

YOUR Health



Fitness Tracking Bands

FitBit, Misfit and Jawbone may sound like names for underground punk rock bands but they are actually at the forefront of the health revolution.

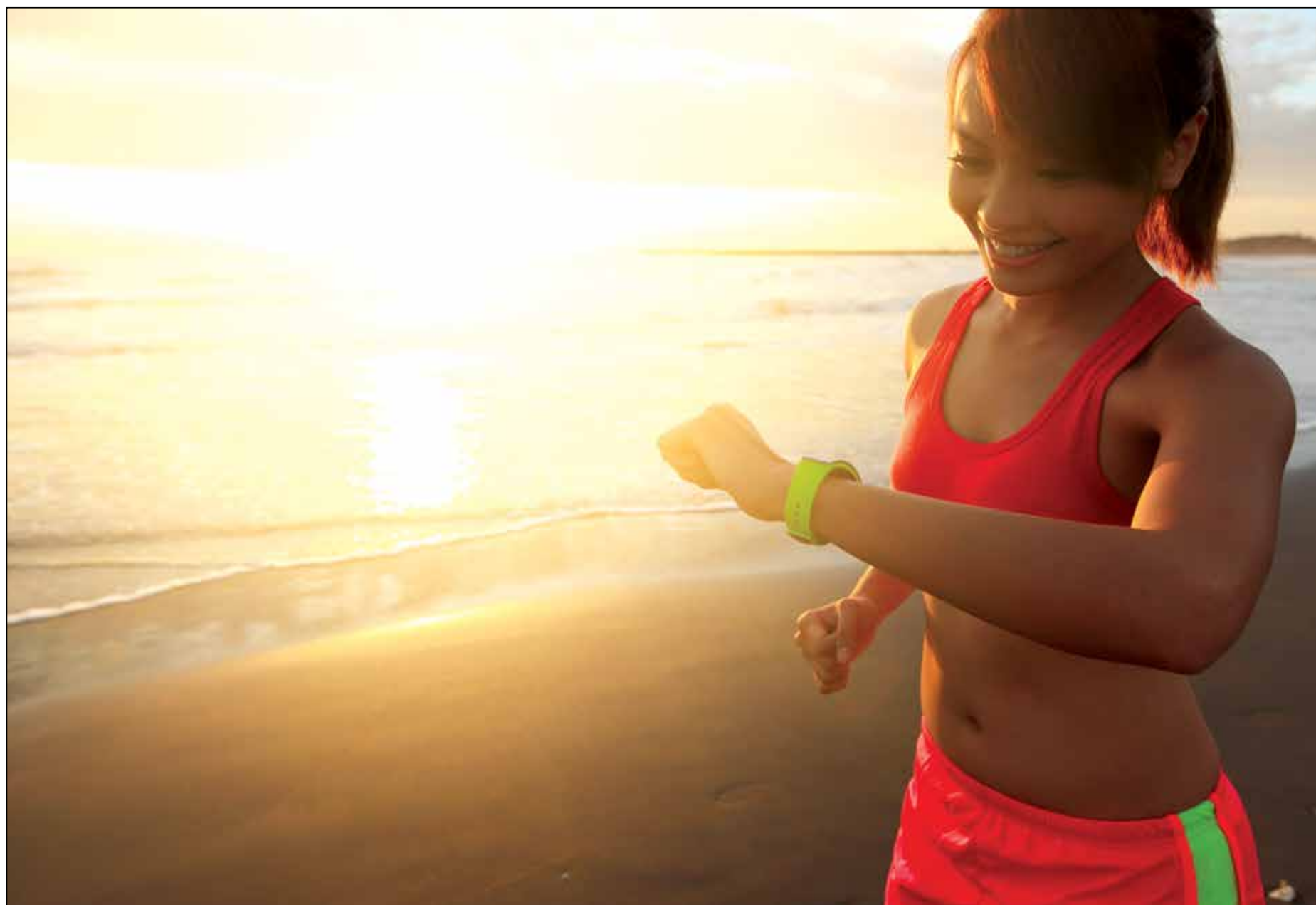
These and many other athletic brands have carved out a niche in the fast-growing segment of wearable fitness-tracking devices becoming popular with people looking to gauge their exercise, eating and sleeping habits.

Designed to be worn like watches or simply stowed away in your pocket, wearable devices are your new workout partner, helping you count calories, steps and other metrics throughout your day. Each brand has a different take on its approach to fitness tracking, so do a little research before purchasing a new device, some of which can cost hundreds of dollars.

THE TREND

Fitness trackers are the hottest wearable devices on the market, accounting for 72 percent of all digital fitness device sales, according to the Consumer Electronics Association. The numbers only look to increase as companies use consumer feedback to refine their products.

The wearable technology in these devices is the catalyst behind the segment's growth, as people can more accurately than ever record what is happening with their bodies. Walking, running, eating and sleeping habits are all measurable with the devices,



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which also can send you daily, weekly and monthly breakdowns of your performance.

MOTIVATION

Consumers are buying wearable devices for many

reasons. One of the most prevalent is the motivation they can provide for more beneficial workouts, better eating and healthier sleep. With the versatility of the devices – some brands are even waterproof – you can

track your workout activities from running and tennis to basketball and swimming.

There's a wearable fitness product for almost every budget. While the top-tier products can range into the \$200 to \$300 range, many basic fitness track-

ers begin around \$30.

Personal style also is a driving factor behind the sales of fitness bands, as companies have worked to improve the aesthetics of their products with smaller sizes and more modern colors.

Sharing Health Data

Are you concerned with where your healthcare data is ending up? If you're like most Americans, the answer to that question is no.

An NPR-Truven Health Analytics Health Poll found that data privacy didn't appear to bother most respondents. The study found that privacy concerns were highest regarding information held by health insurers, but even then only 16 percent of people expressed any real worry about how that information may be used.

The study interviewed thousands of people by cell-phone, landline and online. A majority of the people asked (53 percent) said they would be willing to share information anonymously with health care researchers.

YOUR DATA

Researchers in government, universities, drug companies or consulting firms are a few examples of potential landing spots for your medical data. Here's what the NPR-Truven Health Analytics poll found regarding who could be using your data:

- Comfort with researchers possessing critical data ran between 87 and 92 percent
- Ninety-five percent of sharing-inclined people under 35 were OK with giving anonymized data to professors, while only 74 percent of people 65 and older were



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WHAT TO DO

If you are concerned about where your data is being distributed, you, as a consumer, have the right to raise questions. Most information about the use of your data can be

found within the privacy policy provided your insurance, physician's office or hospital.

If you're still confused about the process after reading through the privacy policies, here are some questions you can ask your provider.

- Will I be notified every time you share information about me?

- Is my medical information available to anyone other than my medical providers and insurance companies?

- What will health insurers

do with my records? Can companies other than my policy provider access my records?

- Is my data used for any purpose other than to provide my medical information to my providers?

Keep Your Bones Strong

When you think physical health, you may start with the skin, hair or teeth, because these are the parts of the body you can see.

But sitting beneath the surface are the vital pieces making up the ultimate structure of your body — the bones. They play many crucial roles in the body, including protection of organs, anchoring of muscles and storage of calcium.

Taking care of your bones is a practice that should start in childhood and continue throughout your life.

THE NUMBERS

Why is bone health so important? The Office of the Surgeon General reports an assortment of statistics that call for healthier, bone-focused diets to help the country's population.

How likely you are to develop osteoporosis — a condition that causes bones to become weak and brittle — depends on a variety of lifestyle, diet and exercise factors. According to the Surgeon General:

- The risk of a fracture increases with age and is greatest in women. In fact, roughly four in 10 Caucasian women ages 50 or older in the United States will experience a hip, spine or wrist fracture sometime during the remainder of their lives.

- Osteoporosis is the most common cause of fractures. Roughly 10 million individuals over age 50 in the United States

have osteoporosis of the hip.

- By 2020, one in two Americans over age 50 is expected to have or be at risk of developing osteoporosis of the hip.

CALCIUM

Calcium is a mineral needed by the body for healthy bones. Since the body cannot produce calcium, it must be absorbed through food or vitamins.

Good sources can include low-fat dairy products, dark green leafy vegetables and calcium-fortified products such as orange juice, cereal and bread.

The daily recommended amount of calcium varies for individuals, so check with your physician to see how much you should be taking in.

PHYSICAL

Bones also can be strengthened through regular physical activity. Weight-bearing physical activities cause muscles and bones to work against gravity. This can be strenuous, so consult your physician before increasing the amount of weight-bearing exercises.

These exercises can include simple walking, jogging or running. More vigorous activities can include field hockey, hiking and weightlifting.



Burns and Fires

Every day, more than 300 children up to age 19 are treated in emergency rooms for burn-related injuries and two children die as a result of being burned, reports the Centers for Disease Control and Prevention.

According to the CDC, younger children are more likely to sustain injuries from scald burns that are caused by hot liquids or steam, while older children are more likely to sustain injuries from flame burns that are caused by direct contact with fire.

ALARMS

Installing smoke alarms in your home — on every floor and near all rooms family members sleep in — should be a given. Testing and maintaining them can be some things that people overlook.

It's important to test your smoke alarms once a month to make sure they're working properly. Most devices have a simple test button that you can access without even taking the device down from the wall. These few seconds per month devoted to testing your devices can help safeguard the lives of your family members.

PREVENT BURNS

In terms of burns, the most dangerous room in the house is the kitchen. Use safe cooking practices, such as never leaving food unattended on the stove. Supervise or restrict a child's use of stoves, ovens or microwaves.



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If anyone is burned in your home, it is important to know what type of burn it is and how to treat it. A first-degree

burn is the least serious type in which only the outer layer of skin is burned. Second-degree burns involves both

the first and layers of skin being burned. Third-degree burns are the most serious and can cause permanent tis-

sue damage.

For any types of burns causing serious pain, seek immediate medical attention.

Breaking Down Labels

Do you ever find yourself in a grocery aisle staring at food labels to make sure you're bringing home a healthy option?

There are serving sizes, percentages and sometimes ingredients you've never heard of. Before you know it, you're settling for something without even truly understanding what is in it.

The U.S. Food and Drug Administration recommends getting to know how the back of your labels are structured. That way, you can make informed choices about not only purchasing certain foods, but how much you're eating, too.

CALORIES

The calories line of a nutrition label is where you'll find the number of calories per serving and the calories from fat in each serving.

Let's say the label says one serving equals 10 crackers and 100 calories. If you eat 20 crackers, you've quickly consumed two servings and twice the number of calories and fat. If you do this multiple times throughout the day with different food choices, you can see how quickly the calories can add up.

Remember that fat-free doesn't mean calorie-free.

Items with low fat content can have just as many calories as full-fat ones.

KEY NUTRIENTS

The FDA reports that many Americans aren't getting enough vitamins A and C, potassium, calcium and iron. Look for these key nutrients when you're reading the back of labels to make sure you're choosing options with high percentages in these areas.

% DAILY VALUE

You will see the "% DV" designation on food labels. It is a general guide to help you link nutrients in a serving of food to your total daily diet. If a food contains only 5 percent of an important nutrient, it is giving you only a mere contribution. Aim for foods with 20 percent or higher contributions of key nutrients.

You can use the % DV to make dietary trade-offs with other foods throughout the day, but remember that the * is a reminder that the % DV is based on a 2,000-calorie diet. You may need more or less, depending on your diet.



The Importance of REACH

President Obama and his administration are working to close racial and ethnic gaps in healthcare coverage.

The Centers for Disease Control and Prevention is doing its part by leading the Racial and Ethnic Approaches to Community Health program as part of its efforts to unify healthcare coverage throughout the country.

HEALTH GAPS

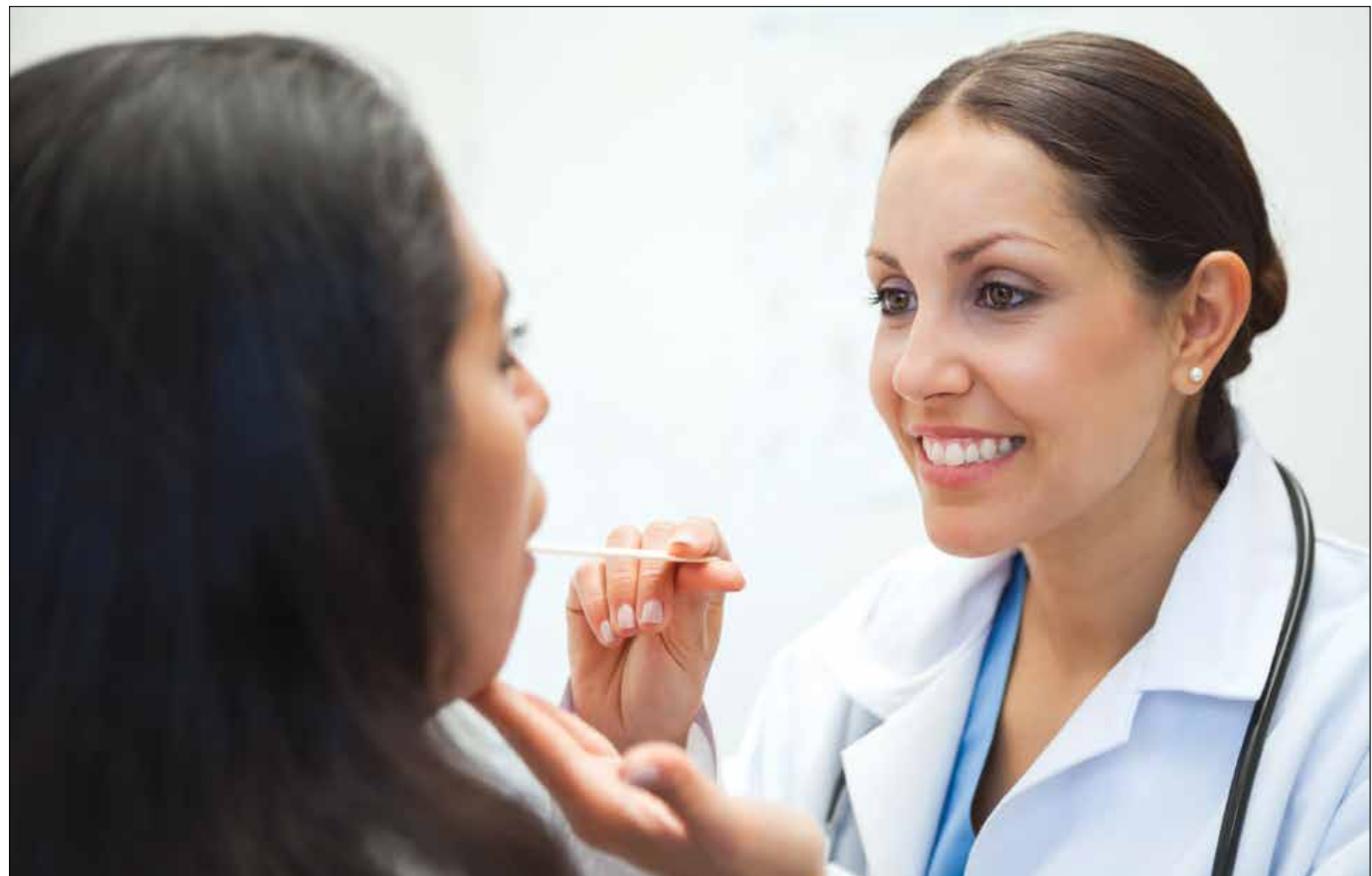
The CDC reports the following statistics when delivering its message focused on ending health gaps among racial and ethnic minority groups:

- Heart disease is the leading cause of death for people of most racial and ethnic minorities in the United States;
- Non-Hispanic blacks have the highest rates of obesity (44 percent) followed by Mexican Americans (39 percent); and
- Compared to non-Hispanic whites, the risk of diagnosed diabetes is 77 percent higher among non-

Hispanic blacks, 66 percent higher among Hispanics / Latinos and 18 percent higher among Asian Americans.

WHAT IT DOES

REACH has built up an expansive base of partners, including members of local



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communities that work together to identify, develop and share strategies that work in reducing health gaps.

Their main focus is on heart disease, obesity, diabetes, breast and cervical cancer, infant mortality, asthma and vaccines.

Racial and ethnic health gaps are complex. They are affected by factors related to individuals, communities, society, culture and the environment.

REACH cuts across a number of proven and promising programs that address these many factors.

GET INVOLVED

If you are part of a local health coalition, you can seek out REACH for support on planning, evaluating and sharing community-focused strategies.

REACH enhances national and international organiza-

tions that have local affiliates and chapters to share best practice solutions and culturally based community methodologies. It also provides funding to qualified organizations in an effort to better overcome the inherent challenges of overcoming such a wide-reaching health issue.

Family Workout Time

The workday is done and dinner is in the oven. Exercise may be the last thing on your mind, but experts say family workout time is crucial to forming togetherness and improving health, especially in young kids.

According to the national fitness program Let's Move, children should get a total of 60 minutes of physical activity each day, and adults need at least 30.

And exercise has never been more important to protecting children from incurring preventable illnesses later in life.

Childhood obesity rates have tripled since the 1980s, according to the Centers for Disease Control and Prevention. At this rate, one third of all children born in 2000 or later will suffer from diabetes at some point in their lives. Here are some ideas for finding time for a family workout, even if your schedule seems too packed to fit it in.

TAKE A WALK

A brisk walk is a great way to burn calories and increase your heart rate. The great thing about taking a walk is you can do so no matter where you live.

People in large cities can pop out of their apartments for a quick stroll downtown, while people in more rural areas can stretch out their legs in their own backyards or down a safe country road.

You only need a pair of comfortable shoes, and



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depending on if you have any young children, a stroller or carrying sling. Even your dog can get in on a family walk with the proper leash or harness.

JOIN THEM

Are your children fans of video games or activities on the computer? Instead of pulling them away from

their hobbies, join them.

Surprise them with a new video game. Just be sure that the game is one requiring physical activity. There are many dance and sports

games that call for players to act out specific moves, swings or throws. This will help you and your child enjoy a game together while also sneaking in some exercise.