



Department of Health
Agency of Human Services



Stocking Stuffers and Gift Suggestions for a Healthy 2011

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BURLINGTON – It's not too late to add a few public health gizmos, gauges, games and groceries to your holiday and happy 2011 gift-giving.

Think 'safe and healthy homes' or '**fit and healthy Vermonters**' and the gift ideas are endless and low-cost. The Vermont Department of Health suggests:

- food and refrigerator thermometers to keep edibles safe
- cabinet locks and safety gates to protect little ones
- a carbon monoxide detector and radon test kit for a healthy home
- quit tools for smokers
- a walking pedometer
- an electric or manual toothbrush
- Vermont State Parks activity package (Day Tripper, Weekend Getaway or Full Season Family Fun) and more at <http://www.vtstateparks.com>
- Buy Local Vermont healthy foods package – visit a winter market or get ideas at <http://www.vermontagriculture.com>

Quit Smoking Gift Package

Smokers can give themselves and their loved ones a great gift by quitting smoking. Being smoke-free improves health, adds years to your life, and puts more money in your pocket. The Health Department's Vermont Quit Network offers a suite of free quit smoking tools such as the online game Khemia, distraction putty, pedometers, worry stones, quit guides and coaching podcasts, along with free nicotine gum and patches or lozenges delivered directly to a smokers' home. To find out about quit smoking tools and guidance, go to VTQuitNetwork.org or call 1-800-QUIT-NOW (784-8669).

To a Healthy Home! Radon Test Kit

Homeowners are encouraged to order free radon test kits. Radon, an odorless gas found in homes throughout Vermont, is the second leading cause of lung cancer (after smoking) in the U.S. If radon is detected, a low-cost mitigation system can reduce radon levels in a house.

Get a free long-term radon test kit by e-mailing radon@ahs.state.vt.us or calling 1-800-439-8550.

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