Schoharie County Department of Health

Schoharie County Health Matters

Volume 1 Issue 3 March 2009

In March

- Dental Assistants Recognition Week March 1-7
- Daylight Savings Time Begins March 8
- Patient Safety Awareness Week March 8-14
- First Day of Spring March 20
- Inhalants & Poisons Awareness Week March 15-21
- Poison Prevention Week March 15-21
- Pulmonary Rehabilitation Week March 15-21
- Brain Awareness Week March 16-22
- Diabetes Alert Day March 16-22
- Doctors' Day March 30

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National Nutrition Month® American Dietetic Association

Eat Right

Give your body the balanced nutrition it needs by eating a variety of nutrient-packed foods every day. Just be sure to stay within your daily calorie needs.

A healthy eating plan:

• **Emphasizes** fruits, vegetables, whole grains and fat-free or low-fat milk and milk products.

• **Includes** lean meats, poultry, fish, beans, eggs and nuts.

• **Is low** in saturated fats, trans fats, cholesterol, salt (sodium) and added sugars.

Get the most nutrition out of your calories

Choose the most nutritionally rich foods you can from each food group each day—those packed with vitamins, minerals, fiber and other nutrients but lower in calories.

• **Focus on fruits.** Eat a variety of fruits—fresh, frozen, canned or dried. For a 2,000 calorie diet, you need 2 cups of fruit each day.

• **Vary your veggies.** Eat more orange and dark green vegetables such as carrots, sweet potatoes, broccoli and dark leafy greens. Include beans and peas such as pinto beans, kidney beans, split peas and lentils more often.

• **Get your calcium-rich foods**. Have 3 cups of low-fat

or fat-free milk—or an equivalent amount of low-fat yogurt and/or low-fat cheese every day (1½ ounces of cheese equals 1 cup of milk). If you don't or can't consume milk, choose lactose-free milk products and/or calcium-fortified foods and beverages.

• **Make half your grains whole.** Eat at least 3 ounces of whole-grain cereals, breads, crackers, rice or pasta every day. Look to see that grains such as wheat, rice, oats, or corn are referred to as "whole" in the list of ingredients.

• **Go lean with protein.** Choose lean meats and poultry. Bake it, broil it or grill it. And vary your protein choices with more fish, beans, peas, nuts and seeds.

• **Know the limits on fats, salt and sugars.** Read the Nutrition Facts label on foods. Look for foods low in saturated fats and trans fats. Choose and prepare foods and beverages with little salt (sodium) and/or added sugars.

Cornell University Cooperative Extension Schoharie County

Eat Smart New York!

ESNY

Nutrition Programs for limited income individuals, families and seniors, for more information call (518) 234-4303 or (518) 296-8310

Tips for Eating Healthy when Eating Out

USDA

If you eat 100 more food calories a day than you burn, you'll gain about 1 pound in a month. That's about 10 pounds in a year.

The bottom line is that to lose weight, it's important to reduce calories and increase physical activity.

- As a beverage choice, ask for water or order fat-free or low-fat milk, unsweetened tea, or other drinks without added sugars.
- Ask for whole wheat bread for sandwiches.
- In a restaurant, start your meal with a salad packed with veggies, to help control hunger and feel satisfied sooner.
- Ask for salad dressing to be served on the side. Then use only as much as you want.
- Choose main dishes that include vegetables, such as stir fries, kebobs, or pasta with a tomato sauce.
- Order steamed, grilled, or broiled dishes instead of those that are fried or sautéed.
- Choose a "small" or "medium" portion. This includes main dishes, side dishes, and beverages.
- Order an item from the menu instead heading for the "all-you-can-eat" buffet.
- If main portions at a restaurant are larger than you want, try one of these strategies to keep from overeating:
- Order an appetizer or side dish instead of an entrée.
  - Share a main dish with a friend.
  - If you can chill the extra food right away, take leftovers home in a "doggy bag."
  - When your food is delivered, set aside or pack half of it to go immediately.
  - Resign from the "clean your plate club" – when you've eaten enough, leave the rest.
- To keep your meal moderate in calories, fat, and sugars:
  - Ask for salad dressing to be served "on the side" so you can add only as much as you want.
  - Order foods that do not have creamy sauces or gravies
  - Add little or no butter to your food.
  - Choose fruits for dessert most often.
- On long commutes or shopping trips, pack some fresh fruit, cut-up vegetables, low-fat string cheese sticks, or a handful of unsalted nuts to help you avoid stopping for sweet or fatty snacks.

Check out "Bits and Bites" on our web pages. A monthly newsletter from The Rural Health Education Network of Delaware, Otsego, Montgomery and Schoharie Counties offering healthy eating tips and an easy recipe to try.

Diabetes Alert Day

American Diabetes Association

23.6 million children and adults in the U.S. have diabetes

Nearly one-quarter of those do not know they have diabetes

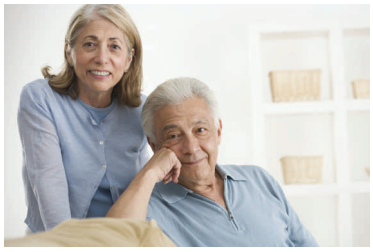
Sound the alert — are you or a loved one at risk for diabetes?

