



# How To

- Shows the steps involved in creating something.
- Example what exit destination users should select.
- Examples in HMIS Adminland: User manual quick reference sheet (e.g., Create a Client)

## 9 NATURAL WAYS TO CURE JET LAG

Vacations are often the highlight of our year, offering that long awaited opportunity to relax and unwind. However, when you're hit with jet lag, the first days of your trip can seem anything but enjoyable.

Here are 9 natural ways to help get your body back on the road after a disorienting long-haul flight.

### WHAT IS JET LAG?

Jet lag is caused by disruption to our body's 'circadian rhythm', which is a 24-hour cycle responsible for daily physical, mental and behavioural changes. The cycle is influenced by our exposure to daylight.

## HOW TO RECOVER FROM JET LAG

- 1. SPEND THE DAY OUTSIDE**  
Exposure to daylight is a powerful way of regulating your biological clock. Aim to be outside between 8 and 9am.
- 2. STAY ACTIVE**  
Exercise in the early morning or late afternoon will revitalize you and help reset your body clock. Avoid exercising too close to your bedtime as this can cause further disruption.
- 3. WEAR 'RE-TIMER' GLASSES.**  
Specialized glasses, which emit a soft green light into your eyes help to regulate your 24 hour body clock.
- 4. NAP FOR UP TO 20 MINUTES.**  
A minimum four hours sleep at night is recommended to 'anchor' you - with additional naps helping you reach your regular daily sleep requirement.
- 5. INVEST IN EAR PLUGS AND AN EYE MASK.**  
Cut out noise and light distractions. Getting a night of quality sleep is crucial to re-set your internal clock.
- 6. CHOOSE A NATURAL TEA.**  
A natural brew of Yerba Mate, ginkgo biloba or ginseng can recharge your body and mind in the morning. Chamomile, lavender, and valerian may help you nod off in the evening.

[Source](#)



## HOW TO BRING YOUR DOG HOME

**1**

**SECURE YOUR DOG  
IN YOUR CAR**

Try using a car grid or dog harness that secures your dog using a seatbelt. Find the right option for the size of your dog.



Other options include having a person in the back with the dog, using a crate inside the vehicle, using a harness/grid.

**2**

**DRIVE SAFE  
AND SLOW**

On the way home, opt for streets over freeways and drive extra cautiously.



Dogs not used to travelling can get motion sickness.



**3**



**OPEN A  
WINDOW SLIGHTLY**

to allow fresh air to circulate the car. Don't open the window wide in case it

**4**



**MAKE  
REGULAR STOPS**

so your pet can stretch its legs, release pent up energy and drink water if it's a

