

KAY COUNTY HEALTH NEWS

Financial

SLEEP ISSUE

The Work Behind Rest

Daylight Saving Time is right around the corner– and unfortunately it is not the one where we get to gain an hour! Losing an hour of sleep causes more than just ‘running late.’ It makes us have to re-adjust our entire routine.

Each week before American’s “Spring Forward,” we celebrate National Sleep Awareness Week. National Sleep Awareness Week is a time to focus and remember how important sleep is to our health. While we sleep we have one system that works the night shift; our recovery and repair team. This team aids our tissue growth, restores our energy, improves our immune system function, and even helps balance our hormones that regulate hunger.

It is so impressive what our body does while we sleep, and our only job is to try and get enough of it! Sleep health is a crucial necessity. Yet, a lot of us suffer due to inadequate amounts of rest. This can be due multiple factors, such as a busy lifestyle, a sleep disturbance, excessive sleepiness or even insomnia. Whatever it is, it is wreaking havoc on the rest of your day.

There are some ways to improve the chances of having a better night’s rest. The first and probably most important is to be on a regular schedule. This means, go to bed and wake up at the same time every day – even on the weekend. Even the slightest disruption in our sleeping pattern can create problems, which is why Daylight Saving Time can feel like the worst time of the year! One habit that actually keeps us from falling deep into our REM (Rapid Eye Movement) cycle is drinking alcohol. REM is the phase of sleep where our brain is active and we dream. Nicotine has a similar effect. While a tobacco user sleeps, their body’s amount of nicotine depletes causing withdrawal and makes sleep difficult. By kicking these habits we can improve the quality and quantity of our sleep.

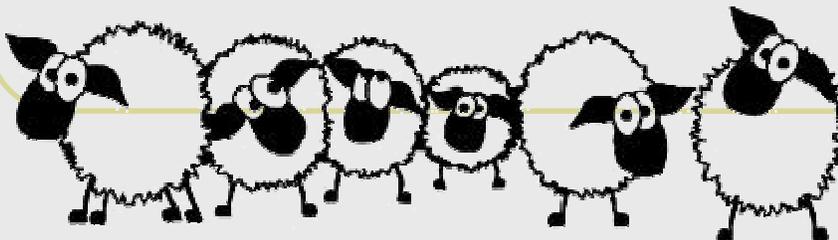
Now, has anyone ever told you that artificial light is bad before bedtime? Light from the television, computer, cellphone, iPad, you name it! These devices trick our brain into thinking it is daytime, which is why we can stay up a lot later and not fall asleep as soundly. So if you are one of many Americans who have a television in your bedroom, the professionals suggest keeping the bedroom for sleeping and sex. Associating the bedroom with errands, nonsense television and work creates an environment not suitable for rest and much needed Z’s.

Go ahead; give these few tips a try. You never know how one small lifestyle change can greatly improve day-today activities. And if you find that your sleep is still suffering, talk with your doctor.

Emily Bajko is health educator at the Payne County

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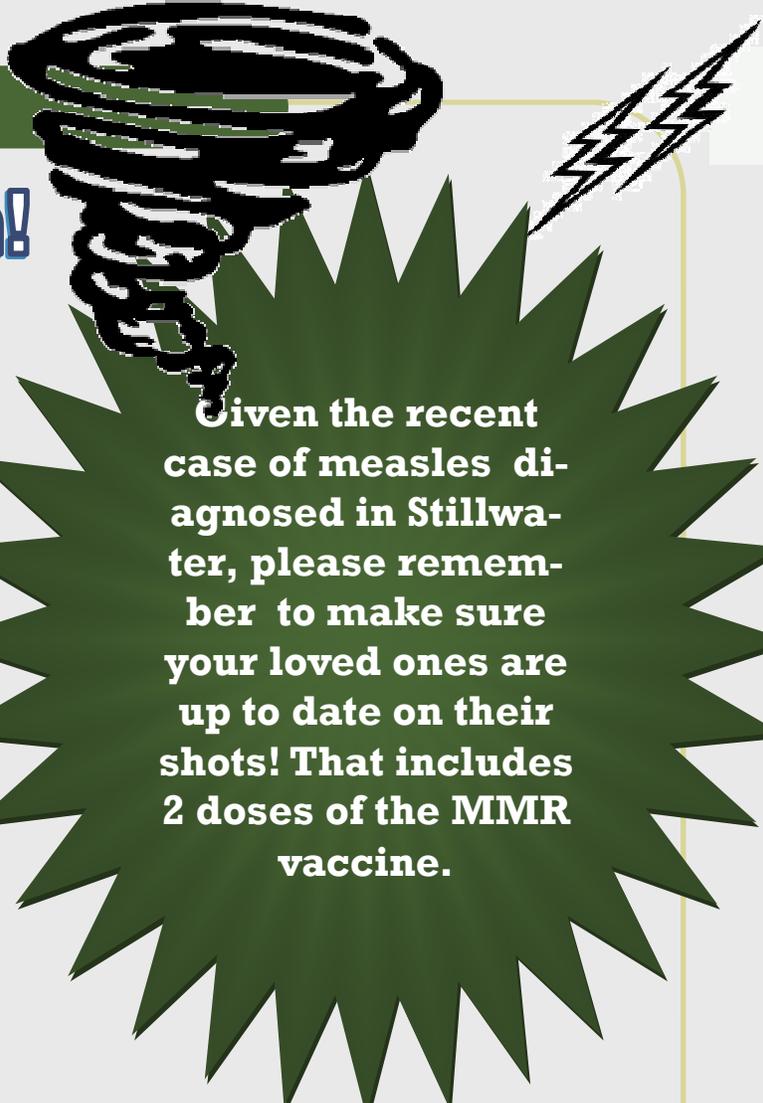


