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Quarterly Newsletter

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GrowWell ...and Stay Well

by Lori Stambaugh, RN , Project Director,
Paris Henry County Healthcare Foundation
Taking care of yourself has never been more important. Chronic diseases such as heart disease, cancer, and diabetes are the leading causes of death and disability in the United States, and make you more vulnerable to other health concerns. Taking action by partnering with your primary care physician on staying well is about feeling healthier now—to defend yourself against disease and illness in the future. With worries of COVID-19, now is the time to be in the best health you can be!

Top 5 Things You Can Do Today to Stay Well:

Eat Healthy-  Eating healthfully and choosing alcohol in moderation (1 drink per

day for women and up to 2 drinks per day for men) helps you get all the essential nutrients, boosts your energy, and can help you to prevent disease.

featured:

- Grow Well... and Stay Well
- How Much Screen Time Is TOO Much Screen Time?
- COVID Booster Update
- Staying Mentally Healthy Throughout the Summer
- Summer Time First Aid Tips

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Grow Well... and Stay Well Cont...

Poor nutrition can increase your risk of obesity, heart disease and cancer among other things. Studies have shown that only 10% of children and adults eat the recommended daily amount of vegetables. More than 90% of Americans eat more sodium than is recommended and 50% of Americans will be considered obese by 2030 if we stay on the track we are on now.

Don't Smoke

Smoking is the leading cause of preventable death. It increases your risk of serious health problems, including heart disease, cancer, type 2 diabetes, lung disease and premature death. Over 16 million Americans are living with a disease caused by smoking. There are over 480,000 deaths caused by smoking annually and smokers' lives are reduced by 10 years compared to nonsmokers.

Exercise Regularly

Everyone benefits from exercise, regardless of age or physical ability. Your goal should be to exercise at least 150 minutes per week. You should also do strength training two days per week. Exercise keeps you healthier by fighting disease, controlling weight, improving mood, boosting energy and helping you sleep better.

See Your Doctor Regularly

The consistency of having a primary care provider who knows you, your potential health risks, and your family medical history will help you stay well. A family medical history is a record of health information about your close relatives. Knowing your family health history is an important way to protect your health. A complete record includes information from three generations of relatives.

Health screenings allow your healthcare provider to detect a specific disease or condition early, even when there have been no symptoms or signs of the disease. When a health problem is detected early, you can get the right treatment at the right time, and it gives you better control over your health. Ask your healthcare provider which of these screenings may be right for you, based on your personal health history, age, sex, and genetics:

- Certain types of cancer
- Blood pressure
- Cholesterol
- Diabetes
- Osteoporosis or weak bones
- STDs
- Mental health conditions, like depression



Get Enough Sleep

Sleep affects your mental and physical health. Sleeping less than seven hours per day can increase your risk of developing the chronic conditions such as obesity, diabetes, high blood pressure, heart disease, stroke, and frequent mental distress. Sleep deprivation is common and afflicts almost a quarter of the U.S. population.

Need help staying healthy? If you live in Henry County or the surrounding area take advantage of our FREE Chronic Disease Management Program. Participants in the program receive free quarterly screenings, one-on-one nurse education and the opportunity for a free consultation with a diabetic or nutritional counselor. Call 731-644-8215 for more information.

How much "screen time" should we get each day? Watch and find out!



Like what you see here?
Watch more videos and learn more about our programs at www.growwelltn.org

MEET OUR GROW WELL PARTNERS

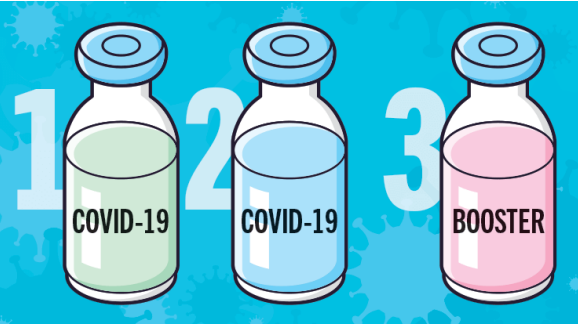
**HIC HENRY COUNTY
MIC MEDICAL CENTER**

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HEALTHCARE FOUNDATION INC.





