

Just for the Health of It

Warren County Public Health Newsletter November 2022

Install Your Carbon Monoxide Alarms!

What is carbon monoxide?

Carbon monoxide, also known as CO, is called the “Invisible Killer” because it’s a colorless, odorless, poisonous gas. More than 150 people in the United States die every year from accidental nonfire-related CO poisoning associated with consumer products, including generators. Other products include faulty, improperly-used or incorrectly-vented fuel-burning appliances such as furnaces, stoves, water heaters woodstoves and fireplaces.

Because CO is odorless, colorless, and undetectable people may not know that they are being exposed. A working CO detector is just as important as a smoke detector. Call 911 if the source of CO is not known. Have fuel –burning appliances inspected annually. Initial symptoms of low to moderate CO poisoning are similar to the flu (but without the fever).

If you suspect CO poisoning immediately get to fresh air. Symptoms should start to improve. If symptoms don’t improve or get worse call 911.

Moderate CO Poisoning Symptoms

- Headache
- Fatigue
- Shortness of breath
- Nausea
- Dizziness

High level CO poisoning results in progressively more severe symptoms, including:

- Mental confusion
- Vomiting
- Loss of muscular coordination
- Loss of consciousness
- Death

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Health Events

Watch out for our new episodes on the Just for the Health of It podcast! We will be covering Diabetes Education and Indoor Air Quality! With these episodes, we dive into chronic diseases and something you probably never think about; the air around you! We hope you tune in and learn more about everything health on the Just for the Health of It Podcast!



Warren County
Public Health

Tobacco Cessation

Tobacco can create lasting effects on the body from chronic diseases to rewiring the reward system in your brain. Smoking and vaping are very common in Warren County.

Tobacco has plagued the community for years, read below to learn the impact of smoking on your body

Making a Plan to Quit and Planning Your Quit Day

There's no one right way to quit tobacco (known as tobacco cessation), but there are some important steps that can help make a person's decision to quit a success. These steps can help whether you or a loved one are trying to quit smoking cigarettes or smokeless tobacco (chew, dip, or snuff).

Make the decision to quit tobacco

The decision to quit smoking or to quit using smokeless tobacco is one that only you can make. Others may want you to quit, but the real commitment must come from you.

Think about why you want to quit.

Are you worried that you could get a tobacco-related disease?

Do you believe that the benefits of quitting outweigh the benefits of continuing to use tobacco?

Set a date for your Quit Day

What's important about picking a Quit Day?

Once you've decided to quit, you're ready to pick a quit date. This is a key step. Pick a day within the next month as your Quit Day. Picking a date too far away gives you time to change your mind. Still, you need to give yourself enough time to prepare. You might choose a date with a special meaning like a birthday or anniversary, or the date of the Great American Smokeout (the third Thursday in November each year). Or you might want to just pick a random date. Circle the date on your calendar. Make a strong, personal commitment to quit on that day. Let others know of your plan.

How do you plan to quit?

Support is a key part of your plan. In-person quit programs, advice from trusted health care professionals, telephone quit lines, phone reminder apps, Nicotine Anonymous meetings, self-help materials such as books and pamphlets, and counselors can be a great help. Also tell your family, friends, and co-workers that you're quitting. They can give you help and encouragement, which increases your chances of quitting for good.

Combining 2 or more types of quit aids may be more effective than the use of just one.

Did you know?

The average tobacco retailer is only 1.3 miles away from a high school in Warren County. That's only a 3 minute drive or a 25 minute walk.

Did you know?

In Warren County there is 1 smoke shop for every 102 smokers but only 1 doctor for every 264 people

On your Quit Day

Over time, using tobacco becomes a strong habit. Daily events, like waking up in the morning, finishing a meal, drinking coffee, or taking a break at work, often trigger your urge to use it. Breaking the link between the trigger and tobacco use will help you stop.

On your Quit Day go down this list:

Do not use tobacco. This means not at all – not even one puff!

Stay busy – try walking, short bursts of exercise, or other activities and hobbies.

Drink lots of water and juices.

Avoid situations where the urge to use tobacco is strong.

Avoid people who are using tobacco.

Think about how you can change your routine. Use a different route to go to work. Drink tea instead of coffee. Eat breakfast in a different place or eat different foods.

Be prepared to feel the urge to use tobacco and the urge will probably be pretty strong. But, it's important to remember that urge will pass whether you give in to it or not. Use the 4 D's to help fight the urge:

Delay for 10 minutes. Repeat if needed.

Drink water slowly, sip by sip.

Do something else. Some activities trigger cravings. Get up and move around.

Often this simple trick will allow you to move beyond the strong urge to use tobacco.

Don't Give Up!

It is important to remember that many smokers and tobacco users relapse from time to time and it may take more than one quit attempt to succeed. It is important to remember

- Relapse is not failure. Be honest with yourself and determine what led to the relapse so you can plan to avoid the same situation in the future.
- Remember quitting is hard. If your original plan doesn't work try something new like using nicotine replacement therapy or finding a support group. It is important to just keep trying.

