August is Children’s Eye Health and Safety Month

When it comes to thinking about children’s health, eye injuries and vision impairments are probably not among the first ailments that come to mind.

Yet more than 12.1 million school-age children—nearly 25 percent—have vision impairments. Additionally, thousands of children age 5 and under suffer eye injuries each year at home, in the car and at play. Eye injuries affect older children as well, accounting for a majority of the 42,000 annual sports-related eye injuries.

Appropriate eye care is essential for maintaining good vision. Most eye problems in children can be corrected if they are detected and treated early. However, many problems can result in permanent vision loss if left untreated.

Your child’s eyes should be examined during regular pediatric appointments, and vision testing should be conducted around age 3.

The most common types of eye problems seen in children are:

- Myopia (nearsightedness)
- Strabismus (crossed eyes)
- Amblyopia (lazy eye)

Some of the signs your child might be experiencing impaired vision:

- Wandering or crossed eyes
- Blurred or double vision
- Headaches or pain in the eyes
- Difficulty copying from board at school
- Holding books close to read or sitting close to the TV
- Squinting
- Sensitivity to light
- Burning, itching, watery eyes, or inexplicable redness in the eyes

To minimize the risk of eye injuries, young children should only have access to age-appropriate toys devoid of sharp or protruding parts or that can fire projectiles. Older children with glasses should wear polycarbonate lenses when playing sports.

Children should also have access to sunglasses and be taught the importance of limiting exposure to UV rays, as they are more susceptible to UV damage than adults.

August 2013

Brought to you by: New England Employee Benefits Co., Inc.

Distracted Walking

Cellphone usage has long been considered hazardous while driving, with 47 states having at least some restrictions limiting cell phone operation while behind the wheel. Now new research shows that mobile devices can also lead to injuries for distracted pedestrians as well.

The report is titled “Pedestrian injuries due to mobile phone use in public places.” After mining data from the National Electronic Surveillance System, researchers estimated that the number of pedestrians who are treated in an emergency room every year for injuries suffered while using cellphones has more than doubled since 2004.

In 2010, the most recent year surveyed, over 1,506 people were admitted for injuries suffered from inattentive walking.

The study’s lead author called for more awareness when traveling by foot. Additionally, the CDC recommends crossing streets only in designated crosswalks, observing drivers who appear to be turning, and increasing visibility with reflective clothing and a flashlight when walking at night.

DID YOU KNOW

According to a 2012 study, nearly one in three pedestrians is distracted by a mobile device while crossing busy intersections.
Summer Dieting Tips

While we often think of winter as the season most likely to wreak havoc on our waistlines, all that barbeque, potato salad, beer and ice cream can pack quite the caloric punch when the sun is hot and the days are long. To keep your diet in check and avoid overdoing it this summer, follow these simple tips:

1. **Substitute, substitute, substitute.** Swap grilled fish and veggie kabobs in place of steak and pork. Substitute frozen yogurt or popsicles for ice cream.

2. **Drink lots of water.** Not only is it important to stay hydrated during the hottest time of the year, water also fills you up between meals, resulting in fewer calories consumed.

3. **Turn down the air conditioning.** Studies show that when your body is exposed to heat and humidity, your appetite decreases and you eat less.

4. **Exercise.** Take advantage of the warm weather by going for a jog or swim, or playing an outdoor sport. Just be careful to exercise during the cooler part of the day and drink plenty of water.

Surviving a Heat Wave

An area is said to be experiencing a heat wave when temperatures are above normal for the region for at least four days in a row. With much of the country approaching near-record high temperatures this summer, it’s important to know what steps to take when heat becomes deadly.

1. **Remain in air-conditioned buildings.** Do not rely on a fan as your primary cooling device.

2. **Limit outdoor activity, especially during midday when it is hottest, and avoid direct sunlight.** When outside, wear loose, lightweight, light-colored clothing.

3. **Take cool showers or baths to lower your body temperature.**

4. **Drink more water than usual and don’t wait until you are thirsty.** Drink two to four cups of water every hour while working or exercising outside.