LeBonheur
Children's Hospital


 HARDEMAN COUNTY
COMMUNITY HEALTH CENTER

GIVE YOURSELF A BOOST



Who should get a COVID-19 vaccine booster?
AFTER COMPLETING YOUR PRIMARY VACCINE SERIES

	Most children & teens ages 5 and older	1 Booster
	Most adults under 50	1 Booster
	Adults ages 50 and older	2 Boosters
	People ages 12 years and older who have a weakened immune system	2 Boosters

 bit.ly/boosters-covid

People are **best** protected from severe COVID-19 illness when they stay up to date on their vaccines, which includes getting all recommended boosters when eligible. COVID-19 vaccine boosters can further enhance or restore protection that might have decreased over time after your primary series vaccination. There are different vaccine recommendations for people who are immunocompromised. It's never too late to get the added protection offered by a COVID-19 booster from your provider. Visit cdc.gov for more information.

MENTAL HEALTH MOMENT: STAYING *MENTALLY HEALTHY* THROUGHOUT THE *SUMMER!*

by Lauren Cummings, sociology major/student at Union University, Jackson, TN

Most people associate summertime with a break from work or school. Maybe you imagine yourself laying by the pool, feeling the warmth of the sun on your face. While summer might be a time to relax and be in a "feel-good" state of mind, for some it is still a time when mental health concerns are on the rise. It's important to be mindful and aware that depression can still linger or surface into these lax months.

The key to staying mentally healthy over the summer is to engage in **positive preventative steps**. One way to stay on top of your mental state during the summertime is avoiding depression traps:

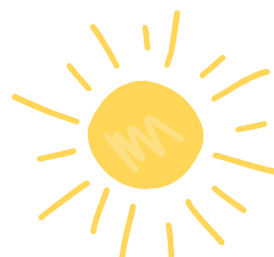
- The number one depression trap during summer for most young students is boredom. Try to prevent boredom by engaging in exciting and challenging activities.
- Another common depression trap for students is engaging in too much screen time. This means playing video games for hours at a time, scrolling on your phone, or watching too much TV. Limit time behind devices to less than 2 hours a day.
- Common depression traps for students also include eating when bored and not when hungry. This can result in negative feelings towards oneself, guilt, and shame.

It is important to **make positive strides** towards bettering your mental health. Seek help when you need to. Tell someone how you're feeling. Focus on mindfulness, and enjoy time off and engage in relaxation. Summer break should be a time of restfulness, relaxation, and sunshine. While it is normal to have the summer blues or maybe even feel the stress of summer, it's important to protect your mental health and enjoy time off.



Another key to staying mentally healthy over the summertime is **finding positive outlets** or hobbies to engage in:

- Go outside and get fresh air
- Start a conversation with someone
- Maintain a healthy sleep schedule
- Start a new project/hobby
- Stay active and go for a walk
- Set goals





Summer Time First Aid Tips:

*by Lori Stambaugh, RN, Project Director,
Paris Henry County Healthcare Foundation*

School's out and kids are involved in endless summer fun and activities. Summertime is a great break, but it can also bring about a wide array of injuries in children such as tick bites, bee stings, nosebleeds, wounds and more. Being educated, prepared, and having a first aid kit readily available can help prevent minor injuries from turning into traumatic injuries. Keep a first aid kit with you wherever you go. Keeping one in the car helps to ensure that you will almost always have one readily available. It is important if you have a first aid kit to check it regularly for expired items. Responding to an injury promptly is important as well.

For basic care, here are some tips:

- **Tick Bites**- Remove the tick immediately using tweezers by gently pulling the tick.
- **Bee Stings**-Tweezers do not work as well with bee stings. For bee stings gently using a credit card or finger nail to remove the stinger works better. After the stinger is removed, apply a cold compress. If your child is having trouble breathing or is swelling, call 911 immediately.
- **Nosebleeds**- Have your child tilt their head slightly forward and hold pressure on the soft part of the nose, right under the bridge. If bleeding has not stopped within 10 minutes, contact your doctor.
- **Wounds**- First, apply pressure to the site to control bleeding. Once bleeding is controlled, rinse the wound out with clean water. For larger, gaping wounds apply firm pressure until help arrives.
- **Broken Bones and Sprains**- If the bone is protruding, call 911. For sprains and strains, follow the RICE protocol- rest, ice, compression, and elevation.
- **Eye Injuries**- Don't touch, rub, or apply pressure to the eye. Flush with water if there is debris or a chemical in the eye. Be sure to flush with the affected eye facing down, so the object/chemical will not be flushed into the other eye.
- **Heat Exhaustion**- Be sure to stay hydrated by drinking plenty of water or a sports drink to prevent dehydration and overheating.
- **Sunburn**- Always wear sunscreen and re-apply often.

