

The Scoop

A healthy serving of health news!



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Turn Off TV Week!

- Turn Off TV Week 2009 is taking place from April 20th—April 26th.
- Did you know the average American family has 2.55 people and 2.73 televisions? We are living in a society with more TVs than people!
- The average American watches 4 hours and 35 minutes of television a day!
- Research indicates that for every hour of TV a child watches a day their risk for developing attention-related problems increases by 10%.

Things to do instead of watching TV...

- Talk to somebody! Catch up with a friend or family member.
- Read a book, newspaper, or magazine.
- Play a game— cards, chess, or a board game.
- Take a walk around your neighborhood.
- Try out some new healthy recipes in the kitchen.
- Do some spring cleaning around your house and property.
- Play a sport. Basketball, volleyball, football, baseball. There's a ton of them to choose from, all good for your physical health, plus the social aspect will help keep your mood light.



Congratulations, Vera!

Congratulations to Vera Buel, one of our agency's Supervising Public Health Nurses. Vera was selected as Delaware County's employee of the month for April 2009. Vera is an extremely valued member of our team. Her experience and knowledge in the field of public health are both an asset to the agency and the community.



National Public Health Week

The second week of April marks America's National Public Health Week. During this week it is important to look at the accomplishments that our public health system has achieved,

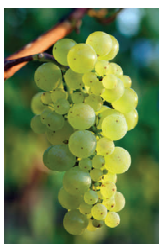
Some of these include the development of vaccination for many diseases, control of infectious diseases, healthier moms and babies, and safer vehicles. In the last 100 years the American lifespan has increased by 30 years, 25 of these are the direct influence of public health service.

During National Public Health Week it is also important to look at the barriers to health that are still in our country today. Chronic diseases such as heart disease and cancers are often preventable, but still are among the top causes of death in America. Access to healthcare is another major health barrier, especially in rural areas such as Delaware County.

During this week take time to think about where we are and what we can do for the health of our country.

Fruit and Veggie Spotlight

Grapes



- Choose plump and firm grapes
- Store in a plastic bag in the refrigerator for up to a week
- Provide many different kinds of antioxidants that are beneficial to our health.
- Support immune and digestive functioning.

Serving Size: 1 cup Calories: 60

Asparagus

- Look for firm fresh spears with closed and compact tips.
- Use in a stir fry, soups, salads, and many other recipes.
- Refrigerate, wrapped in a damp paper towel, for 3-5 days.
- Highest supplier of folic acid in vegetable family
- High in many vitamins and minerals, including B6, potassium, and fiber.

Serving Size: 1/2 cup Calories: 20



Autism Awareness Month

- Autism Spectrum Disorders are a group of disorders which affect the development of social interaction and communication skills.
- Autism can be detected as early as 18 months. The early the condition is detected the better. Children with autism who receive early intervention services are likely to have significantly better outcomes than those who go untreated.
- Learn the developmental milestones that your child should be reaching. Discuss these with your child's pediatrician and judge whether your child is meeting them.
- If you are concerned about your child, these resources may help:
 - www.autismspeaks.org
 - www.cdc.gov/ncbddd/child/
 - <http://www.pbs.org/parents/childdevelopment/>



Testicular Cancer

- Testicular cancer is the most common cancer in American males between the ages of 15 and 34.
- Testicular cancer is extremely treatable, especially when caught early.
- Health professionals recommend examining yourself once a month, starting in your teenage years and continuing throughout life.

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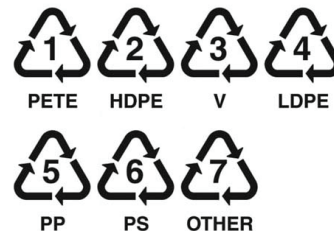
www.delawarecountypublichealth.com

Plastics and Food Storage 411

Over the past 30 years plastic food containers have grown in popularity for both personal and corporate use. Practically everything is packaged in plastic because of its convenience and cheaper pricing.

Lately environmental and health concerns have been raised due to the chemicals used in creating and processing the plastics we commonly use to store our families' leftovers. Here are some tips and facts:

- Plastics have a code on them which indicate the type of plastic it is (Right picture). Pay attention to these! They are often located on the bottom or side of the product.
- When using plastic for food, the safer choices are 1,2,4, and 5.
- Be careful of storing hot foods, and foods made with fats or oils in plastics as these foods facilitate the transfer of plastic toxins.
- The more liquid a food is the more it picks up plastic molecules.
- Acidic foods, such as tomato sauce, are highly interactive with plastics.
- Don't microwave foods in plastic containers. This increases the transference of plastic in the food.
- Toxins in plastic include estrogen-like chemicals which interfere with the endocrine system and are associated with breast cancer.



- Retire your old plastic containers, the more worn and scratched a container the more likely it leeches toxins. Use these to organize non-food items.
- Use glassware, like Pyrex, or ceramics to store food. These containers are inert and do not leech any chemicals.

Upcoming Health Events

Free Rabies Vaccination Clinic

For dogs cats and ferrets on:



April 24th, 2009

Fleischmanns Fire Hall 5-7pm

April 29th, 2009

SUNY Delhi, Farnsworth Hall
Farnsworth Hall 5:30-7pm

May 1st, 2009

East Branch Fire Hall 5-7pm

May 8th, 2009

Andes Fire Hall Pavillion 5-7pm

May 15th, 2009

Hancock Town Hall 5-7pm

May 22nd, 2009

Stamford Fire Hall 5-7pm

May 29th, 2009

Arkville Fire Hall 5-7pm



If you would like your pet to receive a rabies vaccine that is good for 3 years, you must bring proof of previous vaccination.