

Happy New Year!

Keeping Your New Year's Resolutions

By Professor John Norcross, Psychology, University of Scranton

- 1) **Make changes to your behavior.** Changing your routine can bring different results. Instead of trying the same thing over and over again, expecting a different outcome, people need to modify their behaviors.
- 2) **Define SMART goals.** When setting targets, use the SMART acronym: specific, measurable, attainable, relevant and time-specific. Norcross says that individuals must go further than simply saying, "I want to lose weight." "Specifically, what are you going to do so that you can measure and track [your weight] over time, for say, the next three to four months?" he said.
- 3) **Track your progress.** Norcross calls this technique self-monitoring. A calendar, or a calendar app, is a handy tool you can use to track your goals. "It also can show you what the triggers of your behavior are and it can alert you to any early slips," Norcross says.
- 4) **Reward small achievements.** When you reach a portion of your goal, as an example you lose 10 of those 25 pounds, be kind to yourself. Recognize the accomplishment and perhaps do something nice for yourself. This will help keep you focused and excited about the overall goal.
- 5) **Make it public.** When individuals announce their goals on social media, to their families or in the workplace, they are being held accountable by those closest to them. The upside to this, Norcross says, is it can keep you on track. The downside: "It potentially increases embarrassment if they fail," he said. So, it depends on how open you want to be about your resolutions.
- 6) **You are human.** Chances are you may slip up once or twice during this process. It's OK. Norcross says it is important to deal with failures by getting back on track and continuing along your journey. Seventy percent of successful goal-setters said that their first slip actually strengthened their resolutions. Norcross says to adopt the outlook, "I'm human. Let me learn from it, and let me keep going."



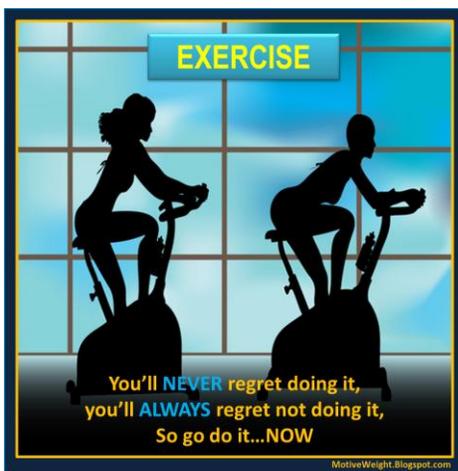
How to make better choices from ChooseMyPlate.gov

When you compare what you eat to your [Daily Food Plan](http://DailyFoodPlan.gov), is there room for improvement? For example, do you eat many sweets or fried foods? Do you drink sugary drinks regularly? Do you eat too few vegetables or whole grains? Does eating out make it difficult to stay on track?

Everyone is different. Think about what YOU eat and drink. How can you make better choices? How can you be more active? The [SuperTracker](http://SuperTracker.gov) can help you identify changes you should make.

Learn how you can make better choices from these sections. Making these changes and sticking with them can help you manage your body weight.

- [Eat the Right Amount of Calories for You](#)
- [Decrease Portion Sizes](#)
- [Eat Fewer Empty Calories](#)
- [Focus on Foods You Need](#)
- [When Eating Out, Make Better Choices](#)
- [Cook More Often at Home](#)
- [Increase Physical Activity](#)
- [Decrease Screen Time](#)



January is Cervical Cancer Awareness Month

What is Cervical Health Awareness Month?

The United States Congress designated January as **Cervical Health Awareness Month**. During January, NCCC and its [many local chapters](#) across the country highlight issues related to cervical cancer, HPV disease and the importance of early detection. While NCCC chapters host events throughout the year, January is a month with a special focus as chapters celebrate Cervical Health Awareness Month and work to spread the word in the communities.

What Can You Do?

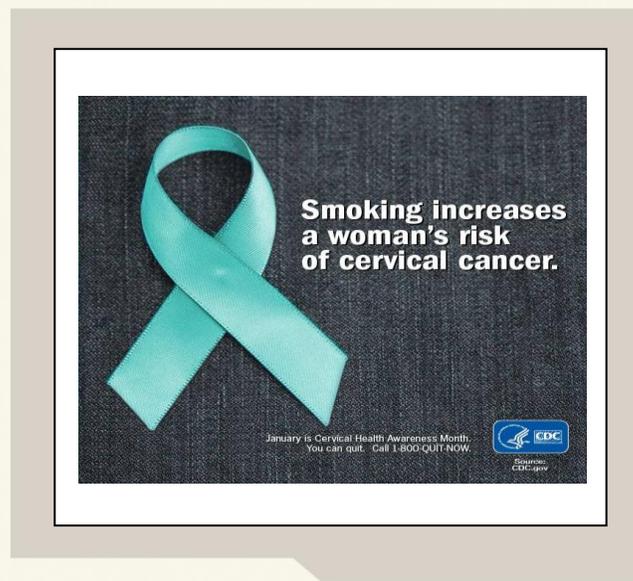
As someone who is interested in educating and advocating for increased knowledge of cervical cancer and HPV disease, you can do a lot. Motivation is the key, that, and the willingness to make contacts with local media. As part of a nationwide education effort surrounding Cervical Health Awareness Month we are asking that state and local supporters of the NCCC mobilize to get the word out about cervical cancer and HPV.

