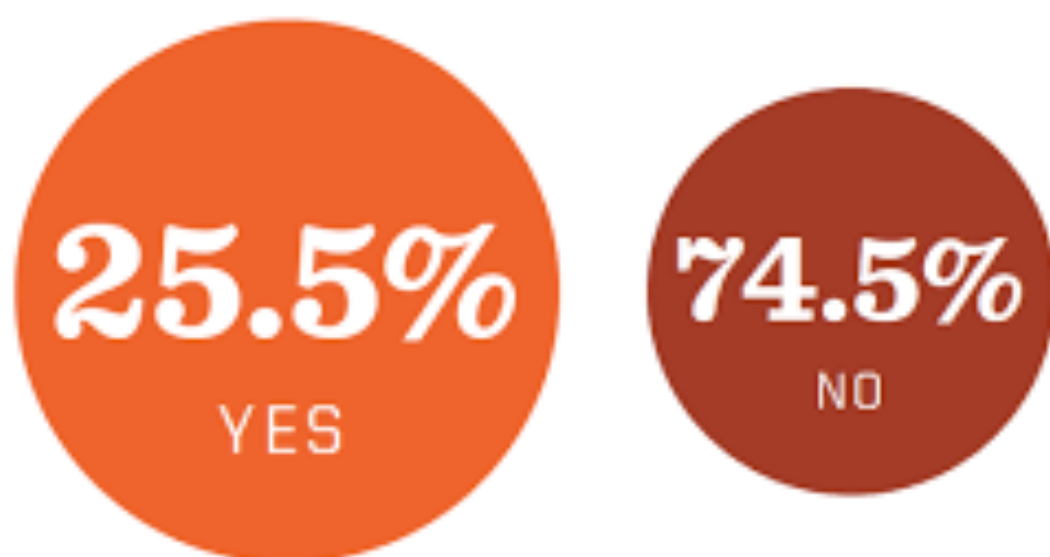


---

HAVE YOU EVER FOLLOWED A BRAND ON TWITTER?




# THE ULTIMATE INFOGRAPHIC ON INFOGRAPHICS



Why You Need to Get Visual

THINK VISUAL 

**90%**  
of  
information  
that comes  
to the  
**BRAIN**  
is **VISUAL**



**VISUALS**  
are  
processed  
**60,000x**  
faster  
than text!

Visuals are key to capture customers mindshare

**65%**

Humans are visual learners and respond better to visual information than plain text.



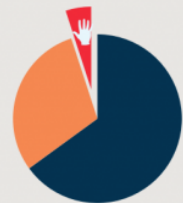
Only 30 percent of the population tends to retain info better after hearing it.

**30%**



**5%**

A small chunk of us prefer tactile learning over visual or auditory.



Plastics are the most common form of marine debris. They can come from a variety of land- and ocean-based **SOURCES**, **ENTER THE WATER** in many ways, and **IMPACT** the ocean and Great Lakes. Once in the water, plastic debris never fully biodegrades.

**COMMONLY FOUND PLASTICS**



**HOW TO HELP?**



# PLASTICS IN THE OCEAN

**MICROPLASTICS**

Microplastics are small plastics less than 5mm. They are made from large plastic breaking pieces, or can be produced as small plastics such as microbeads, which can be found in products such as toothpaste and face wash.

**ENTANGLEMENT**

Marine life can get caught and killed in derelict fishing nets and other plastic debris.

**BOATS/NETS**

Fishing gear can become marine debris when it is lost or abandoned.

**INGESTION**

Animals can easily mistake plastic debris for food.

**RAIN & WINDS**

Rain and wind can carry debris into nearby waterbodies.

**LITTERING**

Intentional littering or improper disposal of trash can cause marine debris.

