

The DPH Bulletin

From the Delaware Division of Public Health

Special holiday issue 2016

Balance holiday meals with physical activity to avoid weight gain

The Division of Public Health (DPH) recommends regular physical activity to achieve and maintain healthy weights and reduce the risk of developing a chronic disease. This holiday season, be certain to be more active if you plan to indulge on decadent meals and treats.

"Balancing the foods you eat and the beverages you consume with the calories you burn being physically active, is the winning formula to prevent weight gain during the holidays," said DPH Director Dr. Karyl Rattay. "The best way to know if you are achieving balance is to weigh yourself at least once a week." Dr. Rattay recommends that individuals try not to gain any weight during the holidays, as even two or three pounds can be very difficult to lose.



Reduce oil and sugar by using dietary substitutes, such as applesauce and fruit purees in batters, sugar substitutes, and yogurt

or fat-free sour cream. Reduce salt by using herbs and sodium-free broths, and not putting salt shakers on the table.

Eat sensible portion sizes without second servings. Serve fruit or vegetable trays, salsa, and low-fat dips as appetizers. Include salads and high protein foods to balance carbohydrate-heavy meals. Drink water to help stomachs feel full, as caffeinated or alcoholic beverages can dehydrate you.

Before and after meals, raise your heart rate by taking walks or playing flag football, soccer, basketball, or a fun game of tag. Sign up for an exercise or dance class, or try swimming. For more activity and healthy eating ideas, visit www.getupanddosomething.org.

Prevent carbon monoxide poisoning!

Install a battery-operated carbon monoxide detector. Never heat a house with a gas oven, generator, charcoal grill, camp stove, or other gasoline or charcoal-burning device. Visit: <http://www.dhss.delaware.gov/dph/hsp/hhinsideco.html>.



Give gifts that support health and wellness in the new year

When gift-giving this holiday season, select presents that support health and wellness. Gifts that increase physical activity can reduce the risk for chronic diseases such as obesity, diabetes, cardiovascular disease, and certain cancers. Some examples are:

- Pedometer, fitness trackers, water bottle, ear buds, and music gift card
- Hat, ear warmers, mittens or gloves, winter work-out jacket, shirt, and warm pants or leggings; athletic footwear and socks
- Delaware State Parks annual pass for access to trails and other activities
- Sports balls and equipment; bicycle, helmet, and cycling gear; adjustable jump rope, work-out mat, towel, small weights, and resistance cord kit
- Gift certificates for bowling, roller skating, ice skating, ice hockey, swimming, dance or fitness classes, sports leagues, and gyms

Help families prepare for winter emergencies with these gift ideas:



- For drivers: jumper cables, ice scraper, windshield snow cover, and backup windshield wipers; small shovel, sand, rock salt, and cat litter; a cell phone car charger and extra battery; a long red piece of material or scarf in case your vehicle becomes disabled; travel blankets, hat, and mittens; and energy bars, dry fruit, and bottled water.
- For the disaster supply kit: flameless lanterns and candles, flashlights and batteries, several cases of bottled water, canned foods, non-salty snacks, and a manual can opener; and blankets and board games. Or, help compile contact numbers and important household documents. Also include pet food, water, leashes, toys, bedding, and pet emergency contact information with recent photos.