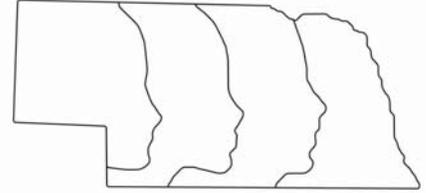


# Healthy Ways... Healthy Days

*Every Woman Matters*



*Office of Women's and Men's Health*

May 2008 - August 2008

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## 15 Ways Physical Activity Protects Your Health

Regular physical activity -- getting up and moving around for at least a total of 30 minutes on most days of the week -- reduces the risk of developing or dying from some of the leading causes of illness and death in the United States. Regular physical activity:

1. Reduces the risk of dying prematurely
2. Reduces the risk of dying from heart disease
3. Reduces the risk of having a stroke
4. Helps prevent or control diabetes
5. Improves mood and self image
6. Helps combat depression and anxiety
7. Reduces the risk of developing high blood pressure, and improves blood cholesterol levels
8. Lowers blood pressure in people who already have high blood pressure
9. Reduces the risk of developing colon cancer, and possibly other cancers
10. Reduces the risk of dying from cardiovascular disease
11. Burns calories, helping control weight
12. Strengthens muscles, bones and joints, decreasing injury risk and helping prevent osteoporosis
13. Helps seniors become stronger and better able to move around without falling
14. Reduces the risk of developing impotence
15. May be beneficial for people with arthritis

Source: Surgeon General's Report on Physical Activity and Health. <http://www.cdc.gov/nccdphp/sgr/sgr.htm>

If you would like more information on women's health issues, please visit our website:

[www.dhhs.ne.gov/womenshealth](http://www.dhhs.ne.gov/womenshealth)

or contact us at

[every.woman.matters@dhhs.ne.gov](mailto:every.woman.matters@dhhs.ne.gov)

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## 9 Easy Ways to Add Some Daily Exercise

Many things we do that we don't think of as "exercise" are actually "moderate level" physical activities that can boost our metabolism and burn calories. It's important for those of us who spend much of our day in a sitting position to increase our activity level whenever possible.

Here are nine ways to do this:

### TAKE THE SCENIC ROUTE.

Add steps to your day. Park farther away from your destination (if it's safe). Take a longer route back to work after lunch. Walking only requires some decent shoes and it burns about 245 calories an hour.

### RAKE THE YARD.

Raking, sweeping and vacuuming involve arm and leg muscles and can burn up to 280 calories an hour. Sweeping the sidewalk for 10 minutes adds a half-hour of moderate physical activity to your day.

### GO DANCING.

An hour of ballroom, salsa or swing dancing qualifies as a low-impact aerobic workout. If you really "hoof it," you can burn up to 315 calories in an hour. You don't have to join a class. Turn on a CD and dance in the privacy of your own home.

### GET ACTIVE WHILE YOU'RE WATCHING TV.

Jog lightly in place. Do leg lifts with ankle weights or arm curls with dumbbells. If you have a stationary bike, treadmill or stability ball, you can work out while you watch your favorite shows.

### PULL SOME WEEDS.

Gardening and other routine yard work will strengthen knees, arms and hands. Mowing, pulling weeds and raking can build leg, arm and back muscles, burn up to 300 calories an hour and get you out in the fresh air.

### HOP TO IT.

Jumping jacks can be fun. They also encourage balance and flexibility and burn up to 90 calories in one 10-minute session.

### FILL YOUR WAITING TIME.

Waiting for a pot to boil? Pushing against the kitchen counter, in and out, will work your arm and shoulder muscles. At the doctor's office, ask for an estimate on your wait time, then take a brisk walk around the building. While you're on hold on the phone or waiting for an elevator, work your abdominal muscles by holding in your stomach and holding it for a count of 10. Repeat this 3 or 4 times.



## Inner Beauty At Any Age

Real beauty comes from the inside and is comprised of happiness, self-esteem and health. Feeling good and taking care of yourself is important and easily seen by those surrounding you. Here are a few ways to cultivate your inner beauty:

**Participate in activities that make you feel good about yourself:** Join in community efforts, pick up a hobby, exercise or take that trip to the mountains you've always dreamed of. Learning more about something that interests you and getting involved in groups can help you realize your goals and in turn build your confidence.

