



Department of Health
Agency of Human Services



For a Healthier 2013: Celebrate the Season within 'The Ring of Moderation'

For Immediate Release: Dec. 24, 2012
Media Contact: Communication Office
Vermont Department of Health
802-316-2128

BURLINGTON – “*The choicest pleasures of life lie within the ring of moderation,*” is a quote by philosopher Martin Tupper, words of wisdom according to the Vermont Department of Health, especially around the Holiday season.

“What would make this season truly memorable is if the nation’s healthiest state practiced moderation by drinking alcohol responsibly – or not at all – at the close of 2012,” said Health Commissioner Harry Chen, MD.

The U.S. Department of Health and Human Services Substance Abuse and Mental Health Services Administration (SAMHSA) is offering "Party Planning Tips" that provide several non-alcoholic drink recipes, such as a Citrus Collins or Mai Tai, that will leave guests completely unimpaired.

The tips are available at:
<http://store.samhsa.gov/shin/content/PHD833/PHD833.pdf>

“SAMHSA estimates 190,000 lives have been saved since 1975 due to awareness and legislation related to drinking and driving,” Dr. Chen said. “As an emergency room physician for more than 30 years, I can tell you that there is nothing more difficult or tragic than to have to tell a family that someone they love has died. Be safe, especially this time of year.”

To help give the gift of a healthier life for yourself and others in 2013 and beyond:

- Make non-alcoholic beverages available at parties and family gatherings.
- If you drink alcohol, drink slowly (no more than one standard size alcoholic beverage in an hour) and eat food while drinking.
- Never drink and drive, or allow anyone else to do so. This is never safe, no matter the amount of alcohol consumed.
- Do not mix alcohol with medications.
- Moderate your drinking to no more than one drink per day for women, or two drinks per day for men.
- Remember that alcohol is also high in calories.
- Fill your plate with fruits and vegetables first—they fill you up and are low in calories.
- Skip the buffets.
- Move more.
- Turn off the TV.

For more information on ways to kick-start a healthy new year, visit healthvermont.gov.

Follow us on [Twitter](#) and join us on [Facebook](#) for health information and alerts.

###

Vermont Department of Health | 108 Cherry Street | Burlington, VT 05402
Voice: 802-863-7200 | In Vermont 800-464-4343 | Fax: 802-865-7754 | TTY/TDD: Dial 711 first
Health Care Provider Infectious Disease Reporting: 802-863-7240 or 800-640-4374
||| | [Web Browser](#)

