

CHRONIC DISEASES NEWSLETTER

QUARTELY NEWSLETTER
JOPLIN CITY AND JASPER COUNTY

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PHYSICAL ACTIVITY AND YOUR HEALTH

Physical activity has many health benefits to people of all ages. It is any body movement produced by muscles and that results in release of energy.

Among the benefits of physical activity include;

- ◆ Improving our quality of life,
- ◆ Increases our sense of well-being,
- ◆ Helps build and maintain strong muscles, bones, and joints,
- ◆ Reduces risk for chronic disease,
- ◆ Helps prevent unwanted weight gain
- ◆ Reduces stress and anxiety.

According to the Centers for Disease Control and Preven-

tion (CDC), people of all ages can improve their health and well-being by becoming active on a regular basis, preferably daily.

You can make exercise fun by simply choosing activities that you enjoy such as gardening, yard work, brisk walking, ballroom dancing, golf, cycling, etc.

Source:
Missouri Department of Health and Senior Services



Margaret Donnelly, director of the Missouri Department of Health and Senior Services, and Charlie Shields, president pro tem of the Missouri Senate, lead a walk around the state Capitol during National Public Health Week.

GOOD NUTRITION AND YOUR HEALTH

Nutrition is the process of nourishing the body with food to maintain life. It involves the regular consumption of the proper amount of calories, vitamins, minerals, fiber and many other nutrients found in food.

The amount of nutrients necessary for healthy living differs among individuals based on age, gender, physical activity level and other factors.

Adequate nutrition promotes the maintenance of a healthy weight to prevent obesity and related diseases such as heart disease, cancer, and stroke. On the other hand, inadequate nutrition may result in

nutrient deficiencies that include calcium, folic acid and fatty acids that are essential for maintaining good health.

Increasing awareness and knowledge about the importance of proper nutrition is a first step to healthy practices.

(Continued in page 2)



Picture from Missouri DHSS

ORAL HEALTH



Oral health is essential to good overall health. It includes proper care of teeth and gums. Two common oral diseases include dental caries, which is tooth decay/cavities, and periodontal or gum disease. Oral health requires daily hygiene and regular dental checkups and

cleaning. Other serious, but less common oral health concerns are those that affect the areas inside the mouth and throat, tongue, lips, salivary glands, chewing muscles and upper and lower jaws.

Certain risk factors can lead to serious diseases such as cancers of the mouth and throat.

Specifically, not using tobacco, limiting alcohol consumption, and eating a balanced diet can reduce

the risk of serious oral diseases.

Increasing awareness and knowledge of good oral health practices are important in prevention of oral disease. Improving skills for proper care of teeth and gums is critical for good oral health. Creating policies and environments that support oral health such as requiring water fluoridation and reducing sugary options in school vending machines and lunches

may have a greater impact in communities.

Source: DHSS

Remember that certain risk factors can lead to serious diseases such as cancers of the mouth and throat.

DIETARY GUIDELINES (CONTINUED FROM PAGE 1)

Nutrient Adequacy

Foods, especially those high in solid fats and added sugar, should be replaced with nutrient-dense forms of vegetables, fruits, whole grains, and fluid milk and milk products to increase intakes of nutrients e.g. vitamin D, calcium, potassium, and dietary fiber. While mineral/vitamin supplements can benefit some people with known deficiencies, they can cause harmful effects and should be pursued cautiously.

Fatty Acids and Cholesterol

Intakes of dietary fatty acids and cholesterol are major determinants of cardiovascular disease (CVD) and Type 2 Diabetes. Limiting saturated fatty acid intake, dietary cholesterol, cholesterol-raising

fats and avoiding trans fatty acids is beneficial to your health. Therefore, substituting them with mono- or polyunsaturated fatty acids is imperative. Two servings of seafood per week can also be beneficial.

Protein

Proteins provide both essential amino acids to build body proteins and are a calorie source. Animal sources of protein, including meat, poultry, seafood, milk, and eggs, are the highest quality proteins. Plant-based diets are sources of fiber and nutrients important in a health-promoting diet.

Carbohydrates

Carbohydrates are the primary energy source for active people. Fiber-rich carbohydrate foods e.g. whole grains, vegetables, fruits, and cooked dry beans and peas are recommended in your diet. Low-fat and fat-free milk and milk products are also nutrient-dense sources of carbohydrates and provide high-quality protein, vitamins, and minerals.

Sodium, Potassium

Excessive amounts of sodium and insufficient amounts of potassium can increase blood pressure and related consequences. The recommended daily sodium intake should be less than 2,300 mg per day

for the general adult population. However, some high risk individuals require 1,500 mg per day. People should also increase their consumption of dietary potassium because it helps to attenuate the effects of sodium on blood pressure.

Article adapted from USDA

- ◆ For more information, visit: <http://www.cnpp.usda.gov/DietaryGuidelines.htm>
- ◆ <http://www.dhss.mo.gov/InterventionMICA/Nutrition/index.html>

SLEEP HYGIENE

Poor sleep habits (referred to as hygiene) are among the most common problems encountered in our society. We stay up too late and get up too early. We interrupt our sleep with drugs, chemicals and work, and we overstimulate ourselves with late-night activities such as television.