5. **Avoid alcohol, caffeine and liquids containing a high amount of sugar, which can dehydrate you.**

6. **Monitor local weather reports for extreme heat warnings.**

7. **Never leave people or pets in a closed, parked vehicle.**

8. **Learn the symptoms of heat cramps, heat exhaustion and heat stroke, and how to respond.**

20-Minute Chicken Creole

This Southern dish is quick to make, and contains no added fat and very little added salt in its spicy tomato sauce.

- 1 tbsp. vegetable oil
- 2 chicken breasts (whole, skinless, boneless)
- 1 14.5 oz. can diced tomatoes
- 1 cup low sodium chili sauce
- 1 large green pepper (chopped)
- 2 celery stalks (chopped)
- 1 small onion (chopped)
- 2 garlic cloves (minced)
- 1 tsp. dried basil
- 1 tsp. dried parsley
- ¼ tsp. cayenne pepper
- ¼ tsp. salt

Heat pan over medium-high heat. Add vegetable oil and chicken and cook three to five minutes until no longer pink when cut. Reduce heat to medium. Add tomatoes with juice, chili sauce, green pepper, celery, onion, garlic, basil, parsley, cayenne pepper and salt. Bring to a boil, then reduce heat to low and cover the pan. Let simmer for 10 to 15 minutes. Serve over cooked rice or whole grain pasta.

Yield: 8 servings. Each serving provides 130 calories, 3g of fat, 20mg of cholesterol, 230mg of sodium and 2g of fiber.

Source: Oregon State University Cooperative Extension Service
The Benefits of Breastfeeding

The personal decision to breastfeed is just one of the many decisions you need to make during your pregnancy. Both breast milk and formula will help a baby grow, but experts universally agree that when it comes to feeding an infant, breast milk is best—it is the perfect source of nutrition for a baby’s optimal growth and development.

Here are a few of the benefits of breastfeeding:

- Babies are better able to fight off infection and disease
- Premature infants develop better when breast-fed than those who are formula-fed
- Nursing is good for the development of a baby’s jaw, encouraging the growth of straight, healthy teeth
- Physical contact is important to newborns, and nursing helps them feel safe and comforted
- Mothers burn calories by nursing
- Nursing is convenient and economical

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>Go to bed early. Try to get 8 hours of sleep a night.</td>
<td>5</td>
<td>100 Reps Work in 100 Reps of any exercise you choose today.</td>
<td>6</td>
<td>Resolve to watch less TV. Give up 1-hour a day to start. Add an activity.</td>
<td>7</td>
</tr>
<tr>
<td>11</td>
<td><strong>2 Fruits 2 Day</strong></td>
<td>12</td>
<td>Take a walk with the family after dinner today.</td>
<td>13</td>
<td>Balance on one foot for 15 seconds and then the other. Repeat x 3</td>
<td>14</td>
</tr>
<tr>
<td>18</td>
<td>Eating Out? Split the dinner or pack up half of your dinner to go.</td>
<td>19</td>
<td>Balance on one foot for 15 seconds and then the other. Repeat x 3</td>
<td>20</td>
<td>Add a “Superfood” Walnuts to your morning oatmeal.</td>
<td>21</td>
</tr>
<tr>
<td>25</td>
<td>100 Reps Work in 100 Reps of any exercise you choose today.</td>
<td>26</td>
<td><strong>2 Fruits 2 Day</strong></td>
<td>27</td>
<td>Go to bed early. Try to get 8 hours of sleep a night</td>
<td>28</td>
</tr>
</tbody>
</table>

The information contained in this calendar is for informational purposes only. Consult your physician before beginning any exercise program.

© 2012 Zywave, Inc. All rights reserved. The information contained herein, including its attachments, contains proprietary and confidential information. Any distribution of these materials to third parties is strictly prohibited.

NEW ENGLAND EMPLOYEE BENEFITS COMPANY
15 CHELSEA DRIVE, CONCORD, NEW HAMPSHIRE 03301
603.228.1133 • FAX 223.1960 • WWW.NEEBCO.COM