

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

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INSIDE THIS ISSUE:

| | |
|-----------------|---|
| Henry County | 2 |
| Williams County | 3 |
| Fulton County | 4 |

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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

A New Year, A New You: Making Goals Happen

As the New Year begins thousands of people will make resolutions to start a new diet, exercise more, eat less junk food, and the list goes on. So for those of us who want to start the New Year off with positive changes, what can we do to get started and what can we do to make these improvements permanent?

Choose One Goal. You can only achieve a goal if you focus on them one at a time. This part is important! Once you have achieved one goal, you can move on to the next one.

Start Small. The best way to achieve a goal is to choose something that you are already doing sometimes, but something that you want to do daily. Doing this will increase your confidence and will help you achieve other future goals.

Want It. In order to accomplish a goal, you have to want it. Simply making a commitment to reach a goal isn't enough. If you don't really want to achieve it,

you won't succeed. Choose a goal that interests you.

Simplify. Choose a goal that is small and specific, or choose a large goal and break it up into smaller pieces.

Write. By making goals and writing them down, you'll be more likely to make those goals happen. Writing it on paper makes it official. It's something you really want. Posting your goals on the refrigerator or bathroom mirror can also be helpful.

Keep Track. Keeping track of your progress every day will help you to

progress. Every goal that we need to accomplish takes daily steps, so record your progress by using a calendar or a journal.

Schedule a Time. You not only must prioritize your time, but you have to make time to achieve a goal successfully. You must make the time to or you won't make the goal!

Be Positive. Doubting thoughts and words will defeat your goal. Be sure to think and say positive things. Choose a positive phrase and write it down. Post this phrase so that during your negative moments you are reminded of something positive.





Teachers Participate in Program

Four sessions of the Be Heart Smart Summer Day Camp were held every Thursday during the month of July at Oakwood Park, Napoleon for all Henry County children between the ages of 7 and 11. Tobacco prevention, healthy diet, and physical activity were discussed and demonstrated each week, in addition to preparing a healthy snack. Speakers from the Henry County Health Department. The holiday season

can be a very busy and stressful time, not leaving a lot of time to focus on your health. A group of teachers at Deshler Elementary School decided to make their health a priority during the beginning of December by participating in a program called the 12 Days of Fitness. The 12 Days of Fitness is designed to encourage participants to practice good health during the busy holiday season. The program incorporates 12 different ar-

reas of wellness; exercise, nutrition, family, safety, career, intellectual, social, emotional, self-care, financial, cultural, and conservation. Each day focuses on one of the 12 areas and provides participants with different activities that can be completed for that area. Many of the teachers who participated thought that the program was challenging but achievable and greatly enjoyed having the opportunity to participate.

CVH Quick Tip

Adults need recess too! Think about your weekly or daily schedule and look for or make opportunities to be more active. Every little bit helps. Consider the following suggestions:

- Walk, cycle, jog, skate, etc., to work, school, the store, or place of worship.
- Park the car farther away from your destination.
- Get on or off the bus several blocks away.
- Take the stairs instead of the elevator or escalator.
- Play with children or pets.
- Take fitness breaks-walking or doing desk exercises-instead of taking cigarette or coffee breaks.
- Perform gardening or home repair activities.
- Avoid labor-saving devices-turn off the self-propel option on your lawn mower or vacuum cleaner.
- Use leg power-take small trips on foot to get your body moving.
- Exercise while watching TV.
- Dance to music.
- Keep a pair of comfortable walking or running shoes in your car and office.
- Make a Saturday morning walk a group habit.
- Walk while doing errands.

Source: www.cdc.gov

Attention Worksite and Community Leaders

Healthy Ohio, managed by the Ohio Department of Health (ODH), is part of Governor Ted Strickland's comprehensive health care reform initiative. Healthy Ohio consists of three core areas: health promotion, disease prevention and health equity with an overall goal of improving the health of all Ohioans. The *Small Steps, Big Strides* tagline of the program illustrates the concept that achieving a healthier lifestyle is within everyone's reach by taking a series of small steps which ultimately add up to big strides toward a healthier life.

In previous issues of this newsletter we have recognized all seven Williams County school districts for receiving the Healthy Ohio Buckeye Best award. Did you know, there are also awards for healthy worksites, communities and Parks and Recreation departments? Visit: www.healthyohioprogram.org for information about all of the Healthy Ohio awards plus much more information, including recipes, fact sheets and links to valuable resources. The cardiovascular health staff at the health departments of Williams, Fulton and Henry counties are available to assist local worksites, communities and schools in the process of becoming Healthy Ohio winners. For questions or more information contact your local health department.