Some of the issues you may wish to highlight are [personal stories of women and family members/caregivers](#) battling issues related to their persistent HPV/precancer and/or cervical cancer. You may wish to highlight recent advances and research in the prevention, detection and treatment of cervical cancer or HPV. You can highlight the success of your [local/regional early detection cervical cancer screening and treatment programs](#) and human-interest stories on the importance of early detection, education and the emotional issues related to battling cervical cancer and HPV.

Here are ways you can get involved:

- Contact your local media to encourage coverage of Cervical Health Awareness Month. [This guide](#) gives tips on how to approach local media contacts. You can distribute the [ASHA/NCCC press release](#) as well.
- This [easy-to-follow guide on how to work with the media](#) at the state and local level to spread the message of Cervical Health Awareness Month and the importance of early detection offers helpful tips;
- Enlist radio stations to announce [public service announcements \(PSA\)](#) on cervical cancer and HPV; and
- Seek placement of the NCCC's [public service announcements](#) in local newspapers and magazines.
- Radio public service announcements are available on the [Community Awareness Toolkit](#) page. Imagine the amount of education that could be accomplished if each state had a story and/or PSA placed in each of the three major media venues & radio, television and print.
- [Send this proclamation](#) to your mayor, or local legislative office to publicly recognize Cervical Health Awareness Month
- Reach out and spread the message through social media. **Use the sample [Tweets](#) and [Facebook posts](#) below** to let your networks know what we're doing for Cervical Health Awareness Month and how they can get involved! **Hashtag is #CervicalHealthMonth.**

<http://www.nccc-online.org/index.php/january>





E-Cigarettes

You may have heard people talking about using electronic cigarettes (also called e-cigarettes or e-cigs) as a way to try to quit smoking. If you're thinking about using an e-cig, here are three things you should know.

1. E-cigs contain nicotine
An e-cig is a battery operated (disposable or rechargeable) device that contains nicotine. The nicotine is turned into a vapor in the e-cig and then inhaled. The vapor looks similar to smoke. E-cigs come in all sorts of sizes and sometimes have flavored nicotine cartridges.
2. E-cigs aren't regulated
E-cigs contain other chemicals besides nicotine, which also get inhaled. Since e-cigs aren't regulated yet, there's no way of knowing how much nicotine is in them or what other chemicals they contain. These two things make the safety of e-cigs unclear.
3. E-cigs haven't been shown to be effective
There haven't been any scientific studies that prove e-cigs actually help people to quit smoking. There is also concern that using e-cigs may lead people to start smoking regular cigarettes.

The bottom line is that we just don't know enough about e-cigs, so we don't recommend that you use them. There are other quit aids that have been proven to be safe and effective at helping people quit smoking. But if you do choose to use an e-cig, we recommend that you be very careful! <http://teen.smokefree.gov/e-cigs.aspx>

DID YOU KNOW?

There is an official CSF2 goal-setting for iPad that can be downloaded from the iTunes App Store?

<https://itunes.apple.com/us/app/csf2-goals/id688829038?mt=8>



SUICIDE PREVENTION

1-800-273-TALK (8255)

Healthy Super Bowl Party Recipe

Buffalo Chicken Casserole

Source: *Eating Well*: September/October 2010

Makes: 8 servings

Ingredients

- 12 ounces whole-wheat elbow noodles
- 2 tablespoons canola oil
- 3 medium carrots, sliced
- 3 medium stalks celery, sliced
- 1 large onion, chopped
- 1 tablespoon minced garlic
- 2 pounds boneless, skinless chicken breast, trimmed and cut into 1-inch cubes
- 1/3 cup cornstarch
- 4 cups low-fat milk
- 1/8 teaspoon salt
- 5 tablespoons hot sauce, preferably Frank's RedHot
- 3/4 cup crumbled blue cheese (about 4 ounces)



Preparation

1. Preheat oven to 400°F.
2. Bring a Dutch oven of water to a boil. Cook noodles until barely tender, about 2 minutes less than package directions. Drain, rinse and set aside.
3. Heat oil in the pot over medium heat. Add carrots, celery, onion and garlic and cook until beginning to soften, about 5 minutes. Add chicken and cook until no longer pink on the outside, 5 to 7 minutes. Whisk cornstarch and milk in a medium bowl; add to the pot along with salt. Bring to a boil over medium-high heat, stirring often, until bubbling and thick enough to coat the back of a spoon, about 4 minutes. Remove from the heat and stir in hot sauce.
4. Spread the noodles in a 9-by-13-inch (or similar 3-quart) baking dish. Top with the chicken mixture; sprinkle with blue cheese.
5. Bake the casserole until it is bubbling, about 30 minutes. Let stand for 10 minutes before serving.



Check out our Community Resource Guide!

<http://www.benning.army.mil/mcoe/CommunityHealth/>

