



HEAL

Health Education & Awareness for a Lifetime

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A newsletter from the Florida Department of Health in Wakulla County
48 Oak Street, Crawfordville, FL 32327
850-926-0400



Be kind to your Heart!

10 Tips for a Heart Healthy Refrigerator

♥ **Take stock of what's inside.** Pull everything out and separate the better-for-you foods from the rest. Make sure you have more low-fat, high-fiber and sugar free foods than other types, and, if not, consider gradually reducing the number.

♥ **Hide desserts.** Stow away desserts and other indulgent foods in the crisper, so they're "out of sight, out of mind." Most of the time, healthier foods like fruits and vegetables are the ones that perish the quickest and should be kept on the refrigerator shelf where you can see and eat them. (*Americans on average waste about \$10 a week on produce that spoils.*)

♥ **Organize by "more" and "less."** Divide your refrigerator into different sections of "choose more often" and "choose less often." This could be by shelf or within the shelf, always keeping healthier foods up front and less-healthy foods toward the back.

♥ **Substitute lower-fat foods for higher-fat ones.** Some examples include skim or 1% milk for whole milk; greek yogurt for fruity yogurt; and lean meats, chicken and fish for ribs, ground meat and other fattier meats. Simple substitutions over a week's time can save you an entire day's worth of saturated fat.

♥ **Make healthy eating fun for the family.** Color-code foods with stars or heart stickers - use green for heart-healthy, and red for less healthy.

♥ **Make healthy food appealing.** Keep healthy add-ins next to a healthy food to make it more appetizing. Next time you want a snack, you'll be more likely to eat something healthy if, for example, the mixed nuts are next to the low-fat yogurt.

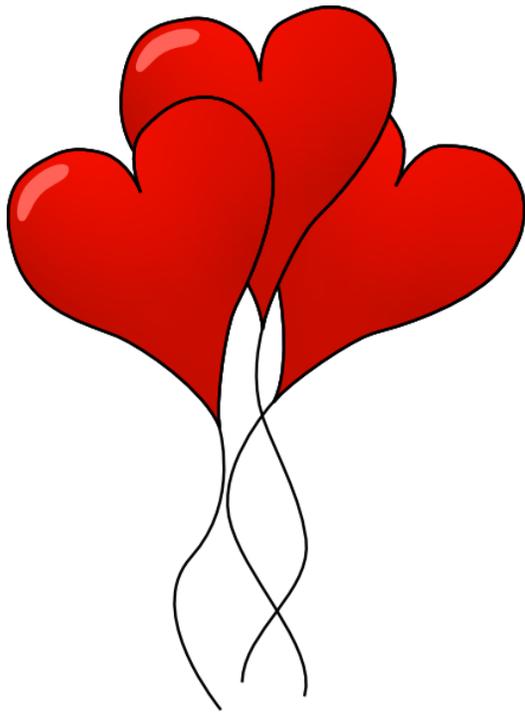
♥ **Prepare leftovers as a meal for the next day.** Put the entree with the vegetables and other side items on a plate and cover for the next day's lunch or dinner to create a do-it-yourself balanced "TV" dinner.

♥ **Prepare foods as "ready to eat" meals** when you come home from grocery shopping. Cut up vegetables and fruits and store them in containers, so they'll be ready for the next meal or when you come looking for a ready-to-eat snack.

♥ **Freeze foods in portion sizes** to make healthy eating easier. Did you know the recommended serving of cooked meat is 3 ounces, similar in size to a deck of playing cards? The standard serving size for pasta is one cup and half a cup for vegetables (about the size of a tennis ball).

♥ **Freeze fruit for fun.** Freeze fruits such as bananas, grapes and orange slices to make them more fun to eat. Next time you want a sweet snack get frozen fruit rather than ice cream.





More Changes for Better Heart Health

Lower high cholesterol levels.

Many people may think that cholesterol is bad, but in fact the body needs and actually makes cholesterol. Cholesterol performs several functions in the body, but in excess amounts can be harmful.

One of the best ways you can help control cholesterol is through dietary changes. Foods that are high in saturated fat and total fat are usually high in cholesterol as well. Saturated fat has been shown to raise blood cholesterol levels and is usually found in high amounts in fried foods and foods that come from animals.

Choose lean cuts of meat, skim and 1% percent milk in place of whole milk and eat plenty of fruits, vegetables and whole grain products. You should also look for foods that have been broiled, boiled, baked or roasted instead of fried.

Lose the extra pounds.

Focus on a heart healthy eating plan by adopting some of the changes mentioned above. Choose more nutritious foods, low calorie foods, and remember that portion control is important as well.

If you smoke, quit.

Smokers are two to six more times more likely to have a heart attack than those who do not smoke. However, if you quit, your risk drops dramatically. Even if you have already had a heart attack, quitting smoking still decreases your risk by up to 50 percent in some cases.

Become more physically active.

Research has shown that even small amounts of exercise throughout the day are helpful. You should strive to get at least 30 minutes of activity every day. As always, consult your doctor before beginning any exercise program. And remember, if you are new to exercise, start slowly.

Lower your blood pressure if it is high.

A reading of 140/90 or above is considered high (120/80 is considered normal). High blood pressure makes the heart work harder and may eventually lead to stroke, heart disease, heart failure and several other diseases. Blood pressure usually increases with age but it can be controlled. To help keep blood pressure in check you should: lose excess weight, become physically active, choose foods low in sodium and limit alcohol intake.



Many children need booster seats even beyond the age of 5, depending on the size of the child and where the seat-belt crosses the body. The following recommendations can help you determine if your child is ready to wear a seatbelt without a booster seat:

- ☞ the child is at least 4'9" tall;
- ☞ the child can sit all the way back in the seat and bend knees at the edge of the seat;
- ☞ the shoulder belt lays across the chest, not the neck;
- ☞ the lap belt lays across the upper thighs, not the stomach.

Any child under the age of 3, must ride in a secured child safety seat. Check the seat's weight and height limits to see if your child can ride facing forward or still needs to ride facing the rear of the car for a while longer.

Riding while improperly restrained is one of the reasons traffic accidents are the leading cause of death for American children ages 5 to 14.



Classes offered by Florida Department of Health in Wakulla County

**For more information or to reserve your space,
please call the Wakulla One Stop Community Center
at 745-6042 or 926-0400, ext. 215.**

Childbirth Preparation... The Healthy Start Program offers a 5-week Childbirth Education class for pregnant moms and their partners. (We suggest that moms be at least 7 months pregnant when they take this class.) Topics include: coping with labor and delivery, comfort techniques, infant care - including Infant CPR, post-partum care, breastfeeding and car seat safety. The next series of classes are scheduled for Tuesdays, **March 24 – April 21 from 6:30-8:30 p.m.. All classes are held at the Florida Department of Health in Wakulla located at 48 Oak Street in Crawfordville.** For more information or to sign up for the class, call the Wakulla County One Stop Community Center at 745-6042 or Grace Keith at 926-0400, ext. 215 . There is **no charge** for this class!



The next Hands-only CPR class is on Thursday, March 12 from 7-9 p.m., 2014 at the Health Department located at 48 Oak Street. The course is endorsed by the American Safety and Health Institute. Call 926-0400, ext. 215 for more information or to register for a class. This class costs \$15.00. This fee will be returned when you successfully complete the class.

Other Classes... *These classes are not currently scheduled but if you would like to take one or need one for your employment, please call us and we can set a date for a class. Call Grace at 926-0400, ext. 215 for more information.*

- **Basic First Aid...** This course is endorsed by the American Safety and Health Institute. The cost is \$25.00 per person. The fee must be paid in advance and there is no refund. (1 night, 2 hours long.)
- **Baby Basics...** Learn to take care of newborns up to six weeks of age. (1 evening for 2 weeks, 2 hours long each.)
- **Prenatal Development...** Learn about your baby's development and your body's changes throughout your pregnancy and how to keep you and your baby healthy. (1 evening for 3 weeks, 2 hours long each.)
- **CPR Pro...** For medical personnel only. The cost is \$35.00 per person. The fee must be paid in advance and there is no refund. (1 night, 2 hours long.)



The Florida Department of Health in Wakulla County has a Service Provider Kiosk to help you find who and what you are looking for. The kiosk is located in the lobby of the Health Department, which is open Monday through Friday, from 8 a.m. to 5 p. m.

You can search sites such as 211Big Bend, Whole Child Leon, Florida Department of Children and Families and Wakulla County Coalition for Youth Resource Directory. Many providers are local and have sliding fee scales. You can find many types of services from daily needs to emergency assistance. There is no charge to use the kiosk.



Health Education... Is there a health-related topic you need more information about? Need information on diabetes care, meal planning, nutrition, etc.? Call Health Educator, Grace Keith at 850-926-0400, ext. 215 or email: grace.keith@flhealth.gov