

# Nutrition and Health Newsletter

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## New Year's Resolutions

### 2013: A Lucky Year for Good Health

*Choose from this list to feel better this year*

It is a few weeks into the New Year and you may have already abandoned the resolutions you made on January 1. Or maybe you just decided you never succeed at making permanent changes so why bother this year. But you can make a positive change in 2013 if you put your mind to it. Here are some very healthy resolutions you can still make that adhere to the recommended method for making behavior change. They are S.M.A.R.T. changes that will help you to succeed.

Do you know what S.M.A.R.T. stands for? It stands for SPECIFIC, MEASURABLE, ATTAINABLE, REALISTIC AND TIMELY. In other words these behavior changes are very **specific** about what, why and how you will change. They are **measurable** because you will clearly know whether you made the change or not. They are **attainable** because they stretch you some, but not too much. They are **realistic** because they are do-able for most people. Finally, they are **timely** because you set a timeframe for when you will have achieved the goal.

**Only choose one of these goals to work on at a time.** Doing more will only dilute your efforts and sap your energy and concentration. Once you succeed at one, you can either continue doing it or choose another to try.



### **When you start eating better you look and feel better!**

- Option 1.** Eat 1 cup of green, orange or yellow vegetable at lunch and supper this month to increase your vegetable intake.
- Option 2.** Drink water instead of sweet drinks for 2 weeks to cut down on your sugar intake.
- Option 3.** Eat a healthy breakfast every day for 3 weeks to prevent overeating later in the day and boost your metabolism.
- Option 4.** Have fruit twice a day for 1 month to increase your fruit intake.
- Option 5.** Drink low fat or non-fat milk twice a day for 2 weeks to add calcium and improve satiety.

## January is Glaucoma Awareness Month



Glaucoma affects 2.2 million people worldwide. It rarely has symptoms until it is very advanced. Then your vision begins to narrow and blindness can occur. Glaucoma can be controlled and slowed if it is diagnosed early. If you are high risk, you need a dilated exam every one to two years.

Who is at risk?

- African Americans over the age of 40
- Anyone over the age of 60 especially Mexican Americans
- People with diabetes
- People with a family history of glaucoma.

So schedule your eye exam today if you fall into one of these high risk groups. You don't want to be one of those people who finds out too late.

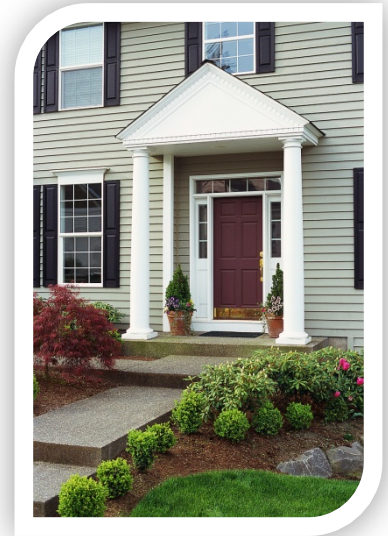
## Governor Deal Proclaims January Radon Action Month

Radon is a naturally occurring odorless and colorless gas. It is the second-leading cause of lung cancer, after smoking, and the leading cause of lung cancer in non-smokers. The EPA estimates about 21,000 lung cancer deaths each year are radon-related. Lung cancer kills more Americans than any other cancer. It actually causes more deaths than drunk driving.

A simple test can tell you if you have a high level of radon in your home. The UGA

Cooperative Extension, the U.S. Environmental Protection Agency and the American Lung Association recommend that ALL homes be tested for radon.

A radon test can be purchased from the UGA Cooperative Extension for \$10 at [www.ugaradon.org](http://www.ugaradon.org) or in some county offices. For the office closest to you, **call 1-800-ASK-UGA1.**



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