

# FORGING THE FUTURE:



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## Friday FACTS

27 April 2001

"Leadership, Partnership, and

### Child deaths by injury

Injury is the top cause of death among children ages 1 to 14 in developed nations, accounting for nearly 40 percent of deaths, according to a new report. More than 20,000 children die each year in the world's wealthiest nations because of injuries, mostly from traffic accidents, according to authors of the United Nations Children's Fund (UNICEF) Innocenti Report Card, compiled at the Innocenti Research Center in Florence, Italy. Other major causes are drowning, fire, intentional harm, falls, poisonings and firearms. The United States ranked fourth from the bottom with a rate of 14.1 deaths per 100,000. Nations faring worse were Portugal (17.8), Mexico (19.8) and South Korea (25.6). Traffic accidents accounted for 41 percent of deaths. Most children were not riding in cars, but were on bicycles or were pedestrians. Boys were 70 percent more likely than girls to die from injuries. Higher rates of injury were associated with poverty, living in a single-parent home, low maternal education, low maternal age at birth, poor housing, large family size, and parents who abuse alcohol or other drugs.

### Brain teasers: Gifts that challenge the brain

Is searching for the perfect present for a friend or family member giving you a headache? Why not buy a gift that does double duty — one that stimulates the brain and also entertains. And don't worry about having to hunt down a specialty shop to buy these presents. Gifts that challenge the mind abound. You just need to train your own brain to recognize them. It's a widely held belief that people who engage in ongoing cerebral stimulation lead longer, healthier lives. And although research hasn't proven that any particular type of stimulation is more effective than another, it has shown that staying mentally active is important for overall longevity. In light of that fact, choose a brain-bending gift from this list, each of which can make a positive contribution to the brain activity of your friends and family:



- **Books.** A tried and true classic gift, books are great for people of all ages. Take things one step further by locating a local book club, signing your friend up and purchasing the club's next book selection.
- **The spoken word.** For those who aren't apt to pick up a hard copy, try audiobooks by their favorite authors.
- **Do re mi.** Musical tapes and CDs make great gifts. But don't just stick with the classical music that old Aunt Mavis knows — consider exposing her to a new musical genre, like jazz.

For more tips visit: <http://www.mayoclinic.com/home?id=BN00014>

### World Asthma Day May 3, 2001

May is Asthma and Allergy Month and this year May 3rd is celebrated as World Asthma Day! For more information on how you may participate and potential activities see the NHLBI website at [http://rover2.nhlbi.nih.gov/health/prof/lung/asthma/wad\\_2/index.htm](http://rover2.nhlbi.nih.gov/health/prof/lung/asthma/wad_2/index.htm)

### Website of the Week

Self Help Magazine offers a number of articles on a wide variety of topics and concerns, discussion forums, as well as resources! Check it out at <http://shpm.com>



Need another reference website about Nutrition? Why not visit [www.nutrition.gov](http://www.nutrition.gov)

"Destiny is not a matter of chance, it's a matter of choice; it's not a thing to be waited for, it's a thing to be achieved." - William Jennings Bryan