

Union County Health Council Newsletter

February 2010

Our Four Areas of Focus:

Nutrition

Exercise

Smoking

Teen Pregnancy

Join us at our monthly meetings on the last Thursday of each month at the Morganfield Senior Citizen Center at 8 AM.

Become a fan of Union County Health Council on Facebook



You're Invited:

February 16th at noon – Union County Extension Office

Go Red Lunch and Learn

This free informational luncheon is sponsored by Union County Health Council, Union County Extension Service, Methodist Hospital Union County, Green River District Health Department, and Green River Regional Health Council.

Please RSVP by calling the Extension Office at 389-1400 by Feb 5th. Seating is limited.

Wear Red Day: February 5, 2010

February 5, 2010 has been designated as National *Wear Red Day* by the American Heart Association (AHA). This event, part of the AHA national *Go Red for Women* campaign, is designed to create awareness that heart disease is the number one killer of women. AHA cites that one woman dies per minute of Cardiovascular disease.

I encourage everyone to Wear Red on February 5 to show solidarity in the effort for women to become more aware of heart disease. Union County will be hosting a *Go Red for Women* lunch and learn event on Feb 16th. "Speak up. Make a difference. Show your support for the fight against heart disease in women by wearing red. It's an easy, powerful way to raise awareness of cardiovascular disease and stroke. AHA"

You can also celebrate Wear Red Day by:

- Getting your coworkers to join you in wearing red to work
- Asking the man in your life to wear something red
- Promoting healthy hearts with a **heart-healthy meal** for your friends and family
- Organizing a fund raising effort in the name of your company
- Organize a fund raising effort to honor an employee that may have been impacted by heart disease

Anxious People Have Higher Heart Attack Risk



According to researchers at the University of Southern California, men who scored the highest on tests for anxiety were 30 to 40 percent more likely than the others to have a heart attack. The findings held, said the researchers, even when standard cardiovascular risk factors such as high blood pressure, obesity, high cholesterol, age, cigarette smoking and blood sugar levels were factored in. No matter what risk factors were present, anxious, fearful people have a higher risk.

3 strategies to decrease worry and anxiety

The good news is that anxiety is very treatable. If you are concerned about the amount of worry and anxiety you may be feeling, below are three strategies to help:

Control your worry. Select a half-hour "worry period" that will take place at the same time and place each day. Observe your worrying throughout your day. When you "catch" a worry beginning, postpone it to your worry period, reminding yourself that you will have time later to worry about it and there is no use upsetting yourself now. When you get to your worry period, spend 30 minutes thinking about your concerns and what you can do about them. Try not to dwell on what "might" happen. Focus more on what's really happening. Distinguish between worries over which you have little or no control, and worries about problems that you can influence. If you can influence the problem, do some problem-solving and take action. If the worry is largely beyond your control, recognize that little or nothing can be done and that you are only making yourself feel bad by worrying.

What causes you to feel anxious? Try to pinpoint what it is you are feeling anxious about. If you can recognize what's really bothering you, what can you do to eliminate or minimize the situation in some way so that it isn't so stressful? More important, how can you react differently so you won't be so affected by this situation?

Exercise and learn relaxation techniques. Not only can exercise and relaxation techniques ease tension and relax the body, they can give you a break from worry. For exercise, focus on aerobic exercise like brisk walking, jogging, swimming or cycling. Relaxation techniques may include muscle relaxation, yoga, biofeedback, meditation or deep breathing. Choose what works best for you.

The Green River Regional Health Council wants to create a Health Academy to reward people for taking responsibility for their own good health. A grant has been submitted to fund this project through Pepsi Refresh. It is determined by voting! Details below. Please login and vote before Feb 28th!



A \$250000 Grant proposal "Create a program to promote taking responsibility for your good health" has been approved and posted online.

Check out

<http://refresheverything.com/GreenRiverHealthAcademy> to track your idea while votes are cast.

Start spreading the news to your friends & family and tell them to vote. There's no time to lose, voting ends 2-28-2010.



"What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?"



"I'm going to order a broiled skinless chicken breast, but I want you to bring me lasagna and garlic bread by mistake."