



Health Notes

From
The Old Tappan Board of Health
and
Northwest Bergen Regional Health Commission

What Does Your Board of Health and Local Health Department Do?

The Old Tappan Board of Health oversees and directs the health department. The health department provides a wide variety of services to the residents of Old Tappan. Below is a list of some of the services provided.

- ☑ Emergency Preparedness & Response to Bioterrorism, Natural Disasters, Power Outages, and Public Health Emergencies
- ☑ Health Education on a variety of health related topics such as blood borne pathogens, food handling, heart disease, and nutrition
- ☑ Inspections and investigations in several different areas such as animal bites, food borne illnesses, pest complaints, public pools, restaurants or stores that sell food, schools, and septic and well issues
- ☑ Nursing services like blood pressure clinics and well-baby exams
- ☑ Review and approval of new and renovation plans for food establishments
- ☑ Seasonal Influenza Vaccinations and immunizations to children

Quick Suggestions to Improve your Diet

- 🍷 Spend most of your time shopping around the edges of the store where the fresh foods are usually located
- 🍷 Become familiar and aware of food labels
- 🍷 Purchase products that say NO SUGAR ADDED, not sugar free! (*SUGAR FREE products often contain artificial sweeteners that can be just as harmful to your health*)
- 🍷 Use plenty of herbs and spices to make food taste good instead of using butter and cream sauces or added salt
- 🍷 Bake, broil, or grill your food, and stay away from frying
- 🍷 Use oils low in saturated fats, trans-fats, and cholesterol; the best choices are olive oil, canola oil, safflower oil, sesame oil, soybean oil and sunflower oil
- 🍷 Use smaller plates and dishes to give the "illusion" of more food

Following these simple steps will help you to improve your overall health and well-being. For more helpful tips and information please visit <http://www.mypyramid.gov>.

If you or someone you know hasn't had their flu shot yet this year, call 201-445-7217 to set up an appointment.



February is American Heart Month

Heart disease happens when the arteries that supply blood to the heart become clogged with a buildup of fat, cholesterol and other substances. This buildup is called plaque. As the plaque builds up, blood flow to the heart is reduced. Heart disease can lead to a heart attack.

According to the American Heart Association, heart disease is the number one killer in the United States.

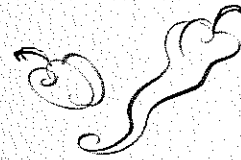
The good news is you have tremendous power to prevent heart disease. There are six important risk factors for heart disease that you can control. These are cigarette smoking, high blood pressure, high cholesterol, being overweight, physical inactivity, and diabetes. More than 95% of those who die of heart disease have at least one of these risk factors. Two risk factors which you have no control over are age and a family history of heart disease.

Having more than one risk factor is serious because the risk factors affect each other. Having two risk factors increases the chances of developing heart disease by four times. Having three risk factors increases the chances of developing heart disease by ten times. The message is clear, everyone needs to take their risk of heart disease seriously and take action now to reduce that risk.

Please visit www.nwbrhc.net for more information. Comments and suggestions can be sent to smoon@nwbrhc.net or call our office at 201-445-7217

Tips for Staying Well This Winter

- ★ Get your flu shot!
- ★ Cough and sneeze into a tissue then throw it in the garbage
- ★ If you don't have a tissue, bend your arm and cough and sneeze into it
- ★ Wash your hands well and often
- ★ Get 8 hours of sleep every 24 hours, take naps if you need to. Your body needs sleep to stay healthy
- ★ Stay hydrated with drinks that don't have caffeine, alcohol or sugar
- ★ Eat a wide variety of foods and include plenty of fruits and vegetables in your diet
- ★ Exercise for at least 20 minutes a day
- ★ Stay away from people who are ill if possible



Speedy Chili Recipe

Ingredients

- 2 pounds ground beef
- 1 teaspoon minced garlic
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1 (16-ounce) jar salsa
- 1 (16-ounce) package frozen corn
- 2 (14 1/2-ounce) cans seasoned beef broth with onion
- 1 (15-ounce) can red kidney beans, rinsed and drained

Preparation:

- 1) In a large pot, brown the meat and garlic until done. Drain any excess liquid.
- 2) Add the chili powder, cumin, salsa, corn, beef broth, and beans
- 3) Bring the mixture to a boil, reduce heat, and cook for 15 minutes.

Nutritional Information: Per serving: 212 calories, 26 g protein, 14 g carbohydrate, 6 g fat, 2 g saturated fat, 2 g fiber, 60 mg cholesterol, 794 g sodium. Calories from fat: 24%.