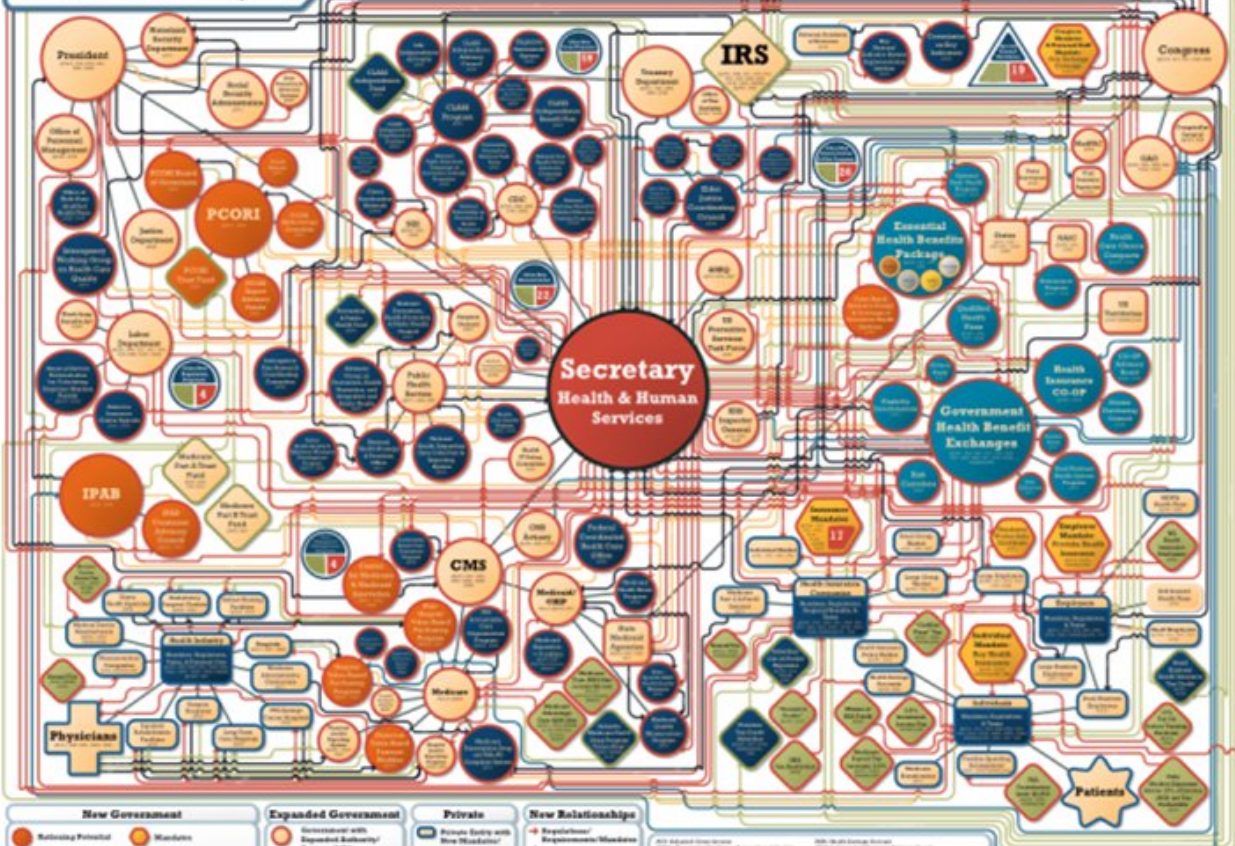
**STREAMS & STORM DRAINS**

Streams and storm drains can carry debris directly into the ocean or Great Lakes.



<https://marinedebris.noaa.gov/>

# Your New Health Care System



New Government	Expanded Government	Private	New Relationships
<ul style="list-style-type: none"> <li>Retaining/Partial</li> <li>Development in Health Insurance Market</li> <li>Other Repeals</li> <li>Requirements/Repeal of Additional Entities</li> </ul>	<ul style="list-style-type: none"> <li>Mandates</li> <li>States &amp; Minority State/Partners/State</li> <li>Trust Funds</li> <li>Relinquishing/Privatized</li> <li>Other New Trust Funds/Insurance Benefits</li> </ul>	<ul style="list-style-type: none"> <li>Government with Expanded Authority/Responsibility</li> <li>Government Financial Entity with New Income/Outflows</li> <li>State/Entity with Expanded Authority/Responsibility</li> <li>Special Interest Activities</li> </ul>	<ul style="list-style-type: none"> <li>Regulation/Requirements/Standards</li> <li>Reporting Requirements</li> <li>Oversight</li> <li>Waiver/Flex</li> <li>Coordination/Alignment/Info Sharing</li> <li>Non-Financial/Operational/Exchange</li> </ul>

**Patient Protection and Affordable Care Act, P.L. 111-149**  
**Health Care and Education Reconciliation Act, P.L. 111-354**  
 Prepared by: Joint Committee on Taxation, Republican Staff  
 Congressional Budget Office, Senate Finance Department  
 Director Jack Beardsley, Staffing Member

# DAILY SCHEDULE

on how to take care of your pet.

