

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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CONTACT INFORMATION

WILLIAMS COUNTY

Kristen Ewers
419-485-3141
kewers@odh.ohio.gov

FULTON COUNTY

Gina Veres
419-337-0915
gveres@odh.ohio.gov

HENRY COUNTY

Lindsay Wiemken
419-599-5545
lwiemken@henrycohd.org

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

Healthier Schools...Brighter Tomorrows

Healthier Schools...Brighter Tomorrows was the theme for a regional school health conference held recently at Northwest State Community College. The purpose of the conference was to help local schools "Jump Start" their current wellness programs by creating environmental changes and developing policies, which support healthy school environments for staff, students and families. School staff and wellness teams from Williams, Henry, Fulton and Defiance counties met to learn more about available wellness programs and gather resources.

Speaker topics for the day included grant writing, best practice wellness programs, staff wellness, and secondary physical education. Jim Steffen, the fun fitness coach, inspired and entertained the audience. Jim's mission is "to motivate people to start a physical and positive mental exercise lifestyle AND to show people fitness can be fun". To wrap up the day, several schools shared success stories. Some examples included: school breakfast, recess be-

fore lunch, morning exercise before school, walk to school day, after school healthy eating/cooking class, staff and student pedometer challenges, healthier food options in cafeterias, vending machines and classroom parties and many more ideas.

The prevalence of overweight children age 6-11 has more than doubled in the past twenty years. In 2006, all schools receiving free and reduced lunches were required to submit a federally mandated school wellness policy.

Today schools in all four northwest Ohio counties have active school health teams that encourage healthier eating and active lifestyles. This conference

encouraged schools to continue and strengthen their efforts.

One of the best resources available for all schools is Action For Healthy Kids. Ohio AFHK is part of the national initiative to improve the health and educational performance of students through better nutrition and physical activity in schools. NW Ohio is part of Zone I, which offers numerous grant and training opportunities. The school health conference was sponsored by the cardiovascular health projects in Defiance, Henry, Fulton and Williams counties, the Ohio Department of Health, and Zone I Action for Healthy Kids and ACS. For more information contact your local school or health department.



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Youth Tobacco Prevention

"Recent surveys by the Ohio Department of Health and the U.S. Center for Disease Control show that tobacco use among Ohioans is above the national average" (www.cancer.org). So Napoleon High School students are stepping up to the challenge to stop the use of tobacco among Napoleon upper elementary and middle school students through the Stay Tobacco-free Athlete Mentor Program (STAMP).

These eighteen tobacco-free students reached out to 5th graders at West Elementary, Central Elementary, and C.D. Elementary Schools and 6th and 7th graders at Napoleon Middle School through four curriculum-based classroom sessions on tobacco prevention. The mentors conducted a total of 44 sessions

reaching 259 young students. This is the third consecutive year that STAMP has been conducted in Napoleon Area Schools.



Henry County 2008 GOLD Plate Award

Peppermill's - Your Family Restaurant, Ltd.

1425 N. Scott St. Napoleon

McDonald's of Napoleon

1805 N. Scott St. Napoleon

Subway

2251 N. Scott St. Napoleon

China Dragon

1415 N. Scott St. Napoleon

Stimmel's Market

625 N. Perry St. Napoleon

Village Dairy Bar

104 S. East St. McClure

Wendy's

607 Wood Dr. Napoleon

Henry County Supports Go Red

Go Red for Women is a national movement founded by the American Heart Association to fight back against the number one killer of women, heart disease. The Henry County Heart Health Coalition supports the fight against heart disease by holding its annual Go Red for Women Luncheon. The luncheon is a simple way to raise awareness about

heart disease and stroke.

This year, the Henry County Heart Health Coalition held its third annual Go Red for Women Luncheon on February 14, 2008 at the Henry County Senior Center. The luncheon included a lunch provided by the Henry County Senior Center, chair massages, door prizes and Dr. Dexter

Gensolin of the Henry County Hospital River-view Family Medicine. Dr. Gensolin talked about many topics and how they relate to heart disease including how stress affects the heart and immune system. There was a total of 98 participants, which was a 40% increase in attendance from 2007.

