



WARREN COUNTY HEALTH DISTRICT

Prevent - Promote - Protect



HIV TESTING

More than 50% of youth with HIV do not know they are infected.

Getting tested for HIV is an important step toward prevention, and the Health Department can help.

When: Thursdays
8:00 am-10:00 am,
by appointment
only

*To schedule an appointment call
513-695-1263

Where: 416 S.
Eat St, Lebanon,
OH 45036

What:

- Confidential and anonymous testing
- Education
- Counseling
- Evidenced based interventions
- Community planning

Who: Anyone 13
years and older

**Oral Quick Test
results within 20
minutes.
Service Fee: None



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NEWS & INFORMATION

www.warrenchd.com

Duane Stansbury, R.S., M.P.H
Health Commissioner



American Diabetes Month

Type 2 diabetes, the most common form of diabetes is a result of high blood sugars due to insulin resistance. According to the CDC, more than 34 million Americans have been diagnosed with type 2 diabetes, and 88 million Americans have been diagnosed with pre-diabetes. That means 1 in 10 people in America have diabetes, and 1 in 3 people in America have pre-diabetes. Diabetes rates are higher among the African American and Hispanic communities compared to the Asian and Caucasian communities. The US youth have seen rates of diabetes increase as well over the decade.

Symptoms include urinating often, feeling thirsty, feeling hungry, fatigue, blurry vision, slow wound healing, and pain or numbness in the feet. Complications of type 2 diabetes includes obesity,

amputation of limbs, neuropathy, and heart disease.

The main biomarker for assessing diabetes is hemoglobin A1c. Hemoglobin A1c will tell your doctor your average blood sugar levels over the past 2-3 months. Normal A1c levels would be 5.7% or lower. Pre-diabetic levels are between 5.7%-6.4%, and diabetic levels are above 6.5%.

It is important to consume adequate amounts of protein with every meal and snack. Protein has a high thermic effect, which means it burns more calories while being digested and absorbed. Protein also slows down the digestion of carbohydrates, causing us to feel fuller longer because our blood sugars function at optimal ranges for a longer period of time.

In addition to protein intake, tips to control blood sugars would be to

exercise and decrease the amount of carbohydrates to 3 servings per meal and 2 servings per snack. Focus on high-fiber carbohydrates such as fruits, vegetables, beans/legumes, and whole grains.

Meal ideas:

- Breakfast: old-fashioned oatmeal with Greek yogurt.
⇒ 1 cup cooked oatmeal (2 servings) with 2/3 cup of Greek yogurt (1 serving).
- Lunch: whole grain ham and cheese sandwich, 1 small apple and carrot sticks.
⇒ Two slices of whole grain bread (2 servings) and a small apple (1 serving).
- Dinner: 3 oz lean roast beef with a 1/2 baked potato, dinner roll, and 1 cup green beans.
⇒ 1/2 baked potato (2 servings) and dinner roll (1 serving)

[https://www.niddk.nih.gov/health-information/diabetes/overview/what-is-diabetes/type-2-](https://www.niddk.nih.gov/health-information/diabetes/overview/what-is-diabetes/type-2)

Safe Holiday Travel

The holidays are right around the corner! Be sure to stay safe while traveling by following these tips:

Before Traveling:

1. Consider the risks of yourself and others. If underlying condition such as asthma, obesity, diabetes, or heart issues exist, consider staying home.
2. Check to see if your destination has any requirements or restrictions on travelers.

During Travel:

1. Wear a mask covering your mouth

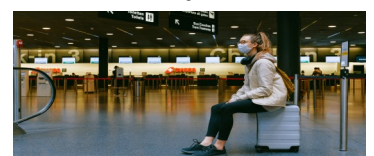
and nose when in public places.

2. Avoid close contact with others. Keep 6 feet apart from others at all times.
 3. Wash your hands thoroughly and often.
 4. Avoid touching your eyes, mouth, and nose.
- Considerations For Types of Travel:
 1. During air travel, watch out for close contact with others and frequently touched sur-

faces.

