Community Services Connections

National Nutrition Month—

Make physical activity a part of your daily routine as you "Bite into a Healthy Lifestyle" during National Nutrition Month®.

Each March and throughout the year, the Academy of Nutrition and Dietetics encourages everyone to return to the basics of healthy eating by adopting a healthy lifestyle focused on consuming fewer calories, making informed food choices and getting daily exercise. The goal is to achieve and maintain a healthy weight, reduce the risk of chronic disease and promote overall health.

"Daily physical activity is a crucial part of everyone’s healthy lifestyle, but unfortunately most of us don’t include enough movement in our daily routines," says registered dietitian nutritionist and Academy Spokesperson Jennifer McDaniel. "Regular physical activity strengthens bones and muscles, reduces the risk of chronic illness and fosters overall well-being."

Regular Physical Activity is a Must

Most health benefits come from at least 150 minutes a week of moderately intense physical activity, with added advantages from increased exercise and intensity. Endurance and muscle-strengthening activities like lifting weights, working with a resistance band or doing pushups are also beneficial.

"A physically active lifestyle offers you many rewards, from a slimmer body to a healthy heart," says McDaniel, who is also a board certified sports dietitian. "And these physical benefits are only the beginning. Additional advantages include stress relief, better sleep and even a more positive mental outlook."

Everyday Ways to get Moving

Physical activity is important for everyone at every age. "The key is to find activities that are both sustainable and enjoyable. For some, this may mean a light yoga class, while for others it may mean training for a marathon. Bottom line: Find manageable ways to move more," McDaniel says. McDaniel offers ways to get moving:

- Use the buddy system: Join a walking group or attend fitness classes.
- Participate in social and competitive sports like soccer or flag football.
- Plan a hiking or canoeing trip instead of a beach vacation.
- Sign up for a 5k run/walk with friends or family.
- Sneak in exercise at your desk like leg lifts and calf raises — or even buy a desk that allows you to stand while working.
- Take a 15-minute walk on your lunch break (or walk up and down the stairs when weather’s bad).

Find an activity monitor to assess movement through the day – gadgets are very motivating for some!
Prepare for Unpredictable Spring Weather

Spring weather can be unpredictable. When severe weather hits unexpectedly, the risk of injury and death increases, so planning ahead makes sense. Prepare for storms, floods, and tornadoes as if you know in advance they are coming, because in the spring, they very likely will.

Spring is the time of year when many things change—including the weather. Temperatures can swing back and forth between balmy and frigid. Sunny days may be followed by a week of stormy weather. Sometimes extreme weather changes can occur even within the same day.

Thunderstorms cause most of the severe spring weather. They can bring lightning, tornadoes and flooding. Whenever warm, moist air collides with cool, dry air, thunderstorms can occur. For much of the world, this happens in spring and summer.

Because spring weather is so unpredictable, you may be unprepared when severe weather hits—particularly if you live in a region that does not often experience thunderstorms, tornadoes or flooding. And when severe weather hits unexpectedly, the risk of injury and death increases. So planning ahead makes sense; prepare for storms, floods, and tornadoes as if you know in advance they are coming, because in the spring, they very likely will.

Advance planning for thunderstorms, lightning, tornadoes and floods requires specific safety precautions. Still, you can follow many of the same steps for all extreme weather events. You should have on hand:

- A battery-operated flashlight, a battery-operated NOAA Weather Radio, and extra batteries for both
- An emergency evacuation plan, including a map of your home and, for every type of severe weather emergency, routes to safety from each room
- A list of important personal information, including:
  - Telephone numbers of neighbors, family and friends
  - Insurance and property information
  - Telephone numbers of utility companies
  - Medical information
- A first aid kit may include:
  - Non-latex gloves
  - Assortment of adhesive bandages
  - Antibiotic ointment
  - Sterile gauze pads in assorted sizes
  - Absorbent compress dressings
  - Tweezers
  - Scissors
  - Adhesive cloth tape
  - Aspirin packets (81 mg each)
  - First aid instruction booklet

Prepare your family members for the possibility of severe weather. Tell them where to seek appropriate shelter as soon as they are aware of an approaching storm. Practice your emergency plan for every type of severe weather. Show family members where the emergency supplies are stored, and make sure they know how to turn off the water, gas, and electricity in your home.