Northwest Ohio Regional School Health Conference

**Healthier Schools...Brighter Tomorrows
Jump Start your Wellness Program**

Wednesday April 9, 2008

**Northwest State Community College
Auditorium**

Topics include:

**Where the grants are and how to write one
Evidence-based practices to
Jump Start your Wellness Plan
Secondary PE
Staff Wellness**

**Jim Steffen, Funfitness Coach
Sharing Success Stories**

Questions and Registration: 419-485-3141

**This school health conference is directed
toward school health teams, but the workshop
will be beneficial for individuals.**



Go Red for Women



National Wear Red Day

February 1, 2008

**one day a year, what you wear is
a matter of life and death**

Most of the time, selecting clothing isn't that critical. But on Wear Red Day, it's vitally important. That's because it helps raise funds to fight the No. 1 killer of American women: cardiovascular disease, the cause of one in every 2.6 female deaths.

By wearing red and making a donation of \$5 or more, you can help us raise \$35 million for heart research and education programs, our goal for 2008. Wear Red Day is also the time to make an important promise to yourself—the promise to love your heart by doing everything you can to reduce your risk factors. To learn more, visit goredforwomen.org.

(Information provided by www.americanheart.org)

Exercise: You Can Find the Time!

Experts say just 30 minutes of activity on most days will help you stay healthier. And, adding exercise into your life may be easier than you think. You don't have to exercise hard and you can break up the 30 minutes into little chunks. Just make sure you exercise for at least 10 minutes at a time and get your heart rate up. Work out hard enough that you lightly sweat and your heart beats faster, but not so hard that you can't talk while exercising.

Got a dirty house? When you do your household chores, pick up the pace. Vacuum, mop, sweep, dust, scrub—you'll feel better and your house will be cleaner!

Climb the stairs. Climbing the stairs is one of the best ways to get exercise into your daily life. Plus, you won't have to wait for the elevator.

Park farther away—from work, the grocery store, the shopping mall. The walk will clear your head. And, you'll be exercising while everyone else is circling the lot trying to find "the perfect" parking space.

Put some elbow grease into your



yard work. Raking leaves, mowing the lawn and shoveling snow will get you moving and will help reduce your stress too.

Walk to do errands. Walking is the single best exercise for health. Walk to the post office. Walk to the store. Walk on the beach or at a park.

Like to watch TV? Get an exercise machine and park it in front of the set. Try a workout video.

Exercise with a friend. Instead of meeting a friend for a movie or lunch, play basketball or go dancing.

Take your dog for a long walk. By the end of the trip, you'll both be wagging your tails.

Add exercise into your weekend plans. Hike, swim or fly a kite. Take along a picnic and make a day of it.

Don't just watch sports, play them! If you like a particular sport, take a class or join a team.

Dance to the music. With or without a partner, in a class or at home, dancing is an excellent way to get exercise.

Make family time activity time. Participate as a family in fundraising walks and fun runs. Hold parties at a bowling alley, skating rink or park.

Turn your coffee break into a walking break. Even 10 minutes of activity can improve your mood, reduce stress and improve your health.

Source: Journeyworks Publishing

School Health & Wellness Workshops

Ohio Action for Healthy Kids Zone 1 Coalition sponsored a "School Survival Skills" workshop at St. Luke's Hospital in Maumee on Nov. 27, 2007. Members of the Tri-county Heart Health Coalition including representatives from Montpelier Schools and Fayette Schools were in attendance. The workshop was the first of three in a series on school health and wellness in which participants learn ways to improve student eating habits and increase physical activity opportunities.

Next Workshops:

"Physical Education Tune Up"
January 23, 2008

"Garden of Eden and the Cafeteria"
February 28, 2008

Contact Jan Meyer of OAFKH at 419.474.8528 or jmeyer.ohio.afhk@gmail.com for more information.



The Heart Health Coalitions of Defiance, Fulton, Henry & Williams counties are sponsoring a school health conference on April 9, 2008 at Northwest State Comm. College.

"Healthier Schools...Brighter Tomorrows: Jump Start Your Wellness Program" will offer strategies to create environmental and policy changes to support healthy schools for staff, students and families.

Contact Candy Scribner, WCHD, at 419.485.3141 or cscribne@odh.ohio.gov for more information.

Continuing Education for Health Professionals

October 2007, Fulton County Heart Health Coalition hosted a CEU Heart Health Seminar, for nurses and allied health professionals from the area, at the Fulton County Health Center (FCHC). The speaker for the evening was Susan Dittes RN, B Ed, CDE, Diabetes Educator from FCHC. The title of her presentation was "Why Diabetes Treatment is Better than Ever." It was a great learning experience for all who attended.