## 7-9am

Clean their cages, prepare them food and lots of water.

After doing all the chores, walk your dog and spend time playing and talking to them.



## 10-12pm

Your dog started to bark and it signals urinate and defecate. Make sure to be ready!

They still wanted to play so if you have a spare 10 minutes. Play with them.



## 1-5pm

Usually dogs are asleep. But be ready once they have woken up.



## 5-11pm

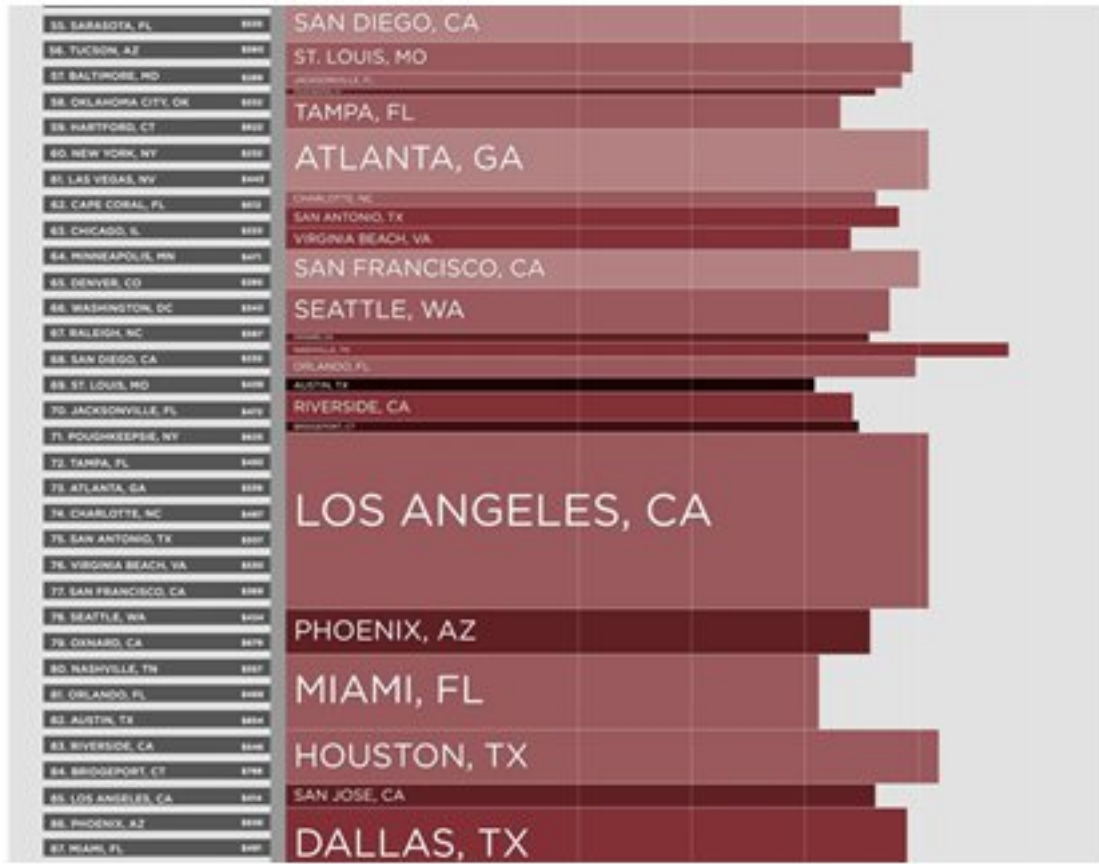
They are energetic in the afternoon. Walk your dog and teach them new tricks.

After playing hours. It's Dinner time! Prepare them good treats and don't forget the water afterwards.



## before bedtime

Spend some time together and make sure to play with your dog one last time.



