

Other Ways to Help Yourself:

- Take advantage of available health resources and information.
(Available from DCLC tutors, from Delco public libraries, and online.)
- Improve your English-language/reading skills.



Health Literacy First is a project funded in whole with Federal funds from the National Library of Medicine, National Institutes of Health, Department of Health and Human Services under Contract No. N01-LM-6-3501.

Online Resources

All from the National Library of Medicine:

- www.medlineplus.gov – Consumer Health for all ages and conditions
- <http://www.nlm.nih.gov/medlineplus/spanish/> – Consumer Health for all ages and conditions, in Spanish
- <http://www.nlm.nih.gov/medlineplus/languages/languages.html>
Health information in a variety of languages.
- http://www.nlm.nih.gov/medlineplus/easytoread/all_easytoread.html
Health information in graphic or easy-to-read format.
- <http://rhin.org/> -- Information, including health guidance, for US residents with refugee or asylum status.

To Improve Language Skills

- Attend Literacy/ESL classes
- Practice at social gatherings, community forums and workshops
- Ask friends or children for help
- Talk to your spouse in English (if English is not your first language)
- Watch TV or listen to the radio



Learn About Other Community Resources

County Public Welfare Offices

- Delaware County Assistance Office:
 - 845 Main St., Darby, PA 19082
 - 610-461-3800
- Crosby District Public Welfare Office:
 - 701 Crosby St., Suite A, Chester, PA 19013
 - 610-447-5300



Learn About Other Community Resources

Medicare Offices

- Upper Darby:

- Barclay Square Center: 1570 Garrett Rd., Upper Darby, PA 19082
- 610-394-8907

- Chester:

- 801 Crosby St, Chester, PA 19103
- 610-874-2722

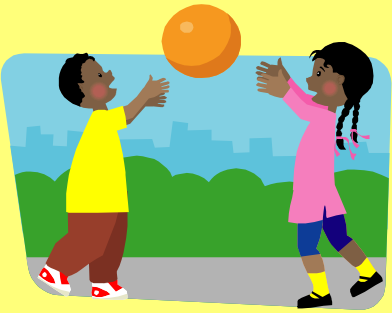


Learn About Other Community Resources

Women, Infants and Children Program (WIC)

Provides supplemental foods and nutrition education to pregnant, postpartum and breastfeeding women; infants; and young children up to age 5.

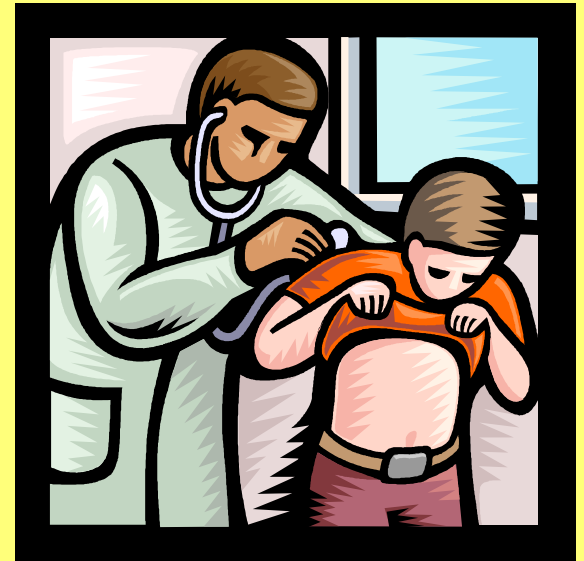
- Administrative Office: 610-497-7668
- Springfield Clinic: 610-328-7930
- Chester Clinic: 610-497-7660
- Upper Darby Clinic: 610-352-7925



Learn About Other Community Resources

Children's Health Insurance Program (CHIP)

- CHIP is a Pennsylvania's program to provide health insurance to all uninsured children and teens up to age 19 who are not eligible for or enrolled in Medical Assistance.
- No family makes too much money for CHIP because there is no income limit.
- <http://chipcoverspakids.com/>



And Speaking of Children, Did You Know... ?

- **A series of shots by the age of 2 can protect against these diseases, Ask your doctor if your baby is up to date:**
 - Diphtheria
 - Tetanus (Lockjaw)
 - Pertussis (Whooping Cough)
 - Polio
 - Measles
 - Mumps
 - Rubella (German Measles)
 - Varicelle (Chicken pox)
 - Hepatitis A
 - Hepatitis B
 - Hib meningitis
 - Pneumococcal

They're required for school attendance, too!



