

PAYNE COUNTY HEALTH NEWS

Financial

BABY IT'S COLD OUTSIDE!

The Flu View

the benefits of flu vaccination

The estimated number of influenza-associated illnesses prevented by flu vaccination during the 2012-2013 season:

6.6 million



or the population of the state of **Arizona**

DATA: Morbidity and Mortality Weekly Report (MMWR), December 13, 2013.

The estimated number of flu-associated medical visits prevented by vaccination during the 2012-2013 season:

3.2 million



or the passengers of **1,067** mega cruise ships

The estimated number of flu hospitalizations prevented during the 2012-2013 season:

79,000



or all the fans in a **FULL** NFL stadium

NCIRD 304 | 12.13.2013

www.cdc.gov/flu



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

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Happy New Year!

Here's to an incredible 2015!

Focus on Family

Want to stick to your New Year's resolutions – and help your kids to stick to theirs? You're the greatest role model for your child, so make 2015 the year to not only make healthy choices, but also model a healthy lifestyle and eating habits for your family.

Dedicate yourself to a healthy lifestyle in 2015 with healthy behaviors and small changes, they really will add up over time:

Serve regular, balanced meals and snacks with a variety of nutrient-rich foods.

Fuel up the family for the day with a nutritious breakfast.

Focus on health, not weight. Don't talk about your weight or put yourself down in front of your kids. You don't want them to think a healthy lifestyle is only about how much they weigh.

Enjoy family dinner together each night or as often as possible.

At each meal, fill half your plate with fruits and vegetables.

Make at least half of the grains you eat whole grains.

Get active. Fit in physical activity where you can in your day, whether taking a family walk after dinner or hitting the gym. Remember, children and teens should get 60 or more minutes of physical activity per day, and adults should get two and a half hours per week.

Make simple food safety, like washing hands, part of every eating occasion.

Stay positive and try not to complain about how much you dislike exercising or eating healthy foods; your child is listening to everything you say, even if you think they're ignoring you.

Remember, small steps can turn into greater strides towards a healthier lifestyle.

For more information on how families can shop smart, cook healthy and eat right all year, visit www.KidsEatRight.org.



Race Series Spotlight



**Sunday, January 11,
2:00PM
Wiley Post Park
Oklahoma City, OK**



**Sunday, February 8,
2:00PM
Stars & Stripes Park
Oklahoma City, OK**



**Sunday, February 22
2:00PM
Wheeler Park
Oklahoma City, OK**

<https://www.signmeup.com/site/online-event-registration/104130>

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

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RECIPE ROUND UP



It is not
necessary to
change.
Survival is not
mandatory.

W. Edwards
Deming

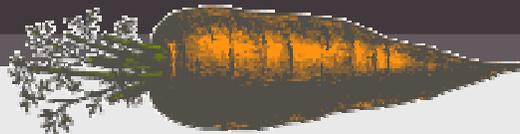
CHILI RELLENOS CASSEROLE

Ingredients:

1/2 pound beef, sausage, or ham	1/4 cup chopped onion	
1/2 cup chile peppers (mild or spicy or 1 can chopped green chilies)		
1 1/2 cup shredded cheddar cheese	2 eggs	3/4 cup milk
1/8 cup flour	1 tsp. cumin	1/2 tsp. salt
1/2 tsp. pepper		

Instructions:

Preheat oven to 350 degrees. Cook meat and drain. Add cumin, salt, and pepper. Line bottom of 8x8 pan w/chilies, chop extra for next layer. Layer the meat, then cheese and rest of chilies. Whisk milk and eggs together, and add the flour and mix. Pour over the top. Bake 35 min.



OFFICE STRETCHES TO DO AT YOUR DESK

KEEP YOUR BLOOD MOVING AND YOUR MUSCLES WARM!

You've probably heard how bad it is for you to be sitting at a desk all day, and maybe even felt the pains yourself in your back or wrists from constant computer use. Eight hours of sitting a day is quite a long time, and can really take a toll on your health in the long run, contributing to weight gain, increased cholesterol levels, and even heart disease. So we gathered up some quick exercises you can do right at your desk that will keep you moving and stretch out your muscles to avoid those aches and pains at work!

NECK



Neck Roll Close your eyes and let your chin drop down to your chest. Begin to circle your neck slowly, taking the right ear to the right shoulder, the head back, and then the left ear to the left shoulder. Try to keep your shoulders relaxed and not hurry through areas of tightness. Do 3-5 rolls in one direction, and then switch directions for another 3-5 rolls.



Shrug it Off Inhale deeply and shrug your shoulders, lifting them high up to your ears. Hold for a few seconds, then release and drop. Repeat three times. Shake your head slowly, yes and no. Repeat several times to relax your neck.

SHOULDERS



Shoulder Stretch Start by stretching the back of your shoulder by placing one hand under your elbow, then lift your elbow and stretch it across your chest. Don't rotate your body as you stretch. Hold for 15-30 seconds. You'll feel tension in the back of your shoulder. Relax and slowly return to the starting position, then repeat with the other arm.



Wall Push-Ups Stand facing the wall, roughly a foot away, and push yourself off the wall with your arms. Not an intensive workout, but it will get your blood moving and stretch your shoulders.



Upper Arm Stretch Lift one arm and bend it behind your head, then place your other hand on the bent elbow to help stretch your upper arm and shoulder. Hold for 15 to 30 seconds, then relax and slowly return to the starting position. Repeat the stretch with the other arm.

WRISTS/HANDS



Wrist Roll Roll your wrists regularly, around every hour or so. Roll the wrists 10 times clockwise, then 10 times counterclockwise. This will help prevent Carpal Tunnel Syndrome if you spend a lot of time typing.



Wrist Stretch Stand up and turn your hands so that the wrists face your computer and the fingers touch the edge of the desk. Lean in to the wrists and flatten your palms as much as possible. Back off if you feel pain.



Hand and Finger Stretch Extend fingers open as far as possible and hold for 5 seconds. Then make a fist as tight as possible and hold for 5 seconds. Repeat this several times.