

The mission of the Tri-County Heart Health coalition is to improve the heart health habits of at-risk residents in Fulton, Henry, and Williams Counties.

# Cardiovascular Health

VOLUME 4, ISSUE 4

NOVEMBER 2009

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Partnering agencies include Community Hospitals and Wellness Centers Inc, Fulton County Health Center, Henry County Hospital, the OSU Extension offices of the three counties, the American Heart Association, and American Cancer Society

## 9th Annual 10K Run - 5K Run/Walk - 1 mile Fun Run

The 9<sup>th</sup> Annual "Bridging the Gap to Heart Health" 10K Run 5K Run/Walk and kid's 1 mile fun run was held at the Lockport Bridge Saturday October 3.

**The overall top finishers in the 10K Run: Mike Perez (41:02) and Erinn Wyse (49:21), 5K Run: Brannon Wurstor (20:47) and Laura Bowman (22:35), 5K Walk: Dave Gordon (39:25) and Kris Pritchard (38:48).** 167 men, women and children participated in the events; including: 11 in the 1-mile fun run, 33 10K runners, 52 5K runners and 71 5K walkers. The events started and finished at the Lockport Bridge. Each overall event winner received a \$25.00 gift certificate for the Barn Restaurant. First place winners in each of the age categories received gift certificates for Subway. Second place winners in each of the age categories received a tote bag. Third place winners in each of the age categories received sunscreen and lip balm.

**Top 5K male finishers** by age category were as follows:  
**Runners:** 10/under Andrew Beck; 11-14: Matthew Tiscoric; 15-19: Kodie Carlisle; 20-24: Marcus Roose; 25-29: Todd Tomlinson; 30-34: Jason Marz; 35-39: Corey Hug; 40-44: Greg Walker; 45-49: Fabian Torres; 50-54: Dave Storrer; 55-59: Tom Gleckler; 65-69: Mike Sullivan.  
**Walkers:** 10/under: Logan Helmke; 35-39: Nate Underwood; 40-44: Paul Combs; 50-54: Matthew Kunesh; 60-64: John Sindlinger; 65-69: Robert Luke; 70-74: William McKelvey; 75+: Hal Grif-

fin.

**Top 10K male finishers** by age category were as follows: 20-24: Kirk Haase; 25-29: Adam Miller; 30-34: Joel DeLong; 35-39: Kirk Vashaw; 45-49: Steve Leathers; 50-54: Jon Baker; 55-59: Jim Frank; 60-64: Marlin Short; 65-69: Richard James.

**Top 5K female finishers** by age category were as follows:  
**Runners-** 15-19: Amanda Storrer; 20-24: Taylor Glecker; 25-29: Kayla Simon; 30-34: Amy DeLong; 35-39: Angela Young; 40-44: Amy Kreiner; 45-49: Chris Tomlinson; 50-54: Lynette Smith; 55-59: Linda Shaw; 70-74: Jill Cleamuggio.

**Walkers:** 10/under: Timber Kreiner; 11-14: Crystal Frank; 20-24: Heather Stoops; 25-29: Steph Westhoven; 30-34: Elaine Veth; 35-39: Kim Yackee; 40-44: Sherri Thompson; 45-49: Shelia Baker; 50-54: Teresa Beres; 55-59: Mary Bird; 60-64: Pam Leevey; 65-69: Marcia Sander; 70-74: Dene Lewis.

**Top 10K female finishers** by age category were as follows: **Runners:** 25-29: Abby Miller; 30-34: Kelly

Nicholson; 35-39: Hope Mitchell; 40-44: Jean Blankenship; 50-54: Jo Es-senmacher; 60-64: Barbie Scrogham.

The 10K Run & 5K Run/Walk events were sponsored by the Tri-county Heart Health coalition of Williams, Fulton, and Henry counties. Corporate sponsors for this event included Winzeler Stamping, Spangler's Candy, Bryan Fraternal Order of Eagles, Montpelier Fraternal Order of Eagles, C-K Technology, Napoleon Clinic, Whole Body Solutions and Ohio Gas Company. Refreshments were donated by Pennington Orchards, Culligan Water, and Maumee Valley Vending Company. Numerous volunteers from the participating health departments, Amateur Radio of Fulton County, Fulton County Health Center, Harrison Lake State Park, Fulton County Sheriff's Dept., Fulton and Williams County EMS, the Lockport Mennonite Church were also on hand to assist with the event. Proceeds will be used for implementing heart health programs in the Tri-county area.



