



Continue
your
health
journey



A happy and healthy life is something we all have the power to create.

azdhs.gov/powermea2z





**Everybody has a Health IQ.
This is how much you know
about your health.**

What's yours?

- Which vitamin can make your hair shine, nails grow, and skin glow?
- Why are fruits and vegetables so important?
- How active should I be each week?
- Should you be taking a daily multivitamin?
- Why are regular health checkups important?
- Are vaccinations (shots) 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/STIs?
- How often do you feel sad?
- 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.



myLifePlan

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 5 years? _____

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

What steps can you take to make those dreams come true?

1. _____
2. _____
3. _____
4. _____
5. _____

How much education do you need to make your dreams come true?

Do you see yourself in a long-term partnership someday?

What qualities are you looking for in a partner?

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

Smart people 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 birth defects of the brain and spine that may form early in a pregnancy, before most people even know they 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 get energy from foods you eat. Needed for the heart, muscles and nervous system to work properly.

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

RIBOFLAVIN

(B2)

Needed for getting energy from foods you eat and making red blood cells. Also needed for eyesight.

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 keep your skin looking healthy and is needed 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, eggs, some breakfast cereals

C

(ascorbic acid)

Needed for healthy bones, teeth, gums and blood vessels. Helps the body absorb iron and calcium, aids in brain function and healing, and helps form collagen to hold cells together.

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

D

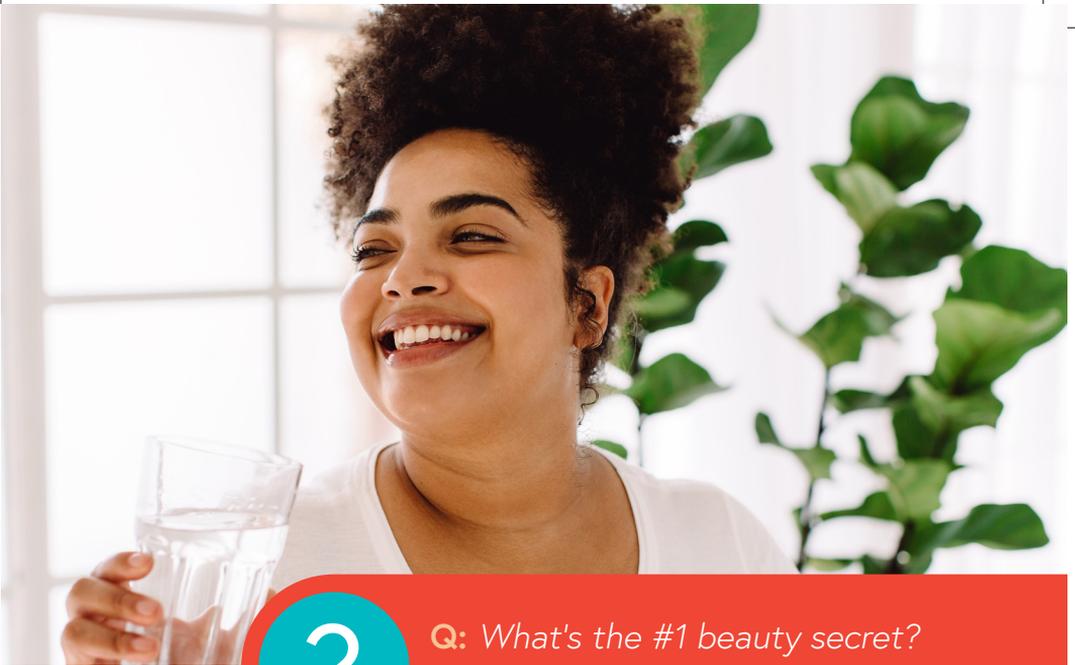
Strengthens bones by helping the body absorb bone-building calcium.

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



Q: *What's the #1 beauty secret?*

A: **Lots and lots of water!**

TRUE **FALSE**

Folic acid from a vitamin or fortified foods is the only proven way to help prevent birth defects.

TRUE. Folic acid, the human-made form of folate, is the only proven form of folate to prevent birth defects.

TRUE **FALSE**

You can take a vitamin with folic acid AND eat foods that have folate in them. It is not dangerous.

TRUE. Your body will use the folic acid and folate that it needs from what you take in and get rid of the rest.

TRUE **FALSE**

Multivitamins should be taken on a full stomach.

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

Happy is healthy. **Healthy is happy.**



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. Eat a variety of foods that you enjoy, like fruits, vegetables, whole grains, lean proteins, and dairy. They will help you feel full and satisfied and they will nourish your body and mind. They also have lots of vitamins, minerals, and fiber to help you be healthy.



How active should I be each week?

One of the best habits you can have is to move your body in a way that brings you joy. You can be active in your house doing your daily routine, in your neighborhood by going for a walk, or lots of other places that are nearby and free. It is recommended that we get 150 to 300 minutes of activity each week, but it doesn't have to be done all at once. Find a few minutes in your day to dance to your favorite song, pick up your walking pace while shopping at the mall, or join your kids on a bike ride. Moving your body some is better than none at all. You will feel healthier and less stressed while building healthy bones. So grab a friend and find a fun, new way to be active. Your body will thank you for it.



