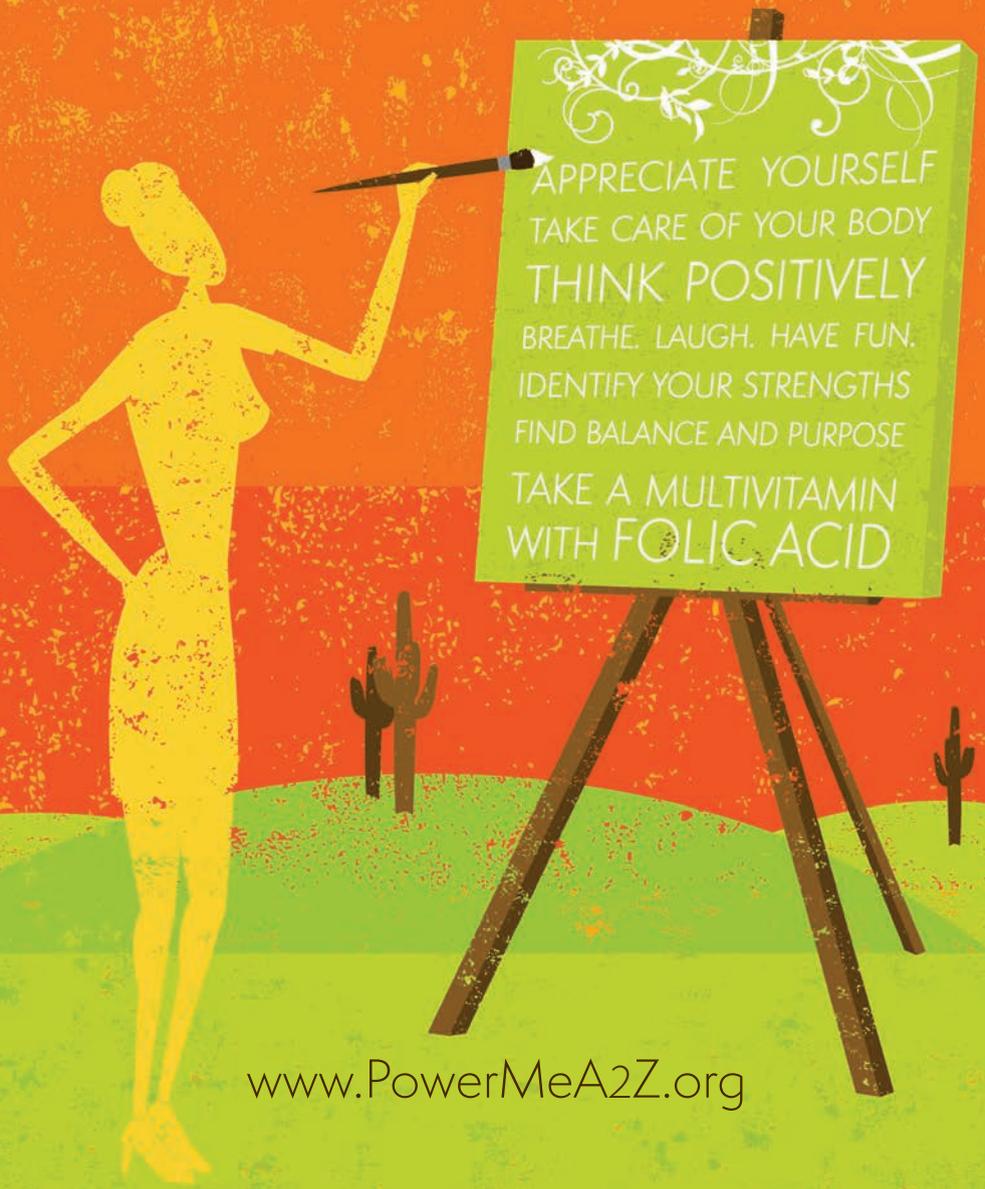


# Power Me A2Z



APPRECIATE YOURSELF  
TAKE CARE OF YOUR BODY  
THINK POSITIVELY  
BREATHE. LAUGH. HAVE FUN.  
IDENTIFY YOUR STRENGTHS  
FIND BALANCE AND PURPOSE  
TAKE A MULTIVITAMIN  
WITH FOLIC ACID

