



PPHA Newsletter



Happy Fourth of July

Event Title

Article Headline

Keep It a Happy 4th of July

Here are some powerful numbers about fireworks injuries:

- There are approximately 8,500 fireworks-related injuries each year in the United States. Of these, about 2,000 are [eye injuries](#).
- One-third of these injuries result in permanent eye damage and one-fourth in permanent vision loss or blindness.
- Almost one in 20 victims lose all useful vision or require the removal of the injured eye.
- 25% of all eye injuries caused by consumer fireworks happen to bystanders.
- 75% of all fireworks-related eye injuries happen to [boys](#) between the ages of 13 and 15.



Did you know that the most dangerous kind of firework is the bottle rocket? Bottle rockets fly erratically, often causing bystander injuries. The bottles and cans used to launch bottle rockets often explode, showering fragments of glass and metal.

Sparklers account for three-quarters of all firework injuries in preschoolers. Young children find these sticks of fire - [burning](#) as hot as 1,800 degrees Fahrenheit - irresistible to touch. Eye safety experts make these suggestions:

- Never let children play with fireworks of any kind, including sparklers.
- View public fireworks displays from at least 500 feet away or up to a quarter of a mile.
- Respect safety barriers set up to allow pyrotechnicians to do their jobs safely.
- Leave the lighting of fireworks to trained professionals.

- If you find unexploded fireworks, don't touch them. Immediately contact your local fire or police department.

Fireworks injuries are so devastating yet so preventable. Make it a safe Independence Day for all!

Best Summer Weight Loss Food No. 1: Chilled Soups



Moore loves all kind of produce but says cold soups are among her favorite low-calorie dishes. Chilled soups like gazpacho or cucumber-dill that contain lots of chunky vegetables are a great way to start a meal.

"Research shows that a low-calorie, broth-based soup at the beginning of the meal will fill you so you eat less at the meal," says Moore, a St. Paul-based nutrition consultant.

Best Summer Weight Loss Food No. 2: Watermelon



Who doesn't love diving into a crisp, juicy slice of watermelon when it's hot outside?

"Half of the watermelon comes from water. ...It's a wonderful way to satisfy thirst and a yen for something sweet," says Moore.

Best Summer Weight Loss Food No. 3: Grilled Veggies



For registered dietitian Dawn Jackson, a plate of grilled vegetables is a summertime must-have. She recommends keeping a plate of grilled onions, bell peppers, zucchini, carrots, eggplant, asparagus, and garlic in your fridge. You can use them to make dishes like:
 Grilled vegetable and goat cheese salads
 Grilled vegetable pitas
 Grilled vegetable, ricotta, and fresh herb pasta and frittatas.