Diabetes Management

Diabetes has become more common in Warren County but not just any diabetes; specifically, Type 2 diabetes. Type 2 diabetes is often a result of poor diet and lack of exercise. Life-style changes to improve your diet and increase physical activity can make a big difference. Read on to learn what you can do to manage or protect yourself from Type 2 diabetes

Understanding Type 1 Diabetes

Here's what you need to know about type 1 diabetes. Type 1 diabetes occurs at every age and in people of every race, shape, and size. There is no shame in having it, and you have a community of people ready to support you.

In type 1 diabetes, the body does not produce insulin. The body breaks down the carbohydrates you eat into blood glucose (blood sugar) that it uses for energy—and insulin is a hormone that the body needs to get glucose from the bloodstream into the cells of the body. With the help of insulin therapy and other treatments, everyone can learn to manage their condition and live long, healthy lives.

Remember: this is a condition that can be managed. By living a healthy lifestyle filled with exercise and proper diet, you can live a normal life and do everything you set out to do.

Understanding Type 2 Diabetes

Type 2 diabetes is the most common form of diabetes—and it means that your body doesn't use insulin properly. And while some people can control their blood glucose levels with healthy eating and exercise, others may need medication or insulin to help manage it. Regardless, you have options—and we're here with the tools, resources, and support you need.

A key part of managing type 2 diabetes is maintaining a healthy diet. You need to eat something sustainable that helps you feel better and still makes you feel happy and fed. Remember, it's a process. Work to find helpful tips and diet plans that best suit your lifestyle—and how you can make your nutritional intake work the hardest for you.

Fitness is another key to managing type 2. And the good news, all you have to do is get moving. The key is to find activities you love and do them as often as you can. No matter how fit you are, a little activity every day can help you put yourself in charge of your life.

What are the ABC's of Diabetes?

A for the A1C test. The A1C test gives you a measure of your blood sugar over the previous 3 months. This is different than the regular blood testing you do.

B for blood pressure. Blood pressure is important because if it gets too high it means your heart is working too hard. This can lead to heart attacks, strokes, and damage your kidneys and eyes. People with high blood pressure are at higher risk for type 2 diabetes

C is for cholesterol. There are two types of cholesterol. There is HDL and LDL. HDL is healthy and removes LDL from your blood. LDL blocks your veins and arteries putting you at risk of heart attacks or strokes.

The only way to know if you have Type 2 diabetes is to have your blood sugar levels measured by a doctor regularly. The sooner a Type 2 diabetes diagnosis is made the sooner life-style changes and if needed medication can be used to control diabetes.

To learn more about Type 2 diabetes and steps you can take to control it go to <https://www.cdc.gov/diabetes/index.html>.

Have you heard about prediabetes?

- Prediabetes is a serious health condition where blood sugar levels are higher than normal, but not high enough yet to be diagnosed as type 2 diabetes.
- Prediabetes puts you at increased risk of developing type 2 diabetes, heart disease, and stroke.

What Causes Prediabetes?

Insulin is a hormone made by your pancreas that acts like a key to let blood sugar into cells for use as energy. If you have prediabetes, the cells in your body don't respond normally to insulin. Your pancreas makes more insulin to try to get cells to respond. Eventually your pancreas can't keep up, and your blood sugar rises, setting the stage for prediabetes—and type 2 diabetes down the road.

To learn about your prediabetes risk you can take the prediabetes risk assessment. Go to <https://www.cdc.gov/diabetes/index.html> and click on the prediabetes risk test.

A Safe Thanksgiving

Food Poisoning is SERIOUS!

Turkey Basics: Safe Cooking

Set the oven temperature no lower than 325°F, preheating is not necessary.

Be sure the turkey is completely thawed. A partially frozen turkey requires longer cooking. Don't leave the turkey on a counter or table to thaw. Thaw it in a refrigerator or use a cold water bath.

For optimal safety, cook stuffing in casserole. Mix ingredients just before stuffing the turkey, stuff loosely. A stuffed turkey requires longer cooking time.

For safety and doneness, the internal temperature should be checked with a thermometer. The temperature of the turkey and the center of the stuffing must reach a safe minimum internal temperature of 165°F.

Also, make sure to not cross-contaminate your foods! If you have raw meat on a cutting board, make sure to rinse off the cutting board thoroughly with soap and water or, if you can, use separate cutting boards for produce and raw meats!

APPROXIMATE COOKING TIMES (325°F OVEN TEMPERATURE)

Unstuffed (time in hours)	Stuffed (time in hours)
4 to 6 lb. breast – 1 ½ to 2 ¼	8 to 12 lbs.- 3 to 3 ½
6 to 8 lb. breast – 2 ¼ to 3 ¼	12 to 14 lbs. – 3 ½ to 4
8 to 12 lbs. – 2 ¾ to 3	14 to 18 lbs. – 4 to 4 ¼
12 to 14 lbs.- 3 to 3 ¾	18 to 20 lbs. – 4 ¼ to 4 ¾
14 to 18 lbs. – 3 ¾ to 4 ¼	20 to 24 lbs. – 4 ¾ to 5 ¼
18 to 20 lbs. – 4 ¼ to 4 ½	
20 to 24 lbs. 4 ½ to 5	