

FORGING THE FUTURE:



Visit the NEHC Health Promotion Home Page
<http://www-nehc.med.navy.mil/hp/ff/hpfrifax.htm>

Subscribe to this publication
by visiting our web site.
Click on "Friday Facts"

Friday FACTS

3 January 2003

"Leadership, Partnership, and Championship"

TASK FORCE RECOMMENDS DIETARY COUNSELING FOR ADULTS WITH HIGH CHOLESTEROL AND OTHER RISK FACTORS FOR CHRONIC DISEASE

Although citing insufficient evidence to recommend for or against routine dietary counseling in the general population of adult patients, the U.S. Preventive Services Task Force today (Jan 2, 2003) recommended that primary care clinicians provide dietary counseling for adult patients with high cholesterol and other known risk factors for diet-related chronic disease such as high blood pressure and obesity.

These recommendations appear in the January 2003 issue of the *American Journal of Preventive Medicine* and can be viewed on the Agency for Healthcare Research and Quality (AHRQ) Web site at <http://www.ahrq.gov/clinic/3rduspstf/diet/>. Previous Task Force recommendations, summaries of the evidence, easy-to-read fact sheets explaining the recommendations, and related materials are available from the AHRQ Publications Clearinghouse by calling (800) 358-9295 or sending an email to ahrqpubs@ahrq.gov.

Countdown to Quit Smoking

Quitting smoking is the most popular New Year's resolution. If you have made a resolution to quit smoking in 2003, here are some tips to help you get started.

5 days before your quit date:

Think about your reasons for quitting. Tell your friends and family you are planning to quit. Stop buying cigarettes.

4 days before your quit date:

Pay attention to when and why you smoke. Think of other things to hold in your hand instead of a cigarette. Think of habits or routines to change.

3 days before your quit date:

Decide what you will do with the extra money when you stop buying cigarettes. Think of who to reach out to when you need help.

2 days before your quit date:

Buy the nicotine patch or nicotine gum. Or, see your doctor to get the nicotine inhaler, nasal spray, or the non-nicotine pill.

1 day before your quit date:

Put away lighters and ashtrays. Throw away all cigarettes and matches. Clean your clothes to get rid of the smell of cigarette smoke.

Quit Day:

Keep very busy. Remind your family and friends that this is your quit day. Stay away from alcohol. Give yourself a treat, or do something special.

Congratulations!

If you "slip" and smoke, don't give up. Set a new date to get back on track. Call a friend or "quit smoking" support group. Eat healthy food and get exercise.

For more information on quitting smoking, visit website <http://www.surgeongeneral.gov/tobacco> or call the CDC Office on Smoking and Health at (800) CDC-1311.

Source: *You Can Quit Smoking*, U.S. Public Health Service, Dept. of Health and Human Services, September 2002.

A keen sense of humor helps us to overlook the unbecoming, understand the unconventional, tolerate the unpleasant, overcome the unexpected, and outlast the unbearable. -Rev. Billy Graham