**Treat yourself:** Whether you visit a spa for a massage, go shopping or spend time with your friends and family, it is always important to slow down and do something special for you. What's special to you?

**Smile:** A smile is a reminder of good things in life. Spend 10 minutes every day focusing on what makes you happy....and in turn you will be able to smile.

Real beauty is priceless and so is your skin. Your skin is the first thing people see when they look at you. The good news is that there are some simple ways to help you "glow" from head to toe! Make sure you:

- Get plenty of rest
- Protect with sunscreen with SPF of 15. Apply 30 minutes before going outdoors.
- Avoid tanning beds-try sunless tanning products.
- Eat a balanced diet-you are what you eat.
- Stop smoking.
- Get active! Aim for at least 30 minutes of physical activity each day.

Feeling good, treating yourself well, smiling and taking good care of you will help illuminate your inner and outer beauty at any age!!

Source: [www.speakingofwomenshealth.com](http://www.speakingofwomenshealth.com)

## Cucumber-Melon Salad with Raspberry Vinegar

(Serves 4)

- 1 medium cucumber
- 1/2 large cantaloupe, seeded
- 1 bunch radishes
- 1/4 cup raspberry vinegar
- Freshly ground pepper (optional)
- 4 lettuce leaves

Partially peel cucumber, leaving some of the dark green to add color. Cut cucumber into bite-size pieces and put them in a medium bowl.

Cut cantaloupe into cubes or use a melon baller to scoop out small balls. Add to cucumber pieces.

Thinly slice the radishes and combine with cucumber and cantaloupe.

Toss salad with vinegar and sprinkle with pepper. Refrigerate, covered, until chilled, about 30 minutes to 1 hour. Serve on individual plates lined with leaf lettuce.



PER SERVING: 77 calories; 2 g protein; 1 g fat; 18 g carbohydrate; 21 mg sodium; 2 g fiber; 0 mg cholesterol.

Recipe Source: *American Heart Association Low-Fat favorite recipes*

## Did you know about the Commodity Supplemental Food Program?

### What is the Commodity Supplemental Food Program (CSFP)?

Did you know that the CSFP is a United States Department of Agriculture (USDA) program which provides foods purchased and distributed by the USDA? The foods are distributed to:

- Infants up to the 12th month of age
- Children from age one up to the sixth birthday
- Women who are pregnant, breastfeeding and/or who have had a baby within the past year
- Seniors who are 60 years or older

Proper nutrition and health care are very important to the growth and development of children. This is especially important during pregnancy and early childhood. Proper nutrition is also important in maintaining the health of senior citizens. It is for this reason that commodity foods are provided.

You could be eligible, if you:

- have had a baby within the last 12 months,
- have a child less than 6 years old,
- are pregnant, or
- are 60 years old or older.

To see if you meet the federal and state guidelines for the Program bring to your local department of health and human services facility (*locations are listed on page 8*):

- Proof of participation in a federal, state or local program or proof of income.
- Birth certificates for all children under the age of six and for older adults. (If birth certificates are unavailable, some document verifying age must be provided.)
- Pregnant mothers, if not visibly pregnant must provide a doctor's note verifying pregnancy.
- Postpartum women must provide a certificate of birth of an infant or other verification of pregnancy within the last year.
- Proof of residence - either a letter post marked within the last 30 days, or a utility bill with date and address on it.
- An individual cannot receive assistance from CSFP and WIC (Women, Infants, and Children) Program at the same time. But a household can have different household members receiving assistance from each program.

### What will I receive?

The amount and kinds of foods issued depends on the age and special condition of the individual certified for the program.

#### Infants

An infant receives iron fortified formula. After 4 months of age, an infant may also receive rice cereal and juice.

#### Children, Women and Seniors

- Milk - evaporated and nonfat dry milk
- Eggs - egg mix powder
- Fruits and Vegetables - canned fruits, vegetables, and juices
- Cereal
- Rice/Potatoes/Macaroni
- Canned Meat and Peanut Butter
- Cheese (when available)
- Cornmeal/Honey



Help is available in learning to use the commodity foods.

