

Health Education

Volume 3, Issue 3

July—September 2009

Fireworks Safety

Points of interest:

- New Seat Belt Law
- Booster Seat Law
- Fireworks Safety
- New Recipe
- Heart Health
- Eating Well On Less
- Calendar

Inside this issue:

- | | |
|---|---|
| Eating Well on a Downsized Food Budget | 2 |
| Spinach and Mandarin Orange Salad | 2 |
| Three Important Tests To Help Prevent Heart Disease | 3 |
| Declare Your Independence From Commercial Tobacco | 3 |
| Regularly Scheduled Classes | 4 |
| New Seat Belt Law | 4 |

The 4th of July is fast approaching. Just a reminder to everyone that there is **NO** such thing as safe fireworks.

There are an estimated 8,300 people treated in emergency rooms each year that are injured from fireworks, of which 50% are burn related. Nearly half of the victims are under the age of 15.

Never experiment with fireworks, use glass bottles or metal containers. Review any and all instructions that come with each

piece before lighting. Please use caution when lighting any fireworks and closely monitor children to prevent accidents or injuries. Use only outdoors and dispose of properly.

Children need to be supervised at all times when around fireworks. We need to teach our children about the dangers of these enjoyable displays and to respect them. They can be very dangerous if used unsafely.

Certain types of

fireworks are illegal to have which includes cherry bombs, M-80's, aerial bombs and some firecrackers. Most cities or townships have their own displays, which are closely supervised for the enjoyment of all to view.

Much more information about this can be found at www.nfpa.gov

For more safety information, call 218-878-2130.



Booster Seat Law To Change In July

On July, 1, 2009, a booster seat law goes into effect in Minnesota. All children up to the age of eight **and under** 57 inches in height must be in a vehicle booster seat or the driver will be

stopped, ticketed and fined.

Car seat and booster seat classes are offered at the Min No Aya Win Clinic in Cloquet at 2PM on the following dates: July 1, July 16,

August 5, August 19, September 2 and September 16.

Registration is required.

Call (218) 878-3759 for more details on booster seats and the new law.

Eating Well on a Downsized Food Budget

http://www.nytimes.com/2009/03/03/health/03brod.html?_r=1

Now may be a good time to bring back the basics — Eating for good health does not have to mean eating less. Not only is it possible, but it can improve the health and reduce the girth of Americans, regardless of socioeconomic status. And no one need go hungry.

One myth to dispel is that fruits and vegetables must be fresh to be nutritious. Not only do canned and frozen versions usually cost less and require less preparation, but nutrient value is as good or better and less food is wasted. Fresh produce is often harvested before it is fully ripe and so comes to the consumer with fewer than optimal nutrients. But fruits and vegetables that are canned or frozen are picked at the peak of ripeness.

Welcome back American table meals made from potatoes, eggs, beans, low-fat or nonfat yogurt and milk (including reconstituted powdered milk), carrots, kale or collards, onions, bananas, apples, peanut butter, almonds, lean ground beef, chicken and turkey, along with canned or frozen corn, peas, tomatoes, broccoli and fish. Add pasta and rice (the whole-wheat kinds cost just pennies more), which can be a base for many quick, nutritious meals. Combining leftover vegetables and meat or poultry with a pot of pasta or rice takes just minutes, and has the added benefit of reducing potential waste.

Here are some other tips for busy cooks concerned about nutrition and cost:

Buy family-size packages and divide them up and freeze portions, labeled and dated.

Choose the less expensive store brands of canned and frozen produce.

Use powdered reconstituted milk for cooking.

Cook enough for two or more meals, and freeze single portions for lunch.

Use meat, poultry and fish as a condiment, in small amounts added to main-dish salads, soups and sauces.

Try main-dish soups and salad for filling yet low-calorie meals. Soups can also be made in large amounts and frozen.

Consider buying a slow cooker for efficient, one-dish meals.

Spinach and Mandarin Orange Salad

http://www.goodhousekeeping.com/recipefinder/spinach-mandarin-orange-salad-ghk1107?click=recipe_sr

Ingredients:

10-12 ounces of baby spinach
 1/3 cup bottled poppy seed salad dressing
 1/2 lemon
 1 can (11 ounces) Mandarin oranges sections (drained)
 1/2 cup (half of 3 3/4 ounce bag) honey-roasted sliced almonds

Directions:

Place spinach in large salad bowl. Drizzle dressing on top; squeeze juice from lemon half over salad. Just before serving, toss to combine and top with orange sections and almonds.