# WHY DONATE TO CASA?

IN SANTA BARBARA COUNTY IN 2010, **OVER 700 CHILDREN** WERE REMOVED FROM DANGEROUS HOMES

**100%** HAD BEEN ABUSED, NEGLECTED, OR ABANDONED

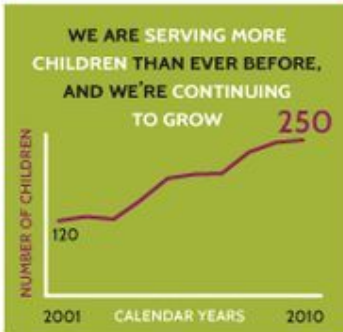
IN 2010, CASA OF SANTA BARBARA COUNTY SERVED **250** OF THOSE CHILDREN

OVER THE PAST TEN YEARS, THE AVERAGE LENGTH OF TIME A CHILD SPENDS ASSIGNED TO THE SAME CASA OF SB COUNTY VOLUNTEER WAS **MORE THAN 2 YEARS**

CASA VOLUNTEERS ARE TYPICALLY ASSIGNED TO THE **MOST SERIOUS CASES** OF ABUSE AND MALTREATMENT

CASA DOES NOT DISCRIMINATE; WE SERVE CHILDREN OF **ALL ETHNICITIES, AGES, AND BACKGROUNDS**

FOSTER CHILDREN WITH CASA VOLUNTEERS ARE **4 TIMES** MORE LIKELY TO GRADUATE FROM HIGH SCHOOL



**STOP**  
CHILDREN WHO HAVE CASA VOLUNTEERS ARE **FAR LESS LIKELY TO BE RE-ABUSED**

CHILDREN WHO HAVE CASA VOLUNTEERS ARE **50% LESS LIKELY TO RE-ENTER THE FOSTER CARE SYSTEM**

OVER **100** ABUSED CHILDREN ARE ON OUR WAITING LIST RIGHT NOW

SOURCES OF FUNDING: SPECIAL EVENTS, COMMUNITY FOUNDATIONS & INDIVIDUALS LIKE YOU, GOVERNMENT SUPPORT

**YOUR GIFT MAKES A DIFFERENCE TO A CHILD**

Countries that have lower maternal mortality ratios than the US

49

12.7 Deaths per 100,000 live births in the US.

3 times as high as the government's Healthy People 2010 target

32.9% US cesarean rate in 2009. An all-time high following a 13 consecutive year rise.

21% In states with cesarean rates higher than 33%, the risk of maternal death is 21% higher than in states with cesarean rates lower than 33%.

34,000

The number of women each year who nearly die from pregnancy-related complications - one every 15 minutes

# THE U.S. MATERNAL HEALTH CARE CRISIS

## Numbers You Need To Know

In May 2011, Amnesty International launched a one year update to its groundbreaking report, *Deadly Delivery: The Maternal Health Care Crisis in the USA*. From that update, here are numbers you need to know.

JOIN US IN SHINING A LIGHT ON MATERNAL HEALTH  
[amnestyusa.org/maternalhealth](http://amnestyusa.org/maternalhealth)

Care for childbearing women and newborns is by far the number one reason for hospitalization in the US #1

2x The risk of maternal death in high-poverty areas is 2x that in low-poverty areas.

### MATERNAL MORTALITY RATIOS (PER 100,000 LIVE BIRTHS) BY RACE/ETHNICITY

34	non-Hispanic black
169	American Indian / Alaska Native
11	Asian / Pacific Islander
10.4	non-Hispanic white
9.6	Hispanic

3-4 African-American women are 3 to 4 times more likely to die from pregnancy-related causes than white women.

50 YEARS

AMNESTY INTERNATIONAL



[amnestyusa.org](http://amnestyusa.org)

Amnesty International is a Nobel Prize-winning grassroots activist organization with more than 3 million supporters, activists and volunteers in more than 150 countries campaigning for human rights worldwide. Commemorating its 50th anniversary in 2011, the organization investigates and exposes abuses, educates and mobilizes the public, and works to protect people wherever justice, freedom, truth and dignity are denied.

