

# Building a Healthier Independence

Independence Health Department • 515 S Liberty • 816-325-7185 • October 2016



Building a  
**Healthier**  
Independence



## WINTER WEATHER: ARE YOU PREPARED?



Winter storms and cold temperatures can be hazardous, but if you plan ahead, you can stay safe.

### Home:

- ◆ Check to ensure your heating systems are working and inspect fireplaces and chimneys.
- ◆ Make sure your smoke and carbon monoxide detectors are working properly.
- ◆ Stock shelf stable foods and water.
- ◆ Keep an up-to-date emergency kit.



### Car:

- ◆ Service the radiator, maintain antifreeze level, and check tires.
- ◆ Keep gas tank full to avoid ice in the tank and fuel lines.
- ◆ Use a wintertime formula in your windshield washer.
- ◆ Prepare a winter emergency kit to keep in your car in case you become stranded.



### Travel:

- ◆ Be aware of current and forecast weather conditions.
- ◆ Avoid traveling when the weather service has issued advisories.
- ◆ If you must travel, inform a friend or relative of your proposed route and expected time of arrival.

### Outdoor Activity:

- ◆ Wear appropriate outdoor clothing.
- ◆ Sprinkle cat litter or sand on icy patches.
- ◆ Be aware of the wind chill factor.
- ◆ Work slowly when doing outside chores.
- ◆ Carry a cell phone.



Always check on family and neighbors and bring pets inside. If you cannot bring them inside, provide adequate, warm shelter and unfrozen water to drink. No one can stop the onset of winter. However, if you follow these suggestions, you will be ready for it when it comes.

Info from: <http://www.cdc.gov/Features/WinterWeather/>

## Independence Health Department Fights Lung Cancer

The Health Department is partnering with Independence Housing Authority to bring Hocker Heights, Pleasant Heights, and Southview Apartments a smoke-free campus policy in effort to protect the health of residents.



# November is Lung Cancer Awareness Month

Lung cancer is the leading cause of cancer death, and the second most common cancer among men and women in the United States. According to the Centers for Disease Control and Prevention (CDC), over 200,000 individuals are diagnosed with lung cancer each year, and 150,000 individuals lose their life to the disease.

What you can do to lower your risks:

- **Don't smoke:** The most important thing you can do to prevent lung cancer is to not start smoking, or to quit if you smoke.
- **Avoid secondhand smoke:** Smoke from other people's cigarettes, pipes, or cigars is called secondhand smoke. Make your home and car smoke-free.
- **Test for radon:** The second leading cause of lung cancer is radon, a naturally occurring gas that comes from rocks and dirt and can get trapped in houses and buildings.

## Perks of Pumpkin

Now that fall has rolled in, so has the pumpkin. Surprisingly enough, having a dose of pumpkin has some perks. Did you know that consuming pumpkin may:

1. Decrease your risk of some cancers, specifically prostate cancer.
2. Improve eye health due the high levels of Vitamin C and Vitamin E; both which are powerful antioxidants.
3. Improve heart health. Pumpkin is a good source of potassium, fiber, and Vitamin C; all of which are great for the heart and may even help reduce the risk of hypertension.

<http://www.medicalnewstoday.com/articles/279610.php>



## Five Fall Fitness Tips

As the winter months arrive, it's important to stay active to keep your body healthy. In fact, the CDC states that participating in regular physical activity is the most important thing you can do for your health.

### Why is fitness so important?

- Reduces your risk of developing cardiovascular disease.
- Reduces your risks of some cancers.
- Strengthens your bones and muscles.
- Helps to control your weight.
- Improves your mental health and mood.
- Improves your ability to perform daily activities.
- Increases your chances to live longer.
- Reduces the risk of developing Type II Diabetes.

Need some tips on how to stay active as the temperatures and weather start to decline? No worries, we've got you covered. Follow these five simple tips to stay active:

1. **Get creative with your chores:** Add a hop to your step when cleaning around the house to boost your activity and your mood.
2. **Shop to walk:** When going out to the mall to get those last minute Christmas gifts, make a point to walk a few extra laps.
3. **Buy an exercise DVD:** On those days where it's too cold to get out, pop in an exercise DVD to get you moving and grooving.
4. **Join a sports league:** Check out local sports facilities to see what sports you can get involved in over the winter months.
5. **Choose the stairs:** When out and about, choose the stairs over an elevator or escalator.



It's time for the holidays once again! Here are some ways to keep your holiday meals delicious yet healthy:



- **Substitute applesauce for butter:** Replace half the amount of butter in your recipe for applesauce. If your recipe calls for 2 TBS of butter, use 1 TBS applesauce and 1 TBS butter instead.
- **Reduce the sugar:** Experts state that you can reduce the amount of sugar in a recipe by 25% without noticing a difference.
- **Replace breadcrumbs with oats:** Replace the amount of breadcrumbs your recipe calls for with an equal amount of dry, rolled oats.



### Why should I get a flu vaccine?

The single best way to protect against the flu is to get vaccinated each year.

### Who should get vaccinated this season?

Everyone 6 months and older should get a flu vaccine.

### Can the vaccine give you the flu?

No, you cannot catch the flu from the flu vaccine.

### What if I got my flu vaccine last year?

A flu vaccine is needed every season because the body's immune response from vaccination declines over time and flu viruses are constantly changing, making the flu different every year.

In addition to getting vaccinated, take preventive steps like staying away from sick people and washing your hands to reduce the spread of germs. If you are sick with flu, stay home from work or school to prevent spreading flu to others.

# Elf on the Shelf



Elf on the shelf can be a fun-filled Christmas tradition that many families have adopted over the past few years. The elves are magical helpers that help Santa Claus manage his naughty and nice lists by reporting back to him at the North Pole nightly. Elves sit at a different spot and perform different activities everyday within the household in the month of December to encourage children to be on their best behavior.

## Add some health to Elf on the Shelf!

Have your elf encourage health by having him doing healthy activities such as:

1. Sit elf next to a plate of raw veggies to encourage kids to eat them.
2. Have elf hide a shoe or other item so kids can search the house.
3. Have elf brushing its teeth in the morning.
4. Create an elf scavenger hunt for kids so kids can engage their mind and their bodies.

Activity from: <http://blossombunkhouse.com/2011/11/08/101-elf-on-the-shelf-ideas-2/>

### What you'll need:

- ◆ 1.5 lbs chicken breast—boneless
- ◆ 1 butternut squash—chopped
- ◆ 1 can of corn
- ◆ 2 TBs garlic
- ◆ 1 can kidney beans
- ◆ 1 can petite potatoes
- ◆ 5 cups chicken broth
- ◆ 1 cup quinoa
- ◆ 1 packet fajita seasoning mix
- ◆ Salt and pepper

### Recipe Corner: Butternut Squash and Chicken Soup

1. Rinse and chop chicken into 1 inch cubes.
2. Rinse and clean kidney beans and corn.
3. Add all ingredients to one large pot or slow cooker. Mix well.
4. Cover and cook on high for approximately 3 hours, or until squash and chicken is cooked thoroughly.



5. Add any additional spices as desired, and enjoy!

Per serving (1.5 cup): 470 calories, 50 g total fat, 31g protein, 16 g fiber, 590 mg sodium

Recipe from: <http://www.chelseasmessyapron.com/>

Building a Healthier Independence (BHI) is an initiative that aims to make it easier and safer for our citizens to be physically active, make healthy food choices, and reduce tobacco use.