Funded by the Preventive Health and Health Services Block Grant from the Centers for Disease Control and Prevention (CDC) and administered by the Ohio Department of Health, Bureau of Health Promotion and Risk Reduction, Cardiovascular Health Program. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC.

## Napoleon Receives Recognition

The City of Napoleon and the Village of Deshler were recently awarded with the Healthy Ohio Healthy Community Award. The two communities were officially awarded on October 16, 2008 at the

Health Educators Institute at Mohican State Park. This award recognizes the outstanding achievements of communities in providing the implementation of programs and policies and providing health commu-

nity environments. The City of Napoleon received a gold award for the second consecutive year; and Deshler also received its second bronze award. Congratulations .

## Everybody Eats

Eating Local Foods (ELF) will be holding a Potluck Dinner and Local Foods Fair on November 5, 2009 at Northwest State Community College.

11:30 to 1pm - Local Foods vendors in the Atrium to meet and greet

5:00 - Auditorium - More local food vendors (growers and producers of local food products) available for meet & greet, samples and fellowship

5:30 - Auditorium - Potluck meal available till 7PM. Favorite dishes brought by attendees and members of the Eating Local Foods Network. No dish? No problem! Free will donation appreciated to partake of the meal. Vegetable soup, chicken vegetable soup and local breads also available prepared by dining services with local ingredients.

6:00 - Auditorium - Getting to know your food and your neighbors - mini talks from local foods producers, and open discussion of local food issues.

7:00 - Thanks for coming - safe trip home and don't forget your leftovers! :)

For more information on the schedule of activities, visit <http://sites.google.com/site/eatinglocalfoods/Home>

Eating Local Foods (ELF) is a network of people in the greater Northwest Ohio area promoting local consumption and sale of locally produced foods; creating a sustainable, safe, and healthy food system that supports the economic and environmental well-being of our communities. The network was initiated by Northwest State Community College as part of its [Education for Sustainability Program](#).



## CVH Quick Tip: Move More

Make it a daily challenge to find ways to move your body. Climb stairs if given a choice between that and escalators or elevators. Walk your dog; chase your kids; toss balls with friends, mow the lawn. Anything that moves your limbs is not only a fitness tool, it's a stress buster. Think 'move' in small increments of time. It doesn't have to be an hour in the gym or a 45-minute aerobic dance class or tai chi or kickboxing. But that's great when you're up to it. Meanwhile, move more. Thought for the day: Cha, Cha, Cha.... Then do it!

Source: *Health & Fitness Tips*

## “Laugh...Just for



Friday, October 16, 2009, Williams County Heart Health Coalition and WEDCO sponsored a stress management worksite wellness conference.

Kay Frances, stress management specialist, shared her message to “lighten up, stress less and take care of ourselves”. She, not only educated attendees on stress management, but showed them a rollicking good time using motivational humor.



## the Health of It”

Jim Steffen, America’s Fun Fitness Coach, delivered an inspirational message encouraging the audience to start an exercise and healthy-eating lifestyle. He also helped them recognize they each have unique abilities which can help them accomplish anything with optimism, perseverance, goal-setting, and enthusiasm.



## WHAT IS DIABETES?

Diabetes is a condition where the body is unable to automatically regulate blood glucose levels, resulting in too much glucose (a sugar) in the blood.

Glucose comes from foods that contain carbohydrate (starches and sugars); for example, breads and cereals, milk and dairy foods, fruits and some vegetables and travels to the muscles and other organs where it is used as fuel. Excess glucose is detoured to the liver where it may be stored for future use. Glucose is the body’s preferred source of energy and our bodies need it to work efficiently, just like a car needs petrol to run.

