



Naugatuck Valley Health District Newsletter

February 2018

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

February is American Heart Month!

The term "heart disease" refers to several types of heart conditions. The most common type of heart disease in the United States is coronary artery disease, which affects the blood flow to the heart. Decreased blood flow can cause a heart attack. You can help prevent heart disease by making healthy choices and managing any health conditions you may have. What better time than now to start your journey on becoming healthier and taking care of your heart health!

Practice healthy living habits

By living a healthy lifestyle, you can help keep your blood pressure, cholesterol, and sugar normal and lower your risk for heart disease and heart attack. A healthy lifestyle includes the following....

1. Healthy Diet

Choosing healthful meal and snack options can help you avoid heart disease and its complications. Be sure to eat plenty of fresh fruits and vegetables and fewer processed foods. Eating foods low in saturated fats, trans fat, and cholesterol and high in fiber can help prevent high cholesterol. Limiting salt (sodium) in your diet also can lower your blood pressure. Limiting sugar in your diet can lower your blood sugar level to prevent or help control diabetes.

2. Healthy Weight

Being overweight or obese increases your risk for heart disease. To determine if your weight is in a healthy range, doctors often calculate your body mass index



(BMI). If you know your weight and height, you can calculate your BMI at CDC's Assessing Your Weight website, <https://www.cdc.gov/healthyweight/assessing/index.html>

3. Physical Activity

Physical activity can help you maintain a healthy weight and lower your blood pressure, cholesterol, and sugar levels. For adults, the Surgeon General recommends 2 hours and 30 minutes of moderate-intensity exercise, like brisk walking or bicycling, every week. Children and adolescents should get 1 hour of physical activity every day.

4. No Smoking

Cigarette smoking greatly increases your risk for heart disease. If you don't smoke, don't start. If you do smoke, quitting will lower your risk for heart disease. Your doctor can suggest ways to help you quit.

5. Limited Alcohol

Avoid drinking too much alcohol, which can raise your blood pressure. Men should have no more than 2 drinks per day, and women only 1.

source: www.cdc.gov

NVHD

98 Bank Street
Seymour, CT
203-881-3255
www.nvhd.org

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.



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



N.O.P.E. CAMPAIGN

NAUGATUCK VALLEY OVERDOSE PREVENTION & EDUCATION

The Naugatuck Valley Medical Reserve Corps (NVMRC) is a volunteer unit comprised of individuals with both medical and non-medical backgrounds who live and work in the towns served by the Health District (Ansonia, Beacon Falls, Derby, Naugatuck, Seymour & Shelton).

In 2017, NVMRC identified the need to address the worsening opioids epidemic in the Valley. The unit partnered with BHcare's Alliance for Prevention & Wellness and was awarded a \$13,000 Challenge Award by the National Association for City & County Health Officials to establish the Naugatuck Valley Overdose Prevention & Education (N.O.P.E.) Campaign.

The N.O.P.E. Campaign has grown over the last year and now includes the following partners:



Join the campaign!

www.nvmrc.com/n.o.p.e..html

N.O.P.E. Narcan Kits

Increased access to naloxone is part of the mission of the N.O.P.E. Campaign. Upon completion of a N.O.P.E. Community Training Session, Narcan kits are provided free of cost. Narcan is a brand name for naloxone, a drug that can reverse the effects of an opioid overdose. Trained individuals are allowed to possess and administer Narcan to a person having an overdose. The N.O.P.E. Campaign Narcan Kits include: two 4mg doses of naloxone HCl in 0.1mL of nasal spray, a face shield for rescue breathing, gloves, hand sanitizer, and picture instructions.

N.O.P.E. Community Training Series: Narcan & Opioids

Awareness and education is a major component of the N.O.P.E. Campaign. N.O.P.E. trainers provide training for community members and professionals like prescribers, providers, and first responders.

Training topics include:

- ⇒ Overdose Prevention Strategies;
- ⇒ Signs and Symptoms of Overdose
- ⇒ How to Administer Naloxone
- ⇒ Good Samaritan Law
- ⇒ Support Information & Community Resources

Interested in learning more? Join us at our next session!

Date: February 22, 2018
Time: 6:00 – 8:00PM
Place: Griffin Hospital
Meditation Learning Center

A mobile pharmacist will be on site so please bring your insurance and prescription card. Free Narcan kits will be available to those who are uninsured while supplies last.

***Registration is required.**

Please register at:
<http://bit.ly/2rqMdta>

Questions | Training Requests | Partners
For More Information,

Please Contact:

Jessica Stelmaszek, MPH
Public Health Emergency Preparedness Coordinator
NVMRC Coordinator

jestelmaszek@nvhd.org
 203-881-3255

www.nvmrc.com/n.o.p.e..html