CVH Quick Tip: Crunch in Bed

Before you even get out of bed in the morning, do 10 stomach crunches while lying flat on your mattress. Increase daily by one until you get up to 100. Think you'll never get there? Try it. You may eventually have to set your clock to wake up 15 minutes earlier, a small price to pay for a flatter stomach.

Source: www.health-fitness-tips.com

Healthy Ohio Challenges YOU to "Walk the Talk!"

Healthy Ohio would like to encourage you to get active. Healthy Ohio is sponsoring the fourth annual **Healthy Ohio Fitness Walk**. Help us reach our goal of **over one hundred thousand**

Ohioans walking one mile — over one hundred thousand miles — by participating Wednesday, May 21st at noon. Groups of walkers at work, schools, churches, neighborhoods, organizations and families are joining together for the WALK, in conjunction with National Employee Health and Fitness Day.

Walkers will meet at noon in community parks, around businesses, on school playgrounds or athletic fields/tracks, on downtown sidewalks, through neighborhoods, in parking lots and shopping malls, up and down stairways, on treadmills...anywhere! Register at www.healthyohioprogram.org.

Subway of Edgerton
157 East Morrison/US
Edgerton, OH 43517
(419) 298-2648

CC's Exceptional Dining
122 S. Union St.
Bryan, OH 43506
(419) 633-3463

Fountain City Deli
224 South Main St.
Bryan, OH 43506
(419) 630-0719

Mohre's Spirited Dining
139 West Butler
Bryan, OH 43506
(419) 636-0001

Pool's Dairy Queen Co.
1107 E. High St.
Bryan, OH 43506
(419) 633-0673

O'Bryan's
1307 W. High St.
Bryan, OH 43506
(419) 636-2695

Subway Sandwich Shop
217 S. Main St.
Bryan, OH 43506
(419) 636-0786

Season's Coffee & Bistro
6105 S. Main St.
Bryan, OH 43506
(419) 636-8300

Subway of Stryker
202 S. Defiance St.
Stryker, OH 43357
(419) 682-1011

Montpelier McDonald's
1100 E. Main St.
Montpelier, OH 43543
(419) 485-8461

McDonald's of Bryan
1207 S. Main St.
Bryan, OH 43506
(419) 636-5815

Subway (Wal-Mart)
1215 S. Main St.
Bryan, OH 43506
(419) 636-4740

Lake Seneca Restaurant
254 Seneca Dr.
Montpelier, OH 43543
(419) 485-3813



Learn the signs of stroke.

You could save a life or help prevent a disability.

FACE

ARM

SPEECH

TIME TO CALL 9-1-1

Another way to remember stroke symptoms

- Sudden weakness on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing
- Sudden trouble walking or loss of balance
- Sudden severe headache

Call 9-1-1 at any sign of stroke.

May is National High Blood Pressure Education Month

This initiative is designed to mobilize all Americans in the fight against high blood pressure and reduce the 700,000 strokes that occur each year.

High blood pressure can cause damage without showing any signs or symptoms. This is why it is called The Silent Killer. Even though you may feel fine, high blood pressure is actually damaging your heart and blood vessels. A normal blood pressure reading is below 120/80. A reading of 140/90 or higher over a period of time indicates high blood pressure, a major risk factor for stroke – Ohio's third-leading cause of death. Those who suffer a stroke are not the only victims.

Stroke devastates entire families. Children of all ages, spouses and relatives are all affected when family members have a stroke. This is why it is important to know and control those lifestyle factors that contribute to stroke. Some simple steps that can help you reduce your risk for stroke are to:

- Know what your blood pressure is and work to keep it at a healthy level.
- Maintain a healthy weight.
- Follow a healthy eating plan that includes foods low in salt and

fats and high in fruits and vegetables.

- Be physically active each day.
- If you smoke, stop. Smoking doubles your risk for stroke.
- Get regular medical checkups.

It is also important to recognize the signs and symptoms of stroke. Only 38 percent of Ohioans are aware of all the stroke warning signs and the importance of calling 9-1-1.

If you think someone may be having a stroke, **act F.A.S.T.** and do this simple test:

FACE Does the face look uneven?

Ask the person to smile.

ARMS Does one arm drift downward?

Ask the person to raise both arms.