Source



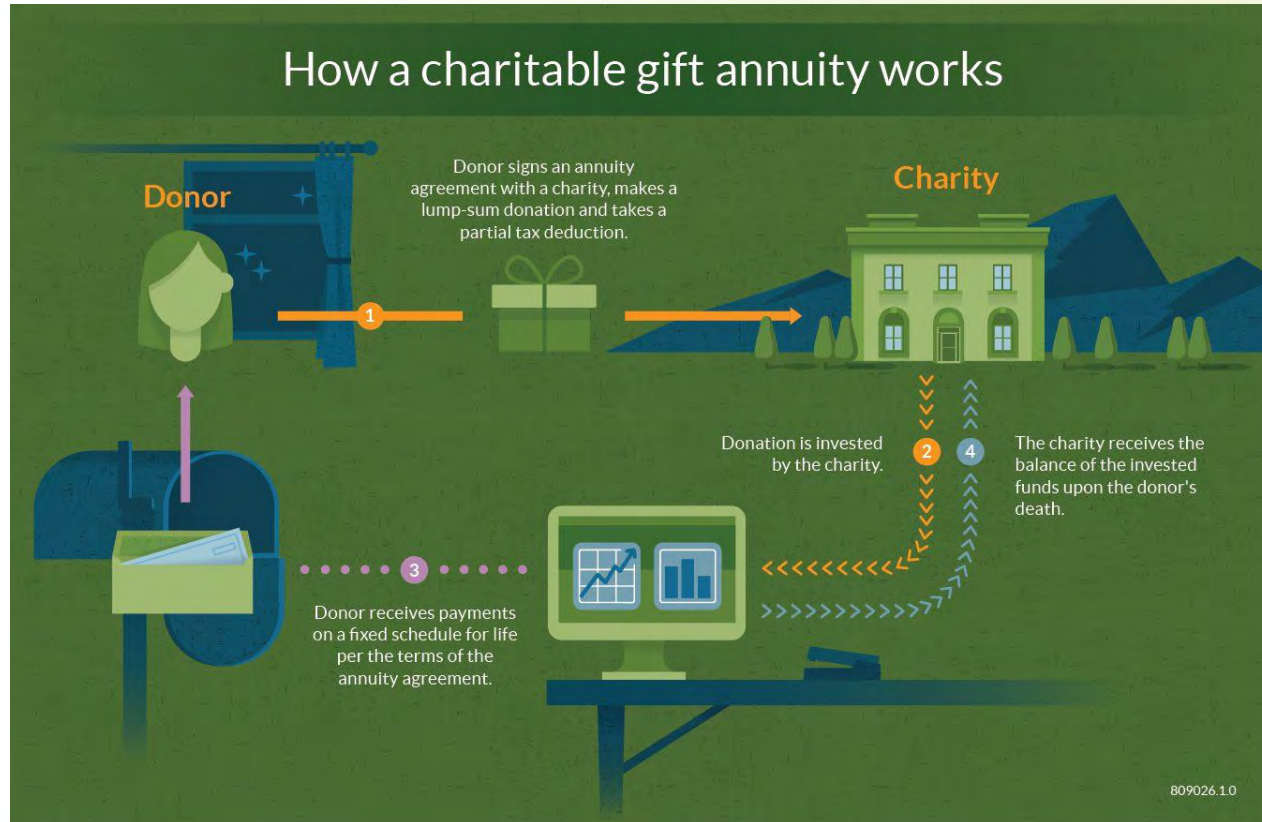
# Process

- A flow chart or decision-tree
- This could be a visual way to present the flow of questions in HMIS or PIT data collection.
- Examples in HMIS Adminland: Selecting an appropriate exit destination; visualize data entry workflow



[Source](#)

## How a charitable gift annuity works

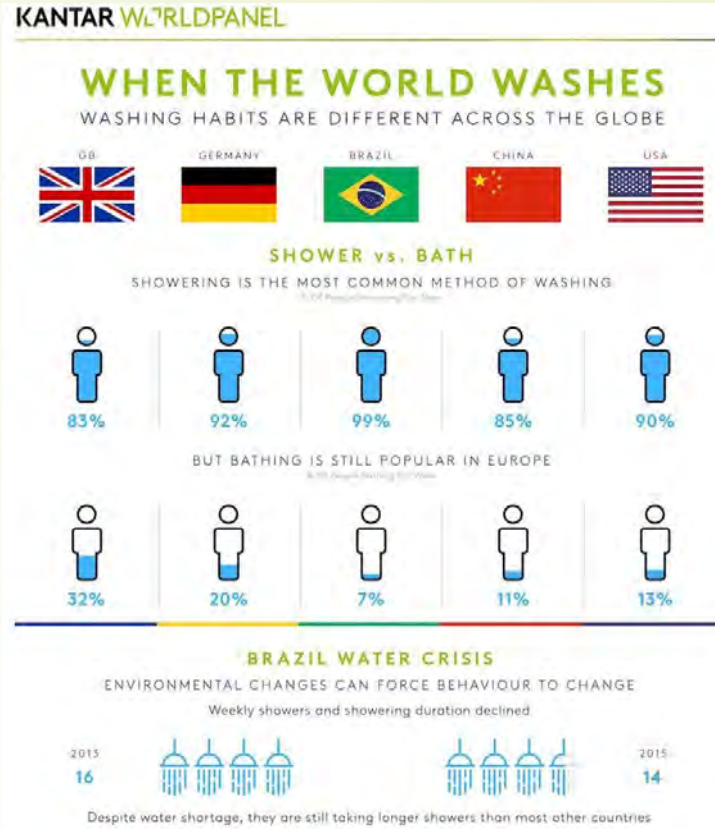


[Source](#)



# Comparison

- This infographic compares between two products, people, ideas, things, events or place.
- Examples in HMIS Adminland: Demographic information by project, PIT city/area where staying, PIT year-over-year



[Source](#)



**HEALTHY HEART CONNECTION** Healthy For Good™

**+ | SODIUM CAN BE SNEAKY | +**

Breakfast, lunch, dinner, and snacks can add up to more than 4,000 mg of sodium for the day.



Throughout the day, the average American consumes nearly 3,000 mg of sodium. But for the best of health, you should consume less than 2,300 mg of sodium. That's more than you know the amount recommended by the American Heart Association. So, that's sneaky. The best solution is to take control of the day by getting your sodium under control.

