

# Just for the Health of It

Warren County Public Health Newsletter February 2023

## GAMBLING AWARENESS

### Warning Signs

Gambling to escape or avoid worries, frustration or disappointments.

Neglecting other responsibilities to concentrate on gambling activities

Increasing the amount of money bet in an effort to win back losses

Gambling with money needed for necessary expenses, such as groceries or medication

Relying on others to get out of debt.

Feeling desperate, depressed or even suicidal because of gambling.

### Ask Yourself

1. Have you ever felt the need to bet more and more money?
2. Have you ever had to lie to people important to you about how much you gambled?

**PROBLEM GAMBLING**

**NORTHEAST**

**RESOURCE CENTER**

*— Here to Help —*

### In this issue

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## Health Events

Watch out for our new episodes on the Just for the Health of It podcast! We will be interviewing all sorts of different people this month! From colorectal cancer screenings to poison prevention! Make sure to subscribe to our YouTube channel so you never miss another video again!



Warren County  
Public Health



# Pediatric Dental Health

*Why do we brush our teeth? How do I get my children to brush their teeth? There are many questions when it comes to you and your children's dental health. Down below we tackle the hard questions and include services that are available for both you and your children in Warren County!*

Good dental health has been shown to help improve a person's overall health. Most people also know that fluoride can help maintain healthy teeth. In many locations in the United States municipal water systems add fluoride to the water supply to reduce cavities in children and adults. However, it might surprise Warren County residents to learn that virtually none (0.2%) of them receive fluoridated water.

So, what can caregivers do to keep their child's teeth healthy and strong? Here are several tips...

## For infants to 18 months

- Clean your baby's gums with a soft damp cloth after feeding
- Do not let your baby sleep with a bottle
- Once teeth appear use a soft bristled brush and plain water to clean your baby's teeth.
- Once teeth appear it is a good idea to schedule an appointment with a dentist. Since water supplies in Warren County are not fluoridated you may want to talk with the dentist about fluoride supplements

## For Children 2 -5 years

- Teach good brushing and flossing habits. Brush at least twice a day with a pea-sized amount fluoridated toothpaste for at least 2-minutes each time you brush. Floss once a day when teeth are too close together for a toothbrush to clean between them.
- Monitor young children until they learn good brushing habits. Teach them to spit out toothpaste not swallow it.
- Check for cavities regularly and see a dentist if you have concerns
- Schedule regular dental visits. Twice a year is recommended.

## For children of all ages

- Limit sugar sweetened beverages and foods.
- Teach children to rinse with water after a sugary meal if brushing isn't an option.
- For older children with braces and other dental appliances make sure they are seeing their dentist regularly along with the orthodontist.
- Braces and other appliances can increase the risk of cavities.
- Make sure they have what they need to be able to brush and floss every day.

For Warren County parents that are not able to afford regular dental care for their children you may want to contact your child's school to see if it participates in the Hudson Headwaters Children's School-Based dental program.

Families are not charged for services. If your child has dental insurance, HHHN will bill the insurance company for dental services but there are no out-of-pocket costs (i.e. copays) to families for the services provided. If your child does not have health insurance their services are provided at no cost.

HHHN's services include dental screening, cleaning, sealants, fluoride treatment and if needed, a referral to a local participating dentist for additional treatment including filling cavities and other restorative work.

**For more information regarding Hudson Headwaters Children's School-Based Dental Program, click on the link [HERE](#)**



# Women's Heart Health

*Heart health is something that not a lot of women think about and with good reason! Often when we hear about heart health, we think of telling men to stop drinking beer, eating meat and potatoes and exercising. However, women need focus on their health too! Read on to hear about how to be heart healthy*

## 5 tips to help busy moms care for their own health and well-being

With packed schedules, multiple commitments and countless chores, it's a challenge for moms to stay mentally and physically healthy.

But eating well, engaging in regular physical activity and getting enough sleep are key to improving your health, lowering cardiovascular disease risks and increasing quality of life.

Here's a few tips to overcome common barriers moms face on the journey to a healthier lifestyle:

### I don't know how to start.

**Tips:** If you're feeling overwhelmed, start small. Completing something — *anything* — will give you a sense of accomplishment. Do a simple task such as drinking more water today or scheduling a doctor's appointment you've delayed. Research shows that even modest health improvements have positive effects. And these actions may boost your motivation to tackle bigger health goals.