[www.PowerMeA2Z.org](http://www.PowerMeA2Z.org)



# Everybody has a Health IQ. What's yours?

- Which vitamin can make your hair shine, nails grow, and skin glow?
- Why are fruits and vegetables so important?
- How much physical activity is enough?
- Should you be taking a daily multivitamin?
- Why are regular health checkups important?
- Are vaccinations just for kids?
- Why should you know your family history?
- Are you getting enough sleep?
- Do you know what is meant by a "healthy" relationship?
- How much do you know about your period?
- What's the latest information on STDs?
- How often do you have the blues?
- Why are birth control pills and smoking a dangerous combination?
- Are there some drugs it's okay to take?
- Drinking: How much is too much?
- What percentage of pregnancies are unplanned?

In the following pages, you'll find answers to these questions and more. Learn how small changes can make a big difference to your everyday health.



Putting together a **Life Plan** is a great way to know yourself better and make the best and healthiest choices for the life you want. A happy and healthy life is something we all have the power to create.

Where do you see yourself in five years? \_\_\_\_\_

\_\_\_\_\_

What do you hope your life is like in 10 years? \_\_\_\_\_

\_\_\_\_\_

What steps can you take to make those dreams a reality? \_\_\_\_\_

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

How much education do you still need to make your dreams a reality?

\_\_\_\_\_

Do you see yourself in a committed relationship someday? \_\_\_\_\_

\_\_\_\_\_

What qualities are you looking for in a partner? \_\_\_\_\_

\_\_\_\_\_

Do you see yourself having children in the future? If so, at what age? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

*Life is a journey made of balance and flow...*

## True / False

To get your daily requirement of folic acid, you would need to eat 16 slices of bread and drink 10 servings of orange juice.

**TRUE.** Even though folic acid is found in many fruits, vegetables, beans, and fortified cereals, the best way to be sure you are getting the right amount is to take a daily multivitamin with 400 mcg of folic acid and to eat a balanced diet.

## True / False

Taking multivitamins can make you gain weight.

**FALSE.** This is a myth. Multivitamins do not have any impact on your weight.

## True / False

Multivitamins should be taken on a full stomach.

**TRUE.** It is best to take your daily multivitamin with or after a meal.

# Smart gals know: take your multivitamin every day!

## VITAMINS

## BENEFITS

## SOURCES

### A

Prevents eye problems, keeps skin and immune system healthy

Milk, eggs, liver, fortified cereals, darkly colored orange or green vegetables (such as carrots, sweet potatoes, pumpkin, and kale), and orange fruits (such as cantaloupe, apricots, peaches, papayas, and mangos)

### FOLIC ACID

(B9, folate, or folacin)

Makes your hair shine, nails grow, and skin glow. Helps prevent painful brain and spinal birth defects that may form in a developing fetus before you even know you are pregnant. Since 50% of pregnancies are unplanned, start taking it now

Dried beans and other legumes, leafy green vegetables, asparagus, oranges and other citrus fruits, and poultry; fortified or enriched bread, pasta, flour and some corn tortillas, and cereals.

### THIAMIN

(B1)

Helps the body convert carbohydrates into energy. Necessary for the heart, muscles, and nervous system to function properly

Fortified breads, cereals, and pasta; red meat, fish, dried beans, soy foods, peas, whole grain foods, and wheat germ

### RIBOFLAVIN

(B2)

Essential for turning carbohydrates into energy and producing red blood cells. Also important for vision

Meat, eggs, legumes (such as peas and lentils), nuts, dairy products, leafy green vegetables, broccoli, asparagus, and fortified cereals

### NIACIN

(B3)

Helps the body turn food into energy, helps maintain healthy skin, and is important for nerve function

Red meat, poultry, fish, fortified hot and cold cereals, and peanuts

### B6

Important for normal brain and nerve function. Helps the body break down proteins and make red blood cells