The American Diabetes Alert Day is a one-day, "wake-up" call to inform the American public about the seriousness of diabetes. The American Diabetes Association encourages people to take the Diabetes Risk Test and find out if they, or their loved ones, are at risk for developing type 2 diabetes. Observed on the fourth Tuesday of every March, the 21st annual American Diabetes Alert Day is **Tuesday, March 24, 2009**.

Are you **AT RISK** for Diabetes? Take our Diabetes Risk Assessment.

Diabetes Screening schedule can be found on our web site.

Colorectal Cancer Awareness Month



March is National Colorectal Cancer Awareness Month. The goal is to increase awareness that colorectal cancer is largely preventable, treatable and beatable.

Cancer Screenings - For Yourself, For Family, For Life

Colorectal Cancer Facts: Regular testing is important because you may be able to actually stop colorectal cancer before it starts.

The Cancer Services Program of Delaware, Otsego & Schoharie Counties offers NO COST screenings to eligible men and women.

The Partnership Offers:

- Clinical Breast Exam
- Mammogram
- Cervical Cancer Screening-Pap Test
- Colorectal Cancer Screening
- HPV Vaccine

Call toll free 1-888-345-0225 for further information.

Please remember, this newsletter provides general information only. Our readers should make an appointment with their primary health care providers for all health issues and concerns.

Inhalants and Poisons Awareness Week

March 15 - 21 - National Inhalant Prevention Coalition

One on five students in America has used an inhalant to get high by the time he or she reaches the eighth grade. Parents don't know that inhalants, cheap, legal and accessible products, are as popular among middle school students as marijuana. Even fewer know the deadly effects the poisons in these products have on the brain and body when they are inhaled or "huffed." It's like playing Russian Roulette. The user can die the 1st, 10th or 100th time a product is misused as an inhalant.

Inhalant use refers to the intentional breathing of gas or vapors with the purpose of reaching a high. Inhalants are legal, everyday products which have a useful purpose, but can be misused. You're probably familiar with many of these substances -- paint, glue and others. But you probably don't know that there are more than 1,000 products that are very dangerous when inhaled -- things like typewriter correction fluid, air-conditioning refrigerant, felt tip markers, spray paint, air freshener, butane and even cooking spray.

Visit our website to read the latest Hudson Valley Poison Education's newsletter "The Antidote"

Your Personal Path to Good Health

BE REALISTIC
Make small changes over time in what you eat and the level of activity you do. After all, small steps often work better than giant leaps.

BE ADVENTUROUS
Expand your tastes to enjoy a variety of foods and physical activities.

BE FLEXIBLE
Go ahead and find your right balance between what you eat and the physical activity you do over several days. No need to worry about just one meal or one day.

BE SENSIBLE
Enjoy the foods you eat, just don't overdo it.

BE ACTIVE
Walk the dog. Get in the garden. Take a walk during lunch.

For additional information visit:
International Food Information Council Foundation
Food Marketing Institute
United States Department of Agriculture

The first day of Spring is March 20th.

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Today's Health Tomorrow's Future

Children's Immunization Clinics: Are held the second Thursday of the month from 3:00 p.m. To 6:00 p.m. at the County Offices. Please pre-register by calling the SCDOH at (518) 295-8474 and remember to bring your child's immunization record to the clinic.

Blood Pressure and Blood Sugar Screenings are held at the Office of the Aging Meal sites from 11:00 a.m. -12:00 p.m. at the following locations:

Sharon Springs Fire House,
Beechwood Road
the 2nd Wednesday of the month

Cobleskill, 103 High Street
the 3rd Wednesday of the month

Jefferson Community Center, Route 10
the 4th Wednesday of the month

SCDOH

Are You Prepared?

Healthy Food For Emergencies - NYSDOH

In today's world, emergencies can happen with little or no warning. It's so important to have an emergency preparedness stockpile of healthy foods to use in an emergency.

Are you prepared if you were asked to stay home and "shelter in place" for a few hours to several days in order to stay safe.

Have at least a three-day supply of food and water stored in your home. Choose healthy foods that don't require refrigeration and are low in salt and sugar. The National Public Health Association recommends: Bottled water, canned juice, canned or powdered milk, home canned fruits and vegetables, canned fruits in their own juice, peanut butter and jelly, canned pasta, canned meat, dried fruit, protein drinks, granola bars, dried cereal, individual packets of mustard, mayonnaise and ketchup, instant lemonade and iced tea, low sodium variety of canned vegetables, crackers, canned and mixed soups. Also, camping store have selections of dried foods.

medical reserve corps

Visit the Schoharie County pages for more information on volunteering and training for the Medical Reserve Corps.

If you can't afford to buy everything at once, pick up one or two items every time you go to the grocery store. Once your stockpile is assembled, check and discard anything that has expired **or** more economically, rotate food supplies throughout the year and replenish foods that you use. Store your stockpile in a box or in a plastic bin somewhere easy to access during an emergency.

For recipes using canned foods and healthy cooking during emergencies, see Busy Cooks. Plan and try some of these recipes recommended to be prepared.