



HEAL

Health Education & Awareness for a Lifetime

March
2015

A newsletter from the Florida Department of Health in Wakulla County
48 Oak Street, Crawfordville, FL 32327
850-926-0400



Everyone has questions about nutrition! What to eat? When to eat? How to cook food? Hopefully these are some answers that will help choose healthy food and healthy ways to prepare it.

What nutrients does the food have? A *nutrient* is something our bodies cannot create or create enough of to keep the body healthy. There are six essential nutrients. These include: **carbohydrates, protein, fat, vitamins, minerals and water.** While it's wise to limit **carbs**, remember that they're the main source of energy for your brain. Make sure at least half of your carbs are *whole grain*. **Protein** is responsible for making and repairing body

tissues. Choose lean protein sources such as low-fat meat, dairy, beans or eggs. **Fat** is an energy source that increases the body's ability to absorb fat-soluble vitamins including vitamins A, D, E and K. Each **vitamin** supports a different need and **minerals** also support different requirements the body has. **Water** helps transport nutrients throughout the body and remove waste. We can't live a healthy life without all of these nutrients working together!

Does it have fiber? **Fiber is essential to good heart health.** Fiber is found mainly in fruits, vegetables, whole grains and legumes and is probably best known for its ability to prevent or relieve constipation. But foods containing fiber can provide other health benefits as well, such as helping to maintain a healthy weight and lowering your risk of diabetes and heart disease. Read labels carefully to see how much fiber is in your food choice. *Men under 50 should have 38 grams and those over 50 should have 30 grams daily. Women under 50 should have 25 grams and those over 50 should have 21 grams daily.*

Is it high in sugar? **Sugar** occurs naturally in many foods and those are fine to eat on a limited basis. Added sugar however, offers nothing but empty calories. It can elevate blood sugar and cause your energy levels to fluctuate. Avoid drinks, snacks and sweets with high sugar levels. Depend on fruits and natural sugars such as honey and agave.

Is it light or dark in color? As a "rule of thumb," the **darker** the color of fruits and vegetables, the **more nutrients** they contain. Always plan colorful meals!

What's the best way to prepare it? **Steaming** uses little if any additional fats, **stir-frying** uses very little fat and you can always use healthy fats such as olive and canola oils. **Broiling** in an oven is a dry heat so you'll want to marinate or tenderize any meats. **Microwaving** also uses steam and is fast! **Pressure cooking** uses little steam so it keeps many of the nutrients in the food and it's also fast.



What you need to know about colorectal cancer

March is National Colorectal Cancer Awareness Month

How many people have CRC?



It is the **3rd** most commonly diagnosed type of cancer & the **3rd** most common cause of cancer deaths



of people diagnosed with CRC are over 50 years old.

Vitamin D and CRC

Did you know CRC was the first cancer thought to be associated with vitamin D levels?



A study found that CRC patients with vitamin D levels greater than 33 ng/ml had a **50%** lower incidence than those with levels less than 15 ng/ml.

50%

But **how** does vitamin D help?

Ensures cells have a distinct form and function

Initiates cell death

Controls cell growth

What are the symptoms?

- * Pain or discomfort
- * Unexplained weight loss
- * Blood in the stool
- * Changes in bowel movements (diarrhea or constipation)
- * Lump in the abdomen
- * Feeling that your bowels are not emptying completely
- * Constant fatigue

Who is at risk?



People with a family history of colorectal cancer, or polyps in the colon



People with an inflammatory bowel disease, such as ulcerative colitis or crohn's



People who don't exercise



People with a high intake of fat, smokers, &/or those with diabetes



African-Americans

What you can do?

Screen

Encourage friends and loved ones over the age of 50 to have **regular CRC screening tests**

Talk

Talk with friends and family about CRC **risk factors** and encourage them to live a healthy lifestyle

Act

Join patients, survivors, and care givers in holding **fundraisers or educational events** to increase awareness of CRC

Lifestyle

Make sure you eat a **diet** low in fat, don't smoke, and **exercise** regularly

Vitamin D

To further reduce your risk of CRC, make sure you **supplement** with vitamin D

SECOND ANNUAL
Wakulla County GIRLS NITE OUT
DOH WAKULLA COUNTY SPONSORED HEALTH AND WELLNESS FAIR
March 13, 2015 • 6:30 p.m. - 9:30 p.m.