Potatoes, bananas, beans, seeds, nuts, red meat, poultry, fish, eggs, spinach, and fortified cereals

### B12

Helps to make red blood cells and is important for nerve cell function

Fish, red meat, poultry, milk, cheese, and eggs. Also added to some breakfast cereals

### C

(ascorbic acid)

Essential for healthy bones, teeth, gums, and blood vessels. Helps the body absorb iron and calcium, contributes to brain function and healing, and helps form collagen, which holds cells together

Red berries, kiwis, red and green bell peppers, tomatoes, broccoli, spinach, and juices from guava, grapefruit, and orange

### D

Strengthens bones by helping the body absorb bone-building calcium

A multivitamin that comes from sunlight! Also from egg yolks, fish oils, and fortified foods such as milk

### E

An antioxidant that helps protect cells from damage. Important for the health of red blood cells

Vegetable oils, nuts, leafy green vegetables, avocados, wheat germ, and whole grain foods

# The Power of Folic Acid (B9)

This one vitamin is packed with so much power it's simply a must for every woman. Just take a daily multivitamin with 400 mcg of folic acid. Give yourself the gift of all its benefits.

**BEAUTY AID** – Folic acid makes your hair shine, nails grow, and skin glow.

**STRESS BUSTER** – Folic acid helps stabilize your mood. It makes serotonin, a chemical that helps lift your spirits.

**NATURAL ANTIDEPRESSANT** – Folic acid helps regulate an amino acid that affects mood.

**BLOOD BOOSTER** – Folic acid produces normal red blood cells and helps the body absorb iron.

**HEALTHY HEART** – Folic acid prevents heart disease and stroke by lowering cholesterol and blood pressure.

**FOUNTAIN OF YOUTH** – Folic acid prevents memory loss and improves brain function as you age.

**LOWERS RISK OF CANCER** – Folic acid may lower your chances of developing colon, breast, cervical, pancreatic and stomach cancers.

## Why are fruits and vegetables so important?

There is no secret to looking and feeling your best. It starts with eating right, taking a daily multivitamin with 400 mcg of folic acid, and drinking plenty of water. A healthy diet is high in fruits, vegetables, whole grains, and beans. Besides being low in calories, these foods fill you up quickly and are packed with nutrients that help reduce your chances of obesity, type 2 diabetes, and even some cancers. Think of red meat as a special treat, and remember that fish is delish.

## How much physical activity is enough?

One of the best habits of all is daily physical activity, and you don't need to join a gym to get the benefits. Some physical activity is better than none, and women who participate in any amount of physical activity gain health benefits. For substantial health benefits, aim for at least 150 minutes (2 hours and 30 minutes) a week of moderate-intensity, or 75 minutes (1 hour and 15 minutes) a week of vigorous-intensity aerobic physical activity. Don't forget muscle-strengthening activities that are moderate or high intensity and involve all major muscle groups on 2 or more days a week. **Do 10 minutes at a time if that's all the time you have.** You're doing your body a favor. Physical activity relieves stress, helps you maintain a healthy weight, and builds strong bones. Oh yes, and it can be fun, so grab a friend and find something active to do together.

BEAUTY AID  
STRESS BUSTER  
NATURAL ANTIDEPRESSANT  
HEALTHY HEART  
PREVENTS BIRTH DEFECTS  
LOWERS RISK OF CANCER

Q: What's the #1 beauty secret of the world's loveliest women?

A: Lots and lots of water!

### Why are regular health checkups important?

According to the Centers for Disease Control and Prevention (CDC), you should start getting regular Pap tests (an important screening test for cervical cancer conducted in your doctor's office) at age 21. This is an important cancer check for all women!

Your health care provider—especially one who knows your family history—can make sure you're doing what you need to do in order to be at your best. It's a great way to minimize health problems before they arise, and it's especially important if you are planning to have a baby. Always be open and honest with your health care providers; they'll return the favor by guiding you and your future family on the road to good health!