### I can't find time.

**Tips:** The days can pass by when you're busy caring for everyone else. Schedule time on your calendar for your health just like you would for a work meeting. And don't let anything bump it out of the way. Remember to ask for (and accept) help from family members, friends or a babysitter when you need it. Research shows support from others improves mothers' health and motivates them to be more active. Make the most of any time you have. Even 10-minute blocks of exercise are beneficial. Fit movement into your day by walking instead of sitting in the car while waiting to pick up kids from school or after-school activities.

### Caring for myself is selfish.

**Tips:** Caring for children is an important responsibility. But it shouldn't be the only one. Saying "yes" to your health means saying "no" to mom guilt and unrealistic expectations about parenthood. Taking time for yourself can make you a more patient, less stressed parent. Escape to a quiet space while someone else watches the kids and do something healthy such as reading, meditating or journaling.

### Eating well is expensive.

**Tips:** Moms are often so focused on making meals for the kids that their own nutrition becomes an afterthought. But prioritizing your dietary goals doesn't have to be expensive or time-consuming. Keep a grocery list of your favorite healthy items and opt for in-season produce, which is typically less expensive. Understand the value of meal-planning shortcuts. If you're going to be away from home for a while, pack portion-controlled snacks for yourself just like you do for your kids. This will ward off high-cost, high-calorie temptations later.

### I'm too tired.

**Tips:** Sleep problems are a common struggle for moms. Insufficient sleep impacts mood, health and even longevity. A calming nighttime routine benefits the whole family. Keep bedrooms dark, quiet and calm. Turn off all screens — including your phone — at least 30 minutes before bedtime. The blue light emitted by mobile devices can lead to poor sleep quality. Also, trade off nighttime duties with others so you can get uninterrupted sleep some nights. And don't use tiredness during the day as an excuse to skip your workout. Exercise helps your body work more efficiently and makes getting through the day easier.

**We know your kids come first and the health of your family often gets put before your own, but prioritizing your health is not only important for you, but essential to the overall well-being of your family.**



# February is American Heart Month

Heart- healthy eating involves choosing certain foods such as fruits and vegetables, and limiting others, such as saturated fats and added sugars. Doctors may recommend heart healthy Dietary Approaches to Stop Hypertension (DASH) eating plan because it has proven to lower blood pressure, and bad (LDL) cholesterol in the blood.

## Foundation of a heart- healthy eating plan

**Vegetables** such as leafy greens (spinach, collard greens, kale, cabbage), broccoli, and carrots

**Fruits** such as apples, bananas, oranges, pears, grapes and prunes

**Whole grains** such as plain oatmeal, brown rice, and whole- grain bread or tortillas

**Fat- free or low- fat dairy** foods such as milk, cheese or yogurt

### **Protein-rich foods-**

**Fish** high in omega-3 fatty acids (salmon, tuna and trout)

**Lean meats** such as 95% lean ground beef or pork tenderloin or skinless chicken or turkey

### **Eggs**

**Nuts, seeds and soy products** (tofu)

**Legumes** such as kidney beans, lentils, chickpeas, black- eyed peas and lima beans

**Oils and foods high in monounsaturated and polyunsaturated fats-**

Canola, corn, olive, safflower, sesame, sunflower and soybean oils (not coconut or palm oil)

Seeds (sesame, sunflower, pumpkin or flax)

Avocados

Tofu

## Foods to limit

A heart healthy plan limits sodium (salt), saturated fats, added sugars and alcohol. Understanding nutrition labels can help you chose healthier foods.

Adults and children over age 14 should eat less than **2300 milligrams of sodium a day**. Children younger than 14 may need to eat even less each day based on their age and sex. Read food labels and choose products that have less sodium for the same serving size. **Choose low-sodium**, reduced-sodium, or no-salt-added products.

**Saturated or bad fats** come from animal sources such as butter, cheese, and fatty meats. Read food labels and **choose foods low in saturated fats** like leaner low-fat skinless meats, lower fat dairy products, and oils like olive / canola oil.

**In USA**, sweetened drinks, snacks and sweets are the major sources of **added sugars**. Choose drinks without added sugars like brown sugar, corn syrup, dextrose, fructose, glucose, high-fructose corn syrup, raw sugar, sucrose and more.

**Limit alcohol**. Alcohol adds calories to daily diet, causes weight gain, raises blood pressure and triglyceride fats in the blood.