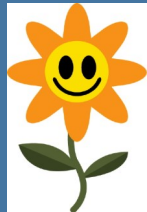


# Naugatuck Valley Health District



May 2019



## SPOTLIGHT

Asthma and Allergy  
Edition:

⇒ *Asthma Awareness Month (1).*

⇒ *Asthma Triggers (2).*

⇒ *NVHD Community Health Improvement Planning (3).*

⇒ *Our Step Challenge Results (3).*

⇒ *Monthly Recipe (3).*

Contact Us At  
NVHD

98 Bank Street  
Seymour, CT 06483  
Phone: (203) 881-3255  
www.nvhd.org

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# Newsletter

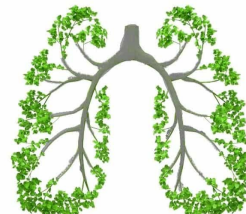
## May is National Asthma and Allergy Awareness Month.

### What Is Asthma?

Asthma is a disease that affects your lungs. It is one of the most common long-term diseases in children, but adults can have asthma, too. Asthma causes wheezing, breathlessness, chest tightness, and coughing at night or early in the morning. If you have chronic asthma, you have it all the time, but you will have asthma attacks only when something bothers your lungs.

During a checkup, a doctor will ask if you cough a lot, especially at night. He or she will also ask whether your breathing problems are worse after physical activity or at certain times of year. The doctor will then ask about chest tightness, wheezing, and colds lasting more than 10 days. He or she will ask whether anyone in your family has or has had asthma, allergies, or other breathing problems. Finally, the doctor will ask questions about your home and whether you have missed school or work or have trouble doing certain things.

The doctor may also do a breathing test, called spirometry, to find out how well your lungs are working by testing how much air you can breathe out after taking a very deep breath before and after you use asthma medicine.



### What Is an Asthma Attack?

An asthma attack may include coughing, chest tightness, wheezing, and trouble breathing. The attack happens in your body's airways, which are the paths that carry air to your lungs. As the air moves through your lungs, the airways become smaller, like the branches of a tree are smaller than the tree trunk. During an **asthma attack, the sides of the airways in your lungs swell and the airways shrink.** Less air gets in and out of your lungs, and mucus that your body makes clogs up the airways.

You can control your asthma by knowing the warning signs of an asthma attack, staying away from things that cause an attack, and following your doctor's advice. When you **control your asthma:**

- you won't have symptoms such as wheezing or coughing,
- you'll sleep better
- you won't miss work or school,
- you can take part in all physical activities.
- you won't have to go to the hospital.

Source: www.cdc.gov

**Check out the Naugatuck Valley Health District's Asthma PSA with Griffin Hospital!**

<https://www.youtube.com/watch?v=xjBu4KRINWc>

## Know Your Asthma and Allergy Triggers!

If you have asthma, an asthma attack can happen when you are exposed to “**asthma triggers**”. Your triggers can be very different from those of someone else with asthma. Know your triggers and learn how to avoid them.



### Tobacco Smoke

Tobacco smoke is unhealthy for everyone, especially people with asthma. If you have asthma and you smoke, quit smoking. “Secondhand smoke” is smoke created by a smoker and breathed in by a second person. Secondhand smoke can trigger an asthma attack. If you have asthma, people should never smoke near you, in your home, in your car, or wherever you may spend a lot of time.

### Dust Mites

Dust mites are tiny bugs that are in almost every home. If you have asthma, dust mites can trigger an asthma attack. To prevent attacks, use hypo-allergenic mattress covers and pillowcase covers to make a barrier between dust mites and yourself. Don’t use down-filled pillows, quilts, or comforters. Remove stuffed animals and clutter from your bedroom. Wash your bedding on the hottest water setting.

### Outdoor Air Pollution

Outdoor air pollution can trigger an asthma attack. This pollution can come from factories, cars, and other sources. Pay attention to air quality forecasts on radio, television, and the internet and check your newspaper to plan your activities for when air pollution levels will be low.

### Cockroach Allergen

Cockroaches and their droppings can trigger an asthma attack. Get rid of cockroaches in your home by removing as many water and food sources as you can. Cockroaches are often found where food is eaten and crumbs are left behind. At least every 2 to 3 days, vacuum or sweep areas that might attract cockroaches. Use roach traps or gels to cut down on the number of cockroaches in your home.