CDC Vaccine Information

The Center for Disease Control provides info on vaccines/immunizations in 24 languages!

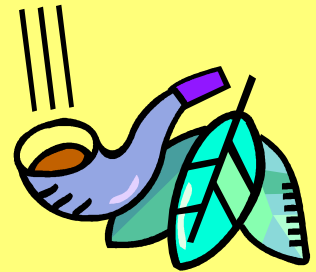


<http://www.immunize.org/vis/>

Learn About Other Community Resources

Office of Behavioral Health (OBH)

- Mental health services for adults and children
- Drug and alcohol/Tobacco counseling
- Community-based services
- Connections with private community agencies and hospitals
- <http://www.co.delaware.pa.us/humanservices/obh/behavhealth.html>



Domestic Abuse Project of Delaware County, Inc.

Provide immediate crisis intervention,
information and referral on a 24/7 basis.
24 Hour Hotline - 610-565-4590

- Housing
- Advices on legal and medical issues
- Prevention and education
- Shelter

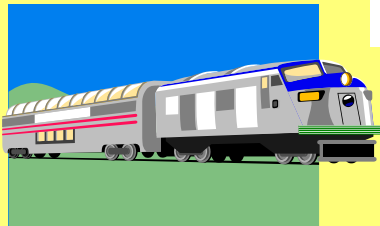


Take Advantage of Local Public Transportation to Access Any Facility in the County.

<http://www.septa.org> – Trip Planner



The screenshot shows the SEPTA website homepage. At the top left is the SEPTA logo. To its right is the text "Southeastern Pennsylvania Transportation Authority" and "Serving Bucks, Chester, Delaware, Montgomery, and Philadelphia Counties". A search bar with "Google Custom Search" is on the top right. Below the logo is a navigation menu with links: "Getting Around", "Ride", "Customer Service", "Media", "Careers", and "Business". The date "Wednesday | 12.09.09" is displayed in the top right corner. The main content area is divided into two columns. The left column is titled "Choose Your Service" and lists: "Regional Rail", "Market-Frankford Line", "Broad Street Line", "Trolley Lines", "Norristown High Speed Line", "Buses", and "CCT Connect". Below this is the "Trip Planner" section with a "System Map" link. It includes input fields for "From", "To", and a date/time selector set to "12/09/2009" at "2:32 PM". There are radio buttons for "Departing" and "Arriving", and a choice between "Google Transit" and "Plan My Trip". The "Quick Links" section at the bottom left of the main content area has icons for "Schedules", "Maps", "Fares", and "Alerts". The right column is titled "Welcome To SEPTA" and contains a photograph of a building. Below the photo is a paragraph of text: "SEPTA is the public transportation system serving Philadelphia and a number of suburban towns in Bucks, Chester, Delaware and Montgomery County. Our system is made up of buses, subways, trolleys, trackless trolleys, high speed rail and commuter trains - commonly referred to as Regional Rail. Each of these services together create a wide reaching transportation network allowing visitors and residents to explore the wonders of this great region." Below this is another paragraph: "Maps are available to help you plan your next trip. The System Map provides detail on all of the rail routes running throughout the region. Individual rail maps give more specific information about other connecting services available at each station and key transfer points for continuing SEPTA services. Bus maps are available in each schedule found here on our website." A third paragraph follows: "SEPTA wishes for trip planning to be just as easy as riding, so we offer two different ways to get your next itinerary. Our own trip planner - Plan My Trip - offers complete route, schedule, fare and directional information. This is the most complete way to itinerary plan from start to finish. Google Transit is also available which provides schedule information, along with the ability to plan a continuing trip beyond the SEPTA service area with one of our neighboring transit agencies." The final paragraph in the right column states: "SEPTA offers a great range of fare options to make traveling economical. Whether you travel once in awhile or multiple times in a day, our collection of tokens, tickets and passes give you the flexibility to travel wherever you want, whenever you want." At the bottom of the right column, it says: "Sometimes circumstances happen that can cause one of our services to operate differently than what our customers expect. We feature these



SEPTA Info by Phone

Dial:

215-580-7800, then press “0” when you hear a voice.

You may have to wait for an agent a moment or two.



What to Do Every Day

For starters, check your nutrition knowledge...



