Suggested Health and Safety Programs
Beginning a Physical Activity Program

Physical activity is moderate activity (breathing heavily and sweating) sustained for a length of time. For example, it may include 30 minutes of walking, roller blading, skiing, lawn mowing (using a push mower), dancing, aerobics, and various sports. If time does not allow for 30–45 minutes of continuous activity, it can be divided into 10-15 minute segments three times a day.

Choosing an Activity

• It is important to choose an activity that you enjoy doing. If you decide to run and later find out you do not like it, you should try something else until you discover an activity you enjoy.
• Ask your friends what they like to do. You may get ideas for physical activities from them that you may not have thought of by yourself. It’s more fun to take part in an activity with others!
• Participate in more than one activity. Sometimes you may want to walk alone or with a partner. Other times you may want to play soccer or basketball with a group of friends. If you like more than one activity, you are less likely to become bored with “exercise.”

Getting Started

Once you have decided on the activity you want to do, start slowly and progress gradually. Too often we “over do.” For example: Your normal routine when you come home from school has been to get a snack and watch TV. The only activity that you take part in is basketball during P.E. class. Now you have decided to start walking. How hard could that be? Well, you ask your friend, who has been walking two miles every day for four weeks, to be your partner. The first day you walk, you try to keep up with your friend. The next day, every muscle in your legs ache, and you decide that walking is too painful to do it again!

You over did it. Maybe you should have asked your friend to help you decide how fast you should walk, like walking one mile in 20 minutes instead of 15 and increasing the pace after two weeks. Your friend could be your support until you are able to keep up and become walking “partners.” Too often when we do not start out slowly and progress gradually, we become discouraged because we are too sore. No one likes to be in pain.

Steps to Ensure Fun and Safe Activities

Let’s look at how you can lessen the chance of injury and pain from a physical activity.

• Warm Up. Warming up the body before an activity reduces the risk of pulling a muscle and eases the body into the activity. One of the best ways to warm up is to mimic the activity. For example, when walking, start by keeping your pace at about 75 percent of the speed you normally go for about 5-10 minutes, allowing the muscles to warm up and stretch. They will be more flexible for the faster pace you will go into and be less likely to get injured. Stretching to improve flexibility can be done three times a week as well as before or after aerobic and strengthening activities.

Another way to warm up is by doing light stretches. The stretches must be done slowly and gently to prevent injury to muscles, tendons, and ligaments. Do not bounce. Hold each stretch for a count of 15–20 seconds. You should not experience any pain when stretching. If you do feel pain, stop the stretch immediately to prevent injury.
• **Physical Activity.** Do the main physical activity after you have warmed up. It may be walking, running, dancing, muscle strengthening, or a flexibility workout. You should get 3–5 days of moderate physical activity each week.

• **Cool Down.** Five minutes of your physical activity should include a cool down. If you are walking, slow down the pace. This allows the body to return to a resting state and helps reduce muscle soreness.

• **Schedule Strength Activities after Aerobic Activities.** If you are planning to do more than one physical activity in the same day, do strengthening activities after finishing your aerobic cool down. Your muscles will be warmed up, and you will have less soreness from the workout. You can, of course, do endurance and strength activities on different days. Remember to warm up and cool down for each of them.

**Tips for Beginning a Walking Program**

Drink plenty of water—before, during, and after exercise—to avoid dehydration.

**How to Walk**

Move at a steady pace, breathing deeply, with your head erect, back straight, and abdomen flat. Swing your arms freely at your sides. In the beginning, confine your walks to level stretches of road or sidewalks, avoiding steep hills. If you are walking in the early morning or evening, be sure to wear reflective clothing. If the sun is shining, be sure to wear sunscreen, a hat, and protective clothing.

**Pace Yourself**

Monitor your level of exertion. The simplest way is to listen to your body. Five to 10 minutes into your activity, your body should begin to feel warm. You may begin to perspire. Your breathing should increase. If your pace seems too easy, increase it slightly until you feel as if you are pushing yourself. If you feel it is too hard, ease up.

Another way to pace yourself is the “talk-sing test”:

• If you cannot talk and exercise at the same time, you are working too hard.
• If you can talk while you exercise, you are doing just fine.
• If you can sing while your exercise, it would be safe (and more beneficial) to exercise a little harder.

**Final Thoughts**

Physical activity can be fun or it can be work. Since we would all rather have fun, it is important that you choose what you really like to do. Add music to your activity; choose a time of day that is convenient for you, and find a friend to be your “physical activity partner.” Remember—do not over do. Start slowly and progress gradually. Most of all, HAVE FUN!

---

*Warm-Up/Cool-Down activities are from Child and Adolescent Trial for Cardiovascular Health (CATCH) physical education curriculum funded by the National Heart, Lung, and Blood Institutes of the National Institutes of Health.

Walk Across Texas is a physical activity program created by Texas Cooperative Extension to help people of all ages support one another to establish the habit of walking. Website: http://walkacrosstexas.tamu.edu

Developed by Carol A. Rice, Ph.D., R.N., Professor and Health Specialist, Texas Cooperative Extension, The Texas A&M University System, College Station, Texas, 2004.
Bicycle Safety

It’s fun to ride a bicycle! It may not have an engine, but it relies on power—human power. Bicyclists of all ages compete with all kinds of traffic, and due to the size and speed of the bicycle, there is great risk to the rider. Let’s look at some things that will reduce the risk and ensure safety and fun when bicycling.

Choosing and Maintaining Your Bicycle

The bicycle, like any other vehicle, needs to be in tip-top condition and “fit” the rider. Make sure your bike is the proper size. A bike that is too big or too small will be hard to control. Be sure to check:

- **for fit.** When standing on the ground there should be a 1–3 inch gap between the person and the top bar. More room will be needed for a mountain bike.
- **bike seat.** Is it adjusted to the proper height? When sitting on the seat with the foot on the pedal, the leg should be slightly bent.
- **for reflectors.** Reflectors should be on the front and rear of a bike. The rear should be red and should be at least three inches across. Check that the reflector is pointed straight back to reflect the headlights of cars that are coming from the rear. The front reflector is usually standard on new bicycles, and it should be white; most new ones are round and 2 inches wide.
- **bike chain.** The chain should be clean and lubricated. If it’s not, take it to the local bike shop for a check up.
- **the brakes.** Brakes should have even pressure. They should make the back wheels skid on dry pavement, but they should not stick.
- **the tires.** Tires need to be properly inflated. The side of the tire has the manufacturer’s guidelines. Use a tire pressure gauge to test for inflation.

Clothing Tips

It is always cool to wear the right kind of clothes for the activity. Riders need to see and to be seen! Here are some clothing tips:

- Fluorescent green, yellow, or orange are all great colors. When wearing these colors, other bikers, motorists, and pedestrians will be able to see the bicyclist better in the daytime.
- If you must ride at night (which is not recommended for anyone), clothing made with retro-reflective materials is recommended. Retro-reflective tape may also be sewn onto clothing. And do not forget a light source, like a headlamp.
- Roll up, clip, or tuck the legs of loose clothing into socks so they won’t get caught in the bicycle chain or pedals.
- Tie shoelaces, and tuck the ends into shoes so they don’t get caught in your chain. Secure your book bag and its straps so that they do not catch in the wheels of the bike.
- Always wear appropriate shoes; never ever ride barefoot, in slippers, or in flip-flops.

Bicycle Helmets

Last but not least—wear a helmet! Helmets can prevent head injuries—the main cause of death and disability. They make it easier for motorists to see a bicyclist. A helmet is as much a part of the bicycle as the handlebars and tires. Don’t ride without it! Safe Riders of Texas offers the following helmet tips:

- Choose a safety-certified helmet; the helmet should be certified to meet either Snell or ANSI safety standards.
- For a proper fit, have someone measure around your head about 1 inch above the eyebrows.
Select a helmet with a size range that includes the your head size.

