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American Heart Month

February is American Heart Month. Everyone can take steps to lower their risks for heart disease and heart attacks. A healthy lifestyle of eating well, staying active, being smoke free, and maintaining regular checkups, is your best weapon against heart disease. Some risk factors do not always have obvious signs or symptoms, such as high blood pressure or high blood cholesterol, so be sure to get your blood pressure and cholesterol levels checked. Come to NVHD on Thursdays between 10am and 12pm for a blood pressure screening. Take charge of your health!



Cover Your Cough

Stop the spread of germs that make you and others sick this winter season. Remember to cover your cough! Use a tissue to cover your mouth and nose when you cough or sneeze, or if you don't have a tissue, cough or sneeze into your upper sleeve, not your hands. Make sure to clean your hands after coughing, or sneezing. Use soap and warm water if available. If not, keep an alcohol-based hand sanitizer available to use. Germs can live for a long time, up to 2 hours or more on surfaces such as doorknobs, desks, and tables. Try to avoid touching your eyes, nose, and mouth which can augment the spread germs.

Though the common cold usually occurs in the fall and winter months, the cold weather itself does not cause the common cold. It is thought that during cold-weather months, people spend more time indoors in close proximity to each other, thus facilitating the spread of the virus
http://www.medicinenet.com/common_cold/article.htm



CT Immunization Review

The Connecticut Department of Public Health develops quarterly immunization newsletters called VaxFacts each year. The following practices within the Naugatuck Valley Health District member towns were recognized in the winter 2012 newsletter for achieving between a 90 and 94% immunization rate on CIRTS enrolled children born in 2008. Congratulations to:



- Children's Medical Associates
- Naugatuck Pediatrics
- Pediatric and Adolescent Health Care/Ansonia
- Pediatric health Care Associates/Huntington/Shelton

What is CIRTS? CIRTS is the Connecticut Immunization Registry and Tracking System. It is a free statewide computerized program established and maintained at the CT Department of Public Health (DPH) for the purpose of assuring timely childhood immunizations. The Registry includes information necessary to accurately identify a child and to assess current immunization status. Learn more at the CT DPH website: <http://www.ct.gov/dph/cwp/view.asp?a=3136&q=388268>.

National Children's Dental Month

According to the Centers for Disease Control and Prevention, although dental caries are largely preventable, it remains the most common chronic disease of children aged 6 to 11 years and adolescents aged 12 to 19 years. The National Children's Oral Health Foundation stated that pediatric dental disease, or tooth decay, has reached epidemic proportions. 4.5 million children develop pediatric dental disease each year, and are in such severe pain it affects their ability to eat, sleep, and learn. Left untreated, tooth decay can lead to malnourishment, bacterial infections, emergency surgery, as well as lifelong complications.

Did you know?

- Pediatric dental disease is 5 times more common than asthma
- 44% of American children will suffer from pediatric dental disease before they reach kindergarten
- 73% of preschoolers and 48% of primary school age children who have experienced cavities currently have unfilled cavities
- While the American Academy of Pediatric Dentists recommends that every child establish a dental home by their first birthday, only 1.5% of 1-year-olds have had a dental office visit compared with 89% who have had an office-based physician visit



To learn more go to <http://www.ncohf.org/> or to <http://www.ada.org/5578.aspx>

February is American Heart Month

Heart Disease is the leading cause of death for both men and women in the United States. The most common heart disease is coronary heart disease (CHD) which often appears as a heart attack. According to the Centers for Disease Control and Prevention, in 2010 an estimated 785,000 Americans had a new coronary attack and about 470,000 had a recurrent attack. The chance of developing coronary heart disease can be reduced by taking steps to prevent and control factors that put you at risk. Also, knowing the signs and symptoms of a heart attack is key to increase chances of a positive outcome.