Reading Labels

How many calories would you consume if you eat the whole package? **500 calories**

How many grams of fat?
24 grams of fat

Get less of the nutrients in **YELLOW**

Get enough of the nutrients in **BLUE**

Notice % Daily Value (%DV)

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving	
Calories 250	
Calories from Fat 110	
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugar 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	30mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrates		300g	375g
Dietary Fiber		25g	30g

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 250 Calories from Fat 110

% Daily Value*

Total Fat 12g 18%

Saturated Fat 3g 15%

Cholesterol 30mg 10%

Sodium 470mg 20%

Total Carbohydrate 31g 10%

Dietary Fiber 0g 0%

Sugar 5g

Protein 5g

Vitamin A 4%

Vitamin C 2%

Calcium 20%

Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.
Your Daily Values may be higher or lower depending on
your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	30mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrates		300g	375g
Dietary Fiber		25g	30g

Reading Labels

Which nutrients have high values?

Fat, Sodium, and Calcium

Which nutrient has a low value?

Vitamin A, Vitamin C, Iron

What nutrient is this food lacking?

Dietary Fiber

What To Do Every Day

Look for Whole Grains:

Choose foods with a ***whole grain*** ingredient listed ***first*** on the label's ingredient list.


Ingredients:

Whole Grain Oats, Modified Corn Starch, Corn Starch, Sugar, Salt, Tocopherols, Trisodium Phosphate, Calcium Carbonate, Natural Colour. Contains Wheat Ingredients.

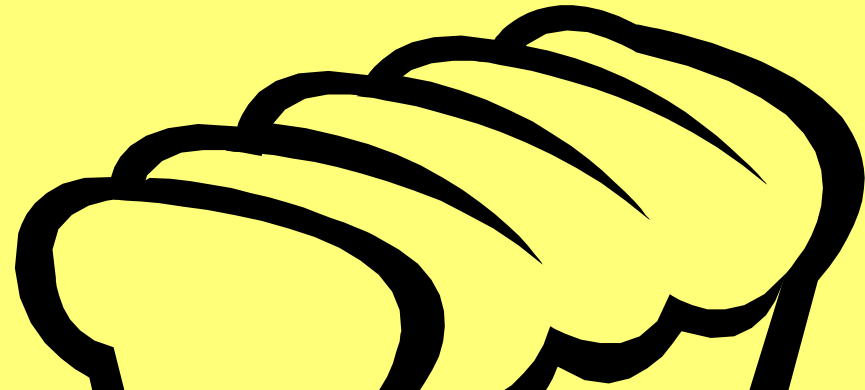
Which is the whole grain bread?

A

B



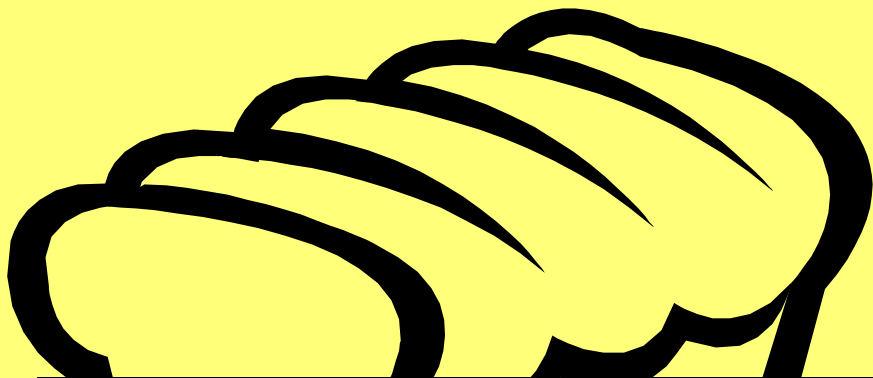
Ingredients: Wheat flour,
water,
high fructose corn syrup,
molasses, wheat bran ...



Ingredients: Whole wheat
flour, water, brown sugar...

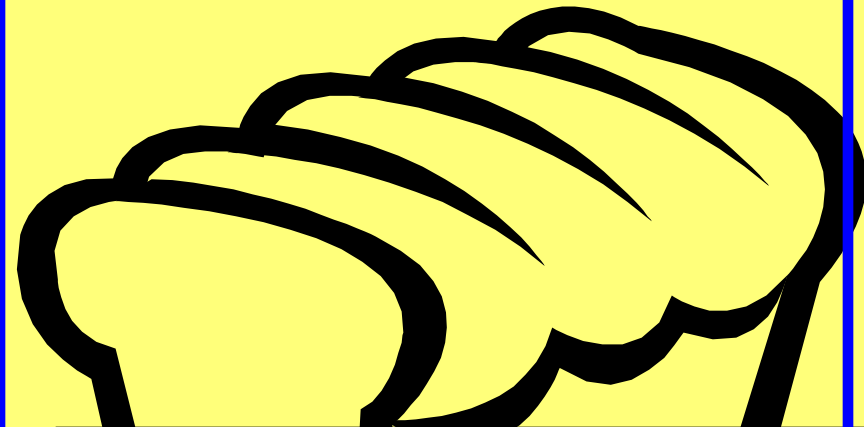
Answer: **B**s **WHOLE** wheat as the first ingredient!