Happy is healthy ...  
Healthy is happy



## Are you getting enough sleep?

Going without the proper amount of rest takes a toll very quickly, so getting enough sleep is not a luxury, it's a necessity! At least eight hours a night, every night, keeps you at your best mentally and physically, and gives you the energy you need to work and play.

## Do you know what is meant by a "healthy" relationship?

A loving relationship is one of life's greatest pleasures. It fills you with energy and happiness and makes you feel secure, respected, and cared for. Occasionally, though, what starts out feeling like love can turn into something very different, and a partner can become possessive, jealous, threatening or abusive. If you have any doubts, or something about your relationship makes you feel uncomfortable or scared, talk to someone. True love should never hurt.

CONFIDENTIAL RESOURCE: National Domestic Violence Hotline  
1-800-799-SAFE (7233)

# WORK, PLAY, STUDY, SLEEP AT LEAST EIGHT HOURS, REPEAT!



## What exactly is a “menstrual cycle?”

The amount of time from the first day of your period until the day before your next period.

## Why is it important to know about your period?

The scary truth is that 50% of pregnancies are unplanned. Get to know your cycle so you can know when you are most likely to become pregnant. That way YOU decide when you want to avoid pregnancy and when you're ready to become a mom.

## Is there such a thing as a “normal” period?

Every woman's body is different, so the definition of a “normal period” changes for each woman. Health experts say that a “regular” menstrual cycle is between 26 and 32 days, but the reality is that 50% of all women are not “regular!” So don't be alarmed if your cycle has a schedule of its own.

## Did you know?



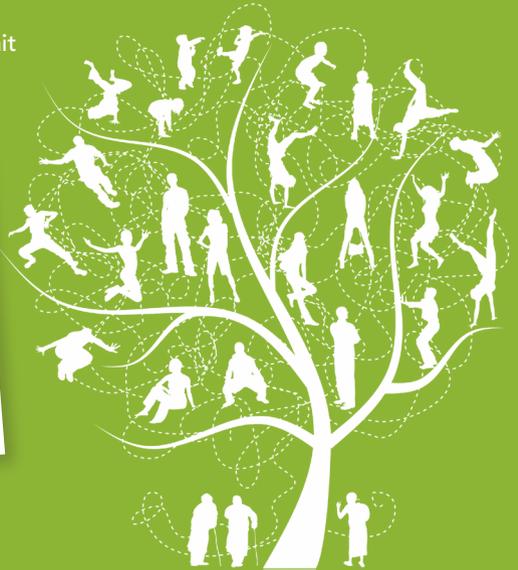
### Vaccines aren't just for kids.

Women need vaccines throughout their lives to stay healthy. The measles, mumps, and rubella (MMR) vaccine, the meningococcal vaccine (against meningitis) and Tdap (the adult tetanus, diphtheria and pertussis vaccine) are highly recommended. Other important vaccines include hepatitis A&B; shingles; and human papilloma-virus (HPV). Some of these vaccines require a booster years later to ensure your immunity against these diseases is still strong. Also remember to get your flu shot yearly to help keep yourself, your family and your community healthy. If you can't find your shot record, ask your health care provider if you're current. If you're not current, be prepared to roll up your sleeve!

### Some diseases run in families. And the sooner you know, the better your health!

"Family history" is not just about where your family originated. It's important to know what kinds of illnesses they might have had, too. Chronic conditions such as diabetes, high blood pressure, heart disease, and cancer often run in families and can be passed down. Talk to your family. If these or other conditions run in your family, tell your doctor and learn how you, and your future children, can lower your chances of having the same problems.

Make your own family history portrait at: [familyhistory.hhs.gov](http://familyhistory.hhs.gov)



True / False

Smoking and birth control pills can be a dangerous combination.

**TRUE.** Smoking and birth control are a bad mix. The combination increases your risk for stroke and heart disease, the number one killer of women. Most health care providers won't even prescribe birth control pills to women in their 30s who smoke.

True / False

Prescription drug abuse is one of the leading causes of accidental death in this country.

