

Edgecombe County  
 Health Department  
 2909 Main Street  
 Tarboro, NC 27886  
 252-641-7511

# Health Connections

[www.edgecombecountync.gov/health/health.aspx](http://www.edgecombecountync.gov/health/health.aspx)

MARCH 2011



**Safety is NO Accident:  
 Live Injury-Free**  
 National Public Health Week  
 April 4-10, 2011 - [www.nphw.org](http://www.nphw.org)

## ON THE MENU

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National Public Health Week is April 4<sup>th</sup>-10<sup>th</sup>. This year, the theme is safety. Safety is a huge concern to public health. Every year, thousands of people are killed in unintentional accidents. In North Carolina alone last year, over 4,000 people were killed due to unintentional injuries and auto accident injuries. Unlike communicable or chronic diseases, safety does not regard age, race, gender, or health status. It is up to every individual to be concerned about their own safety, as well as the safety of others. Here are three main areas where you can make a difference in safety.

**Home:** The home is one of the most hazardous places for potential injury. Every year, thousands of people are injured inside their home due to unsafe practices. Many of the victims are children. Here are a few ways that you can make your home a safer place.

- *Childproof Your House* — Parents, you can reduce the amount of injuries in your house by taking proactive steps. Lock cabinets containing chemicals that a child may drink or touch, block electrical outlets, keep children out of the kitchen when cooking, use safety gates to guard stair sets.
- *Plan an Evacuation Route* — Have a set exit and meeting point in case of fire, practice it on a regular basis.
- *Check Emergency Equipment* — Smoke alarms, carbon monoxide alarms, and fire extinguishers regularly.

**Work:** Work hazards vary from occupation to occupation. The best plan is to follow the guidelines set out by the Occupational Safety and Health Administration (OSHA). Their agency is committed to worker safety and identifying occupational hazards. Individual companies may also have more strict added guidelines for safety. If you are an office worker, or work in front of a computer for several hours per day, you may be at risk for chronic injuries such as Carpal Tunnel Syndrome. Talk to your employer about making your office safer through the practice of ergonomics.

**Community:** Most people don't give too much thought to being safe while outside of home or work. This can be a problem, as many accidents happen every year outside the home and office. Here are some tips to consider while you're not at home or work:

- *Crime* — Crime can be a major factor in a community, even defining it. To combat this, many neighborhoods keep community watches and form close relationships with their local police department. If you suspect a crime, report it.
- *Know Your Surroundings* — Watch for construction zones and possible hazards. Err on the side of caution.
- *Be Aware* — Parents, know where your children are. Be aware of what your child is doing and where your child is going. Many accidents happen when children are left alone.

Rocky Mount Office:  
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 Rocky Mount, NC 27801  
 252-985-4100

**Let safety be your concern. You can prevent future accidents. Live happy, live healthy, live safely.**

## Protecting Your Vision

Steps to reduce eye strain when working in an office:

**Take a Break-** Many times simply taking a break from computer work, or splitting written work and computer work can have a huge effect on your eye health.

**Look Away-** If you can't take a break with written work, then simply look away. Every 15 minutes or so, take 30 seconds to look away from your computer. Consider this resetting your vision.

**Take a Step Back-** Remember when mom said don't sit too close to the TV or you'll go blind? Well, you may not go blind, but it's certainly not good for your eyes. Take a step back from the screen.

**Blink-** Sounds simple enough, but studies show that people blink much less often when in front of a computer. Take time from your day to appreciate this forgotten art. Blink slowly every couple of minutes to protect your eyes.

**Nutrition-** Eye strain can be stunted if you get the proper nutrition your body needs to thrive. Eat your orange and dark green vegetables. They tend to contain loads of Vitamin A, which is an essential nutrient for your eyes.

## April is National Child Abuse Prevention Month



### Strengthening Families and Communities

A child of any age, race, sex, religion, and socioeconomic background can fall victim to child abuse & neglect. Everyday, children in our own community fall victim to this serious problem. Prevention is the #1 hope of reducing child abuse and neglect, and to improve the lives of children and families.

To raise awareness about child abuse and neglect, and to support children, families and strong communities, a variety of local agencies are coming together April 9th from 10am-2pm to participate in Heritage Hospital's 2nd Annual Blue Ribbon Kidz Day event. This is a day for families and communities to come together to take a stand against child abuse and neglect, and to celebrate each other. This is a FREE event open to the community. Come enjoy the fun!

# FREE EFNEP CLASS

Is your church or community organization looking for a way to fight obesity, save money, and save time? Regina Moseley runs a program through the Cooperative Extension called the Expanded Food and Nutrition Education Program (EFNEP). EFNEP is an absolutely free program that teaches its participants how to cook healthy meals, save money at the grocery store, and save time when preparing meals. It's more than a cooking class, though. EFNEP is a hands-on experience that encourages family time and nutritional awareness. It is geared towards limited resource families with children. The class lasts for 9 weeks and can be conducted at almost any location. All participants will receive incentives including a free cookbook and a certificate of completion at the end of the class. Multi-ethnic groups are welcome. If you would like more information on EFNEP, or would like to register your group to begin classes, please contact Regina Moseley at (252)-641-7821.