We share the tips to take back control of the sodium in your food. Use any of 3 simple steps every time you eat to reduce the sodium in your food. The first step is to take control of the sodium in your food. The second step is to take control of the sodium in your food. The third step is to take control of the sodium in your food.

Here's how the sodium can add up:

**BREAKFAST**

**Breakfast Tip:** All-day sodium comes from sodium in all the ingredients.

<p>Orange &amp; Shaved sweetened breakfast sandwich with fresh berries and orange juice</p> <p><b>1,289 mg</b> Total Sodium</p>	<p>Veggie breakfast sandwich on whole grain bun with soft cheese, tomato slices and orange juice</p> <p><b>421 mg</b> Total Sodium</p>
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**MORNING SNACK**

**Honey Bun**  
Total Sodium: 190mg

**Banana**  
Total Sodium: 1mg

**Snack Tip:** Read your nutrition labels every time.

**LUNCH**

**Lunch Tip:** Always eat a variety of foods. Eat a variety of fruits and vegetables. Eat a variety of proteins. Eat a variety of grains. Eat a variety of dairy products.

<p>Tasty sandwich with a side salad and a pickle</p> <p><b>1,935 mg</b> Total Sodium</p>	<p>Tasty sandwich with a side salad and cucumber slices</p> <p><b>668 mg</b> Total Sodium</p>
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**SODIUM MYTHS and FACTS for Kids**

**SCIENCE SUPPORTS REDUCING CHILDREN'S SODIUM INTAKES**

The science is clear... our kids eat more sodium than what is safe and recommended.<sup>11</sup> Schools can play an important role in helping our kids get and stay healthy. As part of the effort to bring sodium to moderate levels for our kids, the U.S. Department of Agriculture (USDA) established sodium limits for school meals, which are being carried out in three gradual phases until the 2022-2023 school year.<sup>12</sup>

**MYTH #1 vs FACT!**

The only health issues associated with too much sodium are problems like high blood pressure and heart disease – problems for adults, not kids.

Science strongly supports the link between less sodium intake and healthier lives – even in children and teens.<sup>13</sup>

For example, kids who eat high sodium diets are about 35% more likely to have elevated blood pressure than kids who eat lower sodium diets.<sup>14</sup> And, the rate of high blood pressure is increasing in American children.<sup>15</sup> In addition to heart health, sodium impacts bone, brain, stomach, and kidney health.<sup>16</sup>

**MYTH #2 vs FACT!**

Scientific evidence to support a decrease in sodium for school meals is inconclusive.

There has been a lot of noise about some sodium studies, leading to confusion and helping efforts to undermine nutrition standards for school meals.

A large body of scientific research indicates that lowering sodium intake lowers blood pressure in adults and children.<sup>17</sup>

**MYTH #3 vs FACT!**

It is impossible for schools to meet USDA's sodium limits.

More than 99% of schools are successfully meeting the updated meal standards.<sup>18</sup> Some schools are already meeting the USDA's 2017 targets. Many companies already offer foods that meet the target limits set by the USDA.<sup>19</sup>

A variety of methods exist that can help reduce sodium in foods<sup>20</sup>, and modelling suggests that some newly developed ingredients could make a big impact.<sup>21</sup>

**MYTH #4 vs FACT!**

Kids won't like the taste of foods lower in sodium and, as a result, will eat less of these foods, robbing them of the beneficial nutrients they provide.

Replacing nutrient-poor, high-sodium foods with healthier foods could improve overall consumption of other beneficial nutrients.<sup>22</sup>

Gradually lowering the sodium content in foods can decrease kids' (and adults') taste for salty food over time.<sup>23</sup>

