

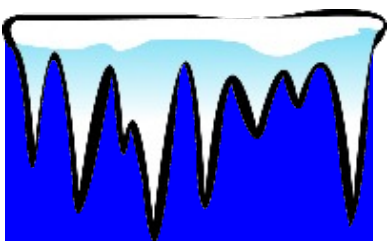


Chatham Health Matters



*Serving the Towns of Colchester, East Haddam, East Hampton,
Hebron, Marlborough & Portland*

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A Note from the Director of Health

Welcome to 2020!!!

The beginning of a new year is the right time to kick off your healthy resolutions and ditch excuses. But, according to Psychology Today, 80 percent of people who set New Year goals abandon them. That's because making behavioral changes is one of the toughest things to do.

Breaking old patterns and creating new, healthy habits takes time and dedication. Getting started with behavior change can seem daunting. By visualizing your goal, breaking it down into smaller steps and trying different techniques to stay motivated, you'll achieve that goal in no time. Here are a few ideas for a healthy new year:



Getting better sleep – Getting at least 7 hours a night helps decrease the risk of multiple chronic diseases like diabetes and blood pressure.

Get moving - Regular physical activity helps to prevent chronic diseases while increasing fitness and boosting your mood and immunity. The American Heart Assoc recommends getting 150 minutes of moderate - intense aerobic activity per week.

Disconnect each day – from electronics. Even for a few minutes, try engaging more with people and the environment around you.

Social ties - Having friends and strong social ties is vital to well-being and can influence life span as much as known health risk factors such as smoking or obesity.

Have a safe and happy 2020!!!!

**Russell Melmed
Director of Health**

February is American Heart Month



Be Heart Healthy!

No matter what your age, everyone can benefit from a healthy diet and adequate physical activity.

Preventing heart disease (and all cardiovascular diseases) means making smart choices now that will pay off the rest of your life. Lack of exercise, a poor diet and other unhealthy habits can take their toll over the years. Anyone at any age can benefit from simple steps to keep their heart healthy during each decade of life. Here's how:

In Your 20s



Getting smart about your heart early on puts you far ahead of the curve. “The things you do—and don’t—are a tell-tale sign of how long and how well you’re going to live”, said Richard Stein, M.D. Find a doctor and have regular wellness exams. Establishing a relationship with a physician means you can start heart health screenings now. Talk to your doctor about your diet, lifestyle and checking your blood pressure, cholesterol, heart rate, blood sugar and body mass index. You may also need your blood sugar checked if you are pregnant, overweight or have diabetes. Knowing where your numbers stand early makes it easier to spot a possible change in the future.

Be physically active. It’s a lot easier to be active and stay active if you start at a young age. “If you’re accustomed to physical activity, you’ll sustain it,” Stein said. Keep your workout routine interesting by mixing it up and finding new motivators. Don’t smoke and avoid secondhand smoke. Nonsmokers are up to 30 percent more likely to develop heart disease or lung cancer from secondhand smoke exposure at home or work, according to a U.S. Surgeon General report.

In Your 30s



Juggling family and career leaves many adults with little time to worry about their hearts. Make heart-healthy living a family affair. Create and sustain heart-healthy habits in your kids and you’ll reap the benefits, too. Spend less time on the couch and more time on the move. Explore a nearby park on foot or bike. Shoot some hoops or walk the dog. Plant a vegetable and fruit garden together in the yard, and invite your kids into the kitchen to help cook.

Know your family history. Shake down your family tree to learn about heart health. Having a relative with heart disease increases your risk, and more so if the relative is a parent or sibling. That means you need to focus on risk factors you can control by maintaining a healthy weight, exercising regularly, not smoking and eating healthier.

Tame your stress. Long-term stress causes an increase in heart rate and blood pressure that may damage the artery walls. Learning stress management techniques not only benefits your body, but also your quality of life.

In Your 40s



If heart health hasn't been a priority, don't worry. Healthy choices you make now can strengthen your heart for the long haul. Understand why you need to make a lifestyle change and have the confidence to make it. Then, tackle them one at a time. "Each success makes you more confident to take on the next one," said Stein, an American Heart Association volunteer.

Watch your weight. You may notice your metabolism slowing down in your 40s. But you can avoid weight gain by following a heart healthy diet and getting plenty of exercise. The trick is to find a workout routine you enjoy. Have your blood sugar level checked. In addition to blood pressure checks and other heart-health screenings, you should have a fasting blood glucose test by the time you're 45. This first test serves as a baseline for future tests, which you should have every three years. Testing may be done earlier or more often if you are overweight, diabetic or at risk for becoming diabetic.

