

WILLIAMS COUNTY HEALTH DEPARTMENT

COMMUNITY TALKING POINTS

FFBRUARY 2023

PREVENT DISEASE AND INJURY. PROMOTE HEALTH AND WELLNESS. PROTECT YOU AND YOUR COMMUNITY.

What's in This Month's Issue:

- American Heart Month: Strategies for Heart Health
- Connect 4YourMentalHealth
- Grief Recovery Method Support Group
- Healthy Game Day Snack

- Regional Substance Use Prevention Breakfast
- Free At-Home COVID-19 Test Kits Available at
- Talking Points Content Survey

American Heart Month: Source: Strategies for Heart Health CDC

In Williams County, heart disease is the leading cause of death. Use these strategies to lower your heart disease risk while also preventing other serious chronic conditions like type 2 diabetes and some kinds of cancer.



Learn your health history. Know your risks and talk to your healthcare provider about your health history.



Eat a healthy diet. Make healthy food choices like more fruits, vegetables, whole grains, lean meats, and low-fat dairy products. Eat less salt, saturated fat, and added sugar. Visit myplate.gov to learn more or find healthy recipes and tips.



Move more, sit less. Get at least 150 minutes of moderate-intensity aerobic activity every week, plus muscle strengthening activities at least 2 days a week.



Quit smoking. Call 1-800-QUIT-NOW or visit smokefree.gov for free help and take the first step on your journey to quit.



Take medicines as directed. If you take medicine to treat high cholesterol, high blood pressure, or diabetes, follow your doctor's instructions carefully. Always ask questions if you don't understand something. Never stop taking your medicine without talking to your doctor, nurse, or pharmacist.

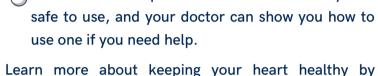


Choose your drinks wisely. Substitute water for sugary drinks to reduce calories. If you drink alcohol, do so in moderation by limiting

consumed. Monitor your blood pressure at home. Selfmeasured blood pressure monitors are easy and

consumption to no more than 1 drink a day for

women (2 for men) on days that alcohol is

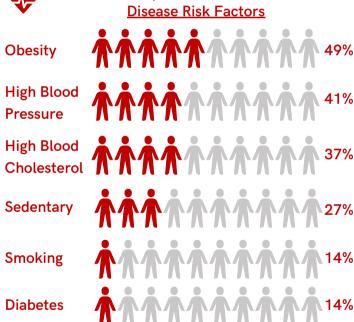


visiting

www.cdc.gov/heartdisease/prevention.htm.



Williams County Adults with Cardiovascular



The American Heart Association (AHA) has resources available to help you be "healthy for good." Click the link to learn more or register to receive a free Shop Smart, Eat Smart digital recipe booklet, as supplies last.

AHA Link: https://www.heart.org/en/healthy-living

Connect 4 Your Mental Health

Did you know that spending time with loved ones can be good for your mental health? It can increase your sense of belonging, boost your happiness, reduce your stress, and even encourage you to adopt a healthier lifestyle. Being physically present with someone encourages positive well-being and offers support through life's challenges. Set a goal to 'connect' with others more often. Your mind will thank you.

Nurture healthy relationships using these tips:

- Get involved. If you are struggling to make connections, try a new activity or group in your community. Attend a club, volunteer, join a fitness class, visit free events at the library, attend performances, or join a local organization. Try something new.
- Reach out. Call or text supportive friends or family and let them know that you would like to be in touch more often. Think about the interests you share. Arrange to have coffee or a meal, listen to music, attend an event, or play a game.
- Schedule time with a loved one. Get a date on the calendar. Life can get busy, but by scheduling time, you are more likely to follow through.
- Manage your commitments. Relationships are built on trust. It is important to follow through on your commitment to spend time together. Be honest with what you can handle and set healthy boundaries.
- Spend quality time together. Practice active listening. Be present. Limit use of your phone and other distractions. Share how much you appreciate your friends and family with them they may not know.

What do you do to balance your mental health? Share your story with us: bit.ly/4YMHSurvey

Read more at 4yourmentalhealth.org

Grief Recovery Method Support Group



Williams County Health Department funds free Grief Support Groups. Our support groups offer a safe, evidence-based environment for grievers to take effective and lasting action, no matter the type of loss experienced. These groups are led by Grief Recovery Method Specialists, trained and certified by the Grief Recovery Institute. The group meets once per week for 8 weeks. There is no cost for participating in these group support sessions.

Thursday, March 16
Thursday, April 13
Thursday, March 23
Thursday, April 20
Thursday, April 27
Thursday, April 6
Thursday, April 27
Thursday, April 6
Time: 6-8pm
Location: Lockport
Mennonite Church

Visit bit.ly/GriefSupportSpring2023 to register.

For more information about the group, email Brittany at brittany.spotts@williamscountyhealth.org.

Healthy Game Day Snack Source: MyPlate.gov

Looking for a healthy snack for game day? This Layered Black Bean Dip is colorful, wholesome and tasty. Kids in the kitchen can help with the mashing, mixing, and layering. Paired with veggie sticks or baked whole wheat tortilla chips, this is recipe is a winner! bit.ly/3HehODp

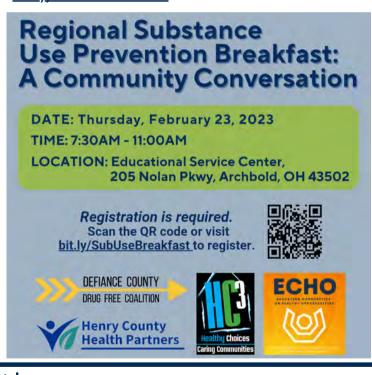


Regional Substance Use Prevention Breakfast

This month, regional coalitions in Williams, Defiance, Henry, and Fulton County are partnering to host a substance use prevention breakfast. Join in on conversations about the following substance use prevention and harm reduction topics:

- Regional Substance Use Data
- What is Prevention?
- Hidden in Plain Sight Display
- Impacts of Youth Led Prevention
- Harm Reduction Strategies
- Next Steps for Williams County's Efforts

WHEN: Thursday, February 23rd, 7:30am-11am WHERE: NWOESC, 205 Nolan Pkwy, Archbold, OH Registration is required by February 10th: bit.ly/SubUseBreakfast



Free At-Home COVID-19 Test Kits Available at BCHC

Bryan Community Health Center has free COVID-19 at-home test kits available at their Bryan office. Ask for your free tests at the front desk, as supplies last. There is a limit to 2 test kits (4 total tests) per person.

Call 567-239-4562 if you have additional questions.

FREE AT-HOME COVID-19 TEST KITS

Free at-home COVID-19 tests can be picked up at the Bryan Community Health Center, as supplies last. 228 S. Main St., Bryan, OH 43506

Free kits can be picked up at the front desk from 8am-4:30pm, Monday-Friday.

LIMIT 2 KITS PER PERSON (2 tests per kit)

If you have questions about obtaining a kit, call 567-239-4562.







Health Partners of Western Ohio

Talking Points Content Survey

We would like to hear from you. What would you like to learn about in future Community Talking Points? Share your feedback by taking the following survey:

bit.ly/CTPInputSurvey





WCHD Community Talking Points are published on a monthly basis and posted on our website and social media. If you would you like to receive the community talking points directly, sign up by completing this form: bit.ly/WCCommunityTalkingPoints

For more information on WCHD programs and services, visit: williamscountyhealth.org

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