

# Focus on your *Health*

*we're  
all about  
you*



## Don't let the bad bugs bite



osquitoes, wasps, and bees have one thing in common—they can bite or sting. You can have a bad reaction to bug bites—like swelling, itching, and even shock or disease. To be on the safe side, it's best to avoid insect bites or stings.

Try the following:

- Wear insect repellent.
- Stay inside in the early morning and evening.
- Fix broken or ripped screens.
- Keep car windows closed.
- Drain standing water in your yard.
- Carry a sting allergy kit if you are allergic to bee stings.
- Wear light-colored clothing and cover your body as much as possible.
- Don't wear perfume or banana-scented lotions or lip gloss.
- Stay away from flowering plants.
- Be especially careful from July through September.
- Keep areas clean; food draws insects.



To learn more, visit the web address shown on your ID card and log in to **My Online Services**.

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## Five Ways to Prevent Childhood Obesity

Childhood obesity is on the rise. For some age groups, the rate has tripled since 1980. Obesity increases your child's risk of cardiovascular disease (such as high blood pressure, high cholesterol, and Type 2 diabetes). Some studies suggest that obese children are more prone to getting asthma and sleep problems. Worst of all, obesity can cause low self-esteem that carries on into adulthood.

Most parents want the best for their children. As a parent, you are responsible for your child's well-being. It's worth the effort. To help your child, you can do the following:

1. Set a good example. Your eating well and exercising will speak much louder than all the lectures in the world.
2. Encourage healthy eating. Don't keep junk food in the house. Instead, offer fruit or cut-up vegetables as a snack.
3. Offer water instead of sugary drinks when children are thirsty. If you start this at an early age, it's more likely to become a habit.
4. Keep them active. Children should get at least 60 minutes of physical activity every day.
  - Take walks together.
  - Go to the park.
  - Ride bikes with them.
  - Play a sport as a family.
  - Have them help with chores and yard work.

5. Limit television and computer time to two hours per day.

Being obese is not fun for anyone, especially a child. To learn more about how to help your children stay healthy and happy, visit the web address shown on your ID card. Log in to My Online Services<sup>SM</sup> and you'll find a wealth of parenting tips under Wellness Tools.



Source: Centers for Disease Control and Prevention  
<http://www.cdc.gov/nccdphp/dnpa/obesity/childhood/index.htm>