The blood glucose level is regulated with the help of insulin, a hormone (or chemical messenger) made in the pancreas. Insulin is the key that glucose needs to enter the body’s cells so that it can be used as fuel. Diabetes develops when the pancreas stops producing insulin (Type 1 diabetes) or when the body does not respond properly to insulin (Type 2 diabetes). Insulin injections are necessary to treat Type 1 diabetes. Type 2 diabetes can usually be controlled in the first instance by regular exercise and diet. Tablets and eventually insulin injections may be needed as the disease progresses. The normal blood glucose level ranges between 3.5-7.8 mmol/l.

Over time, high blood glucose levels may damage blood vessels and nerves. These complications of diabetes can

cause damage to eyes, nerves and kidneys and increase the risk of heart attack, stroke, impotence and foot problems. This damage can happen before an individual knows if they have diabetes.

Studies have shown that if blood glucose and cholesterol levels, and blood pressure are kept within normal limits, the risk of damage to the body is reduced. Therefore, it is important to know if a person has diabetes.

The symptoms of diabetes include:

- Thirst
- Frequent urination
- Tiredness or lack energy
- Blurred vision
- Infections (eg. Thrush)
- Weight loss (in Type 1 diabetes)

However, the symptoms of diabetes may not appear until blood glucose levels are above approximately 15mmol/l or higher. So, it is common to have diabetes without knowing about it.

(Source: www.lincoln.edu)



# Healthy Holidays

Family, fun...and FOOD! It's what the holidays are all about, right? But that doesn't mean that you have to pack on the holiday pounds. The average Thanksgiving dinner can have as many as 2,000 calories and cocktail and hors d'oeuvres parties can wreck havoc on your waistline.

- If you're heading out to a holiday party, eat a light, healthy snack before you go. Broth-based soups, cereal with skim milk, or just plain fruit are all good options! This will help curb your hunger and decrease your visits to the buffet table.
- Modify recipes to reduce the amount of fat and calories. For example, when making lasagna, use part-skim ricotta cheese instead of whole-milk ricotta cheese. Substitute shredded vegetables, such as carrots, zucchini, and spinach for some of the ground meat.



- Bring a low-fat holiday dish to the party such as the veggie tray.
- Limit your alcoholic beverage intake. Alcoholic drinks can have many calories, especially holiday favorites like eggnog. Cut or limit your alcohol calories by drinking more water.
- Find fun, creative ways your family and friends can spend time being active instead of eating.

Resource: CDC

## “Growing Healthy Kids: Tips for Parents & Schools”

Ohio Action for Healthy Kids, Zone I hosted this parent workshop at Owens Community College the evening of November 5, 2009. Attendees included parents, parent organization representatives, school nurses, teachers, and school administrators. Dr. Joan Griffith, MD, MHA, MPH educated attendees on the issues surrounding childhood obesity and gave some examples of how parents and schools can combat this epidemic. Culinary Arts students from Owens demonstrated three easy, nutritious recipes and everyone was able to taste these delicious family-friendly foods. Jan Meyer, AFHK Zone I, provided information on school wellness and the “Promoting Healthy Youth” toolkit and grant opportunities for parent projects. Deb Matthews from St. Luke's Hospital informed attendees of the new FDA cigarette regulations as well as new tobacco products that parents and teachers need be aware of. And David Justus, Northcoast Fatherhood Initiative, discussed the important role fathers play in the lives of their children.

## Village of Fayette Receives Award

The Village of Fayette has been recognized with a Healthy Communities Silver Award by the Ohio Department of Health, Office of Healthy Ohio. The primary purpose of a healthy community is to improve the quality of life for all residents. The health of a population is related to the general health and safety of the community environment where people live, work and play. Within each community there are resources that can be developed or enhanced to support healthy behaviors. The Healthy Ohio Healthy Community Award recognizes the outstanding achievements of communities in implementing health-related policies and providing healthy community environments. It recognizes a community's efforts to encourage employees and residents to make healthy choices. It targets the goals of Healthy Ohio to increase physical activity, improve nutrition and prevent tobacco use.

Healthy  
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The State of Living Well.