



Naugatuck Valley Health District

Proudly Serving; Ansonia, Beacon Falls, Derby, Naugatuck,
Seymour and Shelton



Newsletter

SPOTLIGHT

- ⇒ National Childhood Obesity Month.(1)
- ⇒ 2018 NVHD Flu Clinics (2)
- ⇒ Healthy Recipe. (2)
- ⇒ Fall into Fitness. (2)
- ⇒ National Preparedness Month. (3)

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

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. Call 203-881-3255, ask for Jamie.

Contact Us At

NVHD

98 Bank Street

Seymour, CT 06483

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www.nvhd.org

Are You Following Us On

Social Media?

@naugvalleyHD



September is National Childhood Obesity Awareness Month.

Childhood Obesity Is a Major Public Health Problem

- Children with obesity are at higher risk for having other chronic health conditions and diseases, such as asthma, sleep apnea, bone and joint problems, and type 2 diabetes. They also have more risk factors for heart disease like high blood pressure and high cholesterol than their normal weight peers.
- Children with obesity can be bullied and teased more than their normal weight peers.

They are also more likely to suffer from social isolation, depression and lower self-esteem. Children with obesity are more likely to have obesity as adults. This can lead to lifelong physical and mental health problems. Adult obesity is associated with a higher risk of type 2 diabetes, heart disease, and many types of cancers.

Childhood Obesity Is Influenced By Many Factors

- too much time spent being inactive
- lack of sleep
- lack of places to go in the community to get physical activity
- easy access to inexpensive, high calorie foods and sugary beverages

Behaviors that influence excess weight gain include eating high-calorie, low-nutrient foods and beverages, not getting enough physical activity, sedentary activities such as watching television or other screen devices, medication use, and sleep routines.

In contrast, consuming a healthy diet and being physically active can help children grow as well as maintain a healthy weight throughout childhood. Balancing energy or calories consumed from foods and beverages with the calories burned through activity plays a role in preventing excess weight gain. In addition, eating healthy and being physically active also has other health benefits and helps to prevent chronic diseases such as type 2 diabetes, cancer, and heart disease.

"We can all take part in the effort to encourage children to be more physically active and eat a healthy diet."

What Can You Do To Help? Encourage healthy eating habits! There's no great secret to healthy eating. To help your children and family develop healthy eating habits:

- Provide plenty of vegetables, fruits, and whole-grain products.
- Include low-fat or non-fat milk or dairy products.
- Choose lean meats, poultry, fish, lentils, and beans for protein.
- Serve reasonably-sized portions.
- Encourage your family to drink lots of water.
- Limit sugar-sweetened beverages.
- Limit consumption of sugar and saturated fat.



Source: www.cdc.gov

www.toneworksmusictherapy.com

September's Healthy Recipe:

Tomato Soup

Ingredients

- * 2tbsp olive oil
- * 1 onion, chopped
- * 1 carrot, chopped
- * 1 celery stick, chopped
- * 1 cloves garlic, crushed
- * 750g (1½lb) ripe tomatoes, quartered
- * 400g (13oz) tin chopped tomatoes
- * 1l (32fl oz) chicken or vegetable stock
- * 1tbsp chopped basil, to serve
- * Extra virgin olive oil, to serve



Method

1. Heat the oil in a large saucepan and sauté the onion, carrot, celery and garlic for 5 minutes. Add the fresh tomatoes and cook for a further 3-4 minutes.
2. Add the tin of tomatoes and the stock. Bring to the boil, then gently simmer for 20 minutes.
3. Remove from the heat and allow to cool a little, then purée the soup in batches in a blender or with a hand-held blender. Season well with salt and freshly ground black pepper. Serve the tomato soup hot, garnished with the basil and a drizzle of oil.

Source: www.houseandgarden.com

Come Get Your Flu Shot!

- 10/3/18 —Naugatuck Senior Center from 9:00 to 11:00 AM.
- 10/10/18 —Shelton Senior Center from 10:30 AM– 12:30 PM.
- 10/16 /18 —Derby Senior Center from 11-1PM.
- 1/12/18—Ansonia Senior Center 10-12PM.
- 10/24/18 —Seymour Senior Center from 9:30 am —12:00PM.



Fall Tips:

The old adage 'an [apple](#) a day keeps the doctor away' has a lot of truth, Canfield says. "Apples truly are one of nature's best diet foods. They fill you up for only about 100 calories, and they're packed with cholesterol-lowering soluble fiber, antioxidants, and vitamin C. And studies have shown that apple eaters have a lower risk of suffering heart disease, strokes, and metabolic syndrome. "Visit an apple orchard this fall and spend an afternoon picking your own supply. You'll burn off a few extra calories and get to see exactly where your food comes from!

source: www.shape.com

Tips For Fall Fitness

Seriously, what's not to love about fall? Pumpkin lattes are back, you can dig out your favorite sweaters, and sweet potatoes are finally in season. Best of all, the crisp temps make fall the perfect time to exercise outdoors: "The cool weather allows you to enjoy yourself without having to worry about being overheated or too cold," says Terri Walsh, celebrity trainer and creator of the Active Resistance Training Method (A.R.T.). And that means you're more likely to feel awesome during your workout, and maybe even log an extra mile or climb another trail.

