

# Cardiovascular Health

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.

## “Bridging the Gap to Heart Health” 10K Run 5K Run/Walk

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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

The 8<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 4. The overall top finishers in the 10K Run: Matt Bowers (39.29) and Joan Mathews (45:36); 5K Run: Kenton Kamp (20.19) and Ruth Ritchey-Moore (23:01), 5K Walk: Tom Gleckler (38.50) and Kris Pritchard (41.13). 156 men, women and children finished in the events; including: 21 in the 1-mile fun run, 39 10K runners, 44 5K runners and 52 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. Both restaurants are recognized in the Tri-county Heart Health G.O.L.D. Plate directory. Second place winners in each of the age categories received first-aid kits. Third place winners in each of the age categories received blinking safety lights.

#### **Top 5K male finishers** by age category were as follows:

**Runners:** 10/under LJ Tijerina (29.19); 11-14: no entries; 15-19: no entries; 20-24: no entries; 25-29: no entries; 30-34: Dan Riegsecker (21.15); 35-39: Steve Long (29.04); 40-44: Kenton Kamp-overall winner; 45-49: Todd Roth (20.35); 50-54: no entries; 55-59: Donald Bashor (20.53); 60-64: Ray Montague (33.55); 65-69: no entries; 70-74: Bernie Marvin (27.33); 75+: no entries. **Walkers:** 10/under: no entries; 11-14: no entries; 15-19: Seth Parsons (48.15); 20-24: no entries; 25-29: no entries; 30-34: Mike Lake (41.12); 35-39: Jeff Snyder; 40-44: no entries; 45-49: no entries; 50-54: Dave Gordon (40.24); 55-59: no entries; 60-64: Dave Moore (48.16); 65-69: Jack Rychener (55.48); 70-74: Hal Griffin (1.02); 75+: no entries. **Top 10K male finishers** by age category were as follows: 10/under: no entries; 11-14: Devon Baird (50.28); 15-19: no entries; 20-24: no entries; 25-29: Marc McCumber (42.56); 30-34: Jeff Crossgrove (48.51); 35-39: Tony Hills (52.35); 40-44: Matt Bowers-overall winner; 45-49: Tony Eyer (43.12); 50-54: Richard McCumber (43.58); 55-59: Gary Carroll (43.00); 60-64: Gerald Short (55.40); 65-69: Richard James (53.08); 70-74: no entries; 75+: no entries.

**Top 5K female finishers** by age category were as follows: **Runners**-10/under: no entries; 11-14: Ruth Ritchey-Moore overall winner; 15-19: no entries; 20-24: no entries; 25-29: Kara Estelle (27.31); 30-34: Jen Cuellar (23.19); 35-39: Stacie Funkhauser (29.31); 40-44: no entries; 45-49:

Gerri Rupp (33.55); 50-54: Becky McClerren (25.44); 55-59: no entries; 60-64: Jeannine Walker (43.07); 65-69: Theresa Marvin (33.10); 70-74: Fabinita James (44.27); 75+: no entries. **Walkers:** 10/under: Aubrey Wyse (45.10); 11-14: Anna Ritchey-Moore (45.42); 15-19: no entries; 20-24: Stephanie Westhoven (41.13); 25-29: Jesse Aeschliman (44.35); 30-34: Natalie Shirkey (43.08); 35-39: Shawn Sullivan (53.43); 40-44: Lori Thompson (43.04); 45-49: Roxanne Dietrich (41.17); 50-54: Victoria Funkhauser (45.31); 55-59: Ann Betts (54.22); 60-64: Patricia Chamberlain (55.41); 65-69: Marcia Sander (43.06); 70-74: Ruth Griffin (1.02); 75+: Katie Burns. **Top 10K female finishers** by age category were as follows: **Runners:** 10/under: no entries; 11-14: no entries; 15-19: no entries; 20-24: no entries; 25-29: Erin Russell (52.07); 30-34: no entries; 35-39: Christy Grondin (47.14); 40-44: Jean Blakenship (56.15); 45-49: no entries; 50-54: Joan Matthews-overall winner; 55-59: no entries; 60-64: Barbie Scragham (1.01); 65-69: no entries; 70-74: no entries; 75+: no entries.

