

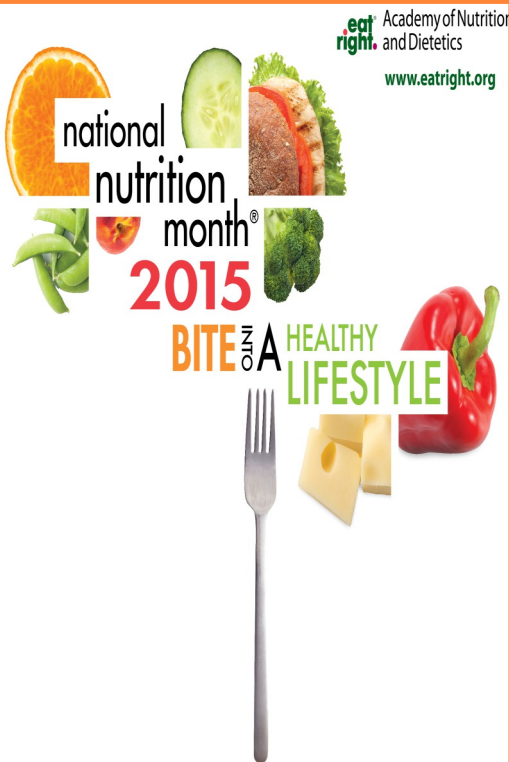


FLORIDA DEPARTMENT OF HEALTH IN FRANKLIN COUNTY

Mission: To protect, promote & improve the health of all people in Florida through integrated state, county, & community efforts.

WELLNESS NEWSLETTER MARCH 2015

“MARCH IS NATIONAL NUTRITION MONTH”



Each March, the Academy of Nutrition and Dietetics celebrates **National Nutrition Month**[®]. This annual event reinforces the importance of developing sound eating and physical activity habits.

The theme for 2015 is “Bite into a Healthy Lifestyle,” which encourages everyone to adopt eating and physical activity plans that are focused on consuming fewer calories, making informed food choices and getting daily exercise in order to achieve and maintain a healthy weight, reduce the risk of chronic disease and promote overall health.

A healthful lifestyle, with regular physical activity and an eating pattern chosen to meet individual nutrient needs within calorie limits, is vital to maintaining good health and quality of life. A healthy eating plan emphasizes nutrient-rich foods and beverages, vegetables, fruits, whole grains, fat-free or low-fat milk and milk products, seafood, lean meats and poultry, eggs, beans, peas, nuts, seeds and limits foods with added fats, sugars, and salt.

Nutrient needs should be met primarily through consuming foods. Foods provide an array of nutrients and other components that are thought to have beneficial effects on health. And eating pattern based on the Dietary Guidelines and MyPlate recommendations can accommodate the food preferences, cultural traditions and customs of many diverse groups.

MyPlate can help you use the Dietary Guidelines to:

- Find your balance between food and physical activity to manage your weight;
- Reduce food and food components linked to increased health risks;
- Increase food and nutrients that promote health while staying within your calorie needs;
- Build a healthful eating pattern.



The newsletter is written by FDOH-Health Educators. The information is provided on the purpose of education only and is not for the use to diagnose and/or treat any medical and/or mental health condition. For specific medical advice, diagnosis, and/or treatment please contact your primary care provider.



Colorectal Cancer Prevention

- Be physically active for at least 30 minutes, at least five days a week.
- Maintain a healthy weight.
- Don't smoke. If you do smoke, quit.
- If you drink alcohol, have no more than one drink a day if you're a woman or two drinks a day if you're a man.
- Eat fruits, vegetables and whole grains to help you get and stay healthy.
- Eat less red meat and cut out processed

Colorectal cancer is cancer of the colon or rectum. It's as common in women as it is in men. This year, over 136,830 people will be diagnosed with colorectal cancer and an estimated 50,310 will die of the disease. With certain types of screening, this cancer can be prevented by removing polyps (grape-like growths on the wall of the intestine) before they become cancerous. Several screening tests detect colorectal cancer early, when it can be more easily and successfully treated.

COLORECTAL CANCER SYMPTOMS

Early stages of colorectal cancer don't usually have symptoms. Later on, people may have these symptoms:

- Bleeding from the rectum or blood in or on the stool
- Change in bowel habits
- Stools that are more narrow than usual
- General problems in the abdomen, such as bloating, fullness or cramps
- Diarrhea, constipation or a feeling in the rectum that the bowel movement isn't quite complete
- Weight loss for no apparent reason
- Being tired all the time
- Vomiting

For more information please visit:
www.preventcancer.org/colorectal

DISASTER PREPAREDNESS

The Florida Department of Health in Franklin County (FDOH-Franklin) will be participating in an Activation Exercise at the Franklin County Emergency Operations center on March 10th. FDOH-Franklin responsibility in the exercise will be to conduct a review of the current Special Needs list for Franklin County and updating the list for Franklin County as appropriate.