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 done in your doctor's office) at age 21. This is an important cancer check for everyone who can get pregnant.

Your doctor – especially one who knows your family history – can make sure you're doing what you need so you can be at your best. It's a great way to catch health problems before they arise, especially if you are planning to have a baby. Always be open and honest with your doctors; they'll return the favor by guiding you and your future family on the road to good health!



The Power of Folic Acid (B9)

This one vitamin is packed with so much power it's simply a must for every person who can get pregnant. 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.

Natural Antidepressant

Folic acid helps make serotonin and dopamine that affect your mood and can lift your spirits.

Blood Booster

Folic acid makes normal red blood cells and helps the body absorb iron.

Healthy Heart

Folic acid helps prevent heart disease and stroke by lowering homocysteine and cholesterol.

Brain Power

Folic acid can help your memory and your ability to think as you age.

Lowers Risk of Cancer

A daily folic acid vitamin with 400 mcg may lower your risk for some cancers.



**Did
you
know?**

Vaccinations (shots) aren't just for kids.

People who can get pregnant need shots 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 and B, human papillomavirus (HPV), and COVID-19. Some of these shots need a booster to make sure you maintain strong immunity against these diseases. 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 doctor if you're current. Be prepared to roll up your sleeve if you're not.

Some diseases run in families. The sooner you know, the better your health can be!

Family history is not just about where your family is from. It's also important to know what kinds of illnesses they might have had. Chronic (long-lasting) conditions like 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 by searching the internet for My Family Health Portrait.

get to know yourself



Are you getting enough sleep?

Not getting the right amount of sleep that your body needs can drain both your body and mind. You need 7 to 8 hours every night to be at your best and have 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. Sometimes, 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.



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

How much do you know about your period?



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 know when you are most likely to get pregnant. That way, you decide when you want to try to get pregnant and become a parent.

Is there such a thing as a 'normal' period?

All bodies are different, so a 'normal' period means something different for everyone. Experts say that a 'regular' menstrual cycle is 26 to 32 days, but half of all people who can get pregnant do not have a 'regular' cycle. So don't worry if your cycle is on a schedule of its own.



50% of pregnancies are unplanned.
Get to know your cycle!



Sometimes your journey is paused...



What's the latest information on STDs/STIs?

If you are sexually active, chances are you have been exposed to one or more sexually transmitted infections (STI). You might not have symptoms, but having an untreated STI can harm you and even your future children. Herpes is with you for life. Chlamydia and gonorrhea can cause infertility. Get tested.

How often do you feel sad?

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, have had a change in appetite, and especially if you have a desire to harm yourself or others, you need to get help. Help is available, and there is no shame in asking for it.

National Suicide Prevention Lifeline: **988**

Mental Health Services Administration: **1-833-TLC-MAMA (1-833-852-6262)**



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 depressed, make you more likely to abuse drugs or alcohol, and you are more likely to get sick.

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

Signs of stress



- Feeling 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 moody than usual
- Using drugs, alcohol, or food to escape your feelings

Relax



- Breathe deeply from your belly, focusing on your breath.
- Stretch each morning to get your blood flowing.
- Practice yoga to move your body and quiet your mind.
- Before you go to sleep, take a hot bath, drink a cup of decaf tea, or read a book.
- Be active on a regular basis. It really helps!
- Keep your bed made and room tidy. Your mind is a product of what is around you.
- Make a practice of sitting in silence with yourself for 5 minutes each day. Simply listen to your thoughts—don't judge!
- Talk to a friend. Just having someone to listen to you can help.



Be
safe

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 people who can get pregnant. Most doctors won't even prescribe birth control pills to people who can get pregnant who are in their 30s and smoke.

TRUE FALSE

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

TRUE. Prescription drug abuse means using a prescription medicine in any way other than what your doctor said. Some prescription drugs are addictive and you may feel the need to use them a lot. Drug use is highest among people between the ages of 18-25. More than 136 Americans die every day from an opioid overdose.

Taking a prescription medicine or illegal drug with alcohol can be deadly. Drugs can have a harmful effect on your health, budget, future, and even your freedom. If you are pregnant, they can also permanently harm your baby.

A 4

For people who can get pregnant, binge drinking is defined as having _____ drinks on an occasion.

B 5

C 7

A. If someone who can get pregnant drinks 4 alcoholic drinks on an occasion, this is considered binge drinking. Think: half of pregnancies are not planned. Binge drinking can lead you to do things you wouldn't normally do, like have sex without using birth control protection. If you get pregnant and keep drinking alcohol, it is like giving an alcoholic drink to your unborn baby.

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 a variety of foods that are good for my body and mind.
- I will move my body in ways that bring me joy.
- I will see my doctor at least once a year.
- I will talk to my family to learn more about my family history.
- I will monitor my alcohol intake and talk to someone if I think it is a problem.
- I will talk to my doctor about birth control options.
- I will use birth control if I have sex.
- I will try different ways to manage my stress (meditating, reading, quiet time).
- I will find help if I feel too anxious, stress, 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





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A2Z

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DEPARTMENT OF
HEALTH SERVICES

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