The 10K Run & 5K Run/Walk events were sponsored by the Tri-county Heart Health coalition of Williams, Fulton, and Henry counties. Refreshments were donated by Pennington Orchards, Maumee Valley Vending Co., and Culligan Water. Numerous volunteers and family members from the participating health departments, Fulton County Health Center, Henry County Hospital, Community Hospitals and Wellness Centers, Williams County Sheriff’s Dept., Fulton County Sheriff’s Department, Williams County EMS, Fulton County EMS, Lockport Mennonite Church, Miss Montpelier Pageant, Fulton County Amateur Radio Club and Boy Scout Explorers were also on hand to assist with the event. Proceeds will be used for implementing heart health programs in the area.

The health departments of Williams, Fulton and Henry counties are collaborating on a tri-county grant to improve the heart health habits of at-risk residents in the three counties. Tri-county coalition members include Fulton County Health Center, Henry County Hospital, Community Hospitals and Wellness Centers, and the OSU extension offices of all three counties. The grant is funded by the Centers for Disease Control through the Ohio Department of Health. For more information on the grant activities, call any of the local health departments.



## Dining with Diabetes



Above, Bridget Ratcliff, R.D., L.D., C.D.E., discusses appropriate portion size with Dining with Diabetes participants.

Dining with Diabetes was successfully held for the first time in Henry County this past summer. Participants returned in October to discuss the changes they had made over the last few months and to share their success. One participant said, “This class had such an impact on my life. Since we last met, I’ve lost 10

pounds just from changing my eating habits”.

The Henry County Health Department, Henry County Hospital, and OSU Extension collaborated to conduct Dining with Diabetes. Four sessions, including the reunion session, were conducted for diabetics and their families. Each session

offered nutrition information and healthy recipes for diabetics. Participants became more aware of foods they need to consume to keep their diabetes under control. They were also able to clear-up many misconceptions about food. There is currently a waiting list for the next class.

## Communities Receive Healthy 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

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

## CVH Quick Tip: How Do Females Gain Muscle?

*Q: I have been exercising for a while. What exactly do I need to do to gain muscle?*

**A:** To get that fit, toned, physique it is important to balance lifting and cardio. Women tend to carry more fat than men, so cardio is essential.

Try the 3 to 4 ratio. If you lift weights three days/week make sure to incorporate cardio (30 minutes) four days a week. Be sure to work different muscles each day you lift. For instance, work half your upper body on day 1, work your lower body day 2 and work the other half of your upper body on day 3. Working the same muscle groups more than 2 times a week does not allow your muscles enough time to recover.

Another opportunity to incorporate both cardio and weights are circuit workouts. These combine light weights and resistance work with cardio in the same workout to burn fat, using 3, 5 or 8 pound dumbbells.

**Diet:** It is also important to increase the amount of protein in your diet. Try incorporating two of the following to your diet each week for added protein. Yogurt, milk or nuts in the morning, a serving (2 tbsp) almond butter, and lean meat to lunch and fish to your dinner.

**Bonus:** Adding muscle will actually help support your metabolism and allow you to lose that fat in those trouble areas.

Source: Exercise TV



## November Is American Diabetes Month

**November is American Diabetes Month®**, a time to communicate the seriousness of diabetes and the importance of proper diabetes control. This year, ADM focuses on the deadly complications of diabetes and asks the American public “Why should you care about diabetes?” **If current trends continue one out of three Americans, and one in two minorities, born in 2000 will develop diabetes in their lifetime.**

### KEY MESSAGES

- Since 1987 the death rate due to diabetes has increased by 45%, while the death rates due to heart disease, stroke, and cancer have declined.
- Keeping blood glucose, blood pressure, and cholesterol in control can make a difference in reducing your risk for heart attack or stroke.
- Annual dilated eye exams and routine foot exams and blood pressure checks can prevent blindness, amputations, heart disease, kidney disease, and strokes.
- The ADA is the source for diabetes information. Call 1-800-DIABETES (342-2383) or visit [www.diabetes.org](http://www.diabetes.org) for information and materials.

### DIABETES COMPLICATIONS (Data Source: CDC)

- Heart disease and stroke
- Kidney disease
- Amputations
- Blindness

### PREVENTING OR DELAYING DIABETES COMPLICATIONS

#### Remember the ABCs

- **A is for Average Glucose** - Average Glucose (eAG) or an A1C measures how well a person is managing their diabetes over time. It is important to keep their eAG less than 154 mg/dl or A1C less than 7%. How often: Every 6 months
- **B is for Blood pressure.** High blood pressure makes the heart work too hard and can cause damage to the kidneys and eyes. How often: At every visit
- **C is for cholesterol.** Bad cholesterol, or LDL, builds up and clogs arteries, leading to heart attacks and strokes. How

### The Government Says You Need to Get Moving (Source: [www.suntimes.com](http://www.suntimes.com))

The government has raised the bar for physical activity levels – and nobody's exempt, not even kids or older adults. And exercise researchers couldn't be happier.