Insufficient sleep is associated with a number of chronic conditions such as diabetes, cardiovascular diseases, obesity and depression. It is also associated with injuries such as motor vehicle and machine-related accidents.

Sleep disorders include insomnia, narcolepsy, restless leg syndrome and sleep apnea.



“Insufficient sleep is associated with a number of chronic diseases and conditions such as diabetes, cardiovascular diseases, obesity and depression”

Your Personal Habits

- ◆ Fix a bedtime and an awakening time.
- ◆ Avoid napping during the day or if you do, limit the nap to 30-45 minutes.
- ◆ Avoid alcohol, caffeine 4-6 hours before bedtime.
- ◆ Avoid heavy, spicy, or sugary foods 4-6 hours before bedtime.
- ◆ Exercise regularly, but not right before bed.

Your Sleeping Environment

- ◆ Use your bed only for sleeping and not for such activities like watching TV.
- ◆ Sleep in a dark, quite and relaxing environment which is neither too cold not too hot.

- ◆ Practice relaxation techniques before bed.
- ◆ Don't take your worries to bed.
- ◆ Establish a pre-sleep ritual. Pre-sleep rituals, such as a warm bath can help you sleep.

For more information, visit:
www.cdc.gov/sleep
www.sleepfoundation.org

Getting Ready For Bed

- ◆ Try a light snack before bed. Warm milk and foods such as bananas, may help you to sleep.

INJURY FROM FALLS

Injuries from falls are the leading cause of unintentional death among individuals 65 years of age or older. Falls are also a significant cause of injury and disability among children.

Common injuries resulting from falls include hip, spine and forearm fractures, open wounds, and brain injury.

Increasing awareness and knowledge about the seriousness of falls is an important first step in prevention. Ensuring children are supervised when using playground equipment, and using safety gates and handrails on steps can decrease falls. Providing safe and supportive opportunities

for older adults to be physically active can improve the stamina and strength needed to prevent falling.

For more information about injury from falls, visit:
<http://www.dhss.mo.gov/InterventionMICA/InjuryFromFalls/index.html>



HEALTH DEPARTMENTS

Joplin City Health Department
321 E. 4th Street,
Joplin, MO. 64801
417-623-6122
www.joplinhealthdepartment.org

Jasper County Health Department
105 Lincoln St.
Carthage, MO. 64836
417-358-3111
Toll Free: 1-877-879-9131
www.health.jaspercounty.org

Any question or comment about the newsletter, please contact;
Joseph T. Njenga
Regional Epidemiologist
Joplin City Health Department
Jasper County Health Department
417-623-6122
JNjenga@Joplinmo.org

Trainings

CHRONIC DISEASE SELF-MANAGEMENT LEADER TRAINING -

September 23 - 24 and September 30 - October 1

The Chronic Disease Self-Management Program (CDSMP) is a workshop given two and a half hours, once a week, for six weeks, in community settings such as senior centers, churches, libraries, and hospitals. The workshop is scheduled for September 23 and 24 and September 30 and October 1 at the Westside Senior Center in Laurie, MO. People with different chronic health problems attend the program together. Workshops are facilitated from a highly-detailed manual by two trained leaders, one or both of whom are peers with a chronic health condition themselves. Subjects covered include: 1) techniques to deal with problems such as frustration, fatigue, pain, and isolation, 2) appropriate exercise for maintaining and improving strength, flexibility, and endurance, 3) appropriate use of medications, 4) communicating effectively with family, friends, and health professionals, 5) nutrition, and 6) making informed treatment decisions. It is the process in which the CDSMP is taught that makes it effective. Sessions are highly participative, where mutual support and success builds the participants' confidence in their ability to manage their health and maintain active and fulfilling lives. For additional questions contact Amber Phelps at 573-882-8097 or phelp-sam@missouri.edu.

TOBACCO USE AND IMPACT ON YOUR HEALTH

Tobacco use is the leading preventable cause of disease and death. It has been strongly associated with chronic conditions such as cancer, heart disease, stroke and lung diseases.

Tobacco use includes smoking cigarettes and cigars and chewing smokeless tobacco.

Cigarette smoke contains more than 4,000 chemical compounds. Secondhand smoke contains many of the same chemicals that are present in the smoke inhaled by smokers.

Secondhand smoke, also called environmental tobacco smoke or ETS, is a mixture of the smoke released from the burning end of a tobacco product and that exhaled by the smoker. Exposure to secondhand smoke has been shown to increase the

risk of lung cancer, sudden heart attack, acute respiratory infections etc. Among children, secondhand smoke can cause severe asthma, slowed lung growth, middle ear disease, and sudden infant death syndrome.

Smoking during pregnancy causes health problems for both mothers and babies, such as;

- ◆ Complications with the pregnancy
- ◆ Premature birth
- ◆ Low-birth weight infants
- ◆ Stillbirth
- ◆ Sudden Infant Death

Increasing awareness and knowledge about the dangers of tobacco use and exposure to the secondhand smoke are important elements of prevention. Improving skills and social support for avoiding tobacco use, are important components of prevention efforts.

For more information, visit;
http://www.cdc.gov/tobacco/basic_information/index.htm

Adapted from Missouri Department of Health and Senior Services and CDC