Source





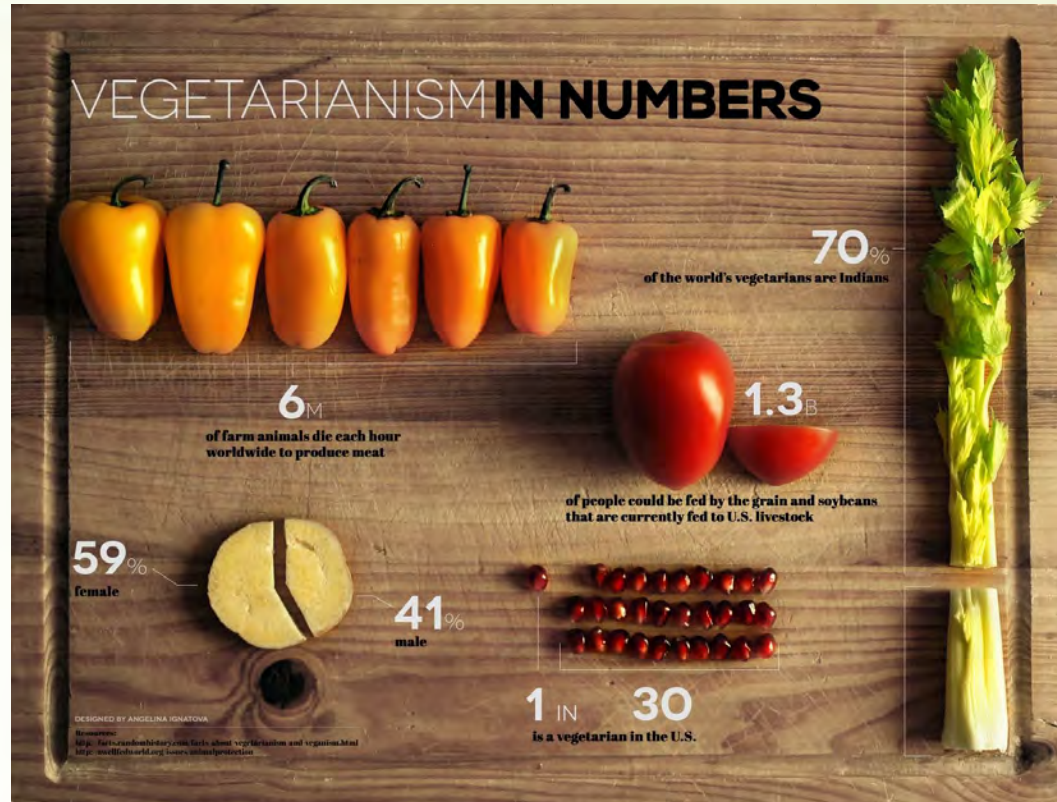
[Source](#)





## Photo-Graphic

- It's a combination of images and graphic elements like line charts, icons or text.
- Examples in HMIS Adminland: Donation/Support/Volunteer requests, other visuals that need to draw the public in to garner help/involvement



[Source](#)



**BOSTON RED SOX**  
FENWAY FRANK

STADIUM	FENWAY PARK
STADIUM PRICE	\$4.50
HOMEMADE PRICE	\$1.52
CALORIES	344



# EVERY DOG HAS ITS DAY

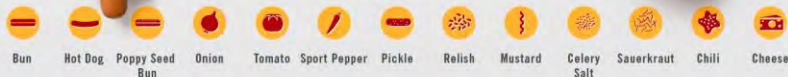
The National Hot Dog & Sausage Council—yes there is an official council—estimates that baseball fans will consume more than 20 million hot dogs over the course of the 2013 Major League Baseball season. Hey, we're not here to judge, we can't resist a juicy dog either. Take a look at all the calories, and dollars, that a splurge at the park can cost you.

## ★ HOT DOG ETIQUETTE ★

According to the National Hot Dog & Sausage Council:

- 1 Don't use ketchup on your hot dog after the age of 18. Mustard, relish, onions, cheese, and chili are acceptable.
- 2 Condiments remaining on the fingers after eating a hot dog should be licked away, not washed off.

