

TRI-COUNTY
CARDIOVASCULAR GRANT

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

JULY 2009

INSIDE
THIS ISSUE:

Henry County	2
Williams County	3
Fulton County	4

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

September is National Cholesterol Education Month

September is National Cholesterol Education Month. This campaign is designed to rally all Americans in the fight against high cholesterol a major risk factor of heart disease –Ohio’s leading cause of death.

- Many adult Ohioans (35 percent) have blood cholesterol levels that are considered high, that is, 240 mg/dL or higher.
- Many American adults (more than 1 million) suffer a heart attack each year.

Luckily, you can take steps to protect your heart and the hearts of the ones you love. Learn the warning signs of a heart attack and the importance of calling 9-1-1. These warning signs include:

- Uncomfortable pressure, squeezing, fullness or pain in the middle of the chest that lasts for more than a few minutes, or goes away and comes back.
- Spreading pain in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath before chest discomfort or along with chest discomfort.
- Other symptoms such as breaking out in a cold sweat, nausea or lightheadedness.

These signs may last only a few minutes. They should not be ignored! If you or someone you are with show any of these signs call 9-1-1 to get help right away!

The good news is you can lower your risk for a heart attack. Help spread the word about high cholesterol and the importance of knowing the warning signs of a heart attack and encourage your family, friends and co-workers to do the same. For more information please visit Ohio Department of Health, Heart Disease and Stroke Prevention Program at <http://www.odh.ohio.gov/odhPrograms/hprp/cardio/hdsp.aspx>.

This publication was produced by the Heart Disease and Stroke Prevention Program, Ohio Department of Health, and was made possible with funding from the U.S. Centers for Disease Control and Prevention (CDC), National Center for Chronic Disease Prevention and Health Promotion, Division for Heart Disease and Stroke Prevention. Contents of this publication are the responsibility of the authors and do not represent the official views of the CDC.

SAVE THE DATE!!!

Join Us For The
2009

Bridging The Gap To Heart Health

5K Run/Walk - 10K Run - 1 Mile Kids Run

Saturday, October 3rd

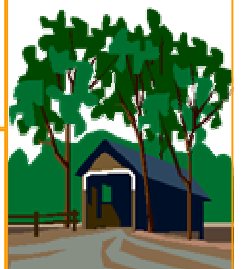
9:30 AM

Lockport Bridge to Goll Woods

For more information:

www.williamscountyhealth.org

419-485-3141



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.

Dining with Diabetes



Above, Cheryl Barber Spires prepares a healthy meal for participants to taste-test at last year's Dining with Diabetes program.

A three-session cooking program designed to offer education, as well as recipes and taste-testing, to those with diabetes will soon be offered in Henry County. The program, Dining with Diabetes, will be offered September 24, October 1, and October 8 at the Henry County Hospital from 2 – 4pm.

The program will be lead by Cheryl Barber Spires, Ohio State University Extension educator for Fulton County, and Bridgette Ratcliffe, manager of Nutrition Services at the Henry County Hospital, and Lindsay Wiemken, Cardiovascular Health Educator at the Henry County Health Depart-

ment. Dining with Diabetes was offered for the first time in Henry County in 2008. "People liked the fact they're getting information...and a one-on-one educator," Spires said.

To register for the event, contact the Henry County Health Department at 419-599-5545 by September 17, 2009.

The Plank

The Be Heart Smart Summer Day Camp is underway at Oakwood Park, Napoleon. Above Gina Hill, Wellness Coordinator from the Henry County Hospital, gives kids a great abdominal



workout through a position called the plank. Summer Day Camp provides an outlet for kids ages 7-11 to learn about a healthy diet and exercise in addition to other topics such as bike safety, sun safety, and tobacco prevention. This program is sponsored by the Henry County Heart Health Coalition. To learn more about Summer Day Camp and other Henry County Heart Health Coalition programs contact the Henry County Health Department at 419-599-5545 or visit www.henrycohd.org.

CVH Quick Tip

To add strength to leg muscles and get a cardiovascular workout at the same time, try climbing plain old stairs. This can be done at home, in your office, apartment building, or on stair-climbing machines in the gym. Climbing two steps at a time is good for building the quadriceps (thigh muscles) and the gluteus (butt). Going down steps builds strength in the quadriceps and to a lesser extent, the hamstrings.

Source: Health-Fitness-Tips.com



Put Life Back in Your Life



Williams County residents have the opportunity to attend a *Chronic Disease Self-Management Workshop* starting in August. Persons with a chronic disease or living with someone with a chronic disease will learn techniques to deal with nutrition, pain, fatigue and frustration; exercises to improve strength and flexibility; appropriate use of medications; and communicating with health professionals. Developed by Stanford University, this program has shown significant improvements in the overall general health of participants.

Where: Bryan Senior Center
 When: Wednesdays, August 12 through September 16, 2009
 12:45 pm — 3:15 pm

For more information or to register, please contact Candy Scribner or Kristen Ewers at the Williams County Health Dept at 419-485-3141 or e-mail Candy.Scribner@odh.ohio.gov.

G.O.L.D. Plate

The Tri-County Heart Health Coalition of Williams, Fulton, and Henry County announce the 7th annual Honor Roll of G.O.L.D. (Great Options in Lower fat Dining) Plate Restaurants Directory.

In the tri-county area, 36 restaurants qualified for the directory and are recognized for offering lower fat menu options. In Williams County, those restaurants in the directory include: Bryan Subway Sandwich Shop, Fountain City Deli, Lake Seneca Store & Restaurant, Mid-Toll Subway, Mohre's Spirited Dining, Montpelier Subway, O'Bryan's, Orchard Hills Country Club, Pool's Dairy Queen Co., Season's Coffee & Bistro, Shaffer's, Subway of Edgerton, Subway of Pioneer, Subway of Stryker, Subway (Wal-Mart), and Subway of West Unity. All those who qualify receive a GOLD Plate plaque and inclusion in the directory.

According to the National Restaurant Association, almost half (48%) of all adults are restaurant patrons on a typical day. "Educating people on the availability of healthier food options can help them make better choices when dining out," said Candy Scribner R.N., project director of the Tri-County Coalition. Obesity is an emerging epidemic in our country; this includes Williams County. This public health concern is related to many medical conditions and diseases, including heart disease and cancer. When restaurants offer patrons healthier choices, it can make an impact on the health of our county residents. These restaurants are to be commended for their efforts.

Free copies of the Honor Roll of G.O.L.D. Plate Restaurants Directory are available at the Williams County Health Department, on our website www.williamscountyhealth.org and local libraries.



Buckeye Best Schools

Healthy Students make better learners!

The Governor's Buckeye Best Healthy School Awards Program is designed to recognize those schools whose policies and practices reflect a high priority on health outcomes for children including improving nutrition, increasing physical activity, and stopping or preventing the use of tobacco. The program is sponsored by the Ohio Department of Health in partnership with the American Cancer Society.

An interdisciplinary team of school health professionals score each application based on responses to the questions using the standard as defined in the Healthy People 2010 Objectives.

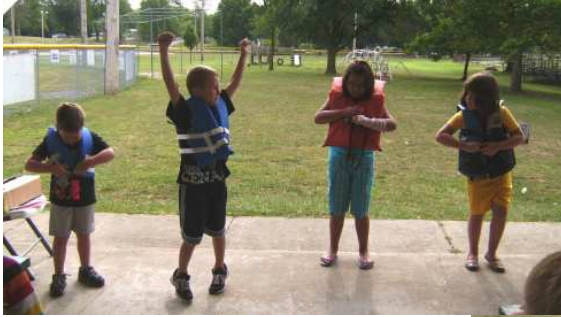
Gold award winners receive a Buckeye Best Healthy School flag that can fly outside the school building.

The Williams County Heart Health Coalition is proud to congratulate all our local award winners.

Buckeye Best 2009 Award Recipients

School	Award
Lincoln Elementary School~ Bryan	Recognition
St. Patrick Elementary~ Bryan	Silver
Washington Elementary~ Bryan	Recognition
Bryan Middle School	Bronze
Bryan High School	Bronze
St. Mary's School	Recognition
Montpelier Elementary School	Gold
Montpelier Middle School	Silver
Montpelier High School	Silver
North Central High School	Bronze

Turn Up The H.E.A.T.



(Left) H.E.A.T. Day Campers are challenged by a race to put on their life jackets properly.

(Below) Searching for clues to the scavenger hunt.



Fayette area children enjoyed a week of physical activity, nutrition, and safety lessons during the H.E.A.T. Summer Day Camp. H.E.A.T., which stands for Healthy Eating & Activity Time, provided children ranging in age

from 3-12, a free opportunity to experience new physical activities, such as running through an obstacle course, going on a scavenger hunt, and playing water balloon games. Children also learned valuable nutrition lessons built around healthy snacks which included veggies & dip, yogurt parfaits, trail mix, and apples with peanut butter & raisins. Each day, the children were captivated by guest speakers from the Fayette Fire Dept, American Cancer Society, Harrison Lake State Park, Fayette Medical Center, and the Fayette Police



Dept. The camp was hosted by the Fulton County Health Dept's Heart Health program, in partnership with the Village of Fayette. Special thanks to many Fayette area businesses for contributions toward the healthy snacks.

Healthy snacks quickly become a camp favorite.

2nd Annual Day of Play

The Fulton County Heart Health Coalition, in partnership with Be Healthy Now-Fulton County, hosted the 2nd Annual Day of Play event on July 18, 2009 at Harrison Lake State Park.



Audra Roesti, FCHD, demonstrates the kite-making process to a group at Day of Play.

Children, parents and grandparents enjoyed outdoor activities such as disc golf, water & chalk games, an obstacle course, rocket balloons, tin can stilts, bubbles, & much more.

Showing off some awesome hula-hoop skills.



Fulton County 2009 Buckeye Best Award Winners

GOLD

EVERGREEN ELEMENTARY
PETTISVILLE ELEMENTARY

SILVER

CRESTWOOD ELEMENTARY
EVERGREEN MIDDLE SCHOOL
FAYETTE JR/SR HIGH SCHOOL
PARK ELEMENTARY
PIKE-DELTA-YORK MIDDLE
SCHOOL
SWANTON MIDDLE SCHOOL

BRONZE

ARCHBOLD HIGH SCHOOL
DELTA ELEMENTARY
EVERGREEN HIGH SCHOOL
FAYETTE ELEMENTARY
PIKE-DELTA-YORK HIGH
SCHOOL
ST. RICHARD ELEMENTARY

Congratulations to these outstanding schools! It's great to see so many Fulton County schools make wellness a priority for our children.

**HEALTHY STUDENTS MAKE
BETTER LEARNERS!**

Healthy
hio
The State of Living Well.