taste of tobacco in cigarettes, making it easier for kids and teens to start smoking.

As addictive as regular cigarettes and just as harmful to health

All tobacco products have nicotine, which is very addictive. The rapidly developing brains of children and teens are very susceptible to addiction. Flavored cigarettes, cigars, and pipes are not safer or healthier than regular cigarettes. All tobacco products whether smoked, sniffed, or chewed increase a person's risk of developing heart disease, cancers, and emphysema.

Source: "FDA Advisory: Flavored Tobacco Products, What you Need to Know" www.fda.gov, accessed 1.12.10

Upcoming Topics:

- Food Environment Atlas
- National Nutrition Month
- Pullman Farm Fresh Market



Upcoming Events:

- Public Health Day at Palouse Discovery Science Center March 20
- National Nutrition Month March 2010

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Questions or comments? E-mail us at jessieh@co.whitman.wa.us or call us at 509-332-6752