All commodity foods are specially purchased by the USDA. Except for the cheese, they need not be refrigerated until they have been opened.

(Continued on Page 8)

## The Year of You!!

As 2008 ticks on, don't forget to spend time on you! When you look around and feel good about yourself, you'll be happier and have more energy... making you a better friend, mother, neighbor and partner. For small steps you can take to focus on you; consider the "Speaking of Women's Health" "Taking a Pledge for Better Health" to:

- Try something new—like salsa dancing lessons.
- To improve heart health, aim for 30 minutes of physical activity on most days.
- Make sure to have regular Pap smears to detect any abnormal cells which are best treated when found early.
- Eat fiber-rich foods, including fruits and whole grains, to keep your intestinal tract healthy.
- Do something you enjoy..... like reading a magazine, taking a bubble bath or talking with friends... for 30 minutes each day.
- Look away from the computer screen regularly to rest your eyes.
- Recycle newspapers, magazines and other paper products- including this newsletter. Share with friends.
- Make your skin health a top priority by including sunscreen in your routine each day.

Speaking of Women's Health helps educate women about the power of their health, well-being and personal safety. Want to know more about "Speaking of Women's Health"? Visit their web-site at:

[www.speakingofwomenshealth.com](http://www.speakingofwomenshealth.com)



## Emergency Cash Assistance Program

Emergency Assistance helps with money and/or services for children and other household members when there's an emergency situation. The program helps when the situation is threatening to the health or well-being of an eligible child and family. To be eligible for emergency assistance a family must have a monthly gross countable income less than the following:

Family Size	1	2	3	4	5	6
Income	\$860	\$1,060	\$1,260	\$1,462	\$1,661	\$1,861

Payment may be made for:

1. Rent or mortgage payments,
2. Home furnishings,
3. Emergency non-food items, such as toilet paper and cleaning supplies,
4. Emergency food,
5. Emergency clothing,
6. Moving costs,
7. Transportation,
8. Emergency special diets,
9. Medical payments; or
10. Emergency telephone installation.



Source: <http://www.dhhs.ne.gov/fia/emergencyassist.htm>

## West Nile Virus

### What is West Nile Virus?

West Nile virus (WNV) is a potentially serious illness. Experts believe WNV is established as a seasonal epidemic in North America that flares up in the summer and continues into the fall. This fact sheet contains important information that can help you recognize and prevent West Nile virus.

### What Can I Do to Prevent WNV?

The easiest and best way to avoid WNV is to prevent mosquito bites.

- When you are outdoors, use insect repellent containing an EPA-registered active ingredient. Follow the directions on the package.
- Many mosquitoes are most active at dusk and dawn. Be sure to use insect repellent and wear long sleeves and pants at these times or consider staying indoors during these hours.
- Make sure you have good screens on your windows and doors to keep mosquitoes out.
- Get rid of mosquito breeding sites by emptying standing water from flower pots, buckets and barrels. Change the water in pet dishes and replace the water in bird baths weekly. Drill holes in tire swings so water drains out. Keep children's wading pools empty and on their sides when they aren't being used.

(Continued on Page 9)

## Energy Assistance

The Nebraska Low Income Energy Assistance Program (LIHEAP) helps people with limited incomes offset the cost of heating and cooling their homes.

The program will partially pay the cost of electricity, fuel oil, gas, coal, wood, kerosene, propane, or other fuel source.

Eligibility is based on a household's resources and income. Some resources aren't counted like your home, one car, and personal belongings such as furniture and clothing. The resource limit is \$5,000. Resources that are counted include cash, checking and savings accounts, time certificates, CD's, stocks, bonds and property other than your home.

Effective October 1, 2007 the yearly income limits are:

Household Size	Maximum Income
1	\$11,846
2	\$15,883
3	\$19,920
4	\$23,956
5	\$27,993

Grant amounts are based on your income, type of residence, and the type of fuel used. The minimum LIHEAP payment per fuel type is:

- Electricity, Natural Gas and Coal/\$110; Fuel Oil and Kerosene/\$184;
- Propane/\$192 Wood/\$150.

