

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

APRIL 2009

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CONTACT

INFORMATION

WILLIAMS COUNTY

Kristen Ewers
419-485-3141

Kristen.Ewers@odh.ohio.gov

FULTON COUNTY

Gina Veres
419-337-0915

gina.veres@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

Conferences Provide Insight, Ideas & Solutions

Addressing Childhood Obesity through Community Action and Public Policy Solutions

Health educators, school nurses, physicians, and other professionals attended this two-day symposium April 1 & 2, 2009 in Columbus. Childhood obesity is the most profound public health issue confronting Ohio and our nation today. Obesity is taking a huge toll on children's lives putting them at risk for type 2 diabetes, high cholesterol and other health problems. Consider this:

- One in three children born in Ohio is overweight by the age of eight.
- 60% of overweight kids have at least one cardiovascular disease risk factor.
- Two of three American children cannot pass a basic physical fitness test.

The conference focused on actionable solutions to childhood obesity including ways to engage parents and families, optimize home nutrition, mobilize communities, and measure successful public health, employer and industry initiatives. It also addressed school wellness policies, state nutrition, physical education and activity standards as well as media and restaurant industry initiatives.

Some ideas and solutions were as simple as getting back to the basics such as family meals, less screen time and more play time. Other presenters showcased food industry leaders and supermarket chains that are providing nutrition information on products to make healthy choices easier. Representatives from other states shared their nutrition, PE and physical activity standards and curricula that may work in Ohio schools. We must all work together in a multi-faceted approach to solve this health issue.

www.ObesityActionSymposium.com

What's the Scoop on School Wellness

On April 29, 2009 the Defiance, Fulton, Henry and Williams County Heart Health Coalitions in partnership with Action for Healthy Kids –Zone 1 sponsored a school wellness conference for school administrators, faculty, foodservice managers, cooks, and staff. A thank you goes out to Archbold HS cafeteria staff and their school nutrition chapter for hosting the conference.

Jan Meyer began the evening by providing a brief overview about Action For Healthy Kids on both the national and local levels.

The keynote speaker, Karen Bakies, RD LD from the American Dairy Association, gave a presentation entitled "Nutrient Standards and Nutrient-Rich Foods". Many Americans today are overfed, but undernourished because they are choosing high calorie, low nutrient foods. She discussed that by choosing nutrient rich foods, you are choosing foods that provide substantial amounts of nutrients and relatively few calories. This includes fruits and vegetables, whole grains, lean meats and low and non-fat dairy.

Mary Bottoni, RD LD, from Maumee Schools discussed the many successes she has seen in the field of school foodservice, including when new ideas should be implemented in the school food-service setting.



Jason Waldvogel—
Elementary Principal,
Pettisville Schools

Jason Waldvogel, Pettisville Elementary School Principal, fielded the most questions that evening. His topic, Recess Before Lunch, proved very popular. He spoke on the process it takes to implement a recess before lunch policy in any school and that everyone needs to help make it work...

administrators, teachers, staff, parents and students.

Keeterle Goes Red

The Henry County Heart Health Coalition announced Sandy



From left: Lindsay Wiemken, Henry County Health Department; Sandy Keeterle, and Tom Tassler.

Keeterle as the recipient of the 1st Annual Judy Tassler Crystal Heart Award at the Go Red for Women Luncheon on Monday March 23, 2009 at the Henry County Hospital. Sandy was nominated by her co-workers at the Napoleon Clinic. The Judy Tassler Crystal Heart Award was given to a heart disease survivor that made the commitment to live a healthier lifestyle. Sandy

changed her lifestyle to include a more healthy diet and daily exercise in addition to taking a Heart Saver CPR class so that she can truly be available to help save others. Other nominees for the award were Jack Pinckard, Karen Detmer, Bonnie Mohler, Norma Beck, and Dick Beck. To view more photos from the luncheon, visit www.henrycohd.org.

GOLD Plate

The Tri-County Heart Health Coalition of Henry, Fulton, and Williams County announced the seventh annual G.O.L.D. (Great Options in Lower-fat Dining) Plate Restaurants. In Henry County, recognition goes to Peppermills-Your Family Restaurant, Ltd. for their seventh consecutive year. Those

qualifying for their fifth year are McDonald's of Napoleon, Subway, and the Village Dairy Bar. The China Dragon qualified for a fourth year, while Stimmel's qualified for a second year, and new restaurants include Villa Rose Restaurant and the Henry County Hospi-

tal. Pictured from left are Lindsay Wiemken, Cardiovascular Health Educator at the Henry County Health Department and Angel Robinson, Nutrition Manager at the Henry County Hospital.



CVH Quick Tip

Stay Fueled

Try eating three or four small meals, plus healthy snacks to keep your energy up. Your blood sugar levels will be more constant, so you'll be less likely to run out of steam or reach for a calorie-laden treat.

Source: FoodFit.com

Williams County Walking Club

Ringer's Drug Store, Bryan Chamber of Commerce and Williams County Heart Health Coalition are collaborating to start a new walking club.

Everyone is welcome to join this "walking only" club. For safety purposes there will be no running, bicycling, roller-blading or motorized vehicles.

The "Courthouse Clodhoppers" will meet on Monday and Wednesday mornings at 7:45 a.m. at the Williams County Bandstand on the Courthouse square in Bryan, Ohio.

