



Small Changes for Health 2006

Week 33



Have you had your coffee today? If so, you've probably had some caffeine too. Beverages like coffee, tea and soda provide most of the caffeine Americans consume within a day. Additionally, caffeine may be a key ingredient in many of the "energy" drinks on the market. What many people may not know is that caffeine is an addictive drug that can have some serious impacts on your long-term health. Caffeine can affect your mood and sleep patterns. It can also speed up your heart rate and increase your blood

pressure. Too much caffeine may also negatively affect women during pregnancy. Reducing your intake of caffeine can help you reduce your risk of long-term health problems.

Your Small Change: For this week, make sure that you limit your caffeine intake to 12 oz. of caffeinated coffee, cola or tea per day.

Check off the days you complete this activity below:

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
| | | | | | | |

If you need more information about this program, this subject or some assistance or suggestions on how to make this change, please visit Health Promotion in room 910 or call us at 314/612-5400, 5419 or 5163. You can also retrieve the supporting Small Changes for Health handouts online by visiting the City of St. Louis Department of Health web page.

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Follow-Up: Week 33

Your Small Change: For this week, make sure that you limit your caffeine intake to 12 oz. of caffeinated coffee, cola or tea per day.

1. How many days did you do this activity? (Circle number of days below)

1 2 3 4 5 6 7

2. How hard was it to accomplish? (Check your answer below)

Very Easy Somewhat Easy Neutral Somewhat Hard Very Hard

3. Is this a change you think you can continue? (Check your answer below)

Yes No

4. Other Comments: _____

Please return the bottom half of this form to Health Promotion in Room 910, at the end of this week.

