

# Her

Healthy Living  
for Women



**Secondhand smoke  
and pregnancy:**  
Know the dangers

**Sun safety**  
for all seasons

**Healthy cooking**  
in a few easy clicks

**Quitters wanted:**  
FREE stop-smoking  
services

From Live To Learn, the healthy living program of the  
Anne Arundel County Department of Health

## Secondhand smoke and pregnancy:

### *How to protect your baby*

We all know smoking and secondhand smoke are bad for us. But there are even more health risks for pregnant women and their babies! Secondhand smoke comes from smoke exhaled by a smoker and also from burning cigarettes, cigars or pipes. It contains over 4,000 chemicals, which make it dangerous for everyone.



### Know the risks to your baby.

Exposure to secondhand smoke puts babies at risk for:

- Sudden Infant Death Syndrome (SIDS).
- Preterm birth (babies born at less than 37 weeks gestation).
- Low birth weight (babies born weighing 5.5 pounds or less).
- Respiratory problems including asthma.
- More frequent ear infections and other illnesses.

### Take steps to stay smoke-free.



- Ask visitors and family members who smoke to do so outside your house.
- Never allow smoking in the car. And don't ride with anyone who is smoking while you are pregnant or with your baby.
- Tell everyone who cares for your baby not to smoke around him or her.

*Remember – there is no safe amount of smoking or safe level of exposure to secondhand smoke.*

*(Source: The Anne Arundel County Department of Health and the Anne Arundel County Healthy Babies Coalition)*

### For more healthy pregnancy information:

- Call the Family Tree Tot's Line: 1-877-817-TOTS(8687). Ask for a FREE Healthy Pregnancy Kit.
- Visit [www.aahealth.org/healthybabies.asp](http://www.aahealth.org/healthybabies.asp).

### Want to quit smoking? We want to help.

We offer the following FREE quit-smoking services to adults (18 years or older) who live, work or attend school in Anne Arundel County:

- Classes for quitting
- Quit-smoking aids, if eligible
- Quit-smoking information kits

If you or someone you know needs to kick the habit, call the Anne Arundel County's Learn To Live Line at **410-222-7979** or visit [www.LearnToLiveHealthy.org](http://www.LearnToLiveHealthy.org). It's the first step to a smoke-free future.

### Healthy cooking. Easy clicking.

#### *Enjoy both with our new recipe search.*

You barely have time to make dinner, much less search for healthy recipes. Never fear – your one-stop healthy recipe resource is here. Just visit [www.aahealth.org/recipes.asp](http://www.aahealth.org/recipes.asp).

You'll find over 550 nutritious recipes. Plus, the new "Search Recipes" function makes it easier than ever to find the recipe you need. You can search for recipes by:

- Ingredient (such as chicken or apples),
- Category (such as appetizers, snacks or main dishes), and
- Dietary needs (such as low sodium, high fiber or meatless).

Print the recipes or check back whenever you need a delicious dish. Here's just a sample:

#### **Cranberry Cereal Bars**

5 cups ready-to-eat oat and almond cereal  
1 (7 ounce) can fat-free condensed milk  
1/3 cup sweetened dried cranberries  
1/4 tsp. almond extract



Preheat oven to 325°. Line a 9-inch square pan with parchment paper or aluminum foil. Spray with no-stick spray. In a large bowl, combine cereal, milk, cranberries and almond extract. Press cereal mixture into prepared pan. Bake in preheated oven 20 minutes. Immediately remove from pan. Cool and cut into 12 squares. *Makes 12 servings.*  
*Per serving: 132 calories. Fat: 1 gram. Sodium: 98 milligrams.*

# Sun Safety:

*It isn't just for summer anymore.*

Sun safety never goes out of season. Studies show that excessive exposure to the sun and ultraviolet (UV) radiation can cause sunburn and skin cancer in everyone – no matter what your skin color is.

## These simple steps can help keep your skin healthy:

- Stay in the shade, especially between 10 a.m. and 4 p.m.
- Wear sunscreen every day with a sun protection factor (SPF) of at least 15.
- Wear sunglasses that block 100 percent of UVA and UVB rays.
- Use lip balm with an SPF of 15 or higher.
- Cover up by wearing hats, long-sleeve shirts and pants.
- Do not use tanning beds!
- Check your skin regularly for signs of skin cancer. If you find any changes, see your doctor.



The need for year-round sun safety has never been more clear. For more information, talk to your doctor or health care professional, visit [www.staypretty.org](http://www.staypretty.org) or call **410-222-7979** for a Sun Smart Kit. Practice sun safety all year long for a lifetime of healthy skin.

## Learn To Live

Anne Arundel County Department of Health  
[LearnToLiveHealthy.org](http://LearnToLiveHealthy.org)

HER is a newsletter of Learn To Live, a healthy living program sponsored by the Anne Arundel County Department of Health, 3 Harry S. Truman Pkwy., Annapolis, MD 21401. You may copy or reproduce any material in this newsletter.

For more information, call the Learn To Live Line at 410-222-7979. Operators are available to assist you Monday-Friday from 8:30 a.m. to 4:30 p.m. For more information, visit [www.LearnToLiveHealthy.org](http://www.LearnToLiveHealthy.org).

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