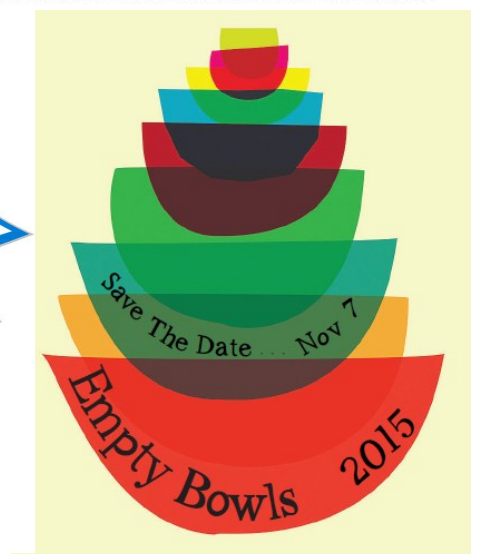
An evening of fun, pampering and information networking with public and private vendors from our community

Great gifts and prizes!
Your \$5 donation entitles you to three prize chances!
(With more chances available for purchase)

318 SHADEVILLE HIGHWAY, CRAWFORDVILLE
(corner of Trice Lane and Shadaville Hwy.)

Relay For Life Fundraiser by The Democratic Women's Club of Florida, Inc., Wakulla County

facebook.com/pages/Wakulla-County-Girls-Nite-Out-Relay-For-Life-Health-Wellness-Fair





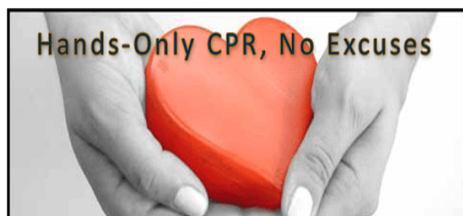
Classes offered by Florida Department of Health in Wakulla County

For more information or to reserve your space, please call the Wakulla One Stop Community Center at 745-6042 or 926-0400, ext. 215.

All classes meet at 318 Shadeville Highway, Crawfordville, FL

Childbirth Preparation... The Healthy Start Program offers a 5-week Childbirth Education class for pregnant moms and their partners. (We suggest that moms be at least 7 months pregnant when they take this class.) Topics include: coping with labor and delivery, comfort techniques, infant care - including Infant CPR, post-partum care, breastfeeding and car seat safety. The next series of classes are scheduled for

Tuesdays, March 24 – April 21 from 6:30-8:30 p.m.. These classes are held at the Wakulla One-Stop Community Center located at 318 Shadeville Highway in Crawfordville. For more information or to sign up for the class, call the Wakulla County One Stop Community Center at 745-6042 or Grace Keith at 926-0400, ext. 215 . There is **no charge** for this class!



The next Hands-only CPR class is on Thursday, April 9 from 7-9 p.m., 2014 at the Wakulla One-Stop Community Center at 318 Shadeville Highway. The course is endorsed by the American Safety and Health Institute. Call 745-6042 for more information or to register for a class. This class costs \$15.00. This fee will be returned when you successfully complete the class.

Other Classes...

- **Baby Basics...** Learn to take care of newborns up to six weeks of age. (1 evening for 2 weeks, 2 hours long each.) **March 23 and 30 - 6:30-8:30 p.m.**
- **Prenatal Development...** Learn about your baby's development and your body's changes throughout your pregnancy and how to keep you and your baby healthy. (1 evening for 3 weeks, 2 hours long each.) **April 13, 20, 27 - 6:30-8:30 p.m.**

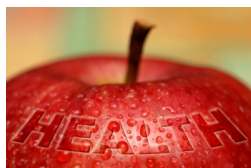
The following classes are not currently scheduled but if you would like to take one or need one for your employment, please call us and we can set a date for a class. Call Grace at 926-0400, ext. 215 for more information.

- **Basic First Aid...** This course is endorsed by the American Safety and Health Institute. The cost is \$25.00 per person. The fee must be paid in advance and there is no refund. (1 night, 2 hours long.)
- **CPR Pro...** For medical personnel only. The cost is \$35.00 per person. The fee must be paid in advance and there is no refund. (1 night, 2 hours long.)



The Florida Department of Health in Wakulla County has a Service Provider Kiosk to help you find who and what you are looking for. The kiosk is located in the lobby of the Health Department, which is open Monday through Friday, from 8 a.m. to 5 p. m.

You can search sites such as 211Big Bend, Whole Child Leon, Florida Department of Children and Families and Wakulla County Coalition for Youth Resource Directory. Many providers are local and have sliding fee scales. You can find many types of services from daily needs to emergency assistance. There is no charge to use the kiosk.



Health Education... Is there a health-related topic you need more information about? Need information on diabetes care, meal planning, nutrition, etc.? Call Health Educator, Grace Keith at 850-926-0400, ext. 215 or email: grace.keith@flhealth.gov