

# FORGING THE FUTURE:



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## Friday FACTS

20 April 2001

"Leadership, Partnership, and

### National Alcohol & Drug Addiction Recovery Month

The Substance Abuse and Mental Health Services Administration (SAMHSA) Center for Substance Abuse Treatment has developed web based activities and events to promote awareness about the effectiveness of substance abuse treatment. The activities encourage support for the individual, family and also community efforts for recovery. The online activities are available at <http://www.health.org/recoverymonth/2001>

#### Food and Health

The relationship between food and health is significant. Diet plays an important part in both promoting good health and well-being, and in the development of a number of health problems including obesity, coronary heart disease and cancer. People who are **obese** (Body Mass Index, BMI >30) or **overweight** (BMI >25) have a higher risk of disease including **coronary heart disease, diabetes, hypercholesterolemia, hypertension, bone and joint disorders**. The risk of disease increases with increasing BMI. Men and women with a waist circumference greater than 94 cm and 80 cm respectively are at increased risk and men and women with a waist circumference greater than 102 cm and 88 cm respectively are at substantial risk. For more information visit <http://hebw.uwcm.ac.uk/healthyliving/chapter3.html>

#### American Association of Suicidology Public Service Announcement for the Year 2001 Suicide Prevention (45 Seconds)



Did you know that, in the United States, one person commits suicide every 17 minutes? Or that it is estimated that over 4.5 million people in the United States have been directly affected by a suicide? Or that 60 % of all persons who die by suicide use a gun to kill themselves?

Experts believe that most suicidal individuals do not want to die. They just want to end the pain they are experiencing.

Experts also know that suicidal crises tend to be brief. When suicidal behaviors are detected early, lives can be saved. There are services available in the community for the assessment and treatment of suicidal behaviors and their underlying causes.

May 6 through 12 is Suicide Prevention Week. This year's theme is "Suicide Risk Across Society." Please join (your agency) in supporting suicide prevention. Help a suicidal person seek help. And help reduce the number of suicides in this country. For more information visit: [www.suicidology.org](http://www.suicidology.org)

#### Osteoporosis in men: Bone up on



No bones about it - men get osteoporosis, too. As in women, it can weaken a man's skeleton making bones more likely to break. By age 65, men lose bone mass as fast as women do. Although there's no cure for osteoporosis, you can prevent or at least slow its progression. Believing osteoporosis is a women's disease, many men ignore the simple steps they should take to prevent it. For more information on the signs and symptoms visit: <http://www.mayoclinic.com/home?id=MC00015>



*"The best proof of love is trust."  
- Dr. Joyce Brothers.*