If you've been threatened with a utility shutoff, or have received a shutoff notice, you may be eligible for up to \$500 in additional assistance. To be eligible for crisis assistance you must meet the resource and income guidelines, have attempted to keep your utility bills current but unforeseen circumstances have created the crisis.

In most instances the LIHEAP payment will be sent to the utility providers.

There's also a cooling program available to households in the summer. To be eligible for the cooling program, there must be someone in the household that is 70 or older or meets some specific medical condition that makes a person susceptible to heat. The household must still meet the resource and income guidelines.



Source: [www.dhhs.ne.gov/fia/energy.htm](http://www.dhhs.ne.gov/fia/energy.htm)

## Commodity Supplemental Food Program *(Continued from Page 4)*

To find out if you or a family member is eligible for services mentioned, contact the agencies listed below that are within your area or contact the Nebraska Department of Health and Human Services, Family Health Division, (402) 471-2781 or 1-800-942-1171.

### Blue Valley Community Action --

Serving the following counties: Butler, Fillmore, Gage, Jefferson, Johnson, Nemaha, Pawnee, Polk, Richardson, Saline, Seward, Thayer, York  
Phone: (402) 729-6168

### Central Nebraska Community Services --

Serving the following counties: Blaine, Boone, Boyd, Brown, Cherry (Eastern), Colfax, Custer, Garfield, Greeley, Hall, Hamilton, Holt, Howard, Keya Paha, Loup, Merrick, Nance, Platte, Rock, Sherman, Valley, Wheeler  
Phone: (308) 872-6700, or 1-800-497-1515

### Goldenrod Hills Community Action --

Serving the following counties: Antelope, Burt, Cedar, Cuming, Dakota, Dixon, Knox, Madison, Pierce, Stanton, Thurston, Wayne  
Phone: (402) 372-6014

### Greater Omaha Community Action --

Serving the following counties: Dodge, Douglas, Sarpy, Washington  
Phone: 402-595-2850

### Indian Center, Inc. --

Serving the following counties: Cass, Lancaster, Otoe, Saunders  
Phone: (402) 471-7000

### Mid-Nebraska Community Services, Inc.--

Serving the following counties: Adams, Buffalo, Chase, Clay, Dawson, Dundy, Franklin, Furnas, Frontier, Gosper, Harlan, Hayes, Hitchcock, Kearney, Keith, Lincoln, Nuckolls, Perkins, Phelps, Red Willow, Webster  
Phone: (308) 865-5592, or 1-800-779-4855

### Panhandle Community Services --

Serving the following counties: Banner, Cheyenne, Deuel, Garden, Kimball, Morrill, Scotts Bluff  
Phone: (308) 436-6500

### Western Community Health Resources --

Serving the following counties: Box Butte, Cherry (West), Dawes, Sheridan, Sioux  
Phone: (308) 432-0537, or 1-800-559-9718

For more information, contact:

Barb Packett, CSFP Food Distribution Coordinator at (402) 471-0189

e-mail: [barb.packett@dhhs.ne.gov](mailto:barb.packett@dhhs.ne.gov)



## West Nile Virus *(Continued from Page 6)*

### What Are the Symptoms of WNV?

**Serious Symptoms in a Few People.** About one in 150 people infected with WNV will develop severe illness. The severe symptoms can include high fever, headache, neck stiffness, stupor, disorientation, coma, tremors, convulsions, muscle weakness, vision loss, numbness and paralysis. These symptoms may last several weeks, and neurological effects may be permanent.

**Milder Symptoms in Some People.** Up to 20 percent of the people who become infected have symptoms such as fever, headache, and body aches, nausea, vomiting, and sometimes swollen lymph glands or a skin rash on the chest, stomach and back. Symptoms can last for as short as a few days, though even healthy people have become sick for several weeks.

**No Symptoms in Most People.** Approximately 80 percent of people (about 4 out of 5) who are infected with WNV will not show any symptoms at all.