## INGREDIENTS



**CHICAGO CUBS**  
CHICAGO-STYLE 'DOG

STADIUM	Wrigley Field
STADIUM PRICE	\$5.00
HOMEMADE PRICE	\$2.87
CALORIES	336



**LOS ANGELES DODGERS**  
DODGER DOG

STADIUM	DODGER STADIUM
STADIUM PRICE	\$5.00
HOMEMADE PRICE	\$1.40
CALORIES	423



**NEW YORK YANKEES**  
NATHANS HOT DOG

STADIUM	YANKEE STADIUM
STADIUM PRICE	\$3.00
HOMEMADE PRICE	\$2.34
CALORIES	485



SOURCES: HOT-DOG.ORG, THECALORIECOUNTER.COM, STATISTA.COM





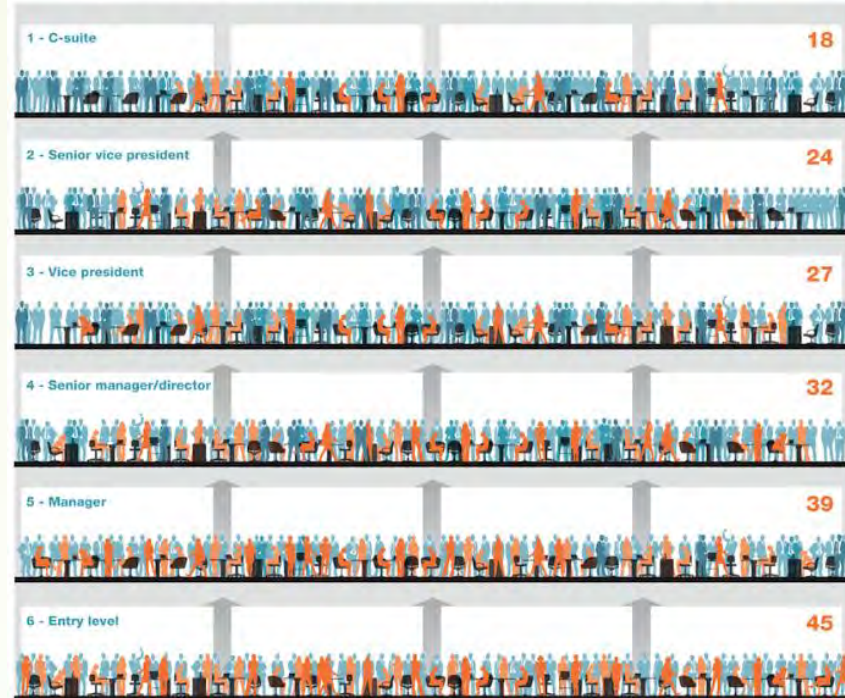
# Hierarchical

- Organizes information into levels, like the food pyramid. Levels could represent: importance, level of difficulty, income level, etc.
- The key function of this chart is show the relation between each level.
- Example in HMIS Adminland: public-facing: What a Client Needs (Maslow's Hierarchy of Needs), Diversity within levels of an organization, Diversity within Project Types

[Source](#)

## Women in the workplace face a challenging climb to the top

On average across industries, only **18** out of every 100 C-suite executives in the United States are **women**.

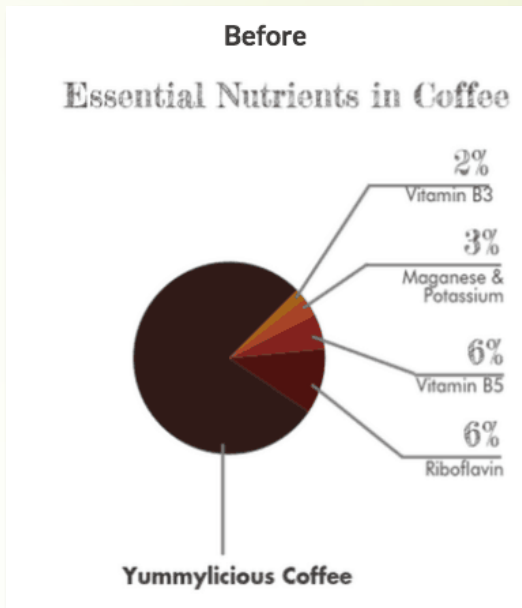




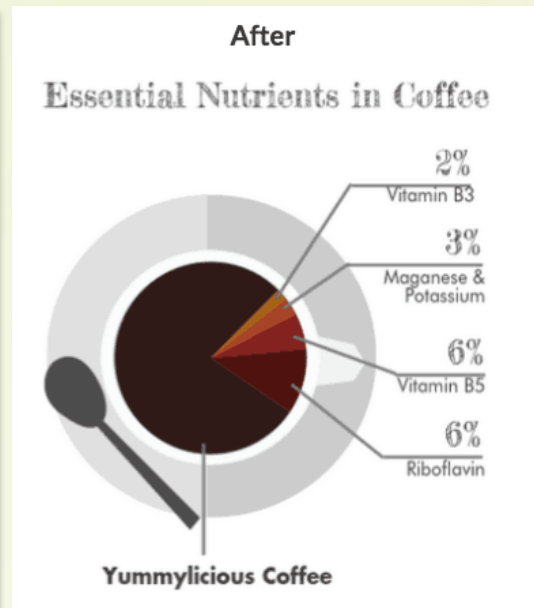
# Single Chart

- Use one chart as the focal point.
- When compared to a one-chart data viz, a single chart infographic takes presenting the data to a new visual level. You can use shapes and other graphic elements to communicate data without making your consumer read it.
- Examples in HMIS Adminland: best used for social media shares because the intent is quickly consumable.

