



JANUARY/FEBRUARY 2023

PUBLIC HEALTH NEWS

2023: NEW YEAR, NEW YOU

It's the season of "New Year, New Me." In 2023, Wyandot County Public Health is encouraging you to make improving your health a resolution that sticks! Try the following tips from the Centers for Disease Control and Prevention:

1

Make an appointment for a check-up, vaccination, or screening. During the COVID-19 pandemic, many of us fell behind on routine checkups. Regular oral and medical exams and tests can help find problems before they start. They also can help find problems early, when your chances for treatment and cure are better.

2

Wash your hands often with soap and water to prevent the spread of infection and illness. Handwashing involves five simple and effective steps – wet, lather, scrub, rinse, and dry. Be sure to scrub for at least 20 seconds.

3

Get active! Start small – try taking the stairs instead of the elevator, or parking further from your destination. Consider mall walking if the weather is cold or icy. Adults should get at least 2.5 hours a week of moderate-intensity physical activity.

4

Be smokefree. If you are ready to quit, call 1-800-QUIT-NOW (1-800-784-8669) or 1-855-DÉJELO-YA (1-855-335-3569 for Spanish speakers) for free resources, including free quit coaching, a free quit plan, free educational materials, and referrals to other resources where you live.

5

Get enough sleep. Insufficient sleep is associated with a number of chronic diseases and conditions—such as type 2 diabetes, cardiovascular disease, obesity, and depression. Adults need seven or more hours per night.



Happy New Year!



FEBRUARY IS HEART MONTH

THE ABCS OF HEART HEALTH

February is time for more than heart-shaped boxes. It's American Heart Month and a great time to assess your risk for heart disease.

According to the Centers for Disease Control and Prevention, "heart disease" refers to several types of heart conditions. The most common type of heart disease in the United States is coronary artery disease (CAD), which affects the blood flow to the heart. Decreased blood flow can cause a heart attack.

Every year, Americans suffer more than 1.5 million heart attacks and strokes. The good news is that you can help reduce your risk and improve your heart health by following the ABCS!

A

Aspirin: Ask a health care professional if aspirin can reduce your risk of heart attack or stroke. Discuss family history of heart disease and stroke.

B

Blood Pressure: Control your blood pressure. High BP increases risk for heart attack/stroke. Find out what your blood pressure numbers are, and ask your health care professional what those numbers mean for your health.

C

Cholesterol: Our bodies need cholesterol, but when we have too much, it can build up in our arteries and cause heart disease. Talk to your health care professional about cholesterol and how to lower your bad cholesterol if it's too high.

S

Don't Smoke: Smoking raises your blood pressure, which increases your risk for heart attack and stroke. If you smoke, quit. Talk with your health care professional about ways to help you stick with your decision. Visit smokefree.gov or call 1-800-QUIT-NOW today.

FOODS YOUR HEART WILL ❤️

According to the National Heart, Lung, and Blood Institution, heart-healthy eating requires choosing foods like fruits and veggies, and limiting saturated fats and added sugars. Try adding the following foods to your diet to support your heart's health:

- **Vegetables:** Try leafy greens, broccoli, and carrots.
- **Fruits:** Grab some apples, oranges, bananas, pears, blueberries, and grapes.
- **Whole grains:** Try plain oatmeal at breakfast (with some fruit on top for a touch of sweetness), have some whole grain bread at lunch, and make brown rice for dinner!
- **Fat-free or low-fat dairy** foods such as milk, cheese, or yogurt.
- **Protein-rich foods:** Look for fish high in omega-3 fatty acids (salmon, tuna, and trout), lean meats and eggs.
 - You can also try nuts, seeds, soy products (tofu), and legumes (kidney beans, chickpeas, black-eyed peas, and lima beans.)
- **Oils and foods high in monounsaturated and polyunsaturated fats:** Try avocados, nuts such as walnuts, almonds, and pine nuts, and nut and seed butters!

