



CITY OF MANCHESTER HEALTH DEPARTMENT MONTHLY BULLETIN – JANUARY 2009



TEN STEPS TO A HEALTHIER MANCHESTER

As we celebrate the holiday season, the City of Manchester Department of Health wants to wish all residents a very Happy and Healthy New Year. Understanding there are steps we can all take to improve not only our health but the health of our community, the Health Department encourages all residents and their families to make the following resolutions:

- ☐ **Know Yourself and Your Risks.** Know your family history or other risk factors to prevent heart disease, diabetes, cancer and stroke.
- ☐ **Get Routine Exams, Screenings and Immunizations.** Routine exams and screenings can help save lives. See a doctor and dentist on a regular basis. All people - infants and children, adolescents, adults, and the elderly need regular immunizations to stay healthy.
- ☐ **Be Tobacco-Free.** Quit smoking and avoid second-hand smoke to prolong your life and protect those around you.
- ☐ **Achieve a Healthy Weight.** Know your Body Mass Index and maintain a healthy weight. At least 30 minutes of moderate-to-vigorous physical activity (such as a brisk walk) at least 4 days every week reduces blood pressure, cholesterol, and weight. Eat at least 5 servings of fruits or vegetables every day.
- ☐ **Be Good to Yourself.** Managing stress makes sense for your overall health. Get plenty of sleep and make time for yourself. If you feel you are at risk for depression, talk with your doctor or mental health provider.
- ☐ **Live Free of Dependence on Alcohol and Drugs.** If you are having problems with alcohol or drugs, get help. Recovery is possible.
- ☐ **Wash Your Hands Regularly.** Keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others. Wash your hands regularly. If soap and clean water are not available, use an alcohol-based product to clean your hands.
- ☐ **Make Your Home Safe.** Crime prevention is a daily habit. Have a home that is free from violence and free of environmental hazards. This includes protecting yourself and loved ones from injuries and being prepared for emergencies.
- ☐ **Have a Healthy Baby.** See your doctor as soon as you think you may be pregnant to receive timely pre-natal care.
- ☐ **Stay Connected.** Being part of a social network of friends and family is one of the most dependable predictors of longevity. Research shows that maintaining connections with friends and family not only can help keep you from getting sick, but can help you through some of life's most difficult challenges like a long term illness.

For More Information

Visit our Website at <http://www.manchesternh.gov/health> or call (603) 624-6466

MISSION STATEMENT

To improve the health of individuals, families, and the community through disease prevention, health promotion, and protection from environmental threats.