DESIGN BY JESS3





# SOCIAL MEDIA USAGE

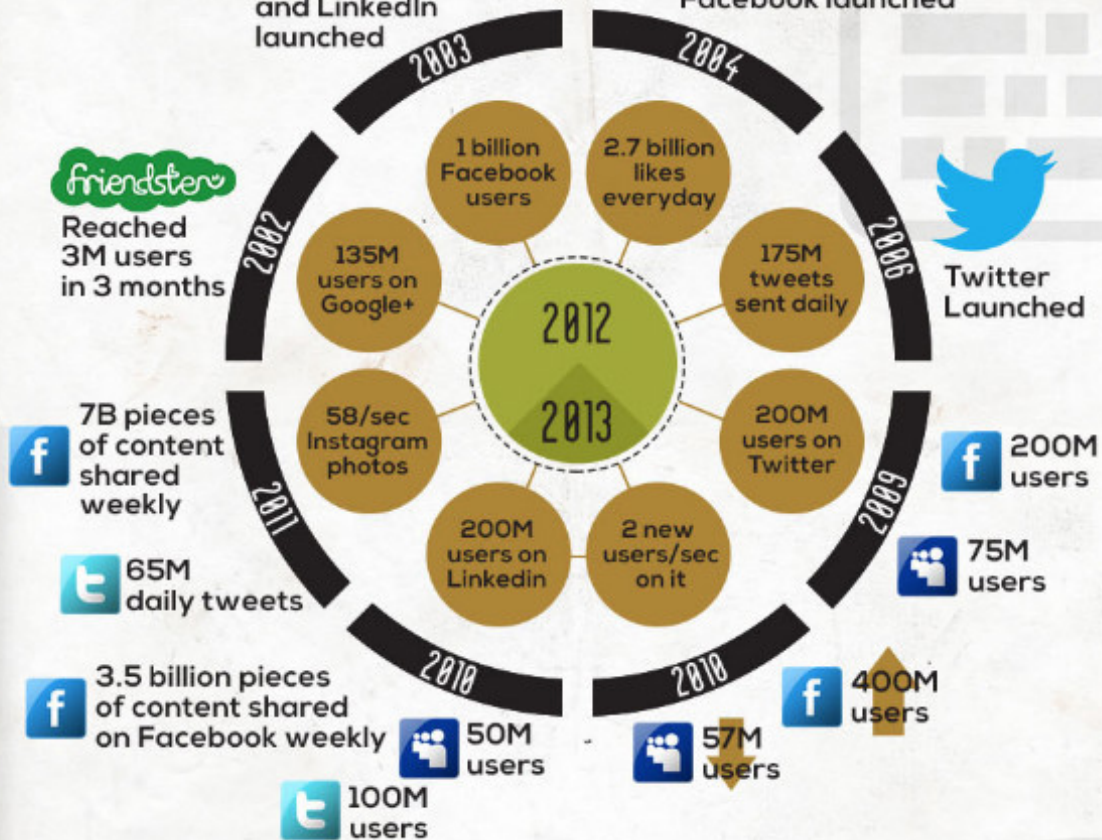


**LinkedIn**  
**myspace**

Myspace and LinkedIn launched

**facebook.**

Facebook launched



**BREAKING**

# Bad Eating Habits



a helpful guide to more nutritional behaviors



**HABIT #1**

## Mindless Eating

Continuing to eat even though you know you're full? Can't put down that bag of chips while watching TV?



## The Fix

Eat from smaller dishes. Swap out a dinner plate for a salad plate. Never eat straight from the container!

**HABIT #2**

## Nighttime Munching

Often find yourself heading for the fridge well after the sun goes down? Eating before bed can greatly impair weight loss.



## The Fix

After dinner, teach yourself to think of the kitchen as being closed for the night, and brush your teeth — you'll want to eat less with a newly cleaned mouth.

**HABIT #3**

## Skipping Breakfast

You're in a rush trying to get out the door so you head through the drive-thru at the coffee shop for your liquid breakfast or skip it all together.



## The Fix

Have ready healthy breakfast foods you can consume on the run such as whole fruit, yogurt, homemade cereal bars, and smoothies.

# BIGGEST FUTURE CHANGES IN THE WORKPLACE?

In a survey of HR professionals, changes forecasted in the workplace varied from:

