



# WARREN COUNTY HEALTH DISTRICT

## Prevent-Promote-Protect



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## NEWS & INFORMATION

[www.warrenhd.com](http://www.warrenhd.com)

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### A Burning Passion for Burn Safety

The American Burn Association is tackling burns. This year's theme is Electrical Safety from Amps to Zap (A to Z)! Major tips to prevent electrical burns include:

- Contact a qualified electrician when electrical work is needed.
- If electrical cords are cracked or damaged, replace them. Don't try to repair them.
- Don't overload extension cords or wall outlets.
- Never use extension cords with appliances. Plug them directly into wall outlets.

**Resources:**  
1. <http://ameriburn.org/prevention/burn-awareness-week/>  
2. <https://www.ssvfd.org/safety/electrical-fire-safety/>

## National Heart Month

It's all about the heart in the month of February! Follow these tips to ensure happiness and healthiness with your sweetie for years to come.

Cardiovascular disease is the number one cause of death in the United States. In fact, one person dies every 36 seconds. Pre-existing conditions that increase the likelihood of developing cardiovascular disease include diabetes and being overweight or obese.

Lifestyle habits greatly impact these conditions! Those that smoke, have poor diet, are physically inactive, and drink alcohol

excessively are also at risk for developing CVD.

Two heart-healthy eating habits to adopt are those of the Mediterranean and DASH diets. Both diets emphasize consuming plenty of fruits and vegetables throughout the day while consuming mostly whole grains and lean proteins.



When consuming red meat, lean cuts of 90% or greater are recommended. Consider eating fish or shellfish at least once a week. Heart-healthy fats, such as olive oil and avocado are great choices. Consume 2-3

low-fat dairy servings and limit sodium to no more than 2,300 mg daily.

Don't forget about exercise! The American College of Sports Medicine and CDC recommend

healthy adults aged 18–65 years to participate in moderate intensity aerobic physical activity for a minimum of 30 min on five days per week, or vigorous intensity aerobic activity for a minimum of 20 min on three days per week. Walking in three 10-minute bouts daily is a great starting point. Small changes, such as standing at your work desk make all the difference.

Eat healthy, stay active, and maintain a healthy heart.



**Resources:**  
1. <https://www.cdc.gov/heartdisease/facts.htm>  
2. <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/mediterranean-diet/art-20047801>  
3. <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/dash-diet/art-20048456>  
4. <https://www.acsm.org/read-research/trending-topics-resource-pages/physical-activity-guidelines>

## Tips to Quit Smoking

Smoking is one of the leading contributors to developing heart disease and an array of cancers. Only 4-7% of smokers that try to quit "cold turkey" are successful in staying smoke free, so a plan is needed.

The best ways to ensure success with smoking cessation include establishing a quit date, developing a support system, healthily controlling

weight and managing stress, and learning how to cope with urges to smoke.

Smoking withdrawal may occur, but symptoms usually last only two weeks. Symptoms of withdrawal include:

- Trouble sleeping
- Difficulty concentrating



- Feeling restless/anxious

Other concerns about smoking cessation include weight gain. Eating

low-fat snacks such as carrots, cucumber, or celery, or chewing sugar-free gum may help with urges to snack. Be sure to exercise. Consider turning to nicotine replacement, as this is shown to control weight.

Secondhand smoke puts others in danger as well. Children who live with smokers get more chest colds and ear infections, while babies born to mothers who smoke have an increased risk of premature delivery, low birth weight and sudden infant death syndrome (SIDS).

\*\*Want help quitting? Call 1-800-QUIT-NOW (784-8669) or log onto [ohio.quitlogix.org](http://ohio.quitlogix.org) for more information.

# Healthy Valentine Treats

Sweet treats on Valentine's Day are extra tempting. It is okay to enjoy a treat or two, but replacing bags of candies and baked goods with healthier options is a great way to stay on track with your new year's fitness resolutions.



measures.

See below for family-friendly Valentine's Day treats to try:

1. Whole grain peanut butter waffles
  - One whole-grain Eggo Nutri-Grain waffle
  - One tablespoon peanut butter or nut butter
  - 1/2 cup berries of choice
  - 1 tablespoon sugar-free maple syrup

\*\*Feeling festive? Try making heart shapes out of strawberries.



Adding in protein to snacks is one of the best ways to feel full and burn more calories throughout the day. Consuming high fiber carbohydrates such as whole grains and starchy vegetables over refined baked goods and sweets are also good

\*\*\*Pair with heart-shaped hard-boiled eggs!



2. Tomato and cheese arrows

- 10 Cherry Tomatoes
- 1/2 Block White Cheddar cheese
- Toothpicks



Recipe Resource:

<https://glitterandbubbles.com/valentines-day-snack/>

# National Black HIV/AIDS Awareness Day

February 7th marks National Black HIV/AIDS Awareness Day. This observance is an opportunity to increase HIV education, testing, community involvement, and treatment among black communities.



43% of new HIV diagnoses are among African Americans. These numbers are even higher in African American women. Promoting awareness allows us to slow these rising rates.

You can raise awareness of HIV within Black communities and provide information on access to care using CDC's *Let's Stop HIV Together* campaign resources. Even when we are physically apart, we all have a role to play in ending HIV. That's why the 2021 NBHAAD theme is "We're in This Together."

*Let's Stop HIV Together* aims to empower communities, partners, and healthcare providers to reduce HIV stigma and promote prevention, testing, and treatment among all people in the United States.

With campaign resources, partners and other organizations can play a role in preventing HIV and helping people with HIV stay healthy.

The *Let's Stop HIV Together* campaign is part of the national Ending the HIV Epidemic (EHE) initiative.

## Local Free Testing

Did you know free HIV testing is available at WCHD? Testing occurs on Fridays, 8:00 am-10:00 am, by appointment only.

\*\*To schedule an appointment call 513-695-1263.

## Resources:

1. <https://www.hiv.gov/events/awareness-days/black>
2. [https://www.cdc.gov/stophivtogether/library?Sort=Last%20Updated%3A%3Adesc&Language=English%20\(US\)&Audience=Blacks%20African%20Americans](https://www.cdc.gov/stophivtogether/library?Sort=Last%20Updated%3A%3Adesc&Language=English%20(US)&Audience=Blacks%20African%20Americans)

**The Offices of the Warren County Health District will be closed Monday, February 15th in observance of President's Day.**