### How Does West Nile Virus Spread?

**Infected Mosquitoes.** Most often, WNV is spread by the bite of an infected mosquito. Mosquitoes become infected when they feed on infected birds. Infected mosquitoes can then spread WNV to humans and other animals when they bite.

**Transfusions, Transplants, and Mother-to-Child.** In a very small number of cases, WNV also has been spread through blood transfusions, organ transplants, breastfeeding and even during pregnancy from mother to baby.

**Not through touching.** WNV is not spread through casual contact such as touching or kissing a person with the virus.

### How Soon Do Infected People Get Sick?

People typically develop symptoms between 3 and 14 days after they are bitten by the infected mosquito.

### How Is WNV Infection Treated?

There is no specific treatment for WNV infection. In cases with milder symptoms, people experience symptoms such as fever and aches that pass on their own, although even healthy people have become sick for several weeks. In more severe cases, people usually need to go to the hospital where they can receive supportive treatment including intravenous fluids, help with breathing and nursing care.

### What Should I Do if I Think I Have WNV?

Milder WNV illness improves on its own, and people do not necessarily need to seek medical attention for this infection though they may choose to do so. If you develop symptoms of severe WNV illness, such as unusually severe headaches or confusion, seek medical attention immediately. Severe WNV illness usually requires hospitalization. Pregnant women and nursing mothers are encouraged to talk to their doctor if they develop symptoms that could be WNV.

### What Is the Risk of Getting Sick from WNV?

**People over 50 at higher risk to get severe illness.** People over the age of 50 are more likely to develop serious symptoms of WNV if they do get sick and should take special care to avoid mosquito bites.

**Being outside means you're at risk.** The more time you're outdoors, the more time you could be bitten by an infected mosquito. Pay attention to avoiding mosquito bites if you spend a lot of time outside, either working or playing.

### Risk through medical procedures is very low.

All donated blood is checked for WNV before being used. The risk of getting WNV through blood transfusions and organ transplants is very small, and should not prevent people who need surgery from having it. If you have concerns, talk to your doctor.

*(Continued on Page 12)*

## How to Grow Herbs on Your Windowsill

**Difficulty:** Average

**Time Required:** 20 minutes

### Here's How:

1. Make sure you have a sunny windowsill where your herbs will survive. A south or southeast window would be perfect if it gets at least 5 hours of sun per day and is away from drafts.
2. Purchase some of your favorite small herb plants from your local nursery.
3. Get a container that is at least 6-12 inches deep. You can plant multiple herbs in a wide or long container or use at least a 6" pot for individual plants.
4. Use a soilless potting mix to avoid soil born diseases. Be sure the mix is light and will be well draining.
5. Put a 2-3 inch layer of potting mix into the bottom of your container.
6. Position your herb plants in the container.
7. Finish filling in the potting mix, press firmly and gently around the plants. Leave about an inch at the top of the container for watering.
8. Water sparingly. Herbs don't like to sit in wet soil.
9. Feed once a month with a fertilizer that is okay to put on food that you eat.
10. Allow the plants some time to acclimate. Once you see new growth, you can start using your herbs.

### Tips:

1. Choose herbs that don't grown too wide or too tall. Chives, basil, lavender, parsley, mint and thyme are good choices.
2. Fluorescent lights can be used if you don't have a sunny window. They will need to be placed close to the plants (18") and kept on for about 10 hours/day.
3. Snip and use your plants often to encourage them to grow full and bushy.
4. Never trim more than 1/3 of the plants foliage.

### What you Need:

1. Herb Plants
2. Pots or containers
3. Soilless Potting Mix
4. Fertilizer

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## Answers4Families

Answers4Families take calls on their toll-free line to try to help Nebraskans find what they need for elder care, foster and adoptive families, long term care planning, medically handicapped children's program, Medicare Part D, special needs, school health, substance abuse, and much more.

You can reach Answers4Families at:

**800-746-8420 and 402-472-0844**

Answers4Families is a great Nebraska resource for clients people who need assistance. The web site is:

**<http://www.answers4families.org/>**

Source: Answers4Families at [www.answers4families.org](http://www.answers4families.org)

## Drop that Salt Shaker

If you have high blood pressure, shaking the salt habit can help you keep it under control. Even if you don't have high blood pressure, reducing your sodium intake is a good idea.