A



Ingredients: Wheat flour, water, high fructose corn syrup, molasses, wheat bran ...

B



Ingredients: Whole wheat flour, water, brown sugar ...

What To Do Every Day

Check for Fat:

Drink Fat-Free or Low-Fat Milk



Fat Free

1%

2%

Whole

How many calories and grams of fat could you save by switching to a lower fat milk?



Which milk is healthier ?

Whole Milk	
Serving Size 8 fl oz (240mL)	
Servings Per Container 2	
Amount Per Serving	
Calories 150	Calories from Fat 70
% Daily Value*	
Total Fat 8g	15%
Saturated Fat 5g	25%
Cholesterol 35mg	12%
Sodium 125mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 8g	
Vitamin A 6% • Vitamin C 4%	
Calcium 30% • Iron 0% • Vitamin D 25%	

Which nutrients are the same?

Nonfat Milk	
Serving Size 8 fl oz (240mL)	
Servings Per Container 2	
Amount Per Serving	
Calories 80	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol less than 5mg	1%
Sodium 130mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 8g	
Vitamin A 8% • Vitamin C 4%	
Calcium 30% • Iron 0% • Vitamin D 25%	

Which nutrients are different?

Which milk should you drink?

What To Do Every Day

Check Your Sugar, Too!

How Much Sugar is in Soda?

27g x 2.5 servings = **67.5 g**

1 teaspoon of sugar = 4 grams

67.5 / 4 = **16.9 teaspoons of sugar**

VERY LOW SODIUM

Nutrition Facts	Amount/Serving	% DV*
Serv. Size		
8 fl oz (240 mL)		
Servings 2.5		
Calories 100		
Total Fat	0g	0%
Sodium	35mg	1%
Total Carb	27g	9%
Sugars	27g	
Protein	0g	

*Percent Daily Values (DV) are based on a 2,000 calorie diet.



What To Do Every Day

Drink Water: Try for 8 glasses per day unless your doctor tells you otherwise.



What To Do Every Day

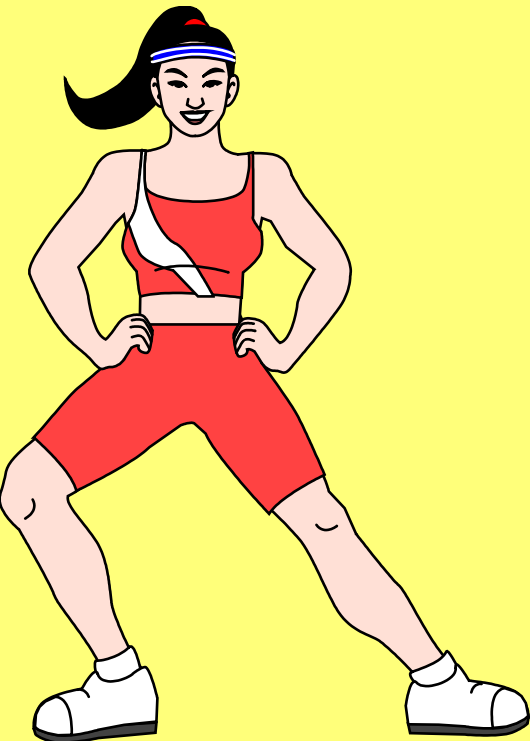
Exercise! And Rest when Necessary!

Research indicates that after 30 minutes of mental work, the ability to concentrate begins to decline. Sitting burns only 33-50 calories per hour.



Exercise: Anything's Better than Sitting!!

- Music Break (dance to one song)
- Hot Seat (chair squats)
- Raise the Roof (overhead press)
- Swim! Or Do the Swim!
- Off the Wall (wall push ups)
- Tippy Toes (calf raise)
- Flex at Your Desk
- Stand like a tree and balance



Here's to Your Good Health!



Please take a moment to complete a survey about these presentations by clicking [here](#).

Thanks!