- Wear a helmet straight and level; the helmet must rest straight on the top of the head. The rim of the helmet should be level from front to back. It should be worn low on the forehead, just above the eyebrows.
- Adjust the helmet for a snug fit; to be effective, a helmet should fit snugly. Most new helmets include extra foam pads of different thicknesses that can be used to adjust the size to fit your head.
- Always buckle the strap under the chin; the chin strap should be buckled on every ride.
- Replace a helmet after a crash; crash impacts crush some the bicycle-helmet foam. Even though the damage may not be visible, replace a helmet.
- Put your name and phone number inside the helmet in case it gets lost or you are involved in a crash.

Rules of the Road

Just like those who operate motor vehicles, everyone who rides a bicycle must obey the rules of the road, which include:

- Before entering a street from a sidewalk or driveway, STOP. Look left, right, and left again. Go only when it is safe.
- Ride on the right side of the road with traffic, NEVER against it.
- Ride 2–3 feet from the curb, and WATCH for car doors being opened—don’t get hit.
- Stop at ALL red and yellow lights.
- Stop when a school bus has FLASHING red lights.
- Ride in a straight LINE; never weave in and out of traffic.
- Make correct hand SIGNALS before stopping or turning.
- Watch out for cars coming out of DRIVEWAYS and parking spaces.
- Never, ever hitch a ride by holding onto another VEHICLE!
- If a SIREN is going off, stop at the side of the road; get off the bicycle, and wait until the emergency vehicle has passed.

Walk Across Texas is a physical activity program created by Texas Cooperative Extension to help people of all ages support one another to establish the habit of walking.
Website: http://walkacrosstexas.tamu.edu

Don’t Hold Your Breath!

The 1996 Texas School Survey completed by the Texas Commission on Alcohol and Drug Abuse estimated 410,000 Texas secondary students were currently using tobacco, and nearly 50,000 of those were in 7th grade. In other words, 17 percent of all 7th graders use tobacco (17 out of every 100). Let’s look at the impact tobacco has on your money and on your health.

First let’s look at the cost of using tobacco:

- Write down the things that you would do with $1,000 if it was given to you (for example, concert tickets, buy CDs, pay for school tuition, take a trip, buy furniture, etc.).
- Multiply 365 by $2.74 (about the cost of a package of cigarettes/spit tobacco). The answer is approximately $1,000!
- If you saved $2.74 a day for one year, you would save $1,000.
- If you spent $2.74 a day for one year on tobacco, what would you have?

Now let’s look at the impact tobacco has on your health.

Tobacco is the leading preventable cause of death in the United States. According to the Centers for Disease Control, tobacco kills more Texans than alcohol, AIDS, heroin, auto accidents, suicides, handgun murders, and fires combined.

The poisons in tobacco are absorbed through the skin in the mouth and through the lungs, causing body functions to slow down or stop. One of the poisons in tobacco is tar. Tar is the black, oily stuff used to pave streets. It coats the air sacs in the lungs until a tobacco user can no longer breath, and that individual suffocates to death (suffocating to death in this way is called emphysema). Over the years, a tobacco user slowly suffocates because his or her body doesn’t get the amount of oxygen it needs. This causes the blood vessels to get narrow; the kidney and bladder are washed with tobacco poisons daily, and the heart is overworked. Soon a simple activity like walking is hard to do.

To learn about the impact of tobacco on a tobacco user’s health, let’s take a 3-inch section of a drinking straw and try the following experiment (individuals with health restrictions should not participate):

- Run in place for 1 minute.
- Put the 3-inch section of straw in your mouth and breathe only through the straw (not through your nose).
- Bite gently on the straw as you try to breathe to simulate an even more severe case of emphysema (slowly suffocating to death).
- Resume normal breathing without the straw.

The effort needed to breathe through the straw resembles the characteristic shortness of breath that is caused by emphysema. Did you gulp for air? People with emphysema never get that gulp.

As you can see, tobacco has an impact on our health as well as our money. Also, breathing in secondhand smoke—smoke from someone else’s cigarette, pipe, or cigar—has the same impact on your body as if you were the one smoking. Avoid all tobacco and secondhand smoke to increase your lifespan and your money supply.

Walk Across Texas is a physical activity program created by Texas Cooperative Extension to help people of all ages support one another to establish the habit of walking. Website: http://walkacrosstexas.tamu.edu

Developed by Carol A. Rice, Ph.D., R.N., Professor and Health Specialist, Texas Cooperative Extension, The Texas A&M University System, College Station, Texas, 2004.
Dressing for Physical Activity

The most important thing to remember about physical activity is that it should be fun. Wearing the right clothing during physical activity helps to make it fun. Clothes can reflect your personality and still be safe and comfortable. Let’s start by looking at the kind of shoes you should wear.

Shoes are very important. For every step you take, each foot takes on the weight of your whole body. If you are running, jogging, or jumping, your feet take on the extra stress of the body going up and down. When you buy shoes, remember four things:

- **Support.** The back of the shoe should be firm to help control the foot. This helps to prevent the Achilles tendon from being injured.
- **Cushioning.** Shoes should have plenty of cushion, especially in the heel, because the heel of the foot hits the ground first and then rolls to the toes.
- **Performance.** Shoes should be light weight and durable. The bottom of the shoe should have traction to prevent falls. Shoes should be made of material that will allow sweat to evaporate, such as nylon mesh.
- **Fit.** Shoes that fit right will make any activity more fun.

To help ensure a good fit when buying shoes:

- Shop late in the day when your feet are the biggest.
- Wear the same type socks you will wear during physical activity.
- The toe box, the toe end of the shoe, should be large enough for you to wiggle your toes and about a thumbnail longer than your longest toe.
- Feel inside the shoes for seams and ridges.
- The shoes should bend easily at the widest part.
- Walk briskly around the store to check for comfort and cushioning.
- Make sure the shoes feel good on your feet.

Once you have the proper shoes, look at the clothes you will wear during physical activity. All clothing should be loose fitting to permit freedom of movement. You should feel comfortable and feel good in your clothes.

Physical activity causes you to produce body heat. Light-colored cotton or cotton-blend clothing that reflects the sun’s rays is cooler in summer. Dark-layered clothes are warmer in winter. You can remove a layer if you feel you are getting too hot. Hats are a good idea in winter or summer. Never wear rubberized or plastic clothing because such garments interfere with the evaporation of perspiration and can cause the body temperature to rise to dangerous levels. During the summer, wear some type of tennis hat or sailor’s hat that provides shade and can be soaked in water to help keep you cool. Hats with a 3-inch brim provide the best protection against sunburn. In winter, wear wool type hats or ski caps to hold body heat in.

Remember, the right shoes and clothes help any physical activity to be safe and fun.

Walk Across Texas is a physical activity program created by Texas Cooperative Extension to help people of all ages support one another to establish the habit of walking. Website: http://walkacrosstexas.tamu.edu

Developed by Carol A. Rice, Ph.D., R.N., Professor and Health Specialist, Texas Cooperative Extension, The Texas A&M University System, College Station, Texas, 2004.
Evaluating Toothpastes

Keep your teeth looking good by brushing and flossing and by having regular professional checkups! Brush your teeth with a soft toothbrush, and pick a toothpaste that meets your needs. But which toothpaste should you buy? Toothpaste companies try to sell their brand by promising whiter teeth, less sensitive teeth, or plaque-free teeth! So, how do you choose?

You should choose a toothpaste to meet the needs of your teeth. For example, if your teeth quickly accumulate tartar, you should try a toothpaste that controls tartar. We will discuss some of the basic things toothpastes can do for us: cleaning vs. plaque fighting, giving us fluoride vs. fighting gingivitis and tarter, and if cost should be a determining factor.

**Toothpastes that Clean Surface Stains**

A toothpaste’s cleaning ability depends on how good it is at removing surface stains caused by different foods and drinks. Your teeth get clean because of the abrasive ingredients in the toothpaste rubbing against your teeth.

