



GREENE COUNTY HEALTHY LIFESTYLES COALITION NEWSLETTER

NOVEMBER IS NATIONAL HEALTHY SKIN MONTH!

The skin is the largest and most visible organ of the human body. It protects your other organs, warms you up and cools you down, and reflects how healthy you are inside. Keep your skin, hair, and nails healthy by following these practical tips:

Skin care

- Because skin care products are not subject to approval by the U.S. Food and Drug Administration, their benefits may not be adequately tested and their claims may be exaggerated. Ask your dermatologist for recommendations for skin care products that have strong science behind them and have been proven safe and effective in human studies. For day, wear sunscreen using products containing antioxidants because they also have sun-protection properties. At night,

consider using products containing retinoids, peptides or growth factors for their repair properties.

Skin cancer

- Get to know your skin. If something is bleeding or doesn't look right, see a dermatologist.
- Skin self-exams should be a regular part of your healthy lifestyle. Screen the one you love for skin cancer. Recent research shows that involving a partner in the skin self-examination process can improve the early detection of skin cancer.

Stress and the skin

- Stress can worsen psoriasis or rosacea, result in acne lesions that are more inflamed and persistent, cause brittle nails and ridging of the nails, lead to hair loss, worsen or cause hives, and induce excessive

perspiration. See your dermatologist for effective treatments that can improve your skin, hair, and nail conditions and also substantially reduce your stress.

Pedicures

- If proper sanitation is overlooked, pedicures can pose serious health risks for nail salon patrons — including fungal infections and antibiotic-resistant staph infections. To minimize the risk of getting a nail infection, ask your nail technician how the instruments are cleaned. Avoid any salons that don't appear clean. If you regularly get pedicures, consider buying your own instruments to use at the salon to further minimize the risk of contracting an infection. Discuss any questions or concerns with a dermatologist.



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7 FUN FALL FAMILY ACTIVITIES AROUND GREENE COUNTY

Fall can be a wonderful time to enjoy some of nature's finest gifts and soak in the warm weather before winter! Below are some great family activities that are cheap, fun, and a great way to enjoy some beautiful sites.

Take a bike ride.

Ohio is an excellent place for biking and there is no better time to use the miles-long bike trails than in the fall. Crisp air and beautiful changing scenery make bike riding not only a great form of exercise, but a real chance to appreciate some of Ohio's natural beauty.

Play in the leaves.

Who doesn't love to jump in a leaf pile? Leaves are everywhere during the fall, including many local parks, and it only takes a bit of imagination to have a ton of fun.

Plant bulbs for a spring garden.

Planting bulbs in the fall can lead to a great surprise in the spring! Irises and tulips are beautiful flowers that can be planted in the fall. Some vegetables and herbs can also be planted in the fall too, making gardening the perfect yearlong family activity!

Have a photo shoot.

You don't need to be a professional to take some great family pictures! Simply find a fun fall location (like a backyard or park) and snap some pictures of your family playing in leaves, carving pumpkins, etc. These pictures will surely be treasured for years to come and may even make for a great Christmas card picture!



Go on a hayride.

An old-fashioned hayride can be a wonderful way to enjoy the outdoors, meet other families, and have a good time. Many local farms offer hayrides during the fall, both day and night.

Play a game of touch football.

Nothing quite says fall like football. A big game of touch football is a great way to get family and friends together to enjoy the fall weather and get active. After the big game, invite everyone over for some fresh apple cider.

Find a trail and take a hike.

Sometimes a good hike is all the body needs. There are many trails around Ohio that are safe and great for families.

DID YOU KNOW?

Scientists have found that sites like Twitter may help us to predict future outbreaks, respond faster to epidemics, and target areas where health education is needed most. How? By tracking “tweets”. Researchers found that there was a possible correlation between high vaccination areas and positive tweets about vaccinations. Low vaccination areas also had low amounts of Twitterbugs tweeting about the vaccine. Because Twitter is used by such a large and diverse population and because “tweets” are in real time, these “tweets” may serve as helpful data. Don't get too excited, however. While researchers believe that data like this could help health officials, they don't see it revolutionizing the way we view health anytime soon.

Credit: Jordan Calmes, NPR

THE MILLION HEARTS INITIATIVE

Heart disease is the number one cause of death in the United States and, more particularly, the number one cause of death in Ohio. Combined with stroke, it is responsible for 1 out of every 3 deaths in the country. The *Million Hearts Initiative*, a new national campaign, hopes to prevent one million heart attacks and strokes in the U.S. over the next five years.

The *Million Hearts Initiative* is focused mostly on coordinating and enhancing disease prevention activities across public and private sectors through education campaigns, health information technology, and community efforts to promote smoke-free atmospheres and sodium reduction. It hopes to achieve its goal of one million hearts saved in the next five years by working alongside federal agencies like the U.S. Department of Health and Human Services and private-sector organizations like the American Heart Association and YMCA. More information about the Million Hearts Initiative can be found at millionhearts.hhs.gov.



SPRING HAS SPRUNG HEALTHY FAMILIES 5K RUN/WALK, MARCH 17, 2012



HEALTHY FAMILIES 5K RUN/WALK

MARCH 17, 2012

It's hard to believe, but we are already beginning to work on the 3rd annual 'Spring Has Sprung' Healthy Families 5K Run/Walk. The date is set for **Saturday, March 17th, 2012**. Are you interested in helping to plan this event?

Are you looking for volunteer opportunities? Perhaps you would like to promote your fitness or health-related business by being a sponsor? Can you help us secure donations of prizes? Contact us today to see how you can

be involved in this growing event. The 2011 event grew to close to 350 participants and we anticipate that crowd to be the same or larger in 2012. **Get Out, Get Active and Come join the Fun!** Call Laurie at 937-374-5669 or email lfox@gcchd.org.



TIPS FOR STAYING WELL THIS FLU SEASON

No one wants to be sick, especially with the flu. With flu season starting in the fall, usually around October, it is important to review and learn ways to prevent catching and spreading influenza. Here are some tips on how to keep well and influenza-free this upcoming season:

Get a flu shot. The best way to prevent the flu is to get a flu vaccination. Flu vaccinations are especially important for pregnant women, children younger than 5, people age 50 or older, those living with certain chronic medical conditions, and health care workers. You can get a flu vaccine at the office of your primary physician or at a flu-shot clinic.



Influenza is usually spread from person to person. It is possible to pass on the flu before you know that you are sick and after you begin to experience symptoms. If you start

to feel any flu-like symptoms, avoid others (especially those who are high risk) as to not spread the virus.

It is also important to call your primary care physician once you begin experiencing symptoms. Your physician may be able to give you medication to help lessen the symptoms of the flu.

Take everyday preventive actions to stop the spread of germs including covering your mouth when you sneeze or cough, washing your hands with soap and water, avoiding sick people, and avoiding touching your eyes, nose, and mouth.

Credit: <http://www.cdc.gov/flu/protect/preventing.htm>

About the Coalition

It is the mission of the Greene County Healthy Lifestyles Coalition to provide and promote healthier lifestyle choices in Greene County.

Coalition meetings are held at GCCHD and are open to anyone interested in health, nutrition and fitness.

Join Us!

Happy Thanksgiving

