October 2014

Payne County LIVE WELL Coalition

# PAYNE COUNTY HEALTH NEWS

Financial

## CERTIFIED HEALTHY OKLAHOMA APPLICATIONS CLOSE NOVEMBER 1ST!

# It's Time to Get Certified

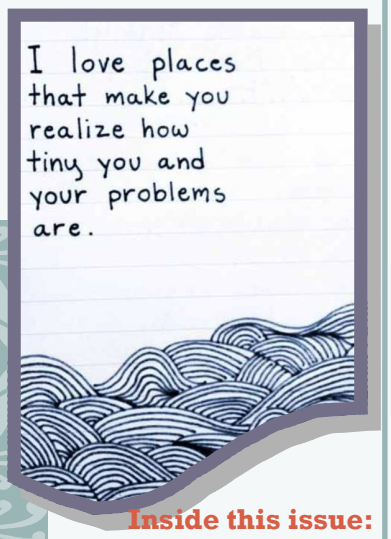
**Who Can Get Certified?**

- businesses
- campuses
- communities
- congregations
- schools
- early childhood centers
- restaurants

*The Certified Healthy Oklahoma process began in 2003 as a collaboration between the Oklahoma Turning Point Council, the Oklahoma Academy for State Goals, the Oklahoma State Chamber, and the Oklahoma State Department of Health. It is designed to help showcase organizations and communities that are committed to fostering environments that support healthy choices. Every year at this time, a checklist of healthy activities is released as an application for interested parties. These criteria are chosen by a committee that is seeking to define elements, polices and programs that will assist and challenge Oklahomans to eat better, move more and be tobacco free. Beyond a (very) nice certificate and a (very) delicious lunch, there are several other benefits provided by the Certified Healthy Oklahoma program. Communities and schools qualify for grants made available only to those that have certified status. Additionally, the criteria provide a great collection of ideas to expand and diversify our wellness initiatives.*

CERTIFIED HEALTHY OKLAHOMA

**Applications are open! Visit certifiedhealthyok.com**




## October Race Spotlight

## Lederhosen Lauf
## October 16th, 6:30 pm
## Tulsa Riverparks
## River West Festival Park
## 3m run & 1m fun run

http://www.fleetfeettulsa.com/races/lederhosen-lauf

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# READY TO TAKE WALKTOBER INTO NOVEMBER?

Copy this idea from the Ponca City Parks & Recreation Department!

**November 1st begin a 100 Mile Walk Club. A group committed to individually tracking their steps until they reach 100 miles! A small incentive for whoever reaches 100 miles first may turn up the heat on the competition (if that's your thing!)**

**A simple log like the one below & you're ready to go!**

**500 steps = ¼ mile**

**1,000 = ½ mile**

**2,000 = 1 mile**

**200,000 = 100 miles!**

Name_____ 100 Mile Employee Walk Club

Date Started:_____ Email Address:_____

Department:_____ Phone Number:_____

Please record your distance counted in steps and/or miles

| Date | Distance Steps | Miles | Date | Distance Steps | Miles | Date | Distance Steps | Miles |
|---|---|---|---|---|---|---|---|---|
| Ex.9/19/14 | 258 | | | | | | | |
| | | | | | | | | |
| | | | | | | | | |
| | | | | | | | | |

More information under the "Healthy Business" tab on the Payne County Health Department website: payne.health.ok.gov

Questions?
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# Recipe Round Up

## Recipe by Rita Veal of Putterveal Farm

## Sautéed Sweet potatoes, Peppers & Onions

### Ingredients:

Sweet Potato fingerlings
Poblano Peppers
Sweet Onion
Olive Oil
Garlic, Pressed
Pepper Flakes
Salt, Pepper, Cayenne

### Instructions:

Wash Sweet Potatoes and slice into medallions.
Rough chop peppers and onions, and begin to sauté in olive oil.

Season as desired (we used cayenne pepper, a little salt and pepper).
Place sweet potatoes in pan with peppers & onions.
Sauté until desired texture is achieved.

LOVE YOUR HEART HELP YOUR BRAIN™

# New Research: Eating more fruits & vegetables may lower world's stroke risk[1]

## 1. Eat 4-5 servings

The average adult should eat

**4-5 SERVINGS**

of both fruits and vegetables per day based on a 2,000-calorie diet.

## 2. Get important nutrients

Diets rich in a variety of colors and different fruits and vegetables can help you get nutrients that are good for your heart and brain health.

## 3. Improve health

**Increased fruit and vegetable consumption** may **decrease stroke risk** by lowering blood pressure and improving small vessel function.

## 4. Prevent stroke

Boosting fruit and vegetable consumption worldwide may **reduce the global impact of stroke**.

Learn more at StrokeAssociation.org/prevent

American Heart Association | American Stroke Association

*Together* to End Stroke™

[1] ...d Vegetables Consumption and Risk of Stroke: A Meta-Analysis of Prospective Cohort Studies, ...t Association's Journal *Stroke* – Yan Qu, May 2014