A special needs shelter is a temporary emergency facility capable of providing care to residents whose medical condition may require the use of electrical equipment, oxygen, or individuals with physical, cognitive, or medical conditions who may require assistance from medical professionals. Although special needs shelters provide more care than a general shelter, they do not provide the level of care found in a medical facility.

If you apply for a special needs shelter, you will be asked about your transportation plans. If you need a ride to a shelter, arrangements will be made in advance.

In order to be admitted to a special needs shelter you will need to complete an **evaluation form** prior to an emergency and meet certain eligibility requirements. Once you have completed the evaluation form, you will be contacted for more information and your medical needs and eligibility will be assessed. If you do not qualify for a special needs shelter, other options will be discussed with you. For more information contact the Franklin County EOC Special Needs Coordinator, Jennifer Daniels, at (850)653-8977 or Public Health Preparedness Planner, Randi "Nicole" Sandoval, with The Florida Department of Health in Franklin County at (850)653-2111 ext.125.



Community Health Improvement Partners Meeting (CHIP)

Date: March 25th, 2015

Location: Eastpoint Public Library
160 Hickory Dip Road
Eastpoint, FL 32328

Time: 11am-12pm

*Working together to put
our community and
health first!*

Exercise is good for
your mind, body, and soul.
-Susie Michelle Cortright

Physical fitness can neither be
achieved by wishful thinking nor
outright purchase. -Joseph Pilates

The greatest wealth is health.
-Virgil

www.TandBurner.com

A lack of exercise robs the body
of an essential ingredient.
-Karen Sessions

Our bodies are our gardens -
our wills are our gardeners.
-William Shakespeare

Energy and persistence conquer all things.
-Benjamin Franklin

Take care of your body.
It's the only place you have to live.
-Jim Rohn

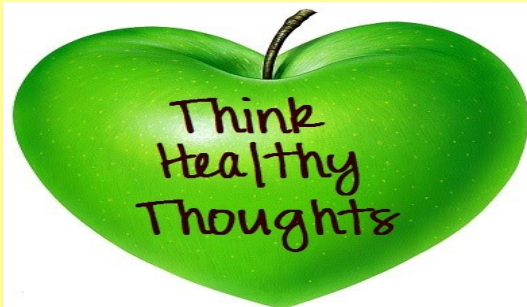
What fits your busy schedule better
exercising one hour a day or
being dead 24 hours a day?
-Unknown

Those who think they have no time
for bodily exercise will sooner or
later have to find time for illness.
-Edward Stanley

In order to change we must be
sick and tired of being
sick and tired.
-Author Unknown

Health and Wellness

Motivational Quotes



THINK POSITIVELY
and
EXERCISE DAILY
EAT HEALTHY
WORK HARD
STAY STRONG
BUILD FAITH
WORRY LESS
READ MORE
BE HAPPY
RELAX
LOVE
LIVE



HealthiestWeight



3 EASY & FREE WAYS TO QUIT



Talk to a Quit Coach® who
can help you quit tobacco.
1-877-U-CAN-NOW
1-877-822-6669



Online help quitting tobacco
is only a few clicks away.
www.quitnow.net/florida



Looking for local face-to-face
help? Find a center near you.
www.ahectobacco.com

Closing the Gap Program Cooking Demo Dates



Closing the Gap Healthy Cooking Demonstrations
for March 2015:

Piggly Wiggly—March 11th and 18th, 2015 2pm-5pm

Dollar General Market—March 24th and 28th, 2015 2pm-5pm

For more information, contact Talitha Robinson or Alma Pugh , Closing the Gap Program 850-653-2111 x 102/133.



A big shout out to all participants in the Fitness Challenge!

So many of you have made a commitment to healthier choices. You all are doing a great job.

We have about a month to go before our last weigh-in. Walk, run, jump rope, play hop scotch, 1-2-3 red light or mother-may-I with family and friends. Continue to move and add fruit and vegetables to your daily diets. It will pay off in the end.

We are truly inspired by all of you.

Alma Pugh
Human Services Specialist
Closing the Gap Program

strengt**H**
ex**E**rercise
e**A**t
Live
fi**T**ness
c**H**allenge
enjo**Y**

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We would like to wish a Happy Birthday to the following staff:



Shawana Williams 3/4

Vanessa Edgenfield 3/4

Stephaniz Cash 3/6