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DHR WISHES GEORGIA RESIDENTS A HEALTHY NEW YEAR

ATLANTA (GA) –The Georgia Department of Human Resources (DHR) is encouraging Georgians of all ages to make better health a priority in the New Year. Ring in the New Year by committing to a new *and* healthier you by following the guidelines of the Live Healthy Georgia campaign: *Eat Healthy, Be Active, Be Smoke Free, Get Checked and Be Positive.*

“Many Georgians resolve to live healthier but give up because they don’t have a plan of action,” said Dr. Stuart Brown, director of the Division of Public Health. “Making small but meaningful changes to your physical activity and eating habits can have a great positive impact on your health over time.”

In the spring of 2005, the Georgia Department of Human Resources, in partnership with Governor Sonny Perdue, launched the Live Healthy Georgia campaign. This statewide health initiative aims to educate Georgians of all ages about chronic diseases – cancer, heart disease, high blood pressure, stroke, diabetes and osteoporosis – and provide resources to help people live healthier. Some recommendations for making the New Year healthy include:

EAT HEALTHY. Eating a low-fat diet rich in fruits, vegetables and whole grains can combat obesity and lower your risk for developing chronic diseases. Aim for five to nine servings of fruits and vegetables daily, as well as three cups of low-fat or fat-free milk or an equivalent amount of low-fat yogurt, low-fat cheese, or equivalent milk products. Kids ages two to eight should drink two cups of milk each day.

BE ACTIVE. Regular physical activity can help you live longer and improve your quality of life. Aim for 30 to 60 minutes of moderate physical activity daily. You can get moving for better health by taking a hike along a neighborhood walking trail, jumping rope, climbing the stairs at work, or riding a bike.

BE SMOKE FREE. Tobacco use is a leading preventable cause of death in the United States and in Georgia, claiming the lives of more than 11,000 Georgians each year. The Georgia Tobacco Quit Line, a free service for Georgia residents, can help tobacco users on their way to being smoke-free. Launched by DHR in 2001, the Quit Line (1-877-270-STOP; Spanish: 1-877-2NO-FUME; TTY: 1-877-777-6534 for the hearing impaired) provides counseling, a resource library, support and referral services for Georgia tobacco users ages 13 and older.

GET CHECKED. Getting regular check-ups and preventive screening tests are among the most important things you can do for your health. Make an appointment with your healthcare provider today, and talk with them about which health screenings you need.

BE POSITIVE. Making lifestyle changes takes patience. Remember to stay focused on your goal and keep a positive attitude.

For more information about the Live Healthy Georgia campaign and to learn ways you can live healthier, visit the Live Healthy Georgia website at www.livehealthygeorgia.org.