

# Naugatuck Valley Health District



April 2019

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

## Newsletter

### SPOTLIGHT

- \* Alcohol Awareness Month (1)
- \* National Volunteer Month (2)
- \* National Public Health Week (2)
- \* National Immunization Awareness Week (3)
- \* Strawberry Spinach Springtime Salad (4)



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Are you following us on  
SOCIAL MEDIA?

@naugvalleyHD



## APRIL is Alcohol Awareness Month

### **Drinking too much can harm your health.**

Excessive alcohol use led to approximately 88,000 deaths and 2.5 million years of potential life lost (YPLL) each year in the United States from 2006 – 2010, shortening the lives of those who died by an average of 30 years.<sup>1,2</sup> Further, excessive drinking was responsible for 1 in 10 deaths among working-age adults aged 20-64 years.

### **What is a “drink”?**

- 12-ounces of beer (5% alcohol content).
- 8-ounces of malt liquor (7% alcohol content).
- 5-ounces of wine (12% alcohol content).
- 1.5-ounces of 80-proof (40% alcohol content) distilled spirits or liquor (e.g., gin, rum, vodka, whiskey).<sup>4</sup>

### **What is excessive drinking?**

Excessive drinking includes binge drinking, heavy drinking, and any drinking by pregnant women or people younger than age 21. Binge drinking, the most common form of excessive drinking, is defined as consuming

- For women, 4 or more drinks during a single occasion.
- For men, 5 or more drinks during a single occasion.
- Heavy drinking is defined as consuming
- For women, 8 or more drinks per week.
- For men, 15 or more drinks per week.

Source: [www.cdc.gov](http://www.cdc.gov)

### **Short-Term Health Risks**

Excessive alcohol use has immediate effects that increase the risk of many harmful health conditions. These are most often the result of binge drinking and include the following:

- Injuries, such as motor vehicle crashes, falls, drownings, and burns.
- Violence, including homicide, suicide, sexual assault, and intimate partner violence.
- Alcohol poisoning, a medical emergency that results from high blood alcohol levels
- Risky sexual behaviors, including unprotected sex or sex with multiple partners. These behaviors can result in unintended pregnancy or sexually transmitted diseases. Miscarriage and stillbirth among pregnant women.

### **Long-Term Health Risks**

Over time, excessive alcohol use can lead to the development of chronic diseases and other serious problems including:

- High blood pressure, heart disease, stroke, liver disease, and digestive problems.
- Cancer of the breast, mouth, throat, esophagus, liver, and colon.
- Learning and memory problems, including dementia and poor school performance.
- Mental health problems, including depression and anxiety.
- Social problems, including lost productivity, family problems, and unemployment. Alcohol dependence, or alcoholism.

# APRIL is National Volunteer Month

## Naugatuck Valley Medical Reserve Corps

Did you know that the Naugatuck Valley Health District has a volunteer unit called the **Naugatuck Valley MRC**? MRC stands for Medical Reserve Corps but don't let the word "medical" fool you—**no medical background is required!**

### History

The National network began in 2002 after the attacks on September 11th and now has over 200,000 volunteers that represent over 900 units in every U.S. state and territory! The NVMRC was formed in 2012 to support local emergency response efforts and to enhance community resiliency before, during, and after a disaster.

### Liability Protection

Volunteers participate in a bi-annual oath swearing ceremony which then provides the volunteers with liability protection while at an approved training or real-world response activity under Title 28 of the CT General Statutes.

### Training & Activity Topics

NVMRC provides all the training you will

need and never asks volunteers to do something out of your comfort zone. While training topics are chosen to meet the needs of the community, they are flexible. This year's topics include but are not limited to: mass dispensing clinics; seasonal flu vaccine clinics; emergency sheltering; opioids prevention; Until Help Arrives & Stop the Bleed; Psychological First Aid; Family Assistance Centers; community events; and more!

### How to Apply

If you are 18 years or older, please visit [www.nvmrc.com](http://www.nvmrc.com) to apply today! Once the Unit Leader receives your application, they will reach out to you and provide you the 3 free, required online training courses. Once the online training is completed, you will be sworn in and provided a NVMRC ID badge. Questions can be directed to Dave at 203-881-3255 or by email at [dheiden@nvhd.org](mailto:dheiden@nvhd.org)

**Follow the NVMRC on Facebook, Twitter and Instagram for preparedness tips and event and training information!**

## 5 Benefits of Volunteering!

1. *Provides a sense of purpose*
2. *Stay connected and active*
3. *Personal Development*
4. *Enhance community resiliency*
5. *Improve your emotional well-being*

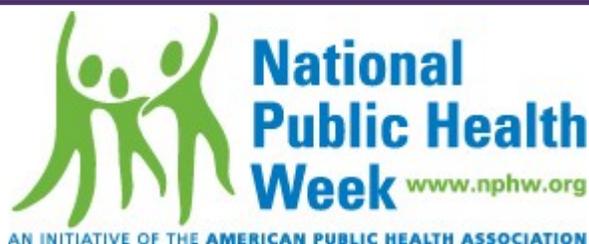
Visit

[www.nvhd.org](http://www.nvhd.org)  
for event  
details and  
Registration

4/1—Learn about our grant funding available to Valley residents to make homes lead safe!

