

## NEWS AND INFORMATION



### Safe Relationships



Healthy relationships involve honesty, trust, respect and open communication between partners and they take effort and compromise from both people. There is no imbalance of power. Partners respect each other's independence, can make their own decisions without fear of retribution or retaliation, and share decisions. If or when a relationship ends, there is no stalking or refusal to let the other partner go.

#### Characteristics of Healthy Relationships Include:

- Respect for privacy and space. You don't have to be with your partner 24/7.
- Your partner encourages you to spend time with friends without them, and to participate in activities that you enjoy.
- You feel comfortable expressing your opinions and concerns to your partner.
- Your partner respects your wishes and feelings and you can compromise and negotiate when there are disagreements or conflicts.

#### The foundation of a healthy relationship includes:

- **Boundaries:** You and your partner are able to find ways to meet each others' needs in ways that you both feel comfortable.
- **Communication:** You and your partner can share your feelings, even when you don't agree, in a way that makes the other person feel safe, heard, and not judged.
- **Trust:** Building trust can take time and allows couples to be vulnerable with one another knowing that they can rely on the other person.
- **Consent:** Most commonly used when you're being sexually active, giving consent means that you are okay with what is happening, and that no one is forcing you or guilted you into doing anything that you don't want to do. Consent can be given and taken back at any time, and giving consent once does not mean you automatically give consent in the future.



### Heart Healthy February

February is American Heart Month, a time when all people can focus on their cardiovascular health. Taking time to care for your heart can be challenging as you go about daily life. But it's easier than you think to show your heart the love it deserves each day. Small acts of self-care, like taking walks, getting quality sleep, and cooking healthy meals, help your heart. Heart-healthy living involves understanding your risk, making healthy choices, and taking steps to reduce your chances of getting heart disease, including coronary heart disease, the most common type. By taking preventive measures, you can lower your risk of developing heart disease that could lead to a heart attack. You can also improve your overall health and well-being.

Such examples of steps that you can take to reduce your chances of developing heart disease are to:

- Move More
- Eat Healthy Foods
- Aim for a healthy weight
- Quit Smoking
- Reduce stress and improve sleep
- Know your numbers or lab values

Do you need help with starting your heart healthy life? WCHD can help! To get started, call 513-695-1228 to schedule a yearly exam with one of our providers.



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



It is estimated that 200 million people in the US are going to tune in to the Super Bowl on February 11th. A little more than half, or 112.2 million people will either attend or throw a party, and 16.2 million people will go to a bar or restaurant to watch the game. If you are planning on partaking in Super bowl festivities, there are some tips and tricks for food safety that you can follow to protect yourself and others against foodborne illnesses

## Deliveries and Takeout Foods

If you're ordering takeout earlier in the day before the big game, make sure someone is there to get the food in a timely manner. Place any food that is not being eaten immediately in the refrigerator. When storing leftovers, divide them into smaller portions and place them into small, shallow containers. Perishable foods that have been sitting out at room temperature must be eaten within two hours after being cooked.

## Don't Let Leftovers Sit on the Sidelines

Your Super Bowl leftovers will be safe for three to four days in the refrigerator. Reheat leftovers to the safe internal temperature of 165 F as measured with a food thermometer. Reheat liquid foods like soups and sauces to a boil. Tasting food to determine its safety is dangerous. When in doubt, throw it out!

## Stay in the In Zone, not the Danger Zone

If you're serving food to groups, follow the two-hour rule. When perishable foods sit in the Danger Zone (temperatures between 40 F and 140 F) for more than two hours, bacteria can multiply rapidly. Meat and poultry must be refrigerated or frozen within two hours of sitting out on a counter in the Danger Zone. If you want to enjoy the big game and serve food longer than two hours, keep hot foods hot and cold foods cold. Hot foods must be kept at 140 F or above by using warming trays, chafing dishes, or a slow cooker. Cold foods must be kept at 40 F or below. To keep them cold, serve them in smaller portions and refill them, or place the food in containers and nestle them in ice.

## Always Remember the Four Steps to Food Safety

- **Clean**—Wash your hands for at least 20 seconds before, during, and after meal preparation. Clean and sanitize surfaces often with soap, water and a sanitizer. In a recent USDA study, 96% of handwashing attempts failed due to missing all the necessary steps.
- **Separate**—Use separate cutting boards: one for raw meat and poultry and another for fruits and vegetables. Keep raw foods separate from ready-to-eat foods and utensils.
- **Cook**—Cook meat and poultry products to a safe internal temperature by using a food thermometer.
- **Chill**—Place foods that are no longer being eaten back into the refrigerator or freezer within two hours of sitting out at room temperature.

## What's Happening at WCHD this month?

**February 19th (Presidents Day)– WCHD Closed**



**Saturday, February 10th from 10AM–12:30PM: Healthy Family Day at the Countryside YMCA**

Visit WCHD's table at the Countryside YMCA's Healthy Family Day! Healthy Family Day is Saturday, February 10th from 10AM–12:30PM and its FREE to anyone, regardless of membership status at the YMCA. At this event, there will be free fitness classes, rock climbing, various health screenings, and prizes. Visit [countrysideymca.com](http://countrysideymca.com) for more information.

### ALL MONTH:



FREE at home COVID-19 tests available. If you are interested in getting some COVID-19 tests, call 513-695-3126 to schedule a pick up time.



Nutrition and diet counseling provided by WCHD dietitian, Laura Brodt. If you are interested, call 513-695-1477 to set up an appointment.



Vaccination Clinics. Adult and childhood vaccines available. Need a COVID-19 and/or flu vaccine? Call 513-695-1468 or 513-695-1229 to get scheduled.



Various Health Clinics. Need to see a doctor or medical professional? Visit [warrenchd.com](http://warrenchd.com) to see a description of the clinics WCHD offers.