The five major symptoms of a heart attack are:

- Pain or discomfort in the jaw, neck, or back
- Feeling weak, light-headed, or faint
- Chest pain or discomfort
- Pain or discomfort in arms or shoulder
- Shortness of breath

High Blood Pressure, also called hypertension, is found in 1 in 3 adults. It is often called the silent killer because many people with high blood pressure exhibit no signs or symptoms. This is why it is so important to routinely get blood pressure screenings. If your blood pressure is high, take steps to lower it. This could include eating a healthier diet, getting more exercise, and following your doctor's instructions about medications you take. Know what your blood pressure readings mean: the top number is the systolic reading representing the pressure when the heart beats pumping blood; and the bottom number, or diastolic reading, represents the blood pressure when the heart is at rest between beats.

Cholesterol is a fat-like substance found in all cells of the body. Your body does need some cholesterol to make hormones, vitamin D, and substances to help you digest food, though your body manufactures all the cholesterol it needs. Cholesterol travels through your bloodstream in small packages called lipoproteins. There are two kinds of lipoproteins that carry cholesterol throughout the body; low-density lipoproteins (LDL) and high-density lipoproteins (HDL). LDL is termed “bad” cholesterol, and HDL is termed “good” cholesterol. HDL is known as good cholesterol because it carries cholesterol from other parts of your body back to your liver, which removes the cholesterol from your body. The higher the level of LDL cholesterol in your blood, the greater your chance is of getting heart disease, whereas the higher the level of HDL cholesterol in your blood, the lower your chance is of getting heart disease.

*Information from the centers for disease control and prevention
<http://www.cdc.gov/heartdisease/about.htm>*



**American
Heart
Month**



Prevention: What can you do?

Eat a healthy diet. Be sure to eat plenty of fresh fruits and vegetables. Eating foods low in saturated fat and cholesterol, and high in fiber can help prevent high blood cholesterol. Limiting salt or sodium in your diet can also lower your blood pressure.

Exercise regularly. Physical activity can help you maintain a healthy weight and lower cholesterol and blood pressure. Adults should engage in moderate-intensity exercise for at least 30 minutes on most days of the week.

Don't smoke. Cigarette smoking greatly increases your risk for heart disease. If you do smoke, quitting will lower your risk for heart disease.

Limit alcohol use. Avoid drinking too much alcohol, which causes high blood pressure.

Blood Pressure Reference Table	
Category	Systolic/Diastolic
Normal	Less than 120 / 80
Prehypertension	Between 120-139 / 80-89
HBP Stage 1	Between 140-159 / 90-99
HBP Stage 2	Higher than 160 / 100

Cholesterol Reference Table	
Cholesterol Level	Cholesterol Category
Less than 200 mg/dL	Desirable
200–239 mg/dL	Borderline high
240 mg/dL and higher	High
LDL Cholesterol	LDL Cholesterol
Less than 100 mg/dL	Optimal
100–129 mg/dL	Near optimal/above optimal
130–159 mg/dL	Borderline high
160–189 mg/dL	High
190 mg/dL and higher	Very high
HDL Cholesterol	HDL Cholesterol
Less than 40 mg/dL	A major risk factor for heart disease
40–59 mg/dL	The higher, the better
60 mg/dL and higher	Considered protective against heart disease

Information from the American Heart Association. Learn more at <http://www.heart.org/HEARTORG/>

Low sodium, salt free, reduced sodium? Know the terms...

- ❖ **Sodium-free or salt-free.** Each serving in this product contains less than 5 mg of sodium.
- ❖ **Very low sodium.** Each serving contains 35 mg of sodium or less.
- ❖ **Low sodium.** Each serving contains 140 mg of sodium or less.
- ❖ **Reduced or less sodium.** The product contains at least 25 percent less sodium than the regular version.
- ❖ **Light in sodium.** The sodium content has been reduced by at least 50 percent from the regular version.
- ❖ **Unsalted or no salt added.** No salt is added during processing of a food that normally contains salt. Some foods with these labels may still be high in sodium because some of the ingredients may be high in sodium.