One abrasive that can be found in toothpaste is baking soda. *Arm & Hammer* uses between 50–60 percent baking soda in some of its toothpastes, while *Crest MultiCare* uses as little as 1 percent baking soda. If you were to use regular baking soda from your kitchen cupboard, it is generally abrasive, but it dissolves very quickly in your mouth and loses its abrasiveness, giving it no therapeutic value.

Be careful when choosing a toothpaste that has a rough abrasiveness. Your tooth enamel is the hardest substance in your body, but once any decay or cracks form, your enamel will not heal on its own. Tooth enamel can usually take the harshness of a rough abrasive, but your dentin can be damaged by harsh abrasives. (Dentin is the softer tissue below your gum line that’s exposed as your gums become damaged by improper brushing.)

**Plaque-Fighting Toothpastes**

Bacteria are always present in your mouth. When they are not removed by brushing and flossing, bacteria stick to your teeth and multiply into larger and larger colonies called plaque! Plaque forms as a soft, sticky film on your teeth. Plaque even begins growing minutes after you brush!

This sticky plaque damages teeth in two ways. First, food particles, especially sugars, stick to it. The plaque uses the food particles to grow more bacteria and to produce acid. Second, the plaque holds the acid against the tooth surface. If it is not removed, the acid will eventually eat though the tooth enamel, causing a cavity. **When you use a toothpaste that attacks plaque, it actually fights the germs that cause the cavities!**

**Toothpastes with Fluoride**

Once cavities form in your mouth, it’s important for you to brush with a toothpaste that contains fluoride! **Fluoride** is the ingredient found in toothpaste that actually **fights cavities** (not the germs)! When plaque acids start to dissolve tooth enamel and create the first trace of a cavity, fluoride can help minerals in your saliva reenter the tooth to repair the damage. You should brush your teeth for two minutes twice a day, but most people only brush for a minute—at best, so it is very important to find a toothpaste that releases its fluoride within the first minute of
brushing. How do we know if a toothpaste meets the criteria for quick release of fluoride? Read the label! Look for the ADA (American Dentist’s Association) seal. Read it to see what properties it covers (plaque, tarter, etc.).

**Toothpastes that Fight Gingivitis**

Tooth loss occurs when your gums begin to swell and the bones supporting your teeth get infected. This can happen to you if you don’t brush your teeth! The first sign of this disease is called gingivitis. Gingivitis is marked by swollen, bleeding gums and bad breath. This stage is painless, but unfortunately, many people do not seek help from a dentist. As this disease gets worse, it affects the bones supporting the teeth and ligaments, and the teeth eventually fall out. Researchers recently found that stannous fluoride (an ingredient in some toothpastes) can reduce gingivitis by perhaps 10–20 percent. However, this chemical may leave a stain on your teeth that a dentist or hygienist must remove.

**Toothpastes that Tackle Tartar**

Tartar is plaque that has combined with food particles and minerals in saliva to form a hard, yellowish mass that only a dentist or hygienist can remove. If you keep plaque away by brushing thoroughly and flossing daily, you may form less tartar between cleanings. However, some people make tartar rapidly, either because of body chemistry or because they do not brush their teeth enough or they brush their teeth incorrectly. Tartar-control toothpastes can help. They contain a chemical that slows the buildup of new tarter above the gum line. **Take note: No tartar-control toothpaste can reduce tartar that’s already on your teeth or remove tartar that is below your gum line.**

**Toothpastes for Sensitive Teeth**

As gums recede and expose dentin, the newly uncovered section of tooth may be very sensitive to heat, cold, or pressure. Some toothpastes on the market can now block the nerve endings causing the pain. **Toothpastes for sensitive teeth are generally appropriate for only a few weeks!**

**The Cost of Toothpaste**

Toothpastes vary greatly in price from 44 cents to $10.28 per month, based on the national price average for brushing twice daily. But price does not always correlate to performance! When weighing claims that a toothpaste manufacturer makes, take the ADA seal seriously! It’s a sign for consumers that says exactly what the toothpaste will do. If a toothpaste does not carry the ADA seal, the toothpaste may be making untrue promises or exaggerating.

All in all, you have to know what kind of teeth you have (sensitive, etc.). Choose the toothpaste that is right for you.

**References**


First Aid & Me

It is very important to know first aid! There are 5 steps you should remember in any emergency:

1. **Stay calm** so you can remember how to help the person.
2. **Get help!** Find an adult, or use the telephone to call 9-1-1 or “zero” for the operator. Tell exactly where you are located.
3. **Look at the scene of the injury** and determine if it is safe for you.
4. **Look at the injured person.** Is the person awake? breathing? bleeding?
5. **Give first aid.**

**Cuts, Scrapes & Punctures**
1. Wash the wound with soap and water.
2. Put a bandage on the wound.
3. Wash your hands.

If the bleeding doesn’t stop:
1. Have the person sit down.
2. Put pressure on the wound with the palm of your hand and a clean cloth.
3. Put a clean bandage on the wound after the bleeding has stopped.
4. Wash your hands.

**Nose Bleeds**
1. Sit down.
2. Lean forward, and put your chin to your chest.
3. Squeeze the bony part of your nose, and wait until the bleeding stops. You may have to wait as long as 10 minutes.
4. Don’t put anything up your nose to stop the bleeding, and don’t lean backwards.
Bites and Stings:
1. Wash the wound with soap and water for several minutes.
2. Control the bleeding.
3. Identify the animal that bit you. Look at its body, how big it is, and anything else that identifies it.
4. Tell an adult that you’ve been bitten. You may need to see a doctor.

Choking:
1. Keep the person calm.
2. Allow the person to cough. Don’t pound on the person’s back.
3. If the person can’t speak or breathe, stand behind the person, and make a fist with one hand. Place your fist just above the person’s belly button. Your thumb should be toward the person’s stomach.
4. Reach around the person’s body and grab your fist with your other hand. Make sure your elbows are pointed out.
5. Quickly pull your arms in and up toward the person’s head.
6. Repeat these steps until the person can breathe.
First Aid in My Home

I have these items in my home in case there is an emergency:

- Sterile gauze (2” and 4”) for wounds
- Rolled and triangular bandages for holding dressings in place or to make an arm sling
- Bandaids/adhesive tape for holding dressings in place
- Adhesive bandages—different sizes for small cuts, scrapes, or wounds
- Scissors and tweezers for cuts, pulling out stingers, slivers, etc.
- Ice pack or chemical cold pack for swollen areas or bruises
- Disposable gloves for protection from germs
- Antiseptic wipes for washing small cuts, scrapes, or wounds
- Small flashlight with extra batteries in a separate bag for seeing injured areas clearly
- Other items suggested by my doctor (for example, bee sting or snake-bite kits; antihistamines) for responding quickly if family members have severe allergic reactions

What makes insect repellents work?
Most insect repellents rely on some percentage of a chemical called deet. Deet doesn't kill bugs, but its vapors discourage them from landing or climbing on you. Many scientists believe that repellents with deet are the most effective.

How do I choose the correct insect repellent for me?
Insect repellents are available in many different concentrations of deet, ranging from 4 to 100 percent. Choose a repellent that offers the right amount of protection for the amount of time you will be outdoors. Choose a repellent with a higher percentage of deet if you will be outdoors for several hours, but if your time outdoors will be shorter, an insect repellent with a lower percentage of deet can be used.

Can adults and children safely use insect repellents with the same amount of deet?
The Centers for Disease Control and Prevention (CDC) recommend adults use an insect repellent that contains less than 35 percent deet. Children should use a product that contains no more than 10 percent deet. Repellents with deet should be used sparingly on children 2 though 6 years of age and not at all on infants younger than 2 years of age.

Can insect repellents with deet cause harm to me?
The Environmental Protection Agency (EPA) states "as long as consumers follow label directions and take proper precautions, insect repellents containing deet do not present a health concern."

Do insect repellents without deet work well?
Some insect repellents use plant oils instead of deet, but it is important to remember that essential oils, while derived from plants that grow naturally, are chemicals, too. Some of these repellents are potentially hazardous if ingested, applied over wounds, cuts, irritated skin, or mucus membranes such as the eyes. These repellents are applied directly to the skin and provide some protection from mosquito bites. However, studies have suggested that non-deet repellents do not offer the same level of protection, or that protection does not last as long as products containing deet. A soybean-oil-based product has been shown to provide protection for a period of time similar to a product with a low concentration of deet (4.75 percent).
How to Safely Use Insect Repellents

♦ Read and follow all directions and precautions on the product label.

♦ Do not apply over cuts, wounds, or irritated skin.

♦ Do not apply to the hands or near the eyes and mouth of young children.

♦ Do not allow young children to apply this product, and do not apply to children's hands. When using on children, adults should apply it to their own hands and then put it on the child.

♦ Do not spray repellent in closed areas. Avoid breathing a repellent spray.

♦ Do not use spray repellent near food.

♦ Use just enough repellent to cover exposed skin and/or clothing.

♦ Do not use under your clothing.

♦ Avoid over-application of the product.

♦ After returning indoors, wash the treated skin with soap and water.

♦ Wash treated clothing before wearing it again.

♦ Wash your hands after applying repellent.
Picking the right insect repellent could protect your health! Mosquitos, biting flies, and ticks can be annoying and sometimes pose a serious risk to public health (as seen with West Nile Virus and Lyme disease).

**Forms and Concentrations:**

♦♦♦♦♦ Aerosol and pump-spray products are intended for skin applications as well as for treating clothing.
♦♦♦♦♦ Liquid, cream, lotion, spray, and stick products enable direct skin applications.
♦♦♦♦♦ Products with a low concentration of active ingredient may be appropriate for situations where exposure to insects is minimal.
♦♦♦♦♦ Higher concentrations of active ingredient may be useful in highly infested areas or with insect species that are more difficult to repel.
♦ Repellents containing a higher concentration of active ingredient (such as deet) provide longer-lasting protection.

**Use the Following Precautions When Using Insect Repellent:**

Check the container to ensure that the product bears an EPA-approved label and registration number. Never use a product that has not been approved by the EPA!

Read the entire label before using an insect repellent. Even if you have used it before, read the label again—don't trust your memory.

Follow the directions carefully; use only the amount directed, at the time and under the conditions specified, and for the purpose listed.

Store insect repellent away from children's reach—in a locked utility cabinet or garden shed.

**Using Insect Repellents Safely:**

♦♦♦♦♦ Read and follow all directions and precautions on the product label.
♦ Do not apply over cuts, wounds, or irritated skin.
♦ Do not apply to the hands or near the eyes and mouth of young children.
♦ Do not allow young children to apply this product, and do not apply to children's hands. When using on children, apply to your own hands and put it on the child.
♦ Do not spray repellent in closed areas. Avoid breathing a repellent spray.
♦ Do not use spray repellent near food.
♦ Use just enough repellent to cover exposed skin and/or clothing.
♦ Do not use under clothing.
♦ Avoid over-application of the product.
♦ After returning indoors, wash treated skin with soap and water.
♦ Wash treated clothing before wearing it again.
♦ Wash hands after application.
"Mosquito" indicates the minimum and maximum hours a product kept two Aedes mosquito species from biting testers.

"Tick" indicates minimum and maximum times a product kept deer ticks from moving from untreated skin onto treated skin.

<table>
<thead>
<tr>
<th>Product</th>
<th>Type</th>
<th>Cost per Use</th>
<th>Mosquito</th>
<th>Tick</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amway Hour Guard 12</td>
<td>Cream, 33% deet</td>
<td>$2.08</td>
<td>12 – 13 hours</td>
<td>9 – 11 hours</td>
<td>Now sold as 3M Ultrathon</td>
</tr>
<tr>
<td>Avon Skin-So-Soft Bug Guard</td>
<td>Pump spray,.1% citronella</td>
<td>0.67</td>
<td>n/a</td>
<td></td>
<td>Not labeled for ticks</td>
</tr>
<tr>
<td>Avon Skin-So-Soft Guard Plus IR 3535 with Sunblock</td>
<td>Lotion, 7.5 IR 3535</td>
<td>1.00</td>
<td>1 – 3 hours</td>
<td>3 hours</td>
<td>Includes SPF 30 Sunscreen</td>
</tr>
<tr>
<td>Ben’s Backyard Formulas</td>
<td>Lotion, 25% deet</td>
<td>0.75</td>
<td>5 – 7 hours</td>
<td>5 – 7 hours</td>
<td>Reformulated (20% deet); tested version may still be available</td>
</tr>
<tr>
<td>Bite Blocker Light Country Scent</td>
<td>Lotion, 2% soybean oil</td>
<td>0.46</td>
<td>2 – 4 hours</td>
<td></td>
<td>Not labeled for ticks Renamed Blocker</td>
</tr>
<tr>
<td>BugOut</td>
<td>Aerosol, 15% deet</td>
<td>0.11</td>
<td>3 – 7 hours</td>
<td>1 – 4 hours</td>
<td></td>
</tr>
<tr>
<td>Cutter Skinsations</td>
<td>Pump spray, 7% deet</td>
<td>0.22</td>
<td>1 – 3 hours</td>
<td>2 – 4 hours</td>
<td></td>
</tr>
<tr>
<td>Cutter Unscented</td>
<td>Aerosol, 10% deet</td>
<td>0.19</td>
<td>2 – 5 hours</td>
<td>1 – 7 hours</td>
<td></td>
</tr>
<tr>
<td>Muskol Ultra 6 Hours</td>
<td>Aerosol, 40% deet</td>
<td>0.24</td>
<td>7 hours</td>
<td>3 hours</td>
<td></td>
</tr>
<tr>
<td>Natrapel</td>
<td>Pump spray, 10% citranella</td>
<td>0.27</td>
<td>1 – 2 hours</td>
<td></td>
<td>Not labeled for ticks Reformulated (with aloe); tested version may still be available</td>
</tr>
<tr>
<td>Off! Deep Woods for Sportsmen</td>
<td>Pump spray, 100% deet</td>
<td>1.77</td>
<td>9 – 13 hours</td>
<td>3 – 8 hours</td>
<td></td>
</tr>
<tr>
<td>Off! Skintastic with Sunscreen</td>
<td>Lotion, 10% deet</td>
<td>0.67</td>
<td>3 – 4 hours</td>
<td></td>
<td>Not labeled for ticks Includes SPF 30 sunscreen</td>
</tr>
<tr>
<td>Sawyer Controlled Release Deet Formula</td>
<td>Lotion, 20% deet</td>
<td>0.36</td>
<td>4 – 8 hours</td>
<td></td>
<td>Not labeled for ticks</td>
</tr>
</tbody>
</table>
DEET

Most repellents rely on some percentage of N, N-diethyl-metatoluamide, called deet, a chemical developed more than 50 years ago by the U.S. Army and the Department of Agriculture. Deet doesn't kill bugs, but its vapors discourage them from landing or climbing on you. It's generally acknowledged to be the most effective mosquito repellent available. Consumer Reports found that a product's hours of effectiveness generally increase with its percentage of deet. www.epa.gov/pesticides/citizens/deet.htm

Deet is available in many different concentrations, ranging from 4 to 100 percent. It is the active ingredient in most insect repellents. Approximately 230 products containing deet are currently registered with the United States Environmental Protection Agency (EPA). Most insect repellents that are available in stores are labeled with the chemical name for deet. Choose a repellent that offers appropriate protection for the amount of time you will be outdoors. A higher percentage of deet should be used if you will be outdoors for several hours, while a lower percentage of deet can be used if time outdoors will be limited. www.vdh.state.va.us/lhd/lenowisco/deet.htm