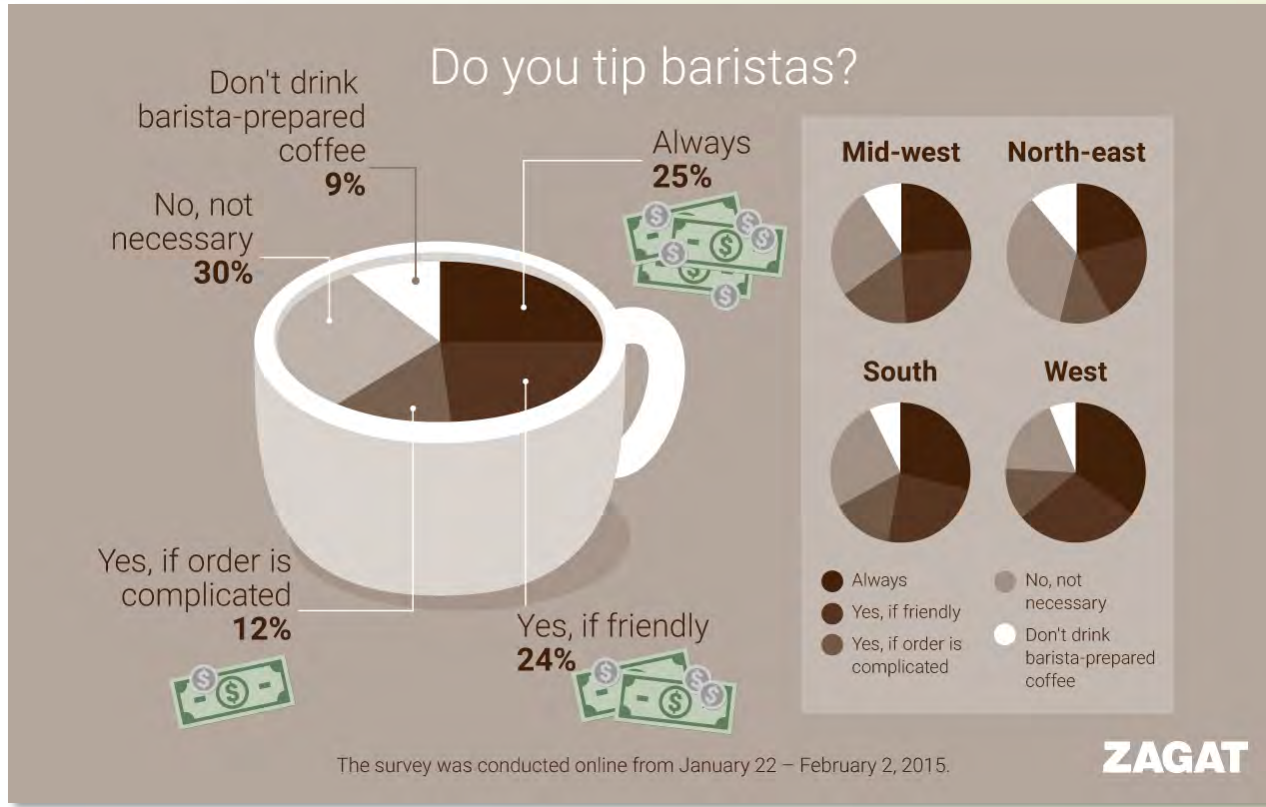
One-chart data viz



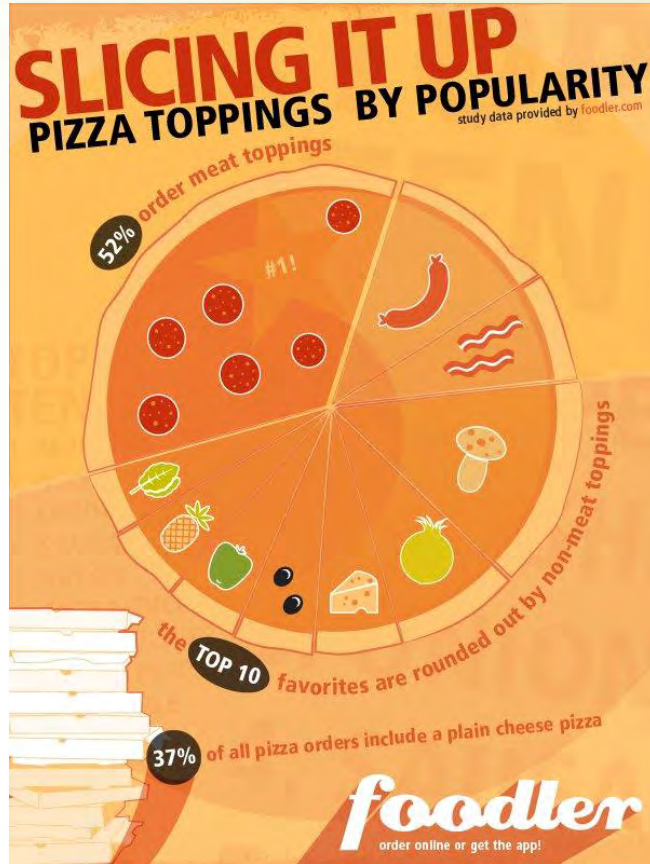
One-chart data infographic



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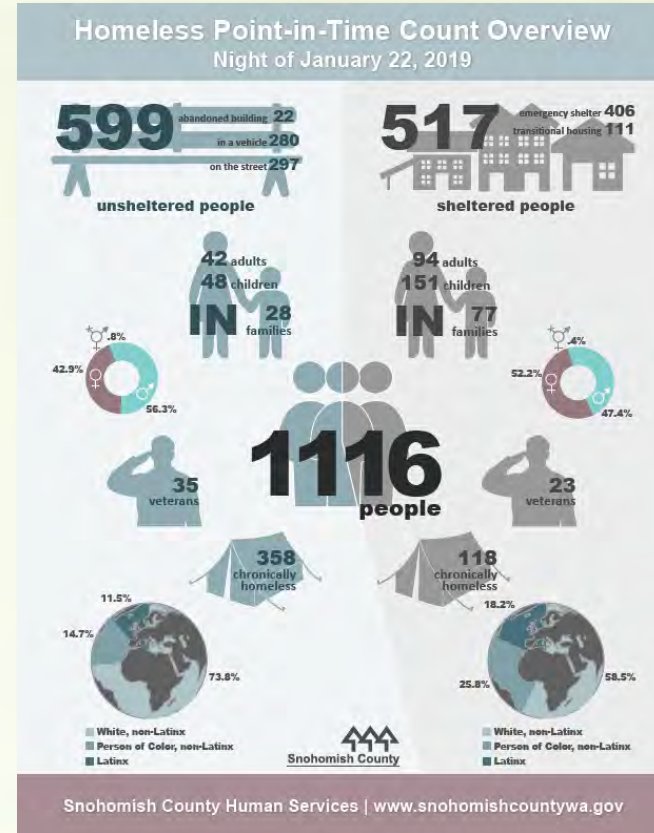
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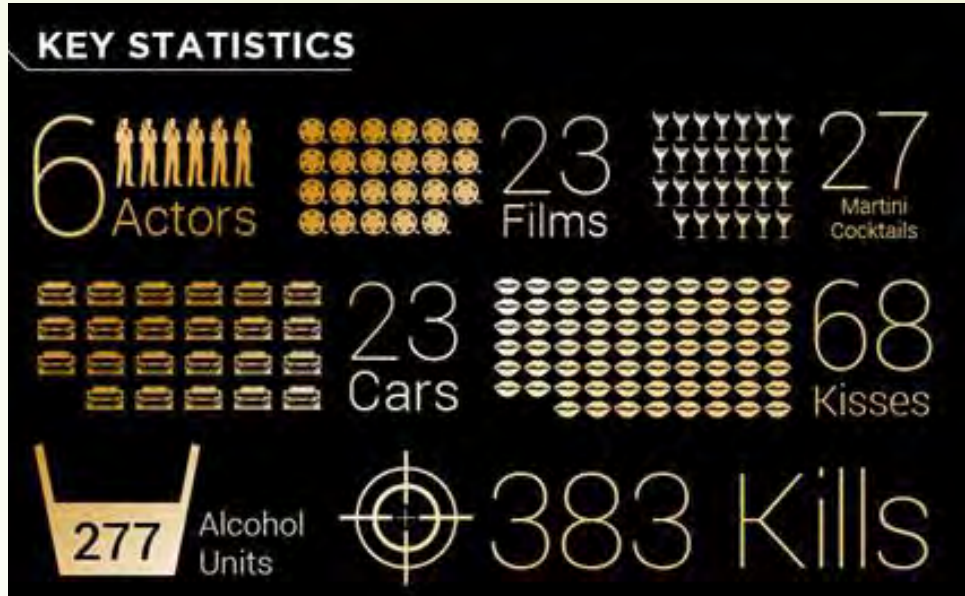




# Visualized Numbers

- Adds visual appeal to units of information.
- Think of a visual metaphor or graphical representation for your data points.
- Example in HMIS Adminland: PIT Infographic





[Source](#)





# Creating an Infographic

- Define your target audience
- Define your goals
- Choose the medium
- Choose your topic
- Find the right information
- Find the story in your data
- Know your limitations
- Resources



# Target Audience

## Who will consume your visual?

- A member of your team
- A member of your board
- A member of the community at large

## Additional target audience questions you should think about:

- How engaged in the topic are they?
- What is their level of understanding of the data?

