



Naugatuck Valley Health District Newsletter

December 2017

Serving Ansonia, Beacon Falls, Derby, Naugatuck, Seymour, & Shelton

NVHD

98 Bank Street
Seymour, CT
203-881-3255

Immunizations:

Vaccines for adults and children are given at NVHD, by appointment, 203-881-3255, ask for Kristin.

Flu Clinic:

Flu shots will be given at NVHD by appointment, 203-881-3255, ask for Kristin.

Insurance accepted:

Aetna, Cigna, Anthem, Connecticutcare, BC/BS, Medicare Part B

Lead Program for

Children: Children up to age 6 are screened for lead by their doctor. Education, case management, physician referral, environmental investigations are provided for children with high lead levels.

Women, Infants, and

Children (WIC): Supplemental food and nutrition program. Mon., Wed., Thurs., Fri. 8-5, Tuesday 9-6 by appointment, 203-888-1271.

NauVEL: Grants available to remove lead hazards from your home for eligibility and applications call Carol at 203-881-3255

5 Healthy Eating Tips for the Holidays

1. Holiday-Proof Your Plan

You may not be able to control what food you're served, and you're bound to see other people eating a lot of tempting treats. Meet the challenges armed with a plan:

- Eat close to your usual times to keep your blood sugar steady. If your meal is served later than normal, eat a small snack at your usual mealtime and eat a little less when dinner is served.
- Invited to a party? Offer to bring a healthy dish along.
- If you have a sweet treat, cut back on other carbs (like potatoes and bread) during the meal.
- Don't skip meals to save up for a feast. It will be harder to keep your blood sugar in control, and you'll be really hungry and more likely to overeat.
- If you slip up, get right back to healthy eating with your next meal.

2. Outsmart the Buffet

When you face a spread of delicious holiday food, make healthy choices easier:

- Have a small plate of the foods you like best and then move away from the buffet table.
- Start with vegetables to take the edge off your appetite.
- Eat slowly. It takes at least 20 minutes for your brain to realize you're full.
- Avoid or limit alcohol. If you do have an alcoholic drink, have it with food. Alcohol can lower blood sugar and interact with diabetes medicines.

Also plan to stay on top of your blood sugar. Check it more often during the holidays, and if you take medicine, ask your doctor if the amount needs to be adjusted.

3. Fit in Favorites

No food is on the naughty list. Choose the dishes you really love and can't get any other time of year, like Aunt Edna's pumpkin pie. Slow down and savor a small serving, and make sure to count it in your meal plan.

4. Keep Moving

You've got a lot on your plate this time of year, and physical activity can get crowded out. But being active is your secret holiday weapon; it can help make up for eating more than usual and reduce stress during this most stressful time of year. Get moving with friends and family, such as taking a walk after a

holiday meal.

5. Get Your Zzz's

Going out more and staying out later often means cutting back on sleep. Sleep loss can make it harder to control your blood sugar, and when you're sleep deprived you'll tend to eat more and prefer high-fat, high-sugar food. Aim for 7 to 8 hours per night to guard against mindless eating.

Most of all, remember what the season is about—celebrating and connecting with the people you care about. When you focus more on the fun, it's easier to focus less on the food.

Source: www.cdc.gov





Please complete our survey - we'd like to know how much you know about lead poisoning. Survey can be found at:
<https://www.surveymonkey.com/r/6SNDYP6>

Know your Risk.

Lead Poisoning is the leading cause of environmental illness in children and can cause many permanent health problems. The good news is lead poisoning is 100% preventable.

Get the lead out!

The Naugatuck Valley Health District (NVHD) is committed to ensuring that all housing in the valley is safe from lead and other hazards.

NVHD has grants available to remove lead paint hazards from your pre-1978 home. For links to information about lead poisoning and it's prevention please go to www.nvhd.org/nauvel



Protect children from potential lead hazards in some holiday toys and toy jewelry.



Toys imported into the United States and antique toys and collectibles often contain lead. To reduce children's risk for exposure, the U.S. Consumer Product Safety Commission (CPSC) issues recalls of toys that could potentially expose children to lead.

Below are answers to some questions you may have regarding lead hazards in toys and toy jewelry.

What should I do if I am concerned about my child's exposure to lead in a toy or toy jewelry?

If you think your child has been exposed to a toy or toy jewelry containing lead, remove the toy or jewelry immediately.

What are the effects of wearing toy jewelry?

Just wearing toy jewelry that contains lead will not cause children to have a

high level of lead in their blood. However, chewing or sucking on the jewelry will. Make sure that children in your home do not have access to jewelry or other items that may contain lead. A child can get lead poisoning if he or she swallows or puts jewelry containing lead in his or her mouth.

Toy and toy jewelry recalls

Be sure your child's toys are safe: Check the Consumer Products Safety Commission list of recalled toys. Photos and descriptions of recalled toys and toy jewelry are available on the CPSC website: <https://www.cpsc.gov/> or call CPSC (1-800-638-2772) for more information.

Childhood Lead Poisoning

Childhood lead poisoning is the most common pediatric public health problem, yet it is entirely preventable. Because lead can affect almost every organ and system in the body, no amount of lead is safe. **The only way to tell if your child has been exposed to lead is to have his or her blood tested.** Contact your child's health care provider to see if such a test is needed.

Source: www.cdc.gov



Healthy Hot Cocoa

Ingredients

- 1 cup milk
- 2 teaspoons cacao powder
- 1/4 teaspoon stevia powder
- 1/4 teaspoon vanilla extract

Directions

Heat milk in a saucepan over medium heat. Add cacao powder, stevia powder, and vanilla extract; stir until hot, 2 to 3 minutes.

Source: [allrecipes](http://allrecipes.com)