4/2—Join us for a free community Narcan & Opioids training

4/5—Come walk and talk with us at lunchtime to learn about vector-borne diseases!



"During the first full week of April each year, the American Public Health Association (APHA) brings together communities across the United States to observe National Public Health Week (NPHW) as a time to recognize the contributions of public health and highlight issues that are important to improving our nation's health." ([APHA](#), 2019).

The APHA has identified the following public health topics for this year's National Public Health Week: Healthy Communities; Violence Prevention; Rural Health; Technology & Public Health and Climate Change. Join Naugatuck Valley Health District in observing NPHW 2019 and become part of a growing movement to create the healthiest nation in one generation!

**Celebrate with us  
April 1—April 7, 2019**

### #ValleyLetterBoxChallenge

NVHD would like to challenge you to participate in a unique activity called letterboxing. You, your family and friends will seek out small hidden boxes that are planted in local public parks. The boxes are found by following a series of clues. Each box contains a logbook that you can sign and date and a unique hand-carved stamp that you can stamp into your own personal logbook. We will post a new clue each day during Public Health Week on our website and social media pages (letterboxing clues are also hosted by [atlasquest.com](http://atlasquest.com) and [letterboxing.org](http://letterboxing.org)). We encourage participants to share a photo of their adventure with us by tagging us and using the hashtag **#ValleyLetterboxChallenge**



# National Infant Immunization Week

## IMMUNIZATION. POWER TO PROTECT.

### *National Infant Immunization Week (NIIW) April 27-May 4, 2019*

National Infant Immunization Week (NIIW) is an annual observance to promote the benefits of immunizations and to improve the health of children two years old or younger. In 2019, we are celebrating the 25th anniversary of NIIW. Since 1994, local and state health departments, national immunization partners, healthcare professionals, community leaders from across the United States, and the Centers for Disease Control and Prevention (CDC) have worked together through NIIW to highlight the positive impact of vaccination on the lives of infants and children, and to call attention to immunization achievements.

### **Milestones Reached**

Several important milestones in controlling vaccine-preventable diseases among infants worldwide have already been reached:

1. Vaccines have drastically reduced infant death and disability caused by preventable diseases in the United States.
2. Through immunization, we can now protect infants and children from 14 vaccine-preventable diseases before age two.
3. Routine childhood immunization in one birth cohort prevents an estimated 381 million illnesses, 24.5 million hospitalizations, and 855,000 early deaths over the course of their lifetimes, at a net savings of \$360 billion in direct costs and \$1.65 trillion in total societal costs.
4. The National Immunization Survey has consistently shown that childhood immunization rates for vaccines routinely recommended for children remain at or near record levels.

It's easy to think of these as diseases of the past. However, the truth is they still exist. Children in the United States can—and do—still get some of these diseases.

One example of the seriousness of vaccine preventable diseases is an increase in measles cases and outbreaks that were reported in 2014. The United States experienced a record number of measles cases, with 667 cases from 27 states reported to CDC's NCIRD. This was the greatest number of cases in the U.S. since measles was eliminated in 2000.

Source: [www.cdc.gov](http://www.cdc.gov)

#### ***Flu Clinic:***

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

#### **Insurance accepted:**

***Aetna, Cigna, Anthem, ConnecticutCare and Medicare Part B***

#### ***Immunization Clinic:***

Vaccines for adults and children are available 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 Jamie for more information at 203-881-3255.

#### ***NauVEL:***

Grants available to remove lead hazards from your home. For eligibility and applications call Carol at 203-881-3255.

# A Healthy Spring Recipe!

## **GRILLED CHICKEN SALAD WITH STRAWBERRIES AND SPINACH**

**Total Time:** 20 minutes

*Grilled Chicken Salad with Strawberries and Spinach is made with creamy goat cheese and a white balsamic dressing, but this would also be great with Feta cheese and if you want to add more protein, or skip the cheese add walnuts or slivered almonds.*

### **INGREDIENTS:**

#### **For the dressing:**

3 tbsp golden balsamic vinegar  
3 tbsp extra virgin olive oil  
1 tbsp chopped shallots  
1 teaspoon honey  
1 teaspoon water  
1/8 teaspoon kosher salt  
fresh black pepper, to taste

#### **For the chicken:**

16 oz boneless skinless chicken breast  
1 clove garlic, crushed  
1 teaspoon seasoned salt, to taste

#### **For the Salad:**

6 cups baby spinach  
3 cups sliced strawberries  
2 ounces soft goat cheese



### **DIRECTIONS:**

In a small bowl whisk together the dressing ingredients.

For the chicken: Season chicken with seasoned salt, then mix in crushed garlic.

Light the grill or indoor grill pan on medium heat, when hot spray the grates with oil and grill the chicken about 10 to 11 minutes on each side until charred on the outside and cooked through in the center. Set aside on a cutting board and slice on an angle.

In a large bowl toss the spinach with the dressing. Divide between 4 plates and top with strawberries, goat cheese and grilled chicken.

*All images and text ©Gina Homolka for Skinnytaste*