In Your 50s



Unlike the emergence of wrinkles and gray hair, what you can't see as you get older is the impact aging has on your heart. So starting in the 50s, you need to take extra steps. Eat a healthy diet. It's easy to slip into some unhealthy eating habits, so refresh your eating habits by eating plenty of fruits and vegetables, fiber-rich whole grains, fish, nuts, legumes and seeds and try eating some meals without meat.

Learn the warning signs of a heart attack and stroke. Now is the time to get savvy about symptoms. Not everyone experiences sudden numbness with a stroke or severe chest pain with a heart attack. And heart attack symptoms in women can be different than men. Follow your treatment plan if you have been diagnosed with high blood pressure, high cholesterol, diabetes or other conditions that increase your risk for heart disease or stroke. Lower your risk by following your plan, including medications, lifestyle and diet changes.

In Your 60s+



With age comes an increased risk for heart disease. Your blood pressure, cholesterol and other heart-related numbers tend to rise. Watching your numbers closely and managing any health problems, along with healthy eating and exercise, can help you live longer and better. Starting in your 60s, it's a good idea to get an ankle-brachial index test as part of a physical exam. The test assesses the pulses in the feet to help diagnose peripheral artery disease (PAD), a lesser-known cardiovascular disease in which plaque builds up in the leg arteries.

Watch your weight. Your body needs fewer calories as you get older. Excess weight causes your heart to work harder and increases the risk for heart disease, high blood pressure, diabetes and high cholesterol. Exercising regularly and eating smaller portions of nutrient-rich foods may help you maintain a healthy weight. Learn the warning signs of a heart attack and stroke. Heart attack symptoms in women can be different than men. Knowing when you're having a heart attack or stroke means you're more likely to get immediate help. Quick treatment can save your life and prevent serious disability.

****The American Heart Association is the source of this information, <https://www.heart.org/en>**



American Heart Association.
Healthy for Good™

BE HEALTHY FOR GOOD WITH **LIFE'S SIMPLE 7**

Making small changes every day can add up to big improvements in your overall health. Life's Simple 7 outlines a few easy steps you can take to live a healthier lifestyle.

Two of these steps, Get Active and Eat Better, can help jump-start your whole health journey. Making choices that help you eat smart and move more can also help you lose weight, control cholesterol, manage blood pressure, reduce blood sugar and stop smoking.^{1, 2, 3}



GET ACTIVE

Try to get at least 150 minutes per week of moderate aerobic exercise or 75 minutes per week of vigorous exercise (or a combination of both), preferably spread throughout the week. Even short bursts of exercise can be beneficial, and all those little steps will lead to big gains in the long run.⁴

EAT BETTER

Eat a colorful diet full of fruits, vegetables, whole grains, low-fat dairy products, poultry, fish and nuts. Try to limit sugary foods and drinks, fatty or processed meats and salt.¹



LOSE WEIGHT

Maintaining a healthy weight is important for your health. To lose weight, you need to burn more calories than you eat. Learning to balance healthy eating and physical activity can help you lose weight more easily and keep it off.⁵

CONTROL CHOLESTEROL

Cholesterol comes from two sources: your body (which makes all the cholesterol you need) and food made from animals. Eating smart, adding color and moving more can all help lower your cholesterol!^{2, 6}



MANAGE BLOOD PRESSURE

Blood pressure is the force of blood pushing against blood vessel walls. Sometimes the pressure in arteries is higher than it should be, a condition known as high blood pressure. Stress and poor diet have both been linked to high blood pressure, so it's important to be well and eat smart to help positively influence your blood pressure numbers.^{1, 7}

REDUCE BLOOD SUGAR

Blood glucose (aka sugar) is an important fuel for your body. It comes from the food you eat, so it's important to eat smart. Cut out added sugars by checking nutrition facts labels and ingredients, limiting sweets and sugary beverages, choosing simple foods over heavily processed ones and rinsing canned fruits if they are in syrup.¹ And you can move more, because moderate-intensity aerobic physical activity can also help your body respond to insulin.⁸



STOP SMOKING

Not smoking is one of the best things you can do for your health. Smoking damages your circulatory system and increases your risk of multiple diseases, but the good news is that your lungs can begin to heal themselves as soon as you stop. Moving more can help you on your journey, since physical activity can help you manage stress.⁹

ServSafe Qualified Food Protection

Manager Class



The Chatham Health District has scheduled an upcoming ServSafe Food Protection Manager Class and proctored exam on February 25th, 2020 at the Colchester Town Hall, Room 1.

This class meets the CT Public Health Code requirements for a Qualified Food Operator Certification for class 2, 3 & 4 food service establishments. The cost of the class is \$150 per person which includes the textbook, answer sheet, proctored exam and digital certificate. The classes are taught in English, but textbooks and tests are available in multiple languages. Registration and payment must be received by February 5th so that the study materials will be available to you two weeks before class. All materials should be reviewed prior to class to be properly prepared. Please call 860-365-0884 to register.