It's storm season!

Make sure your kit is ready!

Www.ready.gov/kit suggests you have the following ready in case of severe weather.:

- ◆ First aid kit
- ◆ Flashlight and extra batteries
- ◆ Whistle to signal for help
- ◆ Wrench or pliers to turn off utilities
- ◆ Manual can opener for food
- ◆ Prescription medications and glasses
- ◆ Pet food and extra water for your pet
- ◆ Cash or traveler's checks and change
- ◆ Food, at least a 3 day supply of non-perishable food
- ◆ Water, 1 gallon of per person per day for at least 3 days, for drinking & sanitation
- ◆ Battery-powered/hand crank radio & a NOAA Weather Radio & extra batteries
- ◆ Moist towelettes, garbage bags and plastic ties for personal sanitation
- ◆ Cell phone with chargers, inverter or solar charger
- ◆ Important family documents such as insurance policies, identification & bank account records



Given the recent case of measles diagnosed in Stillwater, please remember to make sure your loved ones are up to date on their shots! That includes 2 doses of the MMR vaccine.

Trek 4 Trykes!

5k Fun Run/Walk

May 2nd 9am

Boomer Lake, East Side Pavilion

\$20 Registration Fee:

johnsonke@stillwaterschools.com

McMurtry Mudder

Youth & Family Obstacle Mud Run

May 2nd 10am-4pm

Lake McMurtry

East Recreation Area

[Www.mcmurtrymudder.com](http://www.mcmurtrymudder.com)

Register BEFORE April 26th (\$30)

More information under the
“Healthy Business” tab on the Kay
County Health Department website:
kay.health.ok.gov

Questions?
Anna Stuck
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405.372.8200 x291



RECIPE ROUND UP

Baked Carrot Fries

INGREDIENTS:

2 lbs carrots 1 tbsp olive oil
salt & pepper to taste

INSTRUCTIONS:

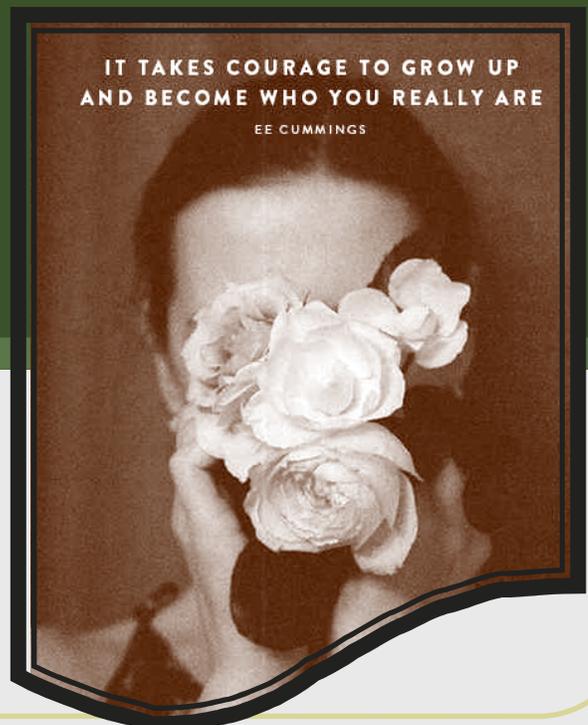
Preheat oven to 425 degrees.

Peel & slice carrots into french fry shaped pieces (about
 $\frac{1}{2}$ ” x $\frac{1}{2}$ ” x 3”). Toss carrots with olive oil, salt & pepper.

Arrange carrots in a single layer on baking sheet.

Bake for 10 minutes then flip each carrot fry.

Continue to bake until fully
cooked & slightly crispy,
(additional 10 min). Serve
immediately with your
favorite sauce!



Vitamins, Minerals, & Supplements.

Reviewed by Sharon Denny, MS, RDