

EPI Update for Friday, December 29, 2017
Center for Acute Disease Epidemiology (CADE)
Iowa Department of Public Health (IDPH)

Items for this week's EPI Update include:

- **England National Health Service's 10 goal-setting resolution tips**
- **Mayo Clinic's 4 ways to reach (and maintain) New Year's resolutions**
- **Infographic: Set SMART goals**

With 2018 approaching, many Iowans will be making New Year's resolutions. Many of these will be health-related. Not all resolutions are created equal, however, and there are several strategies one can take to increase the likelihood that a New Year's resolution becomes a long-term healthy lifestyle change.

England National Health Service's 10 goal-setting resolution tips

1. Make only one resolution. Your chances of success are greater when you channel energy into changing just one aspect of your behavior.
2. Don't wait until New Year's Eve to choose your resolution. Take some time out a few days before and think about what you want to achieve.
3. Avoid previous resolutions. Deciding to revisit a past resolution sets you up for frustration and disappointment.
4. Don't run with the crowd and go with the usual resolutions. Instead think about what you really want out of life.
5. Break your goal into a series of steps, focusing on creating sub-goals that are concrete, measurable and time-based.
6. Tell your friends and family about your goals. You're more likely to get support and want to avoid failure.
7. To stay motivated, make a checklist of how achieving your resolution will help you.
8. Give yourself a small reward whenever you achieve a sub-goal, which will help to motivate you and give you a sense of progress.
9. Make your plans and progress concrete by keeping a handwritten journal, completing a computer spreadsheet or covering a notice board with graphs or pictures.
10. Expect to revert to your old habits from time to time. Treat any failure as a temporary setback rather than a reason to give up altogether.

For more information, visit

www.nhs.uk/Livewell/Healthychristmas/Pages/NewYearresolutions.aspx.

Mayo Clinic's 4 ways to reach (and maintain) New Year's resolutions

1. Track daily activities and everything you eat. This may seem like an overwhelming and tedious task, but it can help you identify patterns of unhealthy behavior, such as late-night snacking or eating while driving.
2. Move more. If you don't have time for a workout one day, add extra movement into your daily routine. Take time to review the options and pick one that suits your personality and lifestyle.
3. Be willing to experiment. You might not know what approach will work best for you until you do a little experimenting. If one method doesn't work, try a different one. Eventually you'll find a habit or routine that fits your lifestyle and can help you achieve long-term success.
4. Make one change at a time. It's common to want to make grandiose plans and dive in headfirst. But instead of trying to move mountains, start small and picture yourself moving a few rocks at a time. Each success will build your confidence and motivate you to continue.

Everyone is faced with setbacks and obstacles at one point or another. Instead of focusing on what didn't go right, think about your recent achievements. Chances are you're doing more than you give yourself credit for. Don't beat yourself up over disappointments. Move on and remember that you can only change what you have control over right now.

For more information, visit www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/4-ways-to-reach-and-maintain-new-years-resolutions/art-20270847.

Infographic: Set SMART goals

Set SMART Goals

S

Specific: The more specific the goal, the more likely you are to achieve it. Be as precise as possible when articulating what you want to accomplish, and leave out any explanations or justifications.

M

Measurable: How will you know when you have achieved your goal? Good goals are measurable. If your goal is to get a B or better in a particular course, then seeing an 85% on your transcript is proof that you have achieved your goal.

A

Attainable: Can you achieve your goal? While it's important to set challenging goals, they must be attainable. A goal of graduating from medical school in three years with a 4.0 GPA is certainly challenging, but it may not be possible. Find the balance between the two.

R

Relevant: Is your goal relevant to your overall long-term vision? If your life vision is to be a doctor with your own practice, then setting a goal to perform as a concert pianist will only frustrate and distract you from making your vision a reality.

T

Time-bound: Does your goal have a due date? If your goal isn't time-bound, it could go unachieved indefinitely. Give your goal a deadline that fits with your long-term plans.

To view in full-size, visit

studentsuccess.uams.edu/wp-content/uploads/2015/08/SMART-goals.png.

Have a healthy and happy week, and a happy new year!

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