



## Get Your Flu Shot

The following people are encouraged to get a flu vaccine:

- Healthy children age 6-23 months, and close contacts of children 0-23 months
- Everyone 50 years old or older
- Adults or children with long-term health problems (i.e., heart disease, lung disease, asthma, kidney disease, diabetes, anemia, and other blood disorders)

## Oregon Quit Line Offers Free Nicotine Replacement Therapy

NRT – nicotine replacement therapy, otherwise known as the patch, nicotine gum, or lozenges – will be available to callers of the **Oregon Quit Line** after Oct. 5, 2004. The Quit Line will give two weeks of free NRT in a starter kit.

Tribal members who live in the 11-county service area are eligible to get smoking cessation resources and nicotine replacement through their health provider. Non-natives who are married to a Siletz Tribal member can participate in the smoking cessation program that is provided through the Siletz Community Health Clinic or through their local Siletz Tribal area office.

As a reminder, the Oregon Health Plan will pay for nicotine patches, Zyban (a pill that combats cravings), and counseling to eligible adults to help support their quit efforts.

Please call DeAnna Pearl, Tobacco Prevention and Education coordinator, at 1-800-648-0449, ext. 1659, for Quit kits and support. Remember, quitting takes practice.

If you want to stop smoking, here are people you can talk to for help:

- Your doctor or nurse
- DeAnna Pearl, TPEP coordinator
- The Oregon Quit Line – 1-877-270-STOP (7867)

- Anyone with a weakened immune system due to HIV/AIDS, cancer treatment, or long-term treatment with drugs such as steroids
- Anyone 6 months to 18 years old on long-term aspirin therapy
- Pregnant women (in any trimester)
- Family members, or anyone else, coming in close contact with people at risk of serious influenza
- People living in dormitories or under other crowded conditions
- Anyone who wants to reduce his or her chance of catching the flu
- Health care workers

The Siletz Clinic will begin giving flu vaccines Nov. 1, with three ways to get your flu shot this year:

1. Ask your provider at your next visit.
2. Schedule an appointment with a nurse.
3. Walk-in between 9:30 a.m. – 11 a.m. **only**, please.

In August, the U.S. Departments of Agriculture and Health and Human Services released the 2005 Dietary Guidelines for Americans advisory committee report, which serves as the basis for the 2005 Dietary Guidelines for Americans.

These guidelines were first issued in 1980. By law, they are updated every five years and direct government nutrition policy. The guidelines “shall contain nutritional and dietary information and guidelines for the general public.”

Instead of just considering how the 2000 Dietary Guidelines for Americans should be changed, the 2005 advisory committee was charged with conducting an evidence-based review of nutrition and health. Through this process, one theme emerged, says Janet C. King, Ph.D., chair of the committee.

“Collectively, available scientific data show that Americans need to select a quality diet while staying within their calorie requirements to achieve optimum health. Because of sedentary lifestyles and poor food choices, many Americans exceed their caloric needs without meet-

## Be a Part of Our Team!

### America’s Walk for Diabetes

An event of the American Diabetes Association  
Oct. 9, 2004 – Alton Baker Park, Eugene, Ore.

More than 18 million Americans have diabetes today – and a third of them don’t even know it. You can make a difference in each and every one of their lives by joining thousands of walkers around the nation who are participating in America’s Walk for Diabetes.

Walking can help prevent diabetes. Stay fit, reduce your risk of developing type 2 diabetes, and raise money in the fight against diabetes by joining the Siletz Warrior Walker Team.

All Siletz team members will receive a “Warrior Walker” T-shirt. In addition, the ADA provides a variety of incentives based on fund-raising gifts. You can earn a “Walk for Diabetes” T-shirt by raising \$100!

The Walk for Diabetes in Eugene follows a five-mile route along the banks of the Willamette River on paved bike

paths. The entire walk is wheelchair- and stroller-accessible. A shorter route also is available.

A light breakfast is served before the walk. Afterward, Carl’s Junior will provide lunch, followed by music from the Valley Boys and an awards ceremony.

Hotel rooms in Eugene will be provided for out-of-town participants on Friday night.

For more information, registration, and hotel reservations, contact Alissa Lane at 1-800-648-0449, ext. 1671, or 541-444-9671; or Darcy Trego at ext. 1647 or 541-444-9647. Registration after Oct. 4 at noon is on a “space available” basis only.

This event is sponsored by the Siletz Tribal Diabetes Program, Siletz Community Health Clinic, and Siletz Community Health Department.

## Dietary Guidelines Can Shape Your Diet

ing their nutrient requirements. This not only causes obesity and related diseases, but it also leads to malnutrition.”

Nine major messages are included in the report.

Consume a variety of foods among the basic food groups while staying within energy needs. Replace nutrient-poor foods with nutrient-rich foods because simply adding nutrient-rich foods would increase caloric consumption.

Control calorie intake to manage body weight.

Be physically active every day. Adults need 30 to 90 minutes of moderate-intensity physical activity to promote fitness and control weight. Children need at least 60 minutes of moderate to vigorous physical activity on most days.

Increase daily intake of fruits and vegetables, whole grains, and non-fat or low-fat milk and milk products. Shoot for 2° to 6° cups of fruits and vegetables daily. Choose at least three servings of whole-grains daily and three servings of low-fat milk or milk products.

Choose fats wisely for good health. Keep saturated fat, trans fat, and cho-

lesterol intake low to decrease risk of heart disease.

Choose carbohydrates wisely. Carbohydrates in the form of glucose are an important energy source for the body. Decreased added sugars and increased fiber are encouraged.

Choose and prepare foods with little salt. The report recommends an intake of less than 2,300 milligrams of sodium per day to reduce risk of high blood pressure. Controlling high blood pressure may require greater restriction of sodium.

If you drink alcoholic beverages, do so in moderation. Moderate consumption, which means one drink per day for women and two drinks per day for men, may protect against heart disease, says the report.

Keep food safe to eat. The report encourages basic food safety practices such as hand washing and keeping foods at appropriate temperatures.

For more information on the Dietary Guidelines for Americans, visit <http://www.health.gov/dietaryguidelines/dga2005>.