2. During car travel, pay attention to stops along the way like gas, food, and bathroom breaks to limit contact with others.
3. During bus/train travel, avoid touching surfaces, social distance from others, and wash hands after leaving the bus/train.

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html>



Thanksgiving Wellness

Maintaining healthy habits during the holiday season can be challenging. Here are some ideas to stay active:

- If you are shopping online, use the time you saved for some type of exercise.
- Shop downtown or in urban areas that will involve lots of walking.
- If you are shopping at the mall, lap the mall one or two times before completing your shopping list.
- Joining your friends at a restaurant or theater? Park your car multiple blocks away and walk the rest.
- Hosting dinner at your place? Ask your guests to wear warm clothing so everyone can go for a walk through the neighborhood after dinner.
- When planning get-togethers with friends, suggest areas to walk around

- to see the holiday lights and displays.
- Instead of usual potluck with relatives, suggest doing things that involve physical activity like skiing, sledding, hiking, biking, or skating.
- Try playing a family flag football game.

Portion control is also hard to manage during the holidays. Observe the nutrition label for correct serving sizes. Select food portions no bigger than 3-4oz. Using the palm of your hand as a guide is an easy way to measure out 3-4 oz portions.

Here is a healthy recipe for reusing the leftovers from thanksgiving entrees to satisfy your pallets. It is best to refrigerate leftovers for 3-4 days or freeze them for 3-4 months.

- Leftover Turkey Stew
- **Makes 4 servings
- 1 tbsp. of olive oil
- 1 1/2 cup of chopped yellow onion
- 2 cups brown rice
- 4 cups of unsalted chicken broth
- 2 cups of leftover gravy
- 4 cups of leftover vegetables
- 3 cups of shredded cooked turkey
- 2 tbsps parsley
- 1/4 tsp of salt
- 1/4 tsp of pepper

<https://healthplans.providehttp://www.eatingwell.com/recipes/19906/holidays-occasions/thanksgiving/leftovers/nce.org/>



Alzheimer's Awareness

November is National Alzheimer's Disease Awareness Month. Alzheimer's disease is a degenerative brain disease and the most common form of dementia in the world. Alzheimer's disease affects a person's memory, thinking, and behavior to the degree of interfering with daily life. Risk factors include age, family history, overall brain health, brain injuries, and cultural background.

Age is the greatest known risk factor for Alzheimer's and other dementias, but these disorders are not a normal part of aging. While age increases risk, it is not a direct cause of Alzheimer's. Most individuals with the disease are 65 and older. After age 65, the risk of Alzheimer's doubles every five years.

Family history is another risk factor that is heavily linked with Alzheimer's. If someone



in your immediate family has Alzheimer's, your risk of developing the disease increases. Furthermore, the risk increases if more than one family member has the illness. When diseases tend to run in families, either heredi-

tary, environmental factors, or both, may play a role.

There is a link between head injuries and



future risk of dementia. Protect your brain by buckling your seat belt, wearing a helmet when participating in sports, and "fall-proofing" your home. Examples of fall-proofing your home include the following:

- Ensure handrails are placed down both sides of the stairs
- Keep walkways clean
- Set carpets firmly to the floor
- Ensure adequate lighting in every room

Brain health is directly affected by the health of your heart. The heart supplies all the blood and nutrients needed for the brain to function properly. The risk of developing Alzheimer's appears to increase in those with heart disease, diabetes, stroke, high blood pressure, and high cholesterol.

Latinos are about one-and-a-half times as likely, and older African-Americans are about

twice as likely to have Alzheimer's/dementia compared to older Caucasians. The reason for these differences is not well understood, but researchers believe higher rates of vascular disease in these groups may put them at greater risk for developing Alzheimer's.

alz.org/alzheimer_s_dementia

<https://thekensingtonwhiteplains.com/november-national-alzheimers-disease-awareness-month/>

<https://www.nia.nih.gov/health/fall-proofing-your-home>

The Offices of the Warren County Health District will be closed on Wednesday, November 11th in observance of Veteran's Day,

Offices will also be closed on Thursday, November 26th and Friday, November 27th for the Thanksgiving Holiday.

