



# Season's Greetings

WISHING YOU JOYOUS HOLIDAYS  
from all of us at Hold Out The Lifeline: A Mission To Families

## HEALTHIER HOLIDAY CELEBRATIONS

As the Christmas season draws near, families gather together to celebrate the joy of the holidays with fun, fellowship, and food. It's a time when laughter fills our homes, traditions are shared, and hearts are knit closer through the simple yet meaningful moments we experience together. However, as we enjoy the abundance of the season, it's helpful to remember how easy it can be to overindulge in those added calorie-laden sugary snacks, drinks, cakes, and pies. To live healthier, longer lives, most Americans need to move more and eat better. This includes consuming fewer added sugars.

### WHAT WE KNOW

According to the Centers for Disease Control, Americans eat and drink too many added sugars. How much people consume varies by age, race, and ethnicity. Consuming too much added sugars can contribute to health problems such as weight gain and obesity, type 2 diabetes, and heart disease.

### FAST FACTS

As of 2023, 36% of South Carolina adults are obese, and equally alarming is the disparity in the African American and Native American populations with obesity rates of 45.6% and 42.3%, respectively.	As of 2023, 39% of South Carolina public school students are overweight or obese.	South Carolina had the 6th highest prevalence of diabetes among adults in the nation in 2020. One in seven adults has diabetes, or approximately 556,000 adults in South Carolina.	Diabetes is the 8th leading cause of death in South Carolina. In 2020, 1,943 people died from diabetes, more than five deaths every day.
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## WHAT YOU CAN DO

### Stay Alert!

During family gatherings, practice awareness and eat what you enjoy and savor the moment. Pay attention to what you put on your plate and note the high calories in what you drink. Sit down to eat and try not to graze on other food you are either preparing or being offered by others. If you do overeat, just move on and plan to make better choices the next day.

### Simply Say "NO"!

In social settings, mentally prepare yourself before attending and commit to eating healthily by limiting calorie-laden sugary foods and drinks.

### Exercise!

Try to keep to your normal exercise routine as much as possible. Add some things you wouldn't usually do such as parking further away from stores, engaging in physical activity like dancing, touch football or gardening. Even consider a neighborhood stroll to see the holiday lights. Playing indoor games such as charades, ping pong, air hockey or foosball can also help you burn calories and lose weight.

### Sleep!

Getting enough rest is key to overall health, wellness, and maintaining a healthy weight. Slow down, breathe deep, and stop stressing over every holiday event. Allow some time for yourself to calm down – take a warm soothing bath, sit by the fireplace and watch the flames, read a book or assemble a puzzle, and have a cup of tea, and enjoy the holiday decorations.

## CLEAN AIR IS FAIR SURVEY

We are seeking the public's input on perceptions and beliefs related to smoke-free and vape-free environments. This quick survey is for community residents, employees, and visitors, not local decision makers such as city or county council members.



**Hold Out the Lifeline: A Mission To Families**

*Each One Can Reach One*

803-401-5307

[www.hotlifeline.org](http://www.hotlifeline.org)



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