National Women's Health Week is a weeklong health observance coordinated by the U.S. Department of Health and Human Services' Office on Women's Health. It brings together communities, businesses, government, health organizations, and other groups in an effort to promote women's health. The theme for 2011 is "It's Your Time." National Women's Health Week empowers women to make their health a top priority. It also encourages them to take steps to improve their physical and mental health and lower their risks of certain diseases. Those steps include:

- ◆ Getting at least 2 hours and 30 minutes of moderate physical activity, 1 hour and 15 minutes of vigorous physical activity, or a combination of both, each week
- ◆ Eating a nutritious diet
- ◆ Visiting a health care professional to receive regular checkups and preventive screenings
- ◆ Avoiding risky behaviors, such as smoking and not wearing a seatbelt
- ◆ Paying attention to mental health, including getting enough sleep and managing stress

<http://www.womenshealth.gov/whw/about/>

The Edgecombe County Health Department will host a community health fair on May 14, 2011 in celebration of National Women's Health Week. For more information, please call 252-641-7526.

Recipe Card

### Curried Quinoa Salad with Mango

#### Ingredients

- 1 1/2 cups chicken stock
- 3/4 cup quinoa
- 1 1/2 teaspoons curry powder
- 1/4 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 mango - peeled, seeded and diced
- 3 green onions, chopped

#### Preparation Instructions

Bring chicken stock, quinoa, curry powder, garlic powder, salt, and pepper to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the quinoa is tender, 15 to 20 minutes. Once done, scrape the quinoa into a shallow dish and allow to cool to room temperature. Stir in the mango and green onions. Serve either at room temperature or cold.

#### Nutritional Information

Serving size 5  
Calories 50  
Total Fat 0.4g  
Cholesterol 10mg  
Sodium 83mg  
Carbohydrate 2.3g  
Fiber 0.2g  
Protein 9.1g

[www.allrecipes.com](http://www.allrecipes.com)

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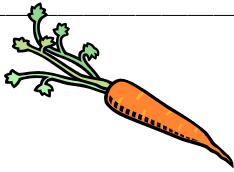
Mandy Tolson, DVM

*Newsletter prepared by:*

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Edgecombe County  
Employee Health Fair  
May 27, 2011  
10am–3pm



# HEALTHY EATING



Healthy eating is an art for every man, woman, and child to discover. There is an old adage that states “You are what you eat”. This could not be more true. What we eat, how we eat, and even why we eat can have a direct effect on our health and well being. The obesity pandemic that has doubled across the globe since the 1980’s is directly associated with our eating habits. With unhealthy foods so easily accessible, it’s no wonder that choosing to eat healthy can be so difficult. Below you will find some tips and common objections on eating healthy.

Americans, on average, have chronically low intakes of fruits and vegetables. This statement is true and crosses gender, age, race, and ethnicity lines. Most people do not get the recommended 5-9 servings of fruits and vegetables daily. Of the many objections to getting the recommended servings of fruits and vegetables, one of the most common is the price. “I would eat healthy food, like fruits and vegetables, but it’s too expensive!” People say this so often, it must be true, right? Not necessarily. Granted, the price can be somewhat daunting, at first, when compared to other foods, such as potato chips and fast food. However, there are ways to find the same fresh fruits and vegetables at significantly lower prices. Follow these tips to get the best price on your fruits and vegetables:

## **Buy in season**

Fruits and vegetables are priced based on supply and demand. When a fruit or vegetable is in season, and the supply is high, the price is substantially reduced. When the fruit or vegetable is not in season, and the supply dwindles, the price is increased to reflect the demand. You can contact your local Cooperative Extension for more information on when a fruit or vegetable is in season.

## **Consider a CSA**

Community Supported Agriculture (CSA) is a program in which a person pays for a share in the farmer’s harvest. A person pays a one time set amount, and then each week during the season (generally 18-22 weeks) the farmer will drop off the box of fruits and vegetables at a set location for the person to pick up. Under normal conditions, the buyer can expect to see many more fruits and vegetables for a lower price when compared with most retail prices. Also, you know that you’re eating locally grown food and can speak directly with the farmer to answer any questions or concerns that you may have. I guess you can call that real “comfort food”.

## **Clip coupons**

The art of clipping coupons has greatly expanded in recent years. Coupons can now be found and entered online, scanned with a smartphone and compared with other retailers instantly, or clipped out of a paper the old fashion way. In fact, there are so many coupons out there, that there is little excuse for not finding them. Different fruits and vegetables are always on sale. Stock up and save!

(Tip: You can freeze most fruits and vegetables and retain most of their nutritional value.)