Are there health concerns about the use of deet? The EPA states "as long as consumers follow label directions and take proper precautions, insect repellents containing deet do not present a health concern." The EPA is no longer allowing child safety claims on product labels. These claims currently appear on certain products containing a deet concentration of 15 percent or less. The scientific data on deet do not support product label claims of child safety based on the percentage of active ingredient. www.epa.gov/pesticides/citizens/deet.htm

The Centers for Disease Control and Prevention (CDC) recommend adults use an insect repellent that contains less than 35 percent deet, while children should use a product that contains no more than 10 percent deet. Repellents with deet should be used sparingly on children 2 though 6 years of age and not at all on infants younger than 2 years of age. www.cdc.gov/travel/bugs.htm

NON DEET

Although deet is generally considered safe when used according to directions, some people prefer not to use it. For that reason, Consumer Reports tested several products that use plant oils instead. It is important to remember that essential oils, while derived from plants that grow naturally, are chemicals too. Some are potentially hazardous if ingested, applied over wounds, cuts, irritated skin, or mucus membranes such as the eyes. www.consumerreports.org

Some non-deet repellent products, which are intended to be applied directly to skin, also provide some protection from mosquito bites. However, studies have suggested that other products do not offer the same level of protection, or that protection does not last as long as products containing deet. A soybean-oil-based product has been shown to provide protection for a period of time similar to a product with a low concentration of deet (4.75 percent).

Keep On Moving!

Beginning a physical activity is easy. Continuing the activity is what can be hard. You may lose the motivation to continue, and that is natural. Let’s look at some suggestions to help keep you moving.

• **Begin a new activity slowly to avoid injury and burnout.** Your body will need time to adjust to new movement.

• **Exercise with friends and family.** Knowing that you might be letting someone else down if you “don’t show” may encourage you to continue.

• **Choose an activity you like, is simple, and convenient.** When you like doing something, you are more likely to participate and do it well.

• **Change the activity.** Doing the same activity over and over can cause boredom. Try doing something different every now and then. For example, if you walk three days a week, try riding a bike one of the three days.

• **Add music to your workout.** Listening to music makes the physical activity more fun.

• **Keep a record of your progress.** We all have good and bad days. Keeping a record of your progress helps you focus on the good days.

• **Give yourself a reward when you reach your goals.** When you set a goal and reach it, you have done a great thing! It’s okay to pat yourself on the back.

• **Don’t compare yourself to others.** You are an individual with unique needs and potential. Develop physical activity according to your potential.

• **Read books or magazine articles on new ideas for physical activities.** You may decide to try roller blading, back packing, or soccer.

• **Sign up for a physical activity offered by a group or business.** For example, try cardio kickboxing, dance lessons, or aerobics.

• **It’s okay to miss a few days.** If for some reason you should stop your activity for several days (sickness, vacation, etc.), you should start slowly until your body has adjusted to being active again.

Everything you do now will affect you in your “old age.” You have started living healthier by beginning or maintaining a physical activity program. It’s up to you to “keep moving.”

---

Walk Across Texas is a physical activity program created by Texas Cooperative Extension to help people of all ages support one another to establish the habit of walking. Website: [http://walkacrosstexas.tamu.edu](http://walkacrosstexas.tamu.edu)

Developed by Carol A. Rice, Ph.D., R.N., Professor and Health Specialist, Texas Cooperative Extension, The Texas A&M University System, College Station, Texas, 2004.
Overheating!

Water is one of the most important nutrients. It accounts for about half of your body weight. So, if you weigh 80 pounds, you have about 40 pounds of water in your body.

Water does many things for your body. Water helps:

- the blood to carry oxygen, glucose (sugar), and other nutrients and returns carbon dioxide to the lungs;
- wash out the waste that our bodies cannot use;
- digestion of food;
- lubricate joints and cushions organs and tissues;
- keep the body cool.

**Water and Physical Activity**

During physical activity, your body temperature rises because muscles generate about 20 times more heat when you are active than when you are at rest. As your temperature rises, you begin to sweat. Sweating takes the extra heat and releases it to keep the body cool.

The more active you are, the more water you lose. It is very important to replace water lost through sweating so you don’t overheat. When water is not replaced, the body temperature goes up. If you notice you are not sweating during physical activity, then you could suffer from heat stroke.

Heat stroke is when your body overheats because it no longer has enough water to keep it cool—you stop sweating. You may become dizzy, weak, or unconscious. This is a life-threatening condition, and 911 should be called. Until help arrives, drink about ½ a glass of room temperature water—not cold water—every 15 minutes, and lie down in a shaded area.

**Water Replacement**

You can get water many different ways; you don’t always have to drink it. Almost any nonalcoholic fluid will do, as well as foods with a high water content. Try not to have too many drinks with caffeine because the caffeine causes your body to lose water faster. Keep plenty of drinks and food that you like around while participating in physical activity. You will know if you have taken in enough daily fluids by the color of your urine—it should be pale or clear in color.

What are some drinks and foods that would help replace lost water? Answers may include juice, coffee and tea (decaffeinated is best), lemonade, sports drinks, soft drinks, soups, milk, smoothies, oranges, lettuce, tomatoes, and cucumbers.
Ways to Keep Cool

• Drink two 8-ounce glasses of water or sports drink up to two hours before physical activity.

• Drink 4 to 8 ounces or more of water or sports drink 5-10 minutes before physical activity.

• Drink 8 to 10 ounces of fluid, or as much as you can tolerate, every 15 to 20 minutes during intensive physical activity.

• Avoid drinks with caffeine—they may cause muscle cramping.

• Eat plenty of fruits and vegetables to maintain adequate amounts of sodium, calcium, and potassium.

• Do not add excess salt to your food.

• Wear comfortable clothing that is appropriate for the physical activity.


Walk Across Texas is a physical activity program created by Texas Cooperative Extension to help people of all ages support one another to establish the habit of walking. Website: http://walkacrosstexas.tamu.edu

Developed by Carol A. Rice, Ph.D., R.N., Professor and Health Specialist, Texas Cooperative Extension, The Texas A&M University System, College Station, Texas, 2004.
Pedestrian Safety

Remember:

- Motorists are at times *pedestrians*, and *pedestrians* are at times motorists.
- Pedestrians have the right-of-way at all intersections and marked crosswalks.
- Jaywalking (crossing the street without obeying traffic rules) is against the law.

Pedestrians Look Out:

- Before stepping off a curb look left, look right, and look left again over your shoulder.
- It is the pedestrian’s responsibility to yield to cars when crossing a road without crosswalks.
- If the “Don’t Walk” signal is flashing, finish crossing, but don’t start to cross.
- At the intersection, STOP! Look over your shoulder for cars turning. When all is clear, walk straight across the street, not on a diagonal.

Motorists Look Out:

- STOP! before crosswalks. Motorists do not belong in crosswalks—pedestrians do.
- Motorists must “look out” for drivers, pedestrians, and bicyclists.
- Turning vehicles “must yield” to pedestrians crossing on the green light.
Pedestrian Safety Tips

1. Never walk alone.
2. Follow the same general walking route. It’s a good idea to tell someone else where you are walking and an approximate time of your return.
3. Always wear reflective clothing or reflective tape.
4. Walking at night poses safety and security problems.
5. Always walk facing traffic.
6. Always use crosswalks, where provided.
7. Stop, Look, and Listen.
8. Always follow traffic control devices (Walk, Don’t Walk signs).
9. Always be alert to traffic and your surroundings.
10. Check for traffic before crossing, even if the sign says walk.

Statistics

NATIONAL: ■ In 2000, 4,739 pedestrians were killed in the United States. ■ In 2000, 78,000 pedestrians were injured. ■ On average, a pedestrian is killed in a traffic crash every 111 minutes. ■ A pedestrian is injured every 7 minutes. ■ Most pedestrian fatalities in 2000 occurred at non-intersection locations (78 percent), in normal weather conditions (91 percent), and at night (64 percent).

TEXAS: ■ In 2000, 412 pedestrians were killed.

