

# LIVE WELL WORK WELL



## Protect Your Child from E-cigarettes

The use of electronic cigarettes or e-cigarettes has grown exponentially in recent years—especially among young adults in the United States. According to the report, [E-Cigarette Use among Youth and Young Adults: A Report of the Surgeon General](#), the use of e-cigarettes by high school students increased by 900 percent between 2011 and 2015.

The liquid used in e-cigarettes contains nicotine and other harmful chemicals, including heavy metals and carcinogens. The liquid nicotine used in e-cigarettes comes in thousands of different flavors, many of which are appealing—and harmful—to children.

Regardless of how it is consumed, nicotine is a highly addictive drug and has clear neurotoxic effects, especially on developing brains. Unfortunately, many young adults do not realize the harmful side effects of e-cigarettes.

Do your part to explain to your teen that an e-cigarette is just as deadly and addictive as a normal cigarette. For more information, visit <https://e-cigarettes.surgeongeneral.gov/>.

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## February: American Heart Month

Heart disease is the leading cause of death for both women and men in the United States, causing about 610,000 deaths annually. Heart disease is also an extremely expensive disease—costing the United States about \$207 billion annually in the cost of health care, medications and lost productivity.

Fortunately, heart disease can often be prevented by living a healthy lifestyle and properly managing health conditions. American Heart Month, organized by the American Heart Association (AHA), is designed to raise awareness about heart disease and how people can prevent it. Some simple self-care and prevention strategies include the following:

- Visit your primary care physician regularly.
- Refrain from smoking.
- Maintain a healthy weight.
- Limit your sodium intake.
- Eat a well-balanced, healthy diet.
- Exercise regularly.
- Manage your stress levels.
- Limit your alcohol intake.

The AHA's [website](#) provides a detailed list of risk factors and common symptoms of heart disease. If you are concerned about your risk of developing heart disease or would like to find out more information about the condition, visit the AHA's site and contact your primary physician.



## CHICKEN VEGETABLE SOUP WITH KALE

2 tsp. vegetable oil  
½ cup onion (chopped)  
½ cup carrot (chopped)  
1 tsp. ground thyme  
2 cloves minced garlic  
2 cups water or chicken broth  
¾ cup diced tomatoes  
1 cup chicken, cooked, skinned and cubed  
½ cup cooked brown rice  
1 cup kale (chopped, about one large leaf)

### PREPARATIONS

1. Heat oil in a medium sauce pan. Add onion and carrot. Sauté until vegetables are tender, about five to eight minutes.
2. Add thyme and garlic. Sauté for one more minute.
3. Add water or broth, tomatoes, cooked rice, chicken and kale.
4. Simmer for five to 10 minutes.

Makes: 3 servings

#### Nutritional Information (per serving)

Total Calories	180
Total Fat	5 g
Protein	17 g
Carbohydrates	16 g
Dietary Fiber	3 g
Saturated Fat	1 g
Sodium	85 mg
Total Sugars	2 g

Source: USDA



## Healthy Snacks: Quick Tips for Parents

There are plenty of options for healthy snacks that give your kids important nutrients and help control hunger between meals.

#### Try these healthy snack ideas.

- Whole-grain crackers with low-fat cheese
- Rice cakes or apple slices with peanut butter
- Whole-wheat pita bread with hummus
- Celery with peanut butter and raisins

Keep fresh fruit in a place that's easy to reach in the refrigerator or on the table.

#### Set the rules.

- Teach your kids to ask before they grab a snack
- Eat snacks at the table or in the kitchen, not in front of the TV
- Serve snacks like pretzels or popcorn in a bowl. Don't let kids snack out of the bag or box.

## BIG GAME FUN FACTS IN 2016,



**111.9 MILLION**  
people watched  
the big game



**43.3 MILLION**  
Americans  
threw a big  
game party



Americans  
**1.3 BILLION**  
chicken wings  
during the big  
game



**53%**  
of big game  
viewers  
consumed beer

Sources: National Retail Federation 2016 Super Bowl Spending Survey, National Chicken Council and Nielsen Company