SPEECH Does their speech sound strange?

Ask the person to repeat a simple sentence.

For example, "The sky is blue." Are the words slurred?

Can he/she repeat the sentence correctly?

TIME If you observe any of these signs, then it's time to call 9-1-1.

(Source: www.odh.ohio.gov)

Walking for a Healthy Heart

The Benefits of Walking

Walking is an aerobic exercise that conditions your heart and lungs. If done daily, it helps lower your risk of heart disease and stroke.

Physical inactivity is a major risk factor for heart disease. Not exercising may contribute to high blood cholesterol, obesity, high blood pressure and diabetes—all risk factors for heart disease.

It's best to get at least 30 minutes of moderate physical activity on most or all days of the week. Moderate physical activity is equivalent to walking about 1.5 to 3 miles per day at 3 to 4 miles per hour. You can start with 10 minutes at a time and work your way up to 30 minutes. If you don't have time for a 30 minute walk, break it up into three 10-minute walks or two 15-minute walks.

Source: American Heart Assoc.

The American Heart Association's **Start! Walking Program** offers individuals or groups resources and information to start a walking program. MyStart! Online is a free tool that can help you make positive lifestyle changes through exercise and better eating. Track your daily physical activity and dietary intake and get weekly summaries of your progress. Go to www.americanheart.org to find out more.

Another free program for Fulton County community members is the **Hike for Health** summer walking program. This independent program allows flexibility to walk any day or time that is convenient for you. Track your walking on the brochure log sheet and turn in at the end of each month for the chance to win some great prizes. Look for **Hike for Health** brochures at Harrison Lake State Park and other Fayette community locations.



Grill Your Way To 5-A-Day

General Tips for Grilling Fruits and Vegetables

- ♥ Combine foods that take about the same amount of time to cook. Pre-cook dense foods such as potatoes, sweet potatoes and carrots.
- ♥ Cut foods into roughly equal sizes for even cooking.
- ♥ Soak fruits and vegetables in cold water for 30 minutes before grilling. Then lightly coat the cut-up vegetables with a light olive oil to protect the skin from drying and burning.
- ♥ Sprinkle the vegetable with your favorite seasonings: rosemary, parsley, garlic, oil-n-vinegar salad dressing, black pepper, salt, basil or thyme. You can add flavor to fruits by sprinkling sugar, cinnamon or ginger as well as coating with honey or lemon juice.
- ♥ If you don't have metal skewers, disposable bamboo skewers will do. To keep bamboo from burning, soak sticks in water for an hour before cooking. Place large pieces directly on the grill and smaller pieces on skewers.
- ♥ Keep grill clean. Charred buildup encourages food to stick.
- ♥ Start cooking fruits and vegetables over medium heat to sear skins. Turn every 1 to 2 minutes or after grill marks appear, then move to the side of the rack over indirect heat to finish cooking after turning on both sides.
- ♥ The easiest way to tell if foods are done is to poke them with a fork or skewer. Items should be tender yet firm.

Source: www.hearthishighway.org

Fulton County 2008 GOLD Plate Award

Betty's Restaurant
600 Stryker St., Archbold

The Barn Restaurant
313 W Main St., Delta

*The Barn Restaurant
at Sauder Village*
22611 State Route 2, Archbold

Carol Ann's City Café
227 N Defiance St., Archbold

Country Charm Café
110 E Main, Metamora

McDonald's Restaurant
1100 S Defiance St., Archbold

McDonald's Restaurant
1375 N Shoop Ave., Wauseon

Mom's Diner
213 N Defiance St., Archbold

R&H Restaurant
416 E Main St., Fayette

Rosie's Family Café
1290 N Shoop Ave. #40, Wauseon

Subway
1200 S Defiance St., Archbold

Subway
1128 Main St., Delta

Subway
1265 N Shoop Ave., Wauseon

Tiffany's Café
114 Depot St., Wauseon

Wendy's
1442 N Shoop Ave., Wauseon

GOLD Plate restaurants must meet at least 80% of the healthier options criteria which includes: reduced fat entrees; low-fat salad dressings; low-fat desserts; low-fat milk; low fat substitutes for fried items; margarine or olive oil available upon request; and foods prepared without salt.