But before you lace up and head outside, prepare for your outdoor adventure with Walsh's fall weather workout tips:

Wear Layers

It may feel slightly nippy at first, but the weather has a rep for changing on a moment's notice. Dress in layers that you can easily remove if your body starts to heat up—or put back on if you get cold, says Walsh.

Stay Hydrated

Many people forget to drink enough fluids during fall workouts because it's not super hot, says Walsh. Not good. Keep

drinking as normal to avoid dehydration. While it's good to carry water, you can add some flavor with a bit of fruit juice to get even more nutrients.

Pack Snacks

Don't disrupt your outing for a food pit stop. If you'll be out most of the day hiking or biking, Walsh recommends bringing a small backpack with nuts or fruit stashed inside. No matter where you are, at least you have a constant source of fuel.

And if you think running is the only outdoor exercise to try, it's time to get creative! If you're near some branches and a log, you'll definitely want to try this off-the-beaten-trail circuit workout. But if a park is your only outdoor fitness center, find a jungle gym and do these fun exercises on the playground. The kids in line for the monkey bars can wait their turn.

Source: www.womenshealthmag.com



September is....

NATIONAL PREPAREDNESS MONTH!

National Preparedness Month (NPM), recognized each September, reminds us that we all must prepare ourselves, our families, and our pets, now and throughout the year. This NPM will focus on planning, with an overarching theme:

Disasters Happen.

Prepare Now.

Learn How.



Preparing your family for an emergency is as simple as a conversation over dinner. Ready.gov provides all sorts of planning tips and templates that can be easily downloaded and filled out with your family members! Start planning today by following these tips:

Make a plan.

Make a plan today. If you already have a plan, take time to review it with your family. Your family may not be together if a disaster strikes, so it is important to review your plan ahead of time and discuss how you'll contact one another and reconnect if separated. Establish a family meeting place that's familiar and easy to find. Remember to plan ahead for your pets too!

1 Start by discussing these 4 questions with your family, friends, or household...

1. What is my shelter plan?
2. What is my evacuation route?
3. What is my family/household communication plan?
4. How will I receive emergency alerts & warnings?



Tip: Residents of Ansonia, Beacon Falls, Naugatuck, Seymour & Shelton should register for CodeRed to receive emergency alerts & warnings. Sign up by visiting your Town/City website. Derby residents should register for CT Alerts by visiting ct.gov/ctalert.

2 Consider specific needs in your family household...

Keep in mind some of these factors when developing your plan:

- Different ages of members within household
- Responsibilities for helping others
- Dietary needs
- Medical needs including prescriptions and equipment
- Disabilities or access and functional needs
- Languages spoken & cultural considerations
- Pets and/or service animals

3 Download and fill out a Family Emergency Plan...

Visit www.ready.gov/make-a-plan and pick a template to use as a guide.

4 Practice your plan with your household...

It is a good idea to share your plan with a friend or family member who lives out of state so that if disaster strikes, someone in a non-affected area will know how and where to contact you.

Build a kit.

After an emergency, you may need to shelter in place and survive on your own for several days. Being prepared means having your own food, water, and other supplies for each person for at least 3

days or **72 hours**.

An emergency/disaster supply kit is a collection of basic items your household may need in the event of an emergency. Make sure your emergency supply kit is stocked with the items on the checklist below. Most of the items are inexpensive and easy to find, and can help save your life! Also, consider unique items that your family or household may need to add such as supplies for pets, seniors, etc.

- ✓ Water (1 gallon per person per day for at least 3 days)
- ✓ Food (at least 3 day supply of non-perishable)
- ✓ Battery-powered or hand-crank radio
- ✓ Flashlight
- ✓ First Aid Kit
- ✓ Extra batteries
- ✓ Whistle (to signal for help)
- ✓ Manual can opener for food
- ✓ Wrench or pliers (to turn off utilities)
- ✓ Local maps
- ✓ Cell phone chargers and backup power supply

For more recommended supplies, visit www.ready.gov/build-a-kit

Join the **Naugatuck Valley Medical Reserve Corps (NVMRC)**, the volunteer unit coordinated through the Naugatuck Valley Health District. No medical background is required! All volunteers will be provided the necessary training in order to be prepared for activation and response to real-world events. You will never be asked to perform a task you are not trained for or do not feel comfortable performing. Liability coverage is provided under Title 28 of the CT General Statutes.

NVMRC trains and is activated for events like mass dispensing medication following a public health emergency, emergency shelter operations, psychological first aid, family assistance center operations following mass casualty and mass fatality events, Until Help Arrives & Stop the Bleed, the Naugatuck Valley Overdose Prevention & Education Campaign, seasonal influenza vaccination clinics, and more!

Volunteer with NVMRC to help promote community resiliency! Sign up at www.nvmrc.com.