The Club will begin meeting on Wednesday, May 27, 2009 and continue through Wednesday, September 30, 2009.



May is National Stroke Awareness Month

Stroke is the third leading cause of death in the United States. It is also a leading cause of serious long-term disability. While most strokes occur in people aged 65 years and older, strokes can occur at any age. Learn the signs and symptoms and how you can lower your risk for stroke.

Stroke strikes fast. You should too. Call 9-1-1 immediately. New treatments are available that can reduce the damage caused by a stroke for some victims. But these treatments need to be given soon after the symptoms start.

Knowing the symptoms of stroke, calling 9-1-1 right away, and getting to a hospital are crucial to the most beneficial outcomes after having a stroke. The best treatment is to try to prevent a stroke by taking steps to lower your risk for stroke.

A stroke, or cerebrovascular accident, occurs when the blood supply to the brain is cut off (an ischemic stroke) or when a blood vessel leading to or within the brain bursts (a hemorrhagic stroke). Without oxygen, brain cells begin to die. Death or permanent disability can result.

With timely treatment, the risk of death and disability from stroke can be lowered. It is very important to know the symptoms of a stroke and act right away.

The National Institute of Neurological Disorders and Stroke notes 5 major signs of stroke:

Sudden numbness or weakness of the face, arms, or legs.

Sudden confusion or trouble speaking or understanding others.

Sudden trouble seeing in one or both eyes.

Sudden trouble walking, dizziness, or loss of balance or coordination.

Sudden severe headache with no known cause.

All of the major symptoms of stroke appear suddenly, and often there is more than one symptom at the same time.

If you think someone is having a stroke, you should call 9-1-1 or emergency medical services immediately. Receiving immediate treatment is critical in lowering the risk of disability and even death.

Source: www.strokeassociation.org

5, 4, 3, 2, 1, Almost None!

This countdown is a simple philosophy to healthier living, and works especially well for children.

5 SERVINGS OF FRUITS AND VEGETABLES A DAY

Fruits and vegetables provide essential vitamins, minerals and fiber to protect against chronic diseases such as stroke, diabetes, other cardiovascular diseases and certain cancers.

4 FAMILY MEALS EATEN TOGETHER EACH WEEK

The simple act of eating a meal together can have so many benefits. Reports show children are less likely to be overweight, have eating disorders or engage in other risky behaviors. Family meals can also save money and provide more nutritious meals than eating out.

3 SERVINGS OF LOW-FAT OR NON-FAT DAIRY DAILY

Low-fat or non-fat milk, cheese, or yogurt help fight chronic diseases such as osteoporosis, heart disease and some cancers. Dairy can also help reduce the symptoms of premenstrual syndrome and help maintain a healthy weight.

2 HOURS OR LESS OF SCREEN TIME EACH DAY

Children over 2 years of age should spend less than 2 hours of screen time (television, computer, video games) per day.

1 HOUR OF PHYSICAL ACTIVITY EACH DAY

Enjoy a favorite activity and experience benefits such as more energy, better sleep, lose or maintain weight, strengthened heart, lungs, muscles, and bones.

ALMOST NO SUGAR SWEETENED BEVERAGES EACH DAY

These empty calories give no nutritional value and are not as satisfying as food. Cut back on pop, fruit drinks and energy drinks. Drink more water.

Supermarket Tours Offered in Fulton County

Ever wondered how to shop at the grocery store for maximum nutrition? During March, National Nutrition Month, area registered dieticians educated *Be Healthy Now-Fulton County* participants on just that! The tours were conducted at Chief Supermarket in Wauseon, Kroger in Swanton, and SuperValu in Archbold. An additional tour was taped at Chief and aired on INTV, Ch. 5 in March and April.

Participants learned several tips including: the perimeter of the store usually focuses on whole foods such as fresh produce, lean meats and fat-free or low-fat dairy; frozen and canned fruit (in own juice) and vegetables (no salt-added) can be just as nutritious as fresh (tip: draining and/or rinsing canned fruit in heavy syrup or vegetables w/salt can reduce added sugar or salt); choose high fiber foods such as whole grains and beans; season foods with spices instead of salt; and cut back on sugar-sweetened beverages and processed foods.

Dieticians also discussed serving sizes vs. portion sizes and how to read food labels, looking not only at calories and fat, but vitamins and nutrients.

Healthy Ohio Fitness Walk

May 20, 2009

Families, friends, students, and co-workers met up for the annual Healthy Ohio Fitness Walk on Wednesday, May 20, 2009. In Fulton County, walkers were encouraged to walk the Wabash-Cannonball Trail, Fulton County Health Center's walking path, school tracks, and community parks.

Ohio sets a goal each year to have at least 100,000 people each walk a mile (for a total of 100,000 miles walked).

We are happy to say that Fulton County had 952 walkers report walking a combined total of 1,262 miles.

Our hope is that people will see how easy and fun walking can be, especially when done with a walking partner, and they'll keep walking for better health.

For more information on the annual Healthy Ohio Fitness Walk or how to start your own walking group, go to www.healthyohioprogram.org or call your local health dept.

GET ACTIVE OHIO!!

Healthy
 hio

The State of Living Well.

FULTON COUNTY