**Your audience will dictate how you portray your information.**

# Define Your Goals

## What do you want your audience to get from your infographic?

- Show/reveal data patterns or trends
- Show your audience complex information in an easy-to-understand
- Teach your audience using a step-by-step process
- Engage your audience to provide a response to an issue or a cause
- Detailed guide on a topic (good example: “How to Care for your New Dog” - slide 25.)
- Compare data
- Tell a story using a historical timeline

**Your goals will dictate your choice of infographic style.**



# Choose the Medium

**Will this be in print, or online? Poster, or a post card? Web page, or a social media post?**

- **Online** – Determine your level of interactivity: will it require a zoom function? Can you make the design responsive for different platforms (laptop vs. phone or tablet)? Will it be multi-page, or a single view? Will you include clickable links to other resources?
- **Social Media** – For an Instagram or Facebook post, it's best to choose one image or a portion of the full image that will represent your infographic. Make sure it is engaging and draws in your audience.
- **Poster** – Tend to be large media pieces that are viewed as a whole image, compared to larger online pieces that may be viewed in sections.
- **Postcard** – Remember that there is limited space, and that adequate white space is needed.

**Real talk: your budget may dictate your medium.**



# Choose your Topic

**Think about this like you were back in school and had to write a paper.**

- What is your topic?
- What's the thesis statement, or the main point you will need to make?
- What data do you have to back up your point?
- How can you make your story compelling to your audience?

**Your topic should be clear and well-researched.**



# Finding & Processing the Right Information

## Is your data squeaky clean?

- Know which resources are available to you in and outside of HMIS!
- Clean up your data to address outliers resulting from data quality issues, like someone typing 1908 instead of 1998.
- Powerful tools such as Tableau and Microsoft Power BI can process and transform your data.

Alternatives include:

- RAWGraphs – an open source app; free and pretty awesome!
- Metabase
- Apache Superset
- Google Charts

**Your data should be cleaned, prepped, sliced, and diced.**



# Find the Story in Your Data

## Look to reveal to your audience:

- Changes over time
- Differences between items/categories
- Similarities between items/categories
- Makeup or composition of a whole
- Relationship between two or more variables

For a more statistical analysis, you can use free software such as RStudio and R-project

**Your data insights dictate your visual story.**



# Know Your Limitations

**Do you have the tools you need to create something (web or print) publishable?**

- Just because you **can** create a flier in MS Paint/Word doesn't mean you (always) **should**.
- There's a time and place for a quick flier—office holiday party, housewarming, department meeting—but if you're trying to communicate important information, or raise funds, then it's best to either use tools created for design or...to seek professional (graphic design) help.
- A second (or third, or fourth!) pair of eyes is an awesome tool. Use teammates to edit/proofread, use a friend or spouse to answer, “does this make sense?” Use a kiddo to answer, “do you like this?”

**Your agency's software may be a limitation...but there are options!**



**SAVE THE DATE!**



**21st Annual Conference  
For & About Lesbian,  
Gay, Bisexual, and Trans\* Youth**

**Saturday,  
October 14, 2017**

**“Building a Rainbow  
Through Radical Self-Care  
and Loving Communities”**

Find us on Facebook!  
[https://www.facebook.com/  
Links-and-Alliances-119087438660/](https://www.facebook.com/Links-and-Alliances-119087438660/)

FREE for youth ages 14-20; \$25 for adults

Contact: 425-388-7254

CEUs available for educators

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**save the date! 10/20/2018**



**L & A**  
**2018**  
**22nd annual  
conference for & about  
LGBTQIA+ youth**

**L & A**  
links Alliances for & about  
**LGBTQIA+Youth**  
Saturday  
November 9, 2019





# Resources

## For Creating Infographics

- [Canva.com](https://www.canva.com)
- [Piktochart](https://www.piktochart.com)
- [Venngage](https://www.venngage.com)
- [Easel.ly](https://www.easel.ly)
- [Google Charts](https://www.google.com/charts)

## For Infographic/Data Viz Examples

- [Tableau Viz of the Day](#)
- [40 Complex Topics Explained by Inforgraphics](#)
- [Creative Blog](#)
- [PiktoChart Blog](#)



**Thank you!**