### Pets

Furry pets can trigger an asthma attack. If you think a furry pet may be causing attacks, you may want to find the pet another home. If you can’t or don’t want to find a new home for the pet, keep it out of the person with asthma’s bedroom. Bathe pets every week and keep them outside as much as you can. If you have a furry pet, vacuum often. If your floors have a hard surface, such as wood or tile, damp mop them every week.

### Mold

Breathing in mold can trigger an asthma attack. Get rid of mold in your home to help control your attacks. Humidity can make mold grow. An air conditioner or dehumidifier will help you keep the humidity level low. Get a small tool called a hygrometer to check humidity levels and keep them as low as you can—no higher than 50%. Humidity levels change over the course of a day, so check the humidity levels more than once a day. Fix water leaks, which let mold grow behind walls and under floors.

**Remember, you can control your asthma! Speak with your doctor about treatment and medicines to manage your asthma. Have an asthma action plan. Templates for an asthma action plan can be found at: [www.ct.gov/dph/asthma](http://www.ct.gov/dph/asthma) 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:**

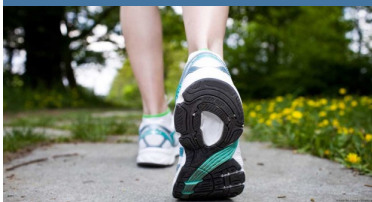
Vaccines for adults and children are available by appointment only, call 203-881-3255, ask for Kristin.

### **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.



## NVHD's Public Health Week Step Challenge Results!

During National Public Health Week, the staff, friends and family of NVHD completed the American Public Health Association's 1 Billion Steps Challenge. Team NVHD contributed more than 4 million steps during the 7 week period, from February 26th through April 2, 2019.

The annual challenge, which culminates during National Public Health Week, drew 5,000 people representing more than 400 teams. Together, participants took a total of **1,560,187,129 steps** — exceeding the goal by more than **50%**. Which is pretty amazing!  
#APHAbillionsteps

## Naugatuck Valley Health District Community Health Improvement Plan.

NVHD staff play a lead role in creating and monitoring the Naugatuck Valley **Community Health Improvement Plan, or CHIP**. Our primary partners for the 2015-2018 Valley CHIP have been Griffin Hospital, the Yale-Griffin Prevention Research Center, and BHcare. Development of an updated CHIP involves a broader base of health and social service agencies in the Valley. Stay tuned for the fall release of the Valley Community Index, which will be based on a large community survey conducted in 2018. The 2019-2021 Valley CHIP, to be released in the late fall, will document the **health priorities for our 7 communities**.



## Chicken Waldorf Salad

*Chicken Waldorf Salad is a classic salad made with apples, grapes, pecans and celery in a light, creamy dressing.*

### INGREDIENTS:

- \* 7 oz (1 breast) poached chicken breast (recipe follows)
- \* 2 cups low sodium chicken broth
- \* 1 medium apple, peeled and cut into small cubes (I used Granny Smith)
- \* 1 cup red seedless grapes, cut in half
- \* 1/2 cup celery, chopped
- \* 1/4 cup light Hellman's mayonnaise
- \* 2 tbsp 0% Greek yogurt (I like Stonyfield)
- \* Kosher salt and pepper
- \* 2 tbsp pecans or walnuts
- \* 6 cups mixed baby greens like spinach and arugula

### DIRECTIONS:

- \* To poach chicken breast: Cover chicken breast in broth in a small pot, add water if it doesn't cover the chicken.
- \* Add salt and pepper, a piece of celery and it's leaves (you could add herbs like parsley, garlic, onion, or whatever you want) and bring to a boil.
- \* Reduce to a simmer and cook 5 minutes.
- \* Remove from heat, cover tight and let it sit for 15-20 minutes or until thickest part of the breast registers 160 degrees. Chicken will be cooked through.
- \* Drain, let it cool and cut into small cubes.
- \* Combine mayo, yogurt, salt, pepper and mix well.
- \* Add chicken, grapes, apples, celery, and let it chill in the refrigerator until you are ready to eat it.
- \* Mix in pecans right before serving.
- \* Serve over baby greens.



<https://www.skinnytaste.com/skinny-chicken-waldorf-salad/>