The new Physical Activity Guidelines for Americans, released Tuesday by the U.S. Department of Health and Human Services, are the most comprehensive federal recommendations ever and the new gold standard.

"These are really well done, and I don't think they could get any more practical," says Tim Church, director of preventive medicine research at the Pennington Biomedical Research Center in Baton Rouge.

Among the recommendations:

- Adults should do at least 2.5 hours of moderate-intensity physical activity each week, such as brisk walking, or 1.25 hours of a vigorous-intensity activity, such as jogging or swimming laps, or a combination of the two types, to get the most health benefits from exercise.
- To get even more health benefits, people should do five hours of moderate-intensity physical activity each week or 2.5 hours of vigorous activity.
- Adults should do muscle-strengthening activities at a moderate- or high-intensity level for all major muscle groups two or more days a week. This should include exercises for the chest, back, shoulders, upper legs, hips, abdomen and lower legs. The exercises can be done with free weights or machines, calisthenics that use body weight for resistance (push-ups, pull-ups, sit-ups), or carrying heavy loads or heavy gardening such as digging or hoeing.
- Kids and adolescents should do an hour or more of moderate-intensity to vigorous aerobic physical activity each day. That should include vigorous activity at least three days a week, and it should include bone-strengthening activities such as running, jumping rope, skipping, playing hopscotch and muscle-strengthening activities such as tug of war, modified sit-ups and push-ups.
- Older Americans should follow the guidelines for other adults if they are able. If not, they should be as active as their physical condition allows. If they are at risk of falling, they should do exercises that improve balance.
- Adults with disabilities should also follow the guidelines for other adults if they are able.

## “Healthy U” Program Coming to Fulton County in 2009

Many of us have a health condition that impacts us everyday or live with or care for someone who does. The Chronic Disease Self-Management Program, developed by Stanford University, is a workshop given two and a half hours, once a week, for six weeks, in community settings such as senior centers, churches, libraries and hospitals. People with different chronic health problems attend together. Workshops are facilitated by two trained leaders, one or both of whom may be a non-health professional with a chronic disease themselves.

Subjects covered include: 1) techniques to deal with problems such as frustration, fatigue, pain and isolation, 2) appropriate exercise for maintaining and improving strength, flexibility, and endurance, 3) appropriate use of medications, 4) communicating effectively with family, friends, and health professionals, 5) nutrition, and, 6) how to evaluate new treatments.

Each participant in the workshop receives a copy of the companion book, *Living a Healthy Life With Chronic Conditions, 3rd Edition*.

It is the process in which the program is taught that makes it effective. Classes are highly participative, where mutual support and success build the participants' confidence in their ability to manage their health and maintain active and fulfilling lives.

### **Does the Program replace existing programs and treatments?**

The Self-Management Program will not conflict with existing programs or treatment. It is designed to enhance regular treatment and disease-specific education such as Better Breathers, cardiac rehabilitation, or diabetes instruction. In addition, many people have more than one chronic condition.

The program is especially helpful for these people, as it gives them the skills to coordinate all the things needed to manage their health, as well as to help them keep active in their lives.

### **What are the results?**

Past participants have reported significant improvements in physical activity, cognitive symptom management, communication with physicians, less fatigue, fewer outpatient visits and days spent in the hospital, with overall improvements in general health. Many of these results have been maintained on a long term basis.

To find out more about this program, contact Gina Veres at the Fulton County Health Dept at 419.337.0915 or e-mail [gveres@odh.ohio.gov](mailto:gveres@odh.ohio.gov).



Maintaining a healthy weight depends on achieving energy balance. This is accomplished by balancing the amount of energy burned and food consumed in your day. By making small, simple changes to your daily eating and activity choices, you can start building proven habits that will positively affect your weight and health. How?

*Add 2000 more steps each day.*

- Take your dog for a walk.
- Accompany your children on their walk to school.

*Eat 100 fewer calories daily.*

- Select nonfat or 1% milk instead of whole milk.
- Share your dessert with someone else.

For more tips on how to make these small changes, visit [www.americaonthemove.org](http://www.americaonthemove.org).