



Jeb Bush
Governor

M. Rony François, M.D., M.S.P.H., Ph.D.
Secretary, Department of Health

PINELLAS COUNTY HEALTH DEPARTMENT

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Contact:

Jeannine Mallory, Public Information Director
PINELLAS COUNTY HEALTH DEPARTMENT
727-824-6908 (for media use only)

Health Department Offers Tips for Safe and Healthy Super Bowl Parties

You may or may not know the difference between a wide receiver and a quarterback, but if you are having or going to a get-together for the big game this weekend, make sure it's safe and healthy. Here are some tips from the Pinellas County Health Department.

Food

Eat healthy before you go to the party so you won't be as likely to overindulge. Hosting the party? Although you may choose to have the typical pizza, wings, and chips, add some healthy snacks to the menu.

- Include fresh fruits and vegetables such as apple halves or carrot sticks.
- Provide fat-free, low-fat, or low-calorie dressings, foods and beverages.
- Offer foods and beverages low in added sugars; and serve foods that are low in salt and sodium.
- Serve foods that can be eaten by persons with diabetes or who are on special diets.

Physical Activity

Watching pre-game activities as well as the game may mean that you are sitting a lot. Make sure you get in some physical activity. Adults should engage in moderate-intensity physical activities for at least 30 minutes on most, preferably all, days of the week.

- Play a quick game of touch football or toss the football around at halftime.
- Exercise while watching TV by lifting hand weights, stretching, or using a stationary bicycle or treadmill.
- Take a brisk walk.
- Climb up and down the stairs.

Drinking

For some, drinking alcohol is part of the celebration. But drinking can also place you and others at risk for injury or death. An alcohol-related motor vehicle crash kills someone every 31 minutes and nonfatal injures someone every two minutes. Alcohol and drug use have also been identified as factors that may increase the risk of sexual violence.

- If you drink alcohol, do so in moderation.
- Have a designated driver - **don't drink and drive.**

Also, drinking alcohol during pregnancy can cause a range of disorders, known as fetal alcohol spectrum disorders. One of the most severe effects of drinking during pregnancy is fetal alcohol syndrome (FAS) - one of the leading known preventable causes of mental retardation and birth defects.

(MORE)



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Injury

Whether you decide to do an instant replay on your own or sit next to a “passionate” fan rooting for the other team, remember that injuries can happen. Injuries—both unintentional and those caused by acts of violence—are among the top ten killers for Americans of all ages. Injuries can also cause temporary pain and inconvenience. For some, the injury leads to disability, chronic pain, and a profound change in lifestyle. Parties and tailgating can be fun, but it’s important to pay close attention to things that may cause injury.

- Never leave children unattended.
- Avoid wearing clothing or costumes that obstruct your vision or restrict your movement.
- Make sure your pets can handle the excitement before placing them in new or strange situations.
- Never use generators, grills, camp stoves, or other gasoline, propane, natural gas, or charcoal-burning devices inside your home, basement, garage, or camper— or even outside near an open window. Find out and follow your local area’s regulations about whether grilling is permitted and how far your grill needs to be from the building.
- Have a fire extinguisher nearby when using a grill or cooking in case there’s an accidental flare-up.
- Have a first aid kit in your home and vehicle to handle injuries, like small cuts and bruises.
- Wear seatbelts on your way to and from the party.
- Wear appropriate protective gear for bicycles, motorcycles, skateboards, etc.

And finally – enjoy the game!

For more information, please visit www.pinellashealth.com or www.cdc.gov

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The mission of the Pinellas County Health Department is to promote, protect and improve the health and safety of residents and visitors through public and private community efforts.
www.PinellasHealth.com