



# HEAL

Health Education & Awareness for a Lifetime

February  
2014

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



## Be Kind To Your Heart

February is the month of sweethearts, love and Valentine's Day, it's also Healthy Heart Month! Here are some ways to keep your heart healthy and stay around for a long time to enjoy *your* sweetheart!

### Eat Well...

- ♥ A high-fiber diet can lower cholesterol levels and reduce the risk for heart disease. Focus on plant-based foods and cut back on red meats. You might try going "meatless" on Mondays.
- ♥ Cut back on packaged, processed foods to limit sodium and preservatives. Eat more fresh foods and use different seasonings other than salt for a new taste experience. Mrs. Dash now has a large assortment of sodium-free seasonings.
- ♥ Read food labels and look at the RDVs (Recommended Daily Values) to see how much sodium, sugar and fats you are getting in that product. And remember to look carefully at the serving size! (For example, a serving size of Pop Tarts is just one pastry.)
- ♥ Try to get five or more servings of fruits and veggies everyday! Use them for snacks, breakfast and desserts as well as meals. Fresh is best, but frozen is good too. To save money, go for the fruits and veggies that are currently in season. A quick search for "Fresh Florida Produce" will bring you a number of sites that tell what is in season.

### Get Moving...

- ♥ Exercise sends oxygen to your brain and makes your memory sharper.
- ♥ Have a goal of 150 minutes of moderate exercise per week - that would be five 30-minute brisk walks per week! Remember to fit in muscle-strengthening activities two days per week.
- ♥ Regular exercise will help trim weight from your body and most Americans can certainly use a few less pounds!

### Get Your Zzzzs...

- ♥ Not getting enough sleep (for the average adult, eight hours is the recommended amount, children and teens need more) can cause your blood pressure to be higher and increase your risk of heart disease.
- ♥ Stop using electronics at least one hour before bed time, studies show the light from computers, tablets, televisions, etc. keep our brains active long after we stop using them.

### Maintain a Healthy Weight...

- ♥ Talk to your healthcare provider for guidance but the suggested waist circumference for men is 40 inches or less and for women - 35 inches or less.
- ♥ Avoid fad diets - they don't work over the long term and can actually harm your body. Eat sensibly and if you need help, contact the Florida Department of Health in Wakulla County for more information.

## See Your Dentist...

- ♥ Gum disease can increase your risk of heart disease.
- ♥ Your oral health is a good indicator of your overall health.

## Stop Smoking...Or Don't Start...

- ♥ Each cigarette reduces your life by eleven minutes.
- ♥ Smokers have more than twice the risk of heart attacks than non-smokers.

## Get A Check-Up...

- ♥ See your healthcare provider for a yearly check-up
- ♥ Try to keep the following levels: Blood Pressure - less than 120/80, Total Cholesterol - less than 200mg/dl, LDL Cholesterol - less than 100-129mg/dl, HD Cholesterol - less than 60 mg/dl, Triglycerides - 150 mg/dl is best, Blood Sugar - 90-130
- ♥ Everyone is different so ask your healthcare provider what levels are best for you!



## 80% of heart disease can be prevented by healthy lifestyle choices!



**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](mailto:grace.keith@flhealth.gov)

**Childbirth Preparation...** The Healthy Start Program offers a 5-week Childbirth Education class for pregnant moms and their partners. Topics include: coping with labor and delivery, comfort techniques, infant care - including Infant CPR, post-partum care, breastfeeding and car seat safety and fittings. The next series of classes are scheduled for **February 4-March 11 from 6:30-8:30 p.m.. The next class series starts on March 18.** All classes are held at the Wakulla County Health Department. For more information or to sign up for the class, call Mary Westbrook at 926-0400, ext. 233. There is **no charge** for this class!



**Stop Smoking Classes...** Tobacco Free Florida offers a number of free and convenient resources to help tobacco users quit. The Florida Quitline and WebCoach are available 24 hours per day, 7 days a week. For more information about local, in-person classes, call Tonya Hobby at 926-0400, ext. 217. Smoking affects every organ in your body and stopping using any kind of tobacco can help you live a longer and healthier life! To get started visit <http://floridaquitline.com> or call 1-877-U-CAN-NOW (1.877.822.6669).

**Basic First Aid...** Please call for more information on the next class at the Health department. 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. The cost is \$25.00 per person. The fee must be paid in advance and there is no refund.



**The next Hands-only CPR class is on Thursday, February 20 from 7-9 p.m., 2014 at the Health Department.** 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. The cost is \$25.00 per person, **the fee must be paid in advance and there is no refund.**



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. This service is also very helpful in the event that you have just moved into the area. There is no charge to use the kiosk.