Carbon Monoxide (CO) is an odorless, colorless gas that can cause sudden illness and death if inhaled. When power outages occur during natural disasters and other emergencies, the use of alternative sources of fuel or electricity for heating or cooking can cause CO to build up in a home, garage, or camper and poison the people and animals inside.

How can I prevent CO poisoning in my home?

- Install a battery-operated or battery back-up CO detector in your home and check or replace the battery when you change the time on your clocks each spring & fall.
- Have your heating system, water heater, and any other gas, oil, or coal burning appliances serviced by a qualified technician every year.
- Do not use portable flameless chemical heaters indoors.
- If you smell an odor from your gas refrigerator have an expert service it. An odor from your gas refrigerator can mean it could be leaking CO.
- Make sure your gas appliances are vented properly. Horizontal vent pipes for appliances, such as a water heater, should go up slightly as they go toward outdoors. This prevents CO from leaking if the joints or pipes aren't fitted tightly.
- Have your chimney checked or cleaned every year. Chimneys can be blocked by debris. This can cause CO to build up inside your home or cabin.
- Never patch a vent pipe with tape, gum, or something else. This kind of patch can make CO build up in your home, cabin, or camper.
- Never use a gas range or oven for heating. Using a gas range or oven for heating can cause a buildup of CO inside your home, cabin, or camper.
- Never burn charcoal indoors. Burning charcoal, gives off CO.
- Never use a portable gas camp stove indoors. Using a gas camp stove indoors can cause CO to build up inside your home, cabin, or camper.
- Never use a generator inside your home, basement, or garage or less than 20 feet from any window, door, or vent.



Take Three Actions to Fight the Flu this Season

Flu is a potentially serious, contagious disease. It can cause mild to severe illness. Serious outcomes of flu can lead to hospitalization and even death. CDC recommends a three-step approach to fight flu:

- Get a flu vaccine. Everyone 6 months and older should get a flu vaccine by the end of October. Getting a flu vaccine every year provides the best protection against flu.
- Take everyday actions to stop the spread of germs. Try to avoid close contact with sick people, and if you become sick, limit your contact with others. Cover your nose and mouth with a tissue when you cough or sneeze, and wash your hands often.
- Take flu antiviral drugs if your doctor prescribes them. Prescription flu antiviral drugs can be used to treat flu illness and can make illness milder and shorten the time you are sick. They may also prevent serious flu complications.

7 WAYS TO FIGHT THE FLU

How are you going to fight the flu today?



Get your flu shot



Wash your hands



Stop smoking



Avoid touching
your face



Eat your fruits
and veggies



Sneeze and cough
into your elbow



Stay home if
you're sick



Stress Management Techniques

People can learn to manage stress and lead happier, healthier lives. Here are some tips to help you keep stress at bay.

- Keep a positive attitude and accept that there are events you cannot control.
- Learn and practice relaxation techniques, like meditation, yoga or tai-chi.
- Exercise regularly & eat healthy, well-balanced meals. Your body fights stress better when it's fit.
- Get enough sleep and rest, your body needs time to recover from stressful events.
- Make time for hobbies, interests and relaxation.
- Seek out social support, spend time with those you love.



Healthy Recipe Corner

The Chatham Health District is committed to helping you achieve optimal health. Preparing and eating healthy meals is a cornerstone to a healthy lifestyle.



Healthier Mac and Cheese: One heaping cup of comfort food for just under 400 calories. Simple, creamy, homemade goodness. So good!

INGREDIENTS, makes 4, 1 cup servings

- 2 cups uncooked whole wheat elbow macaroni
- 1 tablespoon butter
- 1 small yellow onion
- 1 small butternut squash (4–5 cups cubed)
- 5 cups chicken or vegetable broth
- 3/4 cup milk
- 1 teaspoon salt
- 2/3 cup shredded Gruyère cheese



Preparation

1. Cook the macaroni according to package directions. Drain and set aside. Heat the butter in a large skillet over medium low heat. Cut the onion into thin rings and add to the butter in the pan, sauteing over low heat until fragrant and golden, about 20 minutes.
2. Meanwhile, remove the skin and the seeds from the squash. Cut the flesh into small cubes. Bring the broth to a boil and add the squash. Cook for 5-7 minutes or until fork tender. Drain, reserving 1/2 cup broth, and transfer squash to the blender. Add the onions, milk, salt, and reserved broth and puree until completely smooth and creamy. This should yield about 4 cups sauce. Pour the pureed sauce over the cooked noodles and add the shredded cheese. Stir to melt the cheese; add water or milk to adjust consistency as needed. Serve with parsley, salt, and pepper to taste.



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