Walk Across Texas is a physical activity program created by Texas Cooperative Extension to help people of all ages support one another to establish the habit of walking. Website: http://walkacrosstexas.tamu.edu

Protecting Yourself from the Sun’s Harmful Effects

A sunburn is usually a first-degree burn that involves the outer layer of skin. Sunburns can be painful but are usually not dangerous unless they are extensive. Repeated sunburn increases the risk of skin cancer. Sunburn also causes the skin to age faster.

However, anyone can get skin cancer regardless of their skin color, so it is important not to get too much sun.

If you are going to be in the sun for more than 15 minutes, you should take the following precautions to prevent sunburn:

• Use a sunscreen with a sun protection factor (SPF) of at least 15.
• Apply sunscreen 30 minutes before sun exposure so it can be absorbed by the skin and less likely to wash off when you perspire. Reapply every one to two hours or as directed. For the best protection, reapply sunscreen after swimming or every 30 minutes if you are sweating heavily.
• Wear a hat with a 3-inch brim to shade your face when possible.
• Drink lots of water because sweating helps cool the skin.
• Avoid the sun between 10:00 a.m. and 4:00 p.m. (daylight savings time) when the burning rays are strongest.
• Use a lick-proof sunscreen stick specifically designed for the lips.
• Wear UV-blocking sunglasses. Eyes can get cancer, too.

It is important to remember that even if you wear a cap, you should still put sunscreen on your face, hands, and neck. When wearing shorts, put sunscreen on your legs to protect them.

There are three main types of skin cancers:

1. Basal cell carcinomas are 80 percent of all skin cancers. They are the easily treated type and usually appear as slow-growing raised areas that may crust and bleed. They occur mostly on the face, hands, and neck.
2. Squamous cell carcinomas are 16 percent of all skin cancers. They are red or pink scaly bumps, typically appearing on the face, hands, and ears.
3. Malignant melanomas are 4 percent of all skin cancers and the most serious type. It can be successfully treated if caught early. Signs to look for are light brown or black flat spot with irregular edges that can become red, blue, or white. It often grows from a mole.

If you burn just six times in your entire life, you could double your risk of malignant melanomas. People with light, fair skin have a higher risk of getting skin cancer than those with dark skin.

Developed by Carol A. Rice, Ph.D., R.N., Professor and Health Specialist, Texas Cooperative Extension, The Texas A&M University System, College Station, Texas, 2004.
**PUT IT OUTSIDE**

Smoke from someone else's cigarette, pipe, or cigar is known as **Secondhand Smoke!**

Problems Caused by Secondhand Smoke

- Bronchitis & Pneumonia
- Chronic ear infections
- Slower lung development
- Severe asthma
- More allergies
- Longer recovery from colds
- More days of school missed
- Irritation of the eyes, nose, and throat

Many health problems are associated with breathing and secondhand smoke.
Activity: Ask participants to take a deep breath, hold it, and then try to take another deep breath. Ask, "How did that feel to you? That feeling is similar to what people experience when they have an asthma attack, which can be triggered by exposure to secondhand smoke."

Reduce Your Exposure to Secondhand Smoke

♦ Avoid breathing secondhand smoke from other people.

♦ Put a non-smoking sign on your door, and keep it closed.

♦ When you go to a restaurant, try to sit in the non-smoking section, or better yet, choose restaurants that do not allow smoking.

♦ Talk with your family about the importance of a smoke-free home.

Activity: Discuss or brainstorm how youth can talk with their families about not smoking around them.
Most cars and pickup trucks are equipped with safety belts in every seating position. Wearing them is the best way to protect yourself in a crash, regardless of where you sit. If your car has only a lap belt in the rear seat, wear it. It will help to prevent injury by preventing ejection from the vehicle during a crash.

Beginning in December 1989, new passenger cars (except convertibles) were required to be equipped with rear seat lap/shoulder belts as standard equipment. Beginning in model year 1992, this requirement was extended to cover new pickups, vans, sport utility vehicles, and convertibles. If your vehicle does not have rear seat lap/shoulder belts, retrofit kits are available for sale through most car dealerships.

Lap belts must be worn:

- low on the hips, not across the abdomen (stomach). The pelvic bones help to distribute the force of the crash; the soft abdomen cannot protect internal organs and the spinal column from injury.
- snug, not slack. Slack allows room for movement before or during the crash, increasing the risk of spinal cord or head injury.
- flat, not twisted. A twisted belt concentrates the stress on a small body area, increasing the likelihood of injury.

Shoulder belts must be worn:

- snug, not slack. Allow no more than the width of a fist between the shoulder belt and body. Too much slack could result in facial and chest injuries.
- over the shoulder, across the collarbone, and diagonally across the chest.
- not under the arm. The collarbone is strong enough to distribute the crash forces, but the ribs are likely to break and puncture the lungs, heart, liver, or spleen that lie beneath them.
- not in front of the face or neck.
- with the seat back upright, not reclined.

Air bags are supplemental:

- A safety belt is required to hold the occupant back from the inflating air bag.
- Air bags provide a cushioning benefit and prevent the belted passenger from striking the steering wheel, dashboard, windshield, etc.
- The occupant must sit back from the steering wheel hub where the air bag is deployed (if the driver is short or stooped, adaptive vehicle equipment may be required to allow an adequate distance between the driver and steering wheel).
- The air bag is designed to cushion as it deflates.
Wear it right!

Shoulder belts should be snug. Don’t allow more than 1 inch of slack. Never wear the belt behind your back or under your arm. The correct position is over the shoulder, snug across the chest, and low on the lap.

This fact sheet is reproduced and distributed by the Passenger Safety Education Project in cooperation with the Texas Department of Transportation.

U.S. Department of Transportation
National Highway Traffic Safety Administration
Cracking Down on Stress

Everyone experiences stress in his or her life, but stress can be healthy. It can give you a challenge or a sense of purpose. However, when you feel pressure and tension for a long amount of time, it can take a toll on you, your health, and your relationships, which can be unhealthy.

Signs of Stress
- Insomnia—difficulty sleeping
- Appetite changes—eating more or less than usual
- Excessive fatigue—feeling tired often
- Headaches
- Depression/Irritability
- Stomach ailments or muscle tension (backache, stiff neck)

How to Deal with Stress
To reduce stress, you have to identify what is causing you the stress and learn how to respond to the stress differently. It’s your attitude toward the problem that most affects your health. While it’s impossible to live a stress-free life, we can go for a walk, take a hot shower, talk to a friend, or listen to music to help deal with stress. Although we can’t prevent stress in our lives, there are six proven ways that can help you to lower your stress level:

1. **Get enough sleep.** Most adults need about 6–9 hours of sleep every night, and children need even more sleep. Some helpful hints to getting a good night’s rest include: making a mental list of all the things you have to be thankful for, avoiding caffeinated beverages in the evening, taking a warm bath before going to bed, going to bed at the same time every night, and getting up on time so you aren’t rushed.

2. **Plan ahead.** The next time you have a task to complete, determine when it must be done and how long it will take. Give yourself some extra time to complete the task if you’ve never done it before. Also think ahead of time about how you usually respond to certain stressors, such as performing certain tasks or speaking to certain individuals. Plan ahead how you are going to deal with those situations when they arise.

3. **Learn to say no.** Learning to say no is not always easy, but doing so to “voluntary” activities can give you more time to devote to other activities you enjoy.

4. **Get some exercise.** Exercise can reduce tension and improve your overall health. Doctors say adults should get at least 30 minutes and children need 60 minutes or more of moderate exercise every day. To achieve the greatest benefit, you should exercise at least 3–4 times a week.

5. **Remind yourself of your accomplishments.** Don’t focus on what you haven’t done; remind yourself of what you have accomplished. This will motivate you in stressful times.

6. **Make time for free time.** If you’re feeling overwhelmed by all you have to do, you may be sacrificing free time to get it all done. Remember that free time is important. Don’t think of free time as what’s left over after you’ve done everything else. Plan time to do things you like to do.
Lower Your Stress Level

- Get enough SLEEP.
- PLAN ahead.
- Learn to say NO.
- Get EXERCISE.
- Remind yourself of YOUR accomplishments.
- Make time for FREE TIME.

Sunscreen

Sunscreen is one of the most important tools we have to protect our skin from the sun. Too much sun exposure can cause sunburn, premature aging, wrinkles, and in many cases, skin cancer. Unfortunately, many people think that a tan is a healthy look. But what these people don’t know is that a tan is actually like a giant scab that your skin creates to try to protect itself from more sun damage.

It is impossible to completely avoid the sun, but you can take precautions to ensure that you are protecting yourself from its harmful rays. Shade, avoiding the sun during the hours of 10:00 a.m. and 4:00 p.m. (daylight savings time), wearing protective clothing like hats and sunglasses, and of course sunscreen, can make the time you spend outdoors in the sun both safe and enjoyable.

What Makes the Sun Harmful?
The sun itself is not what harms our skin. It is the ultraviolet (UV) radiation that the sun gives off that actually causes the damage. There are three types of UV rays that hit your skin when you are outdoors. They are UVA, UVB, and UVC. UVA rays penetrate deepest into your skin, reaching the new skin that lies far beneath the surface. UVB rays penetrate about 50 percent farther than UVC rays, which stop at your skin’s surface. UVB rays are responsible for most of the damage that your skin incurs from the sun, but UVA rays (the ones used in tanning booths) can cause more serious damage because they affect new skin. A sunscreen that protects against all types of UV radiation is the most effective.

Choosing the Right Sunscreen: SPF
The term sun protection factor (SPF) tells you how powerful a certain sunscreen is. But it is important to note that SPF is only calculated for UVB radiation—not UVA or UVC. SPF lets you know how much longer you can stay in the sun when you are wearing that particular sunscreen. For example, if you are normally in the sun for 20 minutes before you start to burn a little, a sunscreen with an SPF of 15 allows you to be out in the sun 15 times longer (about five hours). However, this number is only a guide. The sunscreen only protects you for five hours in perfect conditions. Sunscreen needs to cover all exposed areas, and you have to be careful not to let any of the sunscreen get rubbed or washed off. Additionally, time of day, location, and altitude affect how fast you burn.

Recent studies show that an SPF of 30 offers the best protection. Sunscreens with very high SPFs (45+) don’t offer much more protection than those with an SPF of 30, but you don’t lose anything by choosing a higher SPF.

Choosing the Right Sunscreen: Cost
Sunscreens can vary in price from a few cents per ounce for generic brands to a few dollars per ounce for designer brands. Studies show that the price of sunscreen is not related to its effectiveness. However, for some high-risk individuals who are especially sensitive to the sun’s rays, cost may make a difference. Often, the sunscreen’s cost suggests a special way that the product was made. For most people though, any sunscreen that contains a Food and Drug Administration (FDA)-approved sunblocking agent will provide adequate protection. Your best bet is to try out several different products, and find the one that works best for you.
Choosing and Using the Right Sunscreen

Like many other products, part of sunscreen’s effectiveness is related to how it is used.

♦ Putting it on. Sunscreen works best when it is applied about 30 minutes before you head out into the sun so it can be absorbed by the skin and less likely to wash off when you perspire. The best way to apply sunscreen is to smooth it in lightly with your fingertips, and then allow it to dry before you put on clothes so that it doesn’t have a chance to rub off and stain your clothing.

♦ Water resistance. The FDA has recently recommended two water-resistance categories for sunscreen: “water resistant” and “very water resistant.” Water resistant sunscreens are those that retain their labeled SPF after being worn in the water for 40 minutes. Very water resistant sunscreens retain their labeled SPF after 80 minutes in the water. Please note that no sunscreen is truly “waterproof,” and claims to that effect are false. If you will be sweating or swimming, your best sunscreen choice is a water-resistant brand.

♦ Keeping it on. For the best protection, you should reapply sunscreen after swimming or every 30 minutes if you are sweating heavily. If you are involved in normal activities, reapplying sunscreen every one to two hours should be sufficient.

♦ Cover all areas. When you are applying sunscreen, it is important to cover those hard-to-reach areas. Be sure to apply sunscreen to your eyelids, lips, ears, neck, feet, and hands. However, you should be careful when you are applying sunscreen around your eyes to make sure that you don’t get any in your eyes. Choosing a sunscreen that is thicker (like a cream) is a better bet on your face because it is easier to control. It should take about 1-ounce of sunscreen to cover your entire body. This means that a 6-ounce bottle of sunscreen should last for only six applications.

Because it can be hard to remember where you have already applied sunscreen, the sunscreens that go on colored and dry clear are helpful, especially with children. Colored sunscreens are also more fun for kids to wear, so they don’t mind getting slathered in it as much. However, before you purchase a colored sunscreen, make sure it has all of the other requirements of a good sunscreen.

♦ Skin reactions. A PABA-free sunscreen is an especially good choice for those with sensitive skin. Additionally, fragrances added to sunscreens can cause allergic reactions in some people who use them. There are fragrance-free alternatives that protect just as well.

♦ When to use. Many manufacturers recommend using sunscreen every day. This is a good idea since we are all exposed to the sun’s rays, even on cloudy or cold days. However, many lotions, cosmetics, and lipsticks/balms contain sunscreen. In many cases, these products have a high enough SPF factor to protect you on a daily basis so you only have to apply regular sunscreen if you are planning on spending an extended amount of time outdoors.

For more information, visit these websites: http://coolshade.tamu.edu and http://www.fda.gov/fdac/features/2000/400_sun.html.

Prepared by: Jennifer Janssen, Texas Cooperative Extension, Family Development and Resource Management. This Cancer Risk Reduction Education project was funded by the Texas Cancer Council.
Teens and Safety Belts

How many of you wore your safety belts on the way to school today? Do you only wear the belt when you are driving on the highway? What about driving two blocks from your house to the convenience store?

Safety belts are the most important piece of safety equipment in your vehicle. They save lives.

In the early 1980s, safety belts were required in all vehicles. Car manufacturers tried to design the safety belts for comfort and convenience to encourage usage of the belt systems. In 1990, lap/shoulder belts were required in the rear outboard positions of most vehicles.

What Is the Law in Texas Regarding Teens and Safety Belts?
Texas law requires every person sitting in the front seat of a car or light truck to wear a safety belt. All children under 17 must be secured in safety belts or a child safety seat, regardless of where they are sitting, whenever the vehicle is in motion. A child under four or who is less than 36" tall must be secured in a child safety seat.

Drivers can be stopped and ticketed for a safety belt violation if they or any of their passengers under 17 are not buckled up or properly restrained. Passengers 15 and over who are not wearing safety belts in the front seat can be ticketed directly.

What do you do if...
You are the driver of a vehicle and have friends or brothers/sisters riding with you. How can the buckle-up rule be enforced in the vehicle?

• Refuse to start the vehicle until everyone in the car is buckled up.
• Explain that in a crash, any person not buckled up will become a moving projectile.
• Explain that in a crash, any person not buckled up will become a moving projectile and will

injure himself, another passenger in the car, or the driver. So, if passengers refuse to buckle up for their own safety, ask them to do it for the safety of all others in the vehicle.

What to do you do if...
It’s lunch time at school and seven friends all want to “pile” into a car to run down to the nearest fast food joint? The car has three safety belts in the front seat and three safety belts in the back.

• Only agree to let five of the friends ride—one person per safety belt.
• If extra passengers ride in the car without a safety belt, they will become a flying projectile in a crash.

What do you do if...
The pickup has three safety belts in the front cab only, and there is no back seat. Friends want to climb into the back of the pickup to ride two blocks to the nearest fast food restaurant.

• Only agree to carry two friends buckled up in the front cab. Do not allow riders in the bed of the pickup.

What would happen to the friends in the bed of a pickup in the event of a crash?

• They may be thrown from the pickup.
• They may hit the pavement, another moving vehicle, or be thrown into a tree.
• They may receive injuries including broken bones, head trauma, or run over by another vehicle.
How Do You Correctly Wear a Safety Belt?

Lap belts need to be worn low on the hips—not across the abdomen, which could cause internal injuries in the event of a crash.

Shoulder belts should be worn over the shoulder, snug across the chest, and low on the lap.

Occupants wearing safety belts incorrectly, such as under the arm or behind the back, will receive a ticket if stopped by law enforcement.
Teens and Safety Belts Activity

Preparation for the Activity

Before the presentation, label three columns on a posterboard, as shown below. Write each of the questions listed below (without the answers that are given in parentheses) on separate index cards. Then place the index cards face down under the corresponding point value on the posterboard.

<table>
<thead>
<tr>
<th>100 Points</th>
<th>200 Points</th>
<th>300 Points</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

100 Point Questions:
- What is the most important piece of safety equipment in your vehicle? (safety belts)
- Who receives a citation if a 16-year-old passenger in not buckled up in the front seat? (the 16-year-old passenger)
- Give an example of a safety belt being worn incorrectly. (possible answers: shoulder belt loose, lap belt high on the abdomen, shoulder belt under the arm or behind the back) **50 point bonus question:** Can a citation be given for incorrect safety belt use? (yes, if the belt is worn under the arm or behind the back)

200 Point Questions:
- What is the law regarding safety belts for any person 15 and older? (Any person 15 and older riding in the front seat who is not wearing a safety belt can be ticketed directly.)
- What is the law regarding safety belts for any person under 17? (Any person under 17 must be belted anywhere in the vehicle—front or back seat.)
- Give one suggestion for how to enforce the buckle-up rule in your vehicle. (Possible answers: Refuse to start the vehicle until everyone is buckled up. Explain that in a crash, any person not buckled up will become a moving projectile and will injure himself, another passenger, or the driver.)

300 Point Questions:
- Why should a lap belt be worn low on the lap and not higher across the abdomen? (In the event of a crash, wearing the lap belt high across the abdomen could cause internal injuries.)
- When were safety belts required to be in all vehicles? (the early 1980s)
- What year were lap/shoulder belts required in the rear outboard positions of most vehicles? (1990)
How to Play the Game

• Display the completed game board for the group to see.
• Hang up a separate board with team names to keep the score.
• Ask a volunteer to serve as the scorekeeper.
• Divide the group into teams. In groups of 30 or more, create two teams—A and B. In groups less than 30, create four teams—Red, Pink, Yellow, and Orange. To do this quickly and fairly, pass out a piece of colorful fruit candy to each person (being sure to have an equal number of each color of candy for distribution). The color of candy each person receives is the team to which they are assigned.
• Provide one person from each group with a piece of colored construction paper to represent their group. During the game, the colored paper will act as a signal card that a team wants to answer a question.
• Go over the game rules with the participants:
  1) Raise the signal card only when the entire question has been read.
  2) The first team to raise the signal card after question is read—without jumping up or yelling—will be allowed to answer the question. If the answer is correct, the team receives the points. If the answer is wrong, the team loses those points and the other teams have a chance to earn those points.

(The moderator may choose the order in which to ask the questions.)
Understanding the Food Guide Pyramid

The Food Guide Pyramid (FGP) is divided into six sections. Each section shows a food group and how many servings from that food group are needed to maintain health. When looking at the FGP, start at the bottom and go up. Foods you should eat the most are on the bottom, and foods that you need the least are at the top.

Let’s look at what is in each section starting at the bottom (see the FGP on the next page):

- **Grain Group.** Try selecting lower calorie foods from this group to maintain a healthy calorie intake.
- **Vegetable Group.** The vegetable and fruit groups are full of vitamins, minerals, carbohydrates, and fiber.
- **Fruit Group.** Our bodies use the vitamins and minerals in fruits and vegetables more efficiently than the vitamins and minerals from supplements.
- **Milk, Yogurt, and Cheese Group.** Milk products help you to maintain healthy bones and teeth. Low-fat milk has the same amount of calcium as whole milk but with less calories. Children age 2 and younger should drink whole milk.
- **Meat and Beans Group.** Besides getting needed protein from this group, you also get zinc and iron.
- **Fats, Oils, and Sweets.** Use this group sparingly each day. In moderation, sugars and fat can fit into your healthy eating plan.

All the food groups have calories. The chart below shows how many servings you may want to eat each day.

<table>
<thead>
<tr>
<th>Food Groups</th>
<th>Children ages 2-6, women, some older adults Calories: 1,600</th>
<th>Older children, teen girls, active women, most men Calories: 2,200</th>
<th>Teen boys &amp; active men Calories: 2,800</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grain Group**</td>
<td>6</td>
<td>9</td>
<td>11</td>
</tr>
<tr>
<td>Vegetable Group</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>Fruit Group</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>Milk, Yogurt, &amp; Cheese Group</td>
<td>2 or 3*</td>
<td>2 or 3*</td>
<td>2 or 3*</td>
</tr>
<tr>
<td>Meat &amp; Beans total Group***</td>
<td>2, for a total of 5 ounces</td>
<td>2, for a total of 6 ounces</td>
<td>2, for a total of 7 ounces</td>
</tr>
</tbody>
</table>

* Older children and teens ages 9–18 years and adults over age 50 need 3 servings daily; others need 2.
** Bread, cereal, rice, and pasta—especially whole grain.
*** Meat, poultry, fish, dry beans, eggs, and nuts.

What is a Serving?
Most of the time what we consider a serving is much more food than we should be eating. Try measuring your food portions for a few days to see what a serving size looks like. Once you become familiar with the portion sizes, you will be able to judge a serving size without measuring. To help you know the serving size of some of the foods from the FGP, a chart is provided below. Some foods from each food group are given as examples.

What Counts as One Serving?

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Example</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grain Group</td>
<td>1 slice bread</td>
</tr>
<tr>
<td></td>
<td>1 ounce ready-to-eat cereal</td>
</tr>
<tr>
<td></td>
<td>½ cup cooked cereal, rice, or pasta</td>
</tr>
<tr>
<td>Fruit Group</td>
<td>¼ cup juice</td>
</tr>
<tr>
<td></td>
<td>¼ cup dried fruit</td>
</tr>
<tr>
<td></td>
<td>1 piece of fruit or melon wedge</td>
</tr>
<tr>
<td></td>
<td>½ cup of canned fruit</td>
</tr>
<tr>
<td>Vegetable Group</td>
<td>1 cup raw leafy vegetables</td>
</tr>
<tr>
<td></td>
<td>½ cup of chopped raw or cooked vegetables</td>
</tr>
</tbody>
</table>

Milk Group
- 1 cup of milk or yogurt
- 2 ounces of cheese

Meat Group
- 2–3 ounces cooked lean meat, poultry, or fish
- ½ cup cooked dry beans* or 1 egg counts as 1 ounce of lean meat.
- 2 tablespoons of peanut butter counts as 1 ounce of meat.

Fats and Sweets
- Limit calories from these.

* Dry beans, peas, and lentils can be counted as servings in either the meat and beans group or the vegetable group. As a vegetable, ½ cup of cooked, dry beans counts as 1 serving. As a meat substitute, ½ cup of cooked, dry beans counts as 1 ounce of meat.

(U.S. Department of Agriculture, 1999b; U.S. Department of Agriculture, 2003h)

Food Guide Pyramid

Walk Across Texas is a physical activity program created by Texas Cooperative Extension to help people of all ages support one another to establish the habit of walking.
Website: http://walkacrosstexas.tamu.edu

Developed by Carol A. Rice, Ph.D., R.N., Professor and Health Specialist, Texas Cooperative Extension, The Texas A&M University System, College Station, Texas, 2004.