

Engage in Safe Behaviors

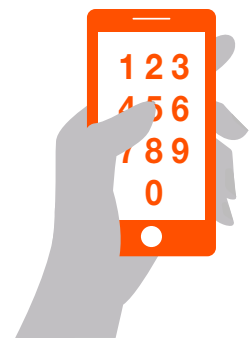


Did you know? Risky behaviors can put you, your loved ones, and the people around you in danger. It's up to you to take control!

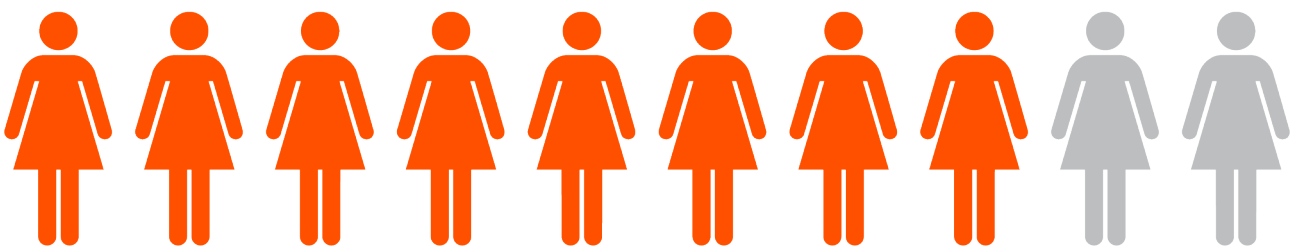


Seat belts lower your risk of dying in a car crash by **45%** and cut your risk of serious injury by **50%**.¹

Women are more likely than men to talk on the phone while driving.² You're more than **2x** as likely to crash (or have a near miss) when dialing a cell phone.³



Smoking causes **80%** of lung cancer deaths among women.⁴



Tips

Start engaging in safe behaviors today to improve your health and lower your risk for injury and illness!

- ✔ Wear a helmet when you bike.
- ✔ Pull over if you need to use your phone.
- ✔ Call 1-800-784-8669 for help quitting smoking.



Schedule your well-woman visit

A well-woman visit is a time to see your health care provider to:

- ▶ Discuss family history, family planning, and personal habits, such as alcohol and tobacco use
- ▶ Schedule necessary tests, such as screenings for sexually transmitted infections and more
- ▶ Set health goals, such as being active and maintaining a healthy weight



- ▶ Learn more about how to quit smoking at women.smokefree.gov.
- ▶ Get tips on distraction-free driving at distraction.gov.
- ▶ Learn more about National Women's Health Week at womenshealth.gov/nwhw.



Sources

- ¹ www-nrd.nhtsa.dot.gov/Pubs/811387.pdf
- ² www-nrd.nhtsa.dot.gov/Pubs/812197.pdf
- ³ www.nejm.org/doi/full/10.1056/NEJMSa1204142
- ⁴ www.cancer.gov/cancertopics/tobacco/statisticssnapshot