Zach's News

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Hot Docs Carnival: An ounce of prevention…

June 13, 2011

“An ounce of prevention is worth a pound of cure.”  Benjamin Franklin

Check out the various things your government is up to lately, including releasing information that should arguably have been released decades ago! We’re looking at how to prevent various ailments this week.

Hot Doc from the Centers for Disease Control:


Early Release
June 7, 2011 / 60(Early Release);1-7 http://www.cdc.gov/mmwr/preview/mmwrhtml/mm60e0607a1.htm?s_cid=mm60e0607a1_w

In the United States, contaminated food causes approximately 1,000 reported disease outbreaks and an estimated 48 million illnesses, 128,000 hospitalizations, and 3,000 deaths annually. This report summarizes 2010 surveillance data and describes trends since 1996.

Hot Doc from the United States Department of Agriculture:

Take a look at My Plate and see what healthy people are eating these days, and learn about the new, easier to follow health guidelines for nutrition!

myplate.gov http://www.choosemyplate.gov/

http://www.youtube.com/watch?v=SEFmSk08LIE (prevention of obesity and other health problems)


And, in the event that you cannot prevent something bad from happening, the next best thing is to be prepared, right? So arm yourself for the next Zombie Apocalypse, or other dire situation with these emergency preparedness tips from the Centers for Disease Control: http://blogs.cdc.gov/publichealthmatters/2011/05/preparedness-101-zombie-apocalypse/

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