

# Fit Kids of SWOK

"Creating an Active and Healthy Community!"



## 8 CDC Health Tips for a Safe and Healthy Holiday

Preparing for the holiday season makes the experience more enjoyable

The holidays are a great opportunity to enjoy time with family and friends, to celebrate life, to be grateful, and to reflect on what's important. They are also a time to appreciate – and safeguard – the gift of health.

"The holiday season is a time to reflect on family and friends, but don't forget to take time to care for yourself," said CDC Director Robert R. Redfield, M.D. "We wish you a healthy and happy New Year, and send along some reminders on how best to keep you and your family well this winter."

Here are some holiday tips to support your efforts for health and safety during the season.

**1. Eat Healthy and Be Active** [Healthy eating is all about balance and moderation.](#) Holiday parties and big family meals may tempt us away from our healthy eating habits. Allow yourself to have your favorite foods but stick to smaller servings and balance them with healthier options.

**2. Get Your Flu Vaccination** Few people get vaccinated against flu after the end of November even though flu activity peaks between December and February and can last as late as May. If you didn't yet get a [flu vaccination](#) this season, it's not too late!

**3. Food Safety** Take simple steps to protect your family's health when you prepare and serve [holiday meals](#) safely.

**4. Handwashing** CDC's newest handwashing campaign – "[Life is Better with Clean Hands](#)" – includes resources and educational materials to help spread the word about the im-



portance of healthy hand hygiene.

**5. Cold Weather Safety and Home Heating** Start by wearing warm clothing, a wind-resistant coat or jacket, mittens, hats, scarves, and waterproof boots. To protect from [hypothermia](#), don't forget to dress in layers. Have your heating system, water heater, and any other gas, oil, or coal burning appliances serviced by a qualified technician every year to [keep your family safe](#) from carbon monoxide (CO) poisoning. Install a battery-operated or battery backup CO detector where it will awaken your family at night if the alarm is triggered.

**6. Cope with Stress** Learning [healthy ways to cope with stress](#) and getting the right care and support can help reduce stressful feelings and symptoms.

**7. Travel Safety** [Stay safe and healthy this winter by planning ahead.](#) Whether you're traveling across town or around the world, ensure that your trip is safe:

**8. Prevent Injuries** Injuries can happen anywhere, and many occur around holidays. Take steps to avoid common injuries:

Brighten the holidays by making your health and safety a priority. These tips will help keep you and your loved ones safe and healthy—and ready to enjoy the holidays. For more information about Holiday Healthy and Safe Tips visit <https://www.cdc.gov/family/holiday/index.htm> and enjoy CDC's 12 Days of Health Holiday Song.

See You Next Year!

January 24, 2020 12pm-1pm

## Fit Kids of SWOK

**Chairman:** Dr. Ben Cooper,  
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*You can connect with FitKids  
on the web!*

## Dec. 2019 Events

- Dec 11 77th ARMY Band Holiday Classic Concert—McMahon Auditorium at 7pm
- Dec 14 STEAM Gardening Workshop for Kids—10am—12pm, Lawton Farmers Market @CU
- Dec 21 Bike in the Park—9am, ETP

**The December Fit Kids Meeting is cancelled.  
Meetings will resume in January 2020!**

## TOBACCO STOPS WITH ME.

More anti-tobacco work is needed!

### [Dr. Alayna Tackett Youth Vaping Study](#)

What was once a popular craze among young adults has now become an epidemic. Across the United States, [more than 150 teens](#) have suffered a vaping-related illness. [Due to higher concentrations of nicotine](#), research suggests that vaping is even harder to quit than smoking. The scientific study of prevention and cessation of electronic tobacco products has become more important than ever. In this video, Dr. Alayna Tackett of the Oklahoma Tobacco Research Center describes her groundbreaking project researching the respiratory effects of e-cigarette use among youth. Dr. Tackett is an assistant professor in the Department of Pediatrics at the University of Oklahoma Health Sciences Center (OUHSC). Dr. Tackett earned a PhD from OSU and postdoctoral fellowships and accreditations from Brown and OUHSC. She has a prolific body of work including numerous publications and grants. She specializes in studying the effects of electronic tobacco use on children and young adults. With the rapid developments of the harmful effects of vaping and e-cigarettes, Dr. Tackett's research offers clarity in the search for solutions to a global epidemic. Her diverse research background provides a uniquely comprehensive approach to the amorphous landscape of electronic tobacco use.

The U.S. Centers for Disease Control and Prevention has given a name to vaping-related illness: [EVALI](#), or e-cigarette or vaping product use-associated lung injury. The recent surge in EVALI-related illness and deaths have triggered public outcry and action from tobacco prevention advocates [not unlike what Big Tobacco experi-](#)

[enced](#) decades ago. While research is still in preliminary stages with regulatory challenges, some studies suggest that [black market THC vaping products](#) are the ones to blame. Schools and states have [taken steps](#) to curb youth vaping, such as creating presentations and taking punitive measures. However, with [industry marketing targeting children](#), public health advocates have a challenge on their hands to mitigate the craze.



### FIT KIDS MONTHLY MEETINGS 2020:

Jan. 24, 2020	Oakwood 1,2,3
Feb. 28, 2020	Oakwood 1,2,3
Mar. 27, 2020	Oakwood 1,2,3
April 24, 2020	Oakwood 1,2,3
May 22, 2020	Oakwood 1,2,3
June 26, 2020	Oakwood 1,2,3
July 24, 2020	Oakwood 1,2,3
Aug. 28, 2020	Oakwood 1,2,3
Sept. 25, 2020	Oakwood 1,2,3
Oct. 23, 2020	Oakwood 1,2,3
Nov. 20, 2020	Oakwood 1,2,3
Dec. 18, 2020	Oakwood 1,2,3

Oklahoma Tobacco Helpline  
1 800 QUIT NOW

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A Program of TSET