**TRUE.** Prescription drug abuse is serious business! On an average day in the U.S., 3,900 people will start using a prescription opioid (like oxycodone, hydrocodone, and methadone) for a non-medical reason and over 1,000 people will be treated in emergency rooms for misusing them. The CDC also reports that 78 Americans die every day from an opioid overdose.

These drugs are especially dangerous when combined with alcohol. Prescription drugs and illegal drugs, such as heroin, cocaine, methamphetamines, and marijuana, can have a damaging effect on your health, finances, future, and even your freedom. If you are pregnant, they can also permanently harm your baby.

A. 4

B. 5

C. 7

For women, binge drinking is considered to be having \_\_\_\_\_ drinks at one time.

**A. If a woman consumes four alcoholic drinks at one time, it is considered "binge drinking."** Consider this: 50% of pregnancies are unplanned. Let's face it, binge drinking can lead you to do things you normally wouldn't do—like have unprotected sex. If you become pregnant and continue to drink alcohol, it is the same as pouring alcohol into the bloodstream of your unborn baby.



**Life is full of ups and  
downs. The good news is,  
when you're down, there's  
no place to go but up!**

## Sometimes your journey is interrupted...

### What's the latest information on STDs?

If you are sexually active, chances are you have been exposed to one or more STDs. You might not experience symptoms, but the fact is that having an untreated STD can harm you, your partner, and even your future children. Herpes can be a nuisance for life. Chlamydia and gonorrhea can cause infertility. Get tested.

### How often do you have the blues?

Nobody is happy all the time, and everybody stresses out sometimes. But it's important to know the difference between "having the blues" and being depressed. If you've lost interest in things you normally enjoy, cry all the time, sleep too much or too little, can't concentrate, have feelings of worthlessness, had a change in appetite, and especially if you have a desire to harm yourself or others, you need to seek help. Help is available, and there is no shame in asking for it.

National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

Mental Health Services Administration: 1-800-662-HELP (4357)

## Stressed Out? Stop, Look, and Listen

Trying to keep your life in order can feel like a juggling act. Stress can deeply disrupt your overall health if it spirals out of control. It can make you overweight, depressed, physically ill, and contribute to the development of habits like substance abuse.

Everyone gets stressed sometimes, but knowing how to find your inner peace can make you truly powerful.

### signs of stress

- Feeling “on edge,” like you are about to explode
- No patience with the people around you
- Muscle tension
- Easily startled
- Cracking joints, biting nails and other tension-relief habits
- A change in eating and/or sleeping habits
- More emotional than usual
- Using drugs, alcohol, or junk food to escape your feelings

### relax

- Breathe deeply from your belly, focusing on your breath.
- Stretch each morning to get your blood flowing.
- Before you go to sleep, take a hot bath, drink a cup of decaf tea, or read a book.
- Be active regularly. It really helps!
- Make a practice of sitting in silence with yourself for five minutes each day. Simply listen to your thoughts—don’t judge!
- Talk to a friend. Just having someone to listen to you can help.

Healthy Doesn't Have to Be Hard...



## Which of the following do you want to do for a healthier, happier future?

- I will take a multivitamin with 400 mcg of folic acid EVERY DAY.
- I will eat more fruits and vegetables.
- I will be active for 30 minutes a day, five or more days a week (at least 10 minutes at a time).
- I will see my health care provider at least once a year.
- I will talk to my family to learn more about my family history.
- I will not binge drink.
- I will talk to my health care provider about birth control options.
- I will not have unprotected sex.
- I will try different ways to decrease my stress (meditating, reading, quiet time).
- I will call and get help if I feel too anxious, stressed or depressed.

I promise myself to work on being healthier so that I can be the best possible me. Being healthy will make me feel good about myself.

X \_\_\_\_\_



Did you know that  
50% of pregnancies  
are unplanned?

Go to [PowerMeA2Z.org](http://PowerMeA2Z.org)  
to learn more.



Power Me A2Z



ARIZONA DEPARTMENT  
OF HEALTH SERVICES

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[www.PowerMeA2Z.org](http://www.PowerMeA2Z.org)