Unfortunately, few of us get much advance notice of a severe weather event. Often by the time we are aware of an approaching storm, we have little if any time to prepare for it. But we do know that when spring arrives, thunderstorms, tornadoes, and floods are real possibilities. So why not take the surprise factor out of severe weather and prepare yourself, your family, and your home? Of course, you may not have to deal with extreme weather this spring, but if thunderstorms, tornadoes and floods do occur, you’ll be ready for them.
The Flu and You

As of March 20 2015, Lucas County has had 298 confirmed Influenza-associated Hospitalizations for the 2014-2015 flu season.

The graph below illustrates the current confirmed Influenza-Associated Hospitalizations compared to baseline, which is a four year average excluding the 2009 pandemic year.

Heroin Survey

We are still looking for county residents’ input on heroin and opiate use in Lucas County. As of Friday, March 20, we have reached 3,766 surveys obtained (on-line or via paper copy). The survey is important because the community is being asked for their opinion on an issue that has been increasing in the past few years.

Take a moment to complete the survey and help us reach our goal of 4,000 surveys collected:

www.surveymonkey.com/s/opiateheroin
Dress in Blue Day at TLCHD

Toledo-Lucas County Health Department participated in Dress in Blue Day for Colorectal Cancer Awareness Month and raised over $235 for donation to the Lucas County Colorectal Cancer Coalition. Colon cancer is the third most common cancer in the United States and the second leading cause of cancer death. But it doesn’t have to be this way; through screening, it is one of the most preventable diseases.

Colorectal Cancer: Screening and Prevention

Colorectal cancer first develops with few, if any, symptoms. It is important not to wait for symptoms before talking to your doctor about getting screened. However, if symptoms are present, they may include:

- A change in your bowel habits, including diarrhea or constipation or a change in the consistency of your stool
- Feeling that your bowel does not empty completely, rectal bleeding, or finding blood (either bright red or very dark) in your stool
- Finding your stools are narrower than usual
- Persistent abdominal discomfort (cramps, gas, pain, or feeling full or bloated)
  - Losing weight with no known reason
  - Weakness or fatigue
  - Having nausea or vomiting

These symptoms can also be associated with many other health conditions. Only your doctor can determine why you’re having these symptoms. Usually, early cancer does not cause pain. It is important not to wait to feel pain before seeing a doctor.

When to see a doctor

If you notice any symptoms of colon cancer, such as blood in your stool or a persistent change in bowel habits, make an appointment with your doctor.

Talk to your doctor about when you should begin screening for colon cancer. Guidelines generally recommend colon cancer screenings begin at age 50. Your doctor may recommend more frequent or earlier screening if you have other risk factors, such as a family history of the disease.

Screening

Screening is the number one way you can reduce your risk of colon cancer. Despite its high incidence, colon cancer is unique in that it is one of the most preventable and, if found early, most treatable forms of cancer. And the best part is, screening is easy! From colonoscopy to at-home stool tests, there’s an option for everyone. If you’re
Crisis Communication Spokesperson Training

Some space is still available for the Crisis Communication Spokesperson Training that TLCHD is helping sponsor.

When: Wednesday, April 29, 2105  
Registration – 8:00 a.m. Seminar – 8:30 a.m. – 1:00 p.m.  
Location: Putnam County Educational Service Center, 124 Putnam Pkwy, Ottawa, Ohio  
Cost: Free, but seating is strictly limited, so reservations are a must.  
To Register: [http://ow.ly/JbFtA](http://ow.ly/JbFtA)  
For More Info: Shannon Lands, 419-213-4143 or lands@co.lucas.oh.us

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### March 2015

This calendar of events is maintained by the Division of Community Services at the Toledo-Lucas County Health Department. If you or your organization has events that you would like added to this event calendar or if you have questions regarding an event date/time/location, please contact Mahjida Steffin at steffinm@co.lucas.oh.us or 419-213-4218.

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**March Events**

- **8th**: Save Your Vision Week
- **15th**: Third Thursday Outreacck ($see pg 2)
- **22nd**: American Diabetes Alert Day
- **29th**: National Kidney Month
- **30th**: National Red Cross Month
- **31st**: National Colorectal Cancer Awareness Month
- **31st**: National Multiple Sclerosis Education and Awareness Month