Remember that many packaged foods contain multiple servings. Be sure to check the label and consider how many servings you consume. One serving may be low in sodium, but multiply that by 5 and your sodium consumption can add up.

(Information from: <http://www.mayoclinic.com/health/sodium/nu00284/nsectiongroup=2>, mayo clinic March 2011)

Nutrition Tip of the Month

In recognition of Heart Health month, here are some tips to reduce sodium in your diet:

- ❖ *Eat more fresh foods. Most fresh fruits and vegetables are naturally low in sodium. Also, fresh meat is lower in sodium than are luncheon meat, bacon, hot dogs, sausage and ham*
- ❖ *Opt for low-sodium products. If you do buy processed foods, choose those that are labeled low sodium*
- ❖ *Remove salt from recipes whenever possible. You can leave out the salt in many recipes, including casseroles, stews and other main dishes that you cook*
- ❖ *Limit use of condiments high in sodium such as soy sauce, ketchup, mustard, relish, and certain salad dressings, sauces, and dips*
- ❖ *Use herbs, spices, zest from citrus fruit, and other flavorings to enhance foods rather than the salt shaker*

Sea Salt or Table Salt?

Sea Salt is often thought to be “better” for you than table salt. In reality, both sea salt and table salt have the same basic nutritional value. The main difference is in the taste and texture. Sea salt is made with little processing, while table salt is more heavily processed and usually contains certain additives to prevent clumping. Most table salts also have added iodine. If you are looking for a less processed salt, go for the sea salt, but no matter which one you use, your body still only needs small amounts of sodium, and most people consume far too much.

Health District News



The Naugatuck Valley Health District partnered with the CT Department of Public Health during January for National Radon Action Month. Thirty-four local health departments throughout CT participated in the campaign, and over 2000 radon kits were distributed. NVHD volunteers joined staff at local libraries to spread the word about the importance of testing for radon. In addition to informational materials and giveaways, a total of 144 radon kits were distributed to NVHD residents. Residents are still urged to test for Radon, especially during these winter months as it's the optimal time to test for Radon. Kits are available through the American Lung Association for \$12.00 (go to www.lungusa.org, or call 1-800-Lung-USA). The only way to know if you have a radon problem is to test. It can mean the difference between a safe and healthy home for you and your loved ones. Learn more at www.ct.gov/dph/radon.

Services at the Health District

PROGRAM	DESCRIPTION	DAY & TIME
Healthy Start/Husky	Apply for special health insurance for eligible mothers-to-be, infants and children up to 36 months	Monday, Wednesday, Thursday 8:30 AM-1:00 PM By appointment only
Women, Infants and Children (WIC)	Supplemental food and nutrition program	Monday - Friday 8:30 AM-4:00 PM By appointment only Call for information on Naugatuck and Shelton satellite clinics
Immunization Clinic	Vaccines for Adults and Children	Tuesday 2:00 PM – 3:30 PM By appointment Only
Blood Pressure Program Cholesterol Screenings by appointment only	Blood pressure screening and education	Thursday – Walk In BP Clinic 10:00 AM to 12:00 Noon
Putting on AIRS Program	In home assessment and education for ways to detect & manage children's Asthma "TRIGGERS"	Monday-Friday 8:30 AM – 3:00 PM

For a full listing of events go to <http://nvhd.org/calendar/>

WIC Satellite Clinics

EVENT	DATE	DAY & TIME	LOCATION
WIC Satellite Clinic	February 2, 2012 and February 23, 2012	Thursday 9:00 AM– 3:00 PM	Naugatuck Senior Center 300 Meadow St., Naugatuck By Appointment Only
WIC Satellite Clinic	February 17, 2012	Friday 9:00 AM – 3:00 PM	Plumb Memorial Library 65 Wooster St., Shelton By Appointment Only

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