

PCHC NEWS

FEBRUARY 2009

Polk County Health Center 1317 W Broadway Bolivar 326-7250

Special points of interest:

- Feb. 5 –Community Connections 12:00 noon Butterfield Residential Care Facility Activity Room.
- Feb. 7—YMCA Polar Bear Run 10:00 am SBU.
- Feb. 8—14 –KINDNESS IS CONTAGIOUS, PASS IT ON!
- Feb. 13 & 16—Polk County Health Center CLOSED for legal holidays.
- Feb. 14—Valentine's Day
- February is HEART MONTH—eat healthier and move your body for your heart!



For more information on Heart Health go to www.americanheart.org or call Polk County Health Center at 326-2750.

What's Your Heart Disease Risk?

People at highest risk for heart disease are those who:

- Smoke
- Have high blood pressure
- Have high cholesterol
- Are not active
- Have diabetes
- Are obese

Other factors that can increase your risk are:

- Heredity
- Gender
- Age
- Diet
- Stress
- Depression
- Secondhand smoke
- Excessive alcohol use

There are 3 uncontrollable risk factors: heredity, gender, and age. However, there is

a LOT you can do to prevent heart disease.

If you smoke, QUIT, and avoid secondhand smoke. A recent study in Pueblo, CO showed a 41% decrease in heart attack admissions to the hospital after a smoke-free ordinance was instituted in the city.

If you have high blood pressure, high cholesterol, diabetes, or are obese—**eating healthier and moving your body** will help!

Eat at least 5 servings of fruits and vegetables a day; make at least half of your grain choices whole; use fat-free or low-fat dairy; eat meatless meals a couple nights a week.

Limit your sodium and alcohol intake; have regular check ups; and take prescribed medications.

Exercise, move your body, be physically active, any way you want to say it—JUST MOVE!

On most days of the week try to get at least 30 minutes of moderate physical activity; 60 or more if you are trying to lose weight.

Try to include aerobic activities on 5 days a of the week and muscle strengthening exercises on 2 days of the week.

And find ways to relax, for some that may be exercise, for others reading a book, others laughter!

BUILDING BLOCKS—SUPPORT

Who are the people that really support you in your life? They cheer us on when things go well and stick with us when life throws us a curve ball. They hug. They listen. They smile. They ask questions. They are the people we like to be around.

Does your child have these kind of people in his/her life? Are you one of these kind of people? How do you support your child?

Your love and support for your child are critical, but you can't go it alone. You need others and your child needs others.

Does your child feel supported by teachers, neighbors, coaches, grandparents, friends' parents, mentors?

These other key adults are important players in helping your child jump over the hurdles in life. In fact, the more supportive adults your child has, the better!

Following are the 6 key areas of SUPPORT:

1. Family Support—family life provide high levels of love and support.
2. Positive Family Communication—you and your child communicate positively. Your child is

willing to come to you for advice/counsel.

3. Other Adult Relationships—your child receives support from three or more non-parent adults.
4. Caring Neighborhood—your child experiences caring neighbors.
5. Caring School Climate—school provides a caring, encouraging environment for your child.
6. Parent Involvement in Schooling—you are actively involved in helping your child succeed in school.

More Building Blocks in March



Tip:
A good way to love your child is to be accessible!

NAME THREE

Have each family member name three ways the family supports her or him.

Support Through the Years

Age

Ways to Love & Support Your Child

0-1

- *Hold your baby & look at him/her during feedings.
- *Respond to your baby's needs.
- *Rock your baby often.

2-3

- *Cheer your child on as she/he masters new skills.
- *Touch your child often. Hug. Cuddle.
- *Stay positive when setting limits for your child.

4-5

- *When you interact with your child, get down to her/his eye level.
- *Share your child's excitement about his/her interests.
- *Find other caring adults to participate regularly in your child's life.

6-10

- *Answer your child's questions. If you don't know the answer, find it together.
- *When you and your child disagree, point out you still love him/her.
- *Be silly with your child.

11-15

- *Accept the identity your child is forming.
- *Affirm independence and interdependence.
- *At least sometimes, be available to listen.

16-18

- *Continue to show affection for your teenager.
- *Let your teen overhear you complimenting her/him to someone else.
- *Seek your teen's opinion or advice on a big decision.



Be involved in your child's schooling, let them know you are proud of them!