

Tips to Be Health Smart

Being a good health consumer means learning as much as we can about what keeps our families healthy. Read the tips below to learn how you can eat well, be active, and follow other healthy habits.

Tip #1: Fill half your plate with fruits and vegetables when you eat a meal.

Tip #2: Make healthy choices with friends and family. Take walks and make healthy meals together.

Tip #3: Add a slice of lemon, orange, or cucumber to your water instead of drinking sweet drinks.

Tip #4: If you or someone you love smokes, it isn't too late to quit. For information about how to quit, call 1-800-NO-BUTTS (1-800-662-8887).

Tip #5: You have the right to ask questions, understand your choices, and make decisions with your doctor.

Need more information or help?



Los Angeles County Department of Public Health, Office of Women's Health

Phone: 1-800-793-8090

Website:

www.publichealth.lacounty.gov/owh

- Appointments, referrals and information about health resources, and education about women's health



County of Los Angeles, Department of Consumer Affairs

Phone: 1-800-593-8222

Website: www.dca.lacounty.gov

- Information and help for problems with health products, insurance billing, identity theft.



U.S. Food and Drug Administration

Phone: 1-888-463-6332

Website: www.fda.gov/

- Information about health fraud, drugs, medical devices, dietary supplements. Report problems with the quality of these products.



U.S. Federal Trade Commission

Phone: 1-877-FTC-HELP

Website: www.ftc.gov/

- Information on health care scams, fraud, identity theft. Report deceptive advertising.

Are You Health Smart?

Take this quiz and find out



Take the Quiz

How much do you know about eating well, being active, and other healthy habits? Take the quiz to find out. Circle one answer for each question.

- 1. How many hours each week are you physically active?** (Examples: walk, run, dance, or other activity)
 - a. More than 5 hours
 - b. 2 to 5 hours
 - c. Less than 2 hours
- 2. How many cups of fruits and vegetables do you eat each day?** (Examples: 1 cup = 1 apple or 8 large strawberries)
 - a. 5 or more cups
 - b. 2 to 4 cups
 - c. Less than 2 cups
- 3. How many times per week do you eat fast food?**
 - a. I don't eat fast food
 - b. About once a week
 - c. 2 or more times a week
- 4. How many sweet drinks do have each week?** (Examples: sodas, sports drinks, or energy drinks)
 - a. Less than 1 drink
 - b. 1 to 5 drinks per week
 - c. At least 1 drink per day
- 5. Do you smoke cigarettes?**
 - a. Never smoked or quit 5 or more years ago
 - b. Quit less than 5 years ago
 - c. Currently smoke
- 6. How many alcoholic drinks do you drink per week?**
 - a. 4 or less
 - b. 5 to 7
 - c. More than 7
- 7. How much sleep do you get?**
 - a. 7 to 9 hours
 - b. Some nights less than 7 hours
 - c. Most nights less than 7 hours
- 8. How would you describe your stress level?**
 - a. Most of the time I don't feel stressed
 - b. I have some stress, but I know how to relax
 - c. Stress gets in the way of my work and relationships and keeps me from doing the things I enjoy

Did You Know?

- Weight-bearing exercises like dancing and hiking are good for your bones.
- One can of soda has about 22 packets of sugar!
- Quitting smoking lowers your chance of heart disease or cancer, even if you've smoked for a long time.
- To reduce stress, be active, eat smart, sleep well, deep breathe, and do things you enjoy.
- There are free or low-cost clinics where you can see a doctor, even if you don't have insurance. **Call 1-800-793-8090.**

Quiz Answers

Write the total number of A, B and C answers. Circle the letter with the highest score. Check your score below.

A = _____ B = _____ C = _____

Mostly "A"s = Keep up the great work!

You know the way you live plays a major role in your health. Continue making healthy decisions, and help your friends and family do the same!

Mostly "B"s = Doing well!

You are making some healthy choices yet there is still more you can do. Decide now to get healthier, and do it! Choose something to improve and make a goal to help you live healthier!

Mostly "C"s = Could do better.

Some of your health choices are putting your health at risk. Smoking, drinking too much alcohol, not enough physical activity, not eating healthy, little sleep, and too much stress often lead to serious health problems. It's time to start getting healthier for yourself and for your family!