The average American consumes up to 16 grams of salt a day. That's roughly three teaspoons. Your body only needs about .5 grams of salt or less than 1/10 of a teaspoon of salt daily. The American Heart Association recommends keeping your sodium intake at 2300 mgs or less a day.

**Take the salt shaker off the table.** Don't cook with it either. This includes steak seasoning, garlic salt, onion salt, and lemon pepper, too. Sauces, such as soy, teriyaki, barbeque as well as catsup, can be high in sodium, too. Read the labels.

**Eat more fresh food.** Avoid luncheon meats, bacon, hot dogs and other processed meats that are high in salt. Buy fresh or frozen fruits and vegetables instead of canned.

**Rinse your canned foods.** Running water over canned tuna or canned vegetables will help lower the sodium content.

**Read the labels.** Convenience foods can have a lot of salt. If salt is listed as the first, second or third ingredient, that product is probably not for you. Buy unsalted or low salt food. This information should be marked on the box.

*Source: American Heart Association and [www.lowsaltfoods.com](http://www.lowsaltfoods.com)*

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## Spice It Up

Instead of salt try...

- Basil in soups, salads, vegetables, fish, and meats.
- Cinnamon in salads, vegetables, breads, and snacks.
- Chili Powder in soups, salads, vegetables, and fish.
- Cloves in soups, salads, and vegetables.
- Dill Weed and Dill Seed in fish, soups, salads, and vegetables.
- Ginger in soups, salads, vegetables, and meats.
- Marjoram in soups, salads, vegetables, beef, fish, and chicken.
- Nutmeg in vegetables, meats, and snacks.
- Oregano in soups, salads, vegetables, meats, and chicken.
- Parsley in salads, vegetables, fish, and meats.
- Rosemary in salads, vegetables, fish, and meats.
- Sage in soups, salads, vegetables, meats, and chicken.
- Thyme in salads, vegetables, fish, and chicken.



To start, use small amounts of these herbs and spices to see if you like them.

*Source: NHLBI: National High Blood Pressure Education Program.*



## West Nile Virus *(Continued from Page 9)*

The Nebraska Department of Health and Human Services is committed to affirmative action/equal employment opportunity and does not discriminate in delivering benefits or services.

Funds for this project were provided through the Centers for Disease Control and Prevention Breast and Cervical Early Detection Program, Well Integrated Screening and Evaluation for Women Across the Nation, and Colorectal Cancer Screening Demonstration Program Cooperative Agreements with the Nebraska Department of Health and Human Services. #U57/CCU706734-06, #U57/CCU7191-66 and #U55/CCU725047-01

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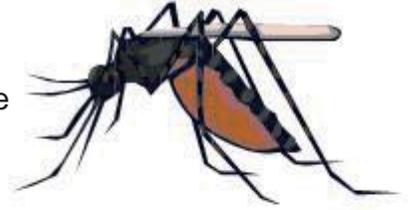
If you'd like to see past issues of the EWM Client Newsletter "Healthy Days...Healthy Ways," please log onto our website at:

[www.dhhs.ne.gov/womenshealth](http://www.dhhs.ne.gov/womenshealth)

Pregnancy and nursing do not increase risk of becoming infected with WNV. The risk that WNV may present to a fetus or an infant infected through breastmilk is still being evaluated. Talk with your care provider if you have concerns.

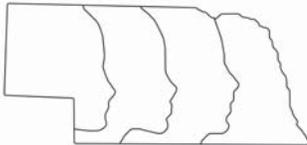
### What Else Should I Know?

If you find a dead bird: Don't handle the body with your bare hands. Contact your local health department for instructions on reporting and disposing of the body. They may tell you to dispose of the bird after they log your report.



Source: [www.cdc.gov/ncidod/dvbid/westnile/wnv\\_factsheet.htm](http://www.cdc.gov/ncidod/dvbid/westnile/wnv_factsheet.htm)

*Every Woman Matters*



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