

MCHD NEWSLETTER

The greatest wealth of a community is the health of the people.



Since early January, roughly ninety Morgan County residents have pledged to live healthier, more active lives by participating in the 2024 Winter Activity Challenge. This self-guided 6-week program has educated participants on recommended physical activity guidelines and encouraged them to keep an activity log. Participants were rewarded with a raffle drawing halfway through the Challenge and will receive a free t-shirt upon completion at the end of the Challenge!

Although it officially ends the first week of March, participants have already been reporting positive changes that have come from the Challenge. Some have reported losing weight, an increase in energy, and progress toward accomplishing the goals they set for themselves at the start of the Challenge. During February’s halfway-point check-in, one participant stated “So far, the Winter Activity Challenge has benefitted me by raising my consciousness around being active. It has kept me motivated to be active and has made me accountable!” We are excited to see what kind of sustainable habits and individualized goals participants are working toward at the end of the Challenge.

This activity was an Action Step identified in our Community Health Improvement Plan (CHIP) to help promote healthy living that ultimately reduces conditions that impact chronic disease. This event is sponsored alongside with the Morgan County Wellness Coalition. Additionally, we are thankful for the members of our Community Health Coalition who volunteered their time to help plan, promote and carry out Wellness Challenge activities.

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Find us on Facebook
www.facebook.com/mocoHD



Did you know MCHD has a sensor at our office to monitor air quality?



Visit our website at www.morganpublichealth.org and click on **Air Quality Monitor** to view or scan this QR Code →

SCAN ME!



02.15.24

AIR QUALITY MONITOR

Last fall, Ohio University distributed particulate matter air quality sensors throughout Southeast Ohio. This distribution was part of a project that aims to provide residents in this area access to adequate, updated air quality information. One of those sensors is located at our MCHD location. The data collected by the monitors are refreshed every 2 minutes to a web-based map. Residents can use the real-time readings on the map to help make informed decisions about their health and safety.

For more information about this project, visit <https://www.ohio.edu/news/2023/12/purpleair-air-quality-project-aims-increase-health-information-data-collection-across>

#ATOBAFFREEOHIO



YOU'LL THANK YOU...

...for not giving up.

Call the Ohio Tobacco Quitline to start your journey today!

1-800-QUIT-NOW



FOOD INSPECTION PORTAL

Interested in learning more about food inspections in Morgan County? Check out our Environmental Divisions Inspection Site online. Our mission is to protect and improve the health of all residents and visitors in Morgan County. This site offers an opportunity to share information which may assist you in being a well-informed consumer.

An inspection report may not be representative of the overall, long-term conditions within a facility. It is important to understand that inspection information provided on this shows only the conditions of the facility at the time of the inspection. A single inspection report should not be used to evaluate the overall operation of an establishment. Looking at a facility's inspection results over a period of time gives a more accurate picture of that facility's commitment to compliance. It is also important to note that a violation at a facility which is part of a restaurant/grocery chain indicates a problem only at that particular location.

Food Inspection Portal

<https://morganpublichealth.org/food-safety/>



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INFORMATION & RESOURCES

Food Facility Inspections

[Click here on website](#)




Did you know that cigarette smoking is the leading cause of preventable disease, disability, and death in the United States? Adults residing in Appalachia Ohio also have a significantly higher current smoking prevalence (23.4%), compared with adults residing in urban and suburban regions (19.2% and 16.8%, respectively).

Thankfully, there is help available if you or someone you know is a smoker! Call 1-800-QUIT-NOW (1-800-784-8669) to get free quit resources.

Call our office at 740-962-4572 to learn more.

NATIONAL NUTRITION MONTH

March is National Nutrition Month! It's the perfect time to evaluate your eating habits and take steps to improve your family's meal plate. Here are some tips from the Academy of Nutrition and Dietetics (www.eatright.org) about eating right during this month and beyond:

- As a family, try a new fruit or vegetable every week. You may find a new favorite!
- Give every family member a role in meal planning. Let kids pick out different recipes to try that will fill half of the plate with fruits and vegetables.
- Set a regular mealtime and eat as a family around the dinner table as much as you can. Slow down, focus on what you're eating, and take turns talking about everyone's day.
- Try more meatless meals to help reduce bad cholesterol and chances for heart disease. Options like beans and lentils are versatile plant-based proteins that will leave you feeling full.
- Bring out the natural flavors of your food by experimenting with new herbs, spices, and citrus like lemon or lime.

DASH Eating Plan

The Benefits: Lowers blood pressure & LDL "bad" cholesterol.

✔ Eat This	⚠ Limit This
Vegetables	Fatty meats
Fruits	Full-fat dairy
Whole grains	Sugar sweetened beverages
Fat-free or low-fat dairy	Sweets
Fish	Sodium intake
Poultry	
Beans	
Nuts & seeds	
Vegetable oils	

www.nhlbi.nih.gov/DASH

DASH Diet

Dietary Approaches to Stop Hypertension

Healthy Eating to Lower your Blood Pressure

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 - 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 - 139	or	80 - 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

The DASH (Dietary Approaches to Stop Hypertension) eating plan requires no special foods and instead provides daily and weekly nutritional goals. Goals include limiting saturated fat, sugar and salt intake, and increasing the number of fruits, veggies, whole grains, and low-fat dairy products you eat.

This month we are including a recipe for you to try! This heart-healthy recipe follows the DASH eating plan.

For more information visit: www.nhlbi.nih.gov/education/dash-eating-plan

Barbeque chicken pizza

Ingredients:

- 1 cup tomato sauce, no salt added
- One 12-inch thin, whole-grain pizza crust
- 1 green pepper, cut into rings
- 1 tomato, sliced
- 1 cup mushrooms, sliced
- 4 ounces cooked chicken breast, sliced about 1-inch thick, with all visible fat removed
- 4 tablespoons barbecue sauce
- 1 cup shredded, reduced-fat mozzarella cheese (about 4 ounces)

Instructions:

1. Heat the oven to 400 F.
2. Spread the sauce evenly over the pizza crust. Add the pepper, tomato, mushrooms and chicken. Drizzle barbecue sauce over the pizza and top with cheese.
3. Bake about 12 to 14 minutes. Cut the pizza into 8 slices and serve.

Enjoy your heart healthy pizza!

Recipe Provided from: <https://www.mayoclinic.org/healthy-lifestyle/recipes/barbecue-chicken-pizza/rp-20049639>