Cooking Information:

Serves 8
 Prep time 5 minutes

Nutrition per serving:

Calories	95
Total fat	7
Saturated fat	1
Sodium	125
Total Carb.	6
Dietary fiber	5
Protein	3

Three Important Tests To Help Prevent Heart Disease

Three important risk factors for heart disease are high blood pressure, high blood cholesterol, and diabetes. There are things you can do to prevent or control all of these risk factors and, therefore, reduce your chances of getting heart disease.

How do you know if you have high blood pressure, high blood cholesterol, or diabetes? There are tests that you can have at a health fair or the clinic. Each test is different.

You have probably had a **blood pressure** test. Usually, this is done by a nurse or doctor putting a "blood pressure cuff" around your upper arm and filling it with air. As the air is released, your blood pressure is measured. Every time you go to the clinic you should get your blood pressure tested.

The test for **blood cholesterol** involves using a needle to take blood, usually from a vein on the inside of your arm. The blood is then sent to a laboratory where

it is analyzed. The cholesterol test is more accurate if you do not eat for 9 to 12 hours before the blood is taken from your body. All adults (anyone 20 years old or older) should have their blood cholesterol checked at least every 5 years. Check it more often if you have high blood cholesterol levels.

The test for **diabetes** uses a needle to draw blood usually before eating early in the morning. There are other ways to test for diabetes, but this approach is so simple that it can be done at health fairs and at home. For these, a drop of blood taken from your fingertip is placed on a special strip of paper. The strip is then put into a little machine that tells how much sugar is in your blood. You should have a diabetes test at least every year. If you have diabetes, you will need to monitor your blood sugar every day.

It is important to take care of yourself, so that you can take

care of the other people in your family who need you. Part of taking care of yourself is having these three important tests regularly:

1. Blood pressure test
2. Blood cholesterol test
3. Blood sugar (diabetes) test

All of the tests are simple and are not very painful. They can be done at a health fair or a doctor's office. They are all different tests. You should be sure you have all three tests and that you know the numbers for your test results.

Next: Measuring Your Blood Pressure

Three Important Tests:

- Blood pressure test
- Blood cholesterol test
- Blood sugar (diabetes) test

Declare Your Independence From Commercial Tobacco



Wiidookawishin QUITPLAN

Center: Call 218-878-3707 to make a Smoking Cessation appointment at MNAW or CAIR.

Persons not eligible for stop-smoking sessions at FDL MNAW or Duluth CAIR can access QUITPLAN Services at

St. Mary's QUITPLAN Center in Duluth (218-786-2677).



Regularly Scheduled Classes

Car Seat Classes — Please enter at Door #3

MNAW Clinic	Wednesday July 1st, Thursday July 16	2PM
	Wednesday August 5th, August 19	
	Wednesday September 2nd, September 16	

Elder Exercise

ENP	Every Monday and Wednesday	9-11AM
-----	----------------------------	--------

Cooking Class

ENP	Tuesday July 21, August 18, September 15	5-7PM
-----	--	-------

Water Aerobics for Elders

Pool	Every Monday and Wednesday	8-9AM
------	----------------------------	-------

On The Move Incentives Pick Up

Tribal Center Gym	Wednesday July 8 August 12 September 9	12-1PM
Brookston Center	Tuesday July 21 August 18 September 15	3-3:30PM
Sawyer Center	Wednesday July 8 August 12 September 9	3-4PM

Smoking Cessation

Scheduled Individually	Please call 218-878-3707 to make an appointment	
------------------------	---	--

Pilates

Tribal Center Gym	Every Tuesday and Thursday thru July	12-12:30PM
-------------------	--------------------------------------	------------

Yoga

MNAW McKnight Room	Mondays	12-1PM
--------------------	---------	--------

A new state law went into effect June 9, 2009 that requires all drivers and passengers of all vehicles on Minnesota roads and highways to wear a seatbelt at all times in a vehicle. You can now be pulled over just for not wearing your seatbelt... so click it, or ticket!

