

POWER YOUR
LIFE



POWER YOUR
HEALTH

Everybody has a
Health

I.Q.

**What's
yours?**

- ✿ Should you be taking a daily vitamin?
- ✿ Why are fruits and vegetables so important?
- ✿ How much exercise is enough?
- ✿ Why are regular health checkups important?
- ✿ Why should you know your family history?
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- ✿ Do you know what is meant by a "healthy" relationship?
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- ✿ What's the latest information on STDs?
- ✿ How often do you have the blues?
- ✿ Is it okay to smoke cigarettes sometimes?
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Life is a journey made of balance and flow...

In the following pages, you'll find some guidelines to help you be the healthiest possible you. Chances are you're doing many of these things right now, but if not, the best time to make your life plan is right now!



Should you be taking a daily vitamin?

Women need a good amount of folic acid built up in their bodies in order to prevent serious and potentially fatal birth defects in future children. And even though having a baby may be the furthest thing from your mind right now, the fact is that 50% of pregnancies are not planned!

Folic acid is found in lots of fruits, vegetables, and beans, but it's almost impossible to eat enough of these foods to get the recommended daily dose of 400 micrograms (mcg) per day.

You'd have to eat 16 slices of bread or ten servings of orange juice every day to get enough folic acid. It's so much easier to take a little pill. Take a daily vitamin and make sure it has 400 mcg of folic acid.

Smart gals know when to take their vitamins. (Hint: every day!)

VITAMINS	BENEFITS	SOURCE
A	Prevents eye problems, keeps skin and immune system healthy.	Milk, eggs, liver, fortified cereals, darkly colored orange or green vegetables (such as carrots, sweet potatoes, pumpkin, and kale), and orange fruits such as cantaloupe, apricots, peaches, papayas, and mangos.
C (ascorbic acid)	Essential for healthy bones, teeth, gums, and blood vessels. Helps the body absorb iron and calcium, contributes to brain function and healing, and helps form collagen, which holds cells together.	Red berries, kiwis, red and green bell peppers, tomatoes, broccoli, spinach, and juices from guava, grapefruit, and orange.
D	Strengthens bones by helping the body absorb bone-building calcium.	A vitamin that comes from sunlight! Also from egg yolks, fish oils, and fortified foods such as milk.
E	An antioxidant that helps protect cells from damage. Important for the health of red blood cells.	Vegetable oils, nuts, leafy green vegetables, avocados, wheat germ, and whole grains.
B12	Helps to make red blood cells and is important for nerve cell function.	Fish, red meat, poultry, milk, cheese, and eggs. Also added to some breakfast cereals.
B6	Important for normal brain and nerve function. Helps the body break down proteins and make red blood cells.	Potatoes, bananas, beans, seeds, nuts, red meat, poultry, fish, eggs, spinach, and fortified cereals.
THIAMIN (B1)	Helps the body convert carbohydrates into energy. Necessary for the heart, muscles, and nervous system to function properly.	Fortified breads, cereals, and pasta; meat and fish; dried beans, soy foods, and peas; and whole grains such as wheat germ.
RIBOFLAVIN (B2)	Essential for turning carbohydrates into energy and producing red blood cells. Also important for vision.	Meat, eggs, legumes (such as peas and lentils), nuts, dairy products, leafy green vegetables, broccoli, asparagus, and fortified cereals.
NIACIN (B3)	Helps the body turn food into energy, helps maintain healthy skin, and is important for nerve function.	Red meat, poultry, fish, fortified hot and cold cereals, and peanuts.
FOLATE (B9, folic acid, or folacin)	Helps prevent potentially fatal brain and spinal birth defects that may form in a developing fetus before you know you are pregnant. Since 50% of pregnancies are unplanned, start taking it now. Folate is also good for you. It makes your hair shine, nails grow, and skin glow.	Dried beans and other legumes, leafy green vegetables, asparagus, oranges and other citrus fruits, and poultry; fortified or enriched bread, pasta, and cereals.

Why are fruits and vegetables so important?

There is no secret to looking and feeling your best. It starts with eating right, taking vitamins, and drinking plenty of water. A healthy diet is high in fruits, vegetables, whole grains, and beans. Besides being low in calories, these foods fill you up quickly and

are packed with nutrients that help reduce your chances of obesity, type 2 diabetes, and even some cancers. Think of red meat as a special treat, and remember that fish is delish.



How much exercise is enough?

One of the best habits of all is daily exercise, and you don't need to join a gym to get the benefits. Go for a brisk walk, ride a bike, mow the lawn, vacuum the house! Do ten minutes worth of exercise at a time if that's all the time you have—as long as it adds up to at least 35 minutes a day, you're doing your body a favor. Exercise relieves stress, helps you maintain a healthy weight, and builds strong bones. Oh yes, and it can be fun!



Q: What's the #1 beauty secret of the world's loveliest women?

A: Lots and lots of water!

Why are regular health checkups important?

Your health care provider—especially one who knows your family history—can make sure you're doing what you need to do in order to be at your best. It's a great way to minimize health problems before they arise, and it's especially important if you are planning to have a baby. Always be open and honest with your health care providers; they'll return the favor by guiding you and your future family on the road to good health!



Did you know? According to the Centers for Disease Control, you should start getting regular Pap tests (an important screening test for cervical cancer conducted in your doctor's office) at age 21, or within three years of the first time you have sex—whichever happens first.



Did You Know?

Some diseases run in families. And the sooner you know, the better your health!



“Family history” is not just about where your family comes from. It’s important to know what kinds of illnesses they might have had too. Chronic conditions such as diabetes, high blood pressure, heart disease, and cancer often run in families and can be inherited. Talk to your family. If these or other conditions run in your family, tell your doctor and learn how you, and your future children, can lower your chances of having the same problems.

Make your own family history portrait at:

familyhistory.hhs.gov



Are vaccinations just for kids?

Vaccines aren't just for kids. Women need vaccines all the way into their 50s. If you're in college or living in a communal situation, the meningococcal vaccine (against meningitis) is incredibly important. Other important vaccines include those against tetanus, diphtheria, and pertussis (Tdap); measles, mumps, and rubella (MMR); hepatitis A and B; shingles; influenza (flu) and human papillomavirus (HPV). If you can't find your shot record, ask your health care provider if you're current. If you're not, be prepared to roll up your sleeve!

Did You Know: One tetanus shot lasts for 10 years!



Are you getting enough sleep?

Going without the proper amount of rest takes a toll very quickly, so getting enough sleep is not a luxury! At least eight hours a night, every night, keeps you at your best mentally and physically, and gives you the energy you need to work and play.

Do you know what is meant by a “healthy” relationship?

A loving relationship is one of life’s greatest pleasures. It fills you with energy and happiness and makes you feel secure, respected, and cared for. Occasionally, though, what starts out feeling like love can turn into something very different, and a partner can become possessive, jealous, threatening or abusive. If you have any doubts, or something about your relationship makes you feel uncomfortable or scared, talk to someone. True love should never hurt.

CONFIDENTIAL RESOURCE:
Utah Domestic Violence Info Line
(800) 897-LINK (5465)



Work, play, study,
sleep at least 8
hours, repeat!

How much do you know about your period?

Did you know that half of all women don't have "regular" periods? Whatever is normal for you is normal. It's a good idea to keep track of your periods on a calendar, especially if you are sexually active and not using birth control. By keeping track of your periods on a calendar, you can know when you are ovulating. When you ovulate you are fertile, and that adds up to about ten days to two weeks after the *first* day of your *last* period. But that five-day "window" can change from one month to the next. If you want to avoid a pregnancy, know when you ovulate or else use some method of birth control. For best results, do both.

Sometimes your journey is interrupted...


What's the latest information on STDs?

If you are sexually active, chances are you have been exposed to one or more STDs. You might not experience symptoms, but the fact is that having an untreated STD can harm you, your partner, and even your future children. Herpes can be a nuisance for life, but chlamydia and gonorrhea can cause infertility. If you have a new partner, and especially if you have had unprotected intercourse, get tested.

How often do you have the blues?

Nobody is happy all the time, and everybody stresses out sometimes. But it's important to know the difference between "having the blues" and being depressed. If you've lost interest in things you normally enjoy, if you cry all the time, sleep too much or too little, have feelings of worthlessness, if your appetite changes, and especially if you have a desire to harm yourself or others, you need to seek help. Help is available, and there is no shame in asking for it.

Resource:
Substance Abuse & Mental Health
(801) 468-2009
<http://www.dsamh.utah.gov>



Life is full of
ups and downs.
The good news:
when you're down,
there's no place
to go but up!

Is it okay to smoke cigarettes sometimes?

There is simply nothing good to say about smoking. We all know it causes cancer, gives you wrinkles and bad breath, makes your teeth yellow and your hair dull, can cause strokes and heart attacks, and makes you look older than you are. Here's more bad news: Smoking and birth control are a bad mix. The combination increases your risk for earlier heart disease. Health care providers won't even prescribe birth control pills to women in their 30s who are heavy smokers. While it's hard to quit, it's not impossible. Going for it now can reduce and eventually erase any damage you've done.

Are there some drugs it's okay to take?

Illegal drugs such as heroin, cocaine, methamphetamines, prescription painkillers, and marijuana can have very damaging effects on your health, your finances, your future, and even your freedom. But if you are pregnant, taking drugs can permanently harm your baby. And that includes over-the-counter drugs. If you're thinking of getting pregnant, ask your pharmacist before taking drugs of any kind.

Drinking: How much is too much?

Binge drinking is defined as having four or more drinks in one sitting, and it's dangerous.

Alcohol, even in moderation, can have irreversible effects on your health. And if you happen to be pregnant or are planning to become pregnant, no amount of alcohol is safe. Alcohol can cause serious birth defects.

Resource:
Pregnancy Risk Line
(800) 822-2229
Health.utah.gov/prl



Additional Resources

Women's Health Government Resources
(800) 994-9662

<http://www.womenshealth.gov/>

This website contains lots of tools you can use to maintain your health.

March of Dimes—Pregnancy and Newborns
(914) 997-4488

marchofdimes.com (then click Pregnancy and Newborn → Before You're Pregnant)

Presentation of a list of questions to be covered when preparing for a pregnancy.

Utah Department of Health—Maternal & Infant Health Program
(801) 538-9970

health.utah.gov/mihp

Educational information for preconception, pregnant and parenting women.

Utah Department of Human Services—Substance Abuse
(801) 538-3939

dsamh.utah.gov

Organization helpful for controlling personal drug habits, which may harm future babies or parents; aimed at those needing aid outside of Salt Lake County.

Utah Department of Health—Baby Your Baby
(800) 826-9662

babyyourbaby.org

Information and resources for pregnant women and new families. Financial help for those who qualify.

Utah Department of Health—Birth Defect Network
(801) 883-4661

Health.utah.gov/birthdefect

Information and resources about birth defects prevention

This publication was supported by Grant Number H5MMC10869 from the Department of Health and Human Services Health Resource and Services Administration (HRSA). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of HRSA.

This document was created by the Maternal & Infant Health Program Family Health and Preparedness Division, Utah Department of Health (June 2010).

For more information please call 801-538-9970.

What about Birth Control?

What is your plan for having a family? If you're not ready to have a baby, crossing your fingers and hoping for the best are not reliable birth control methods. You should be using some form of contraception—talk to your health care provider and decide what works best for you. Having a baby is a wonderful blessing, especially if it happens when you want it to.

Family Planning: Choose the Right Method for You

When it comes to family planning, you have many choices. To figure out what is best for you, use the chart below and be honest with yourself! Effective family planning requires thought and planning. If you are not the type of person who plans every detail of your life in advance, you may want to consider birth control that needs less planning. If you prefer natural methods, make sure you have the right tools, such as a calendar, a thermometer, or cycle beads. And if you're simply uncertain, take the time to familiarize yourself with your options!

Type of Birth Control	Products	How They Work	Do I Need a Health Care Provider?	Effectiveness
Hormonal	Implant Depo Provera Birth Control Pills Vaginal Ring Patch	The Implant, the Depo-Provera shot, birth control pills, the patch, and vaginal rings all work in much the same way. They contain hormones that prevent ovulation, or the release of an egg from the ovaries. They also thicken the cervical mucus, which blocks sperm from entering the uterus.	Yes	Implant and Depo-Provera are extremely effective. Pills, ring, and patch are very effective if used consistently and correctly.
Barrier	IUD (Intrauterine Device) Diaphragm Spermicide Condoms Contraceptive Sponge Cervical Cap	Barrier contraception keeps the sperm from reaching the egg, immobilizes the sperm, or both.	Only for IUDs, diaphragms, and cervical caps. All other barrier methods are readily available over the counter at pharmacies.	IUD is extremely effective. Other barrier methods are effective if used correctly. Condoms are the only form of birth control also effective in preventing STDs. The sponge and cervical cap may be somewhat less effective if not used correctly.
Natural	Lactational Amenorrhea Method (LAM) Fertility Awareness Method Coitus Interruptus (withdrawal method) Abstinence	If you have had a baby in the last six months, are breastfeeding around the clock, and have not started having periods again, chances are you are not ovulating. Fertility awareness requires a calendar and thermometer to track ovulation.	No	Abstinence and LAM (if not supplementing with food or formula) are very effective. Fertility awareness is effective if calculated correctly. The withdrawal method is not effective.

Which methods are most effective in preventing pregnancy?

If you are absolutely certain that you want to prevent pregnancy, you should see a health care provider to get an Implant or an IUD (intrauterine device). An Implant lasts three years, and an IUD can last five to twelve years, depending on the type. Other hormonal forms of birth control are also effective, but leave slightly more room for human error.

Which methods of birth control prevent sexually transmitted diseases, such as Chlamydia, herpes, syphilis, gonorrhea, or HIV?

Condoms are the only birth control method that can also help prevent STDs.

What about the "morning after" pill?

Emergency contraception, also known as "the morning after pill" or "Plan B," works like other forms of hormonal birth control by stopping ovulation. If you did not use contraception while having sex, suspect that your birth control failed (for example, if the condom broke), or had forced sex, and you want to prevent pregnancy, you may purchase emergency contraception over the counter at drugstores. It is not on display, so you will have to ask the pharmacist for it. The sooner you take the emergency contraception, the better the chance it will work. After five days, however, the chances that emergency contraception will work go down. If you are already pregnant when you take it, it will not work. "Plan B" is not your best option, so if you really want to prevent pregnancy, return to the chart above and select Plan A!

For more information about all birth control methods, arhp.org offers a great tool for comparing different forms of birth control, including the price of each, and more detailed descriptions of how they work. The poweryourlife.org website also has great information about family planning, including a video on birth control.

Resources:
Utah Planned Parenthood
www.plannedparenthood/utah.org

Power Your Life / Power Your Health
poweryourlife.org

poweryourlife.org



Go to poweryourlife.org

