

WARREN COUNTY HEALTH DISTRICT Prevent-Promote-Protect



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NEWS & INFORMATION warrenchd.com

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

WCHD Prenatal Clinic

Are you expecting? The WCHD's Prenatal Clinic could be a great option for you and your unborn child.

We accepted uninsured patients on a sliding scale fee, which is based on vour household income.

We accepted Ohio Medicaid, Care Source, Molina, Paramount, and Buckeye. We also accept private insurance as well.

For more information, please call the prenatal Clinic at 513-695-1262 and make an appointment today.



BACK TO SCHOOL MEAL TIPS

It's that time of year again! Rushing from home to school to practice can be a lot. Sometimes it seems like there is not enough time in the day.

As you drop your kids off you realize you forgot to feed them breakfast. Making sure your kids start the day off right with a healthy breakfast is so important. Our brains function on 90% glucose. When we sleep, we burn calories and carbohydrates. We need fuel when we wake up so we can conquer the day!

Several studies suggest that eating breakfast may help children perform better in school by improving memory, alertness, concentration, problemsolving ability, test scores, attendance, and mood. By skipping breakfast, we narrow our

opportunity to take in vital nutrients. Those who eat breakfast tend to

have diets rich in fiber, calcium, zinc, iron, and vitamins A and C.

Kids and teens that eat break-

fast are less likely to be overweight. Those that eat breakfast tend to have healthier cholesterol levels, stronger bones, better digestion, and improved metabolism The key to a healthy breakfast and really all meals is to pair a high-fiber carbohydrate, such a oatmeal or whole-grained bread, with high-protein items such as milk/yogurt or eggs.

Make sure to pack a healthy lunch If you have additional questions, as well. This will ensure that the kids have the energy and brain power to get through the rest of the day.

Be sure to encourage water consumption, especially over soda

Try and limit sweets and choose healthy options at least 80% of the time. Try to ensure your child is eating the healthy foods you packed before eating the sweets.

> Maybe save the sweets for an at home treat after school.

If you are not sure how to put all this together go to www.myplate.gov for help.

Packing lunches can be fun and healthy. It is also a great way to spend some time with the kids every day.

please contact Bri Higgins, our Dietician, at 513-695-1477.

GROWING UP DIGITAL

In a world where children are "growing up digital," its important to help them learn healthy concepts of digital use and citizenship. Here are a few tips from the American Academy of Pediatrics (AAP) to help families manage.

Make your own family media use plan: media should work for you and your family

Set limits: set reasonable limits for your family

Be a good role model: teach and model kindness and good manners online

Value face-to-face communication: engage in back-and-forth "talk time" with your family

Don't use technology as an emotional pacifier:

media can help in keeping kids calm and quiet, but not the only way to calm down

- Warn the kids about the dangers: once content is shared it can not be removed or deleted
- Kids will be Kids: they will make mistakes, be there to help them

STAYING MENTALLY HEALTHY

Looking after your mental health is vital, especially when your world has been turned upside down. We are once again in unprecedented times with the Covid. As hard as we try, our mental health may be suffering as we try to keep it together for our family and friends. The

good news is there are a lot of things we can do to stay physically and mentally healthy.

*KEEP AC-TIVE—this keeps our bodies healthy,

our immune system strong, and our minds in tip-top condition. Physical activity burns off stress hormones so we feel calm.

*FOCUS ON THE PRESENT—

our minds have a tendency to ruminate on the past, sometimes in a negative way. This tendency is often exacerbated during a stressful time. Focus on the present moment and with an attitude of kindness and curiosity.

*LAUGH—laughing feels good, boosts our immune systems, and helps us keep things in perspective. Laughter is contagious.

> *PRACTICE KINDESS—in times of need, we often see the best of humanity as people dig deep to help others. Gratitude can improve our wellbeing.

*KEEP LEARNING—our minds need challenge and stimulation to stay healthy. It is important to always be learning new things.

*CONNECT—research shows that people who have the richest social relationships are the happiest; the quality of relationships has even been linked to physical health and longevity.

*CONCENTRATE ON

STRENGTHS—character strengths are essential in supporting our wellbeing. Research shows that working with our strengths increases our levels of happiness.

The WCHD is strongly recommending that everyone wears a mask indoors in public even if you are fully vaccinated. Warren County is considered high transmission. The Delta variant is more dangerous than other variants of the virus that causes COVID-19. Slow the spread of Delta by getting vaccinated as soon as you can.

WCHD has a Covid walk-in clinic Monday-Friday 8:00 a.m.—11:30 p.m. and 1:15 p.m.—3:30 p.m.

TIPS TO PREVENT FALLS

September is Healthy Aging Month. Falls are the number one cause of injuries leading to ER visits, hospital stays, an deaths in Ohioans over the age of 65.

Research has shown that after a care recipient's first fall, caregivers report a significant in-

crease in caregiver burden, fear of falling, and depression.

Here are some things you can do as a caregiver to prevent falls for yourself and your loved ones:

- 1. Walk at least 15 minutes daily to build muscle strength and improve balance.
- 2. Talk to your doctor and ask for a

- fall risk assessment. Talk about medicines your loved one takes, and the history of their falls.
- 3. Get your loved one's vision and hearing checked at least once a year.
- 4. Drink plenty of fluids and eat a well-balanced diet.
 - 5. Most falls happen at home. It may help to install lighting in stairways, grab bars in the bathroom, and make sure the floors are clear of clutter.
- 6. Take a falls prevent class together, such as "A Matter of Balance"
- 7. Call the Council on Aging for more information. 513-721-1025

The offices of the Warren County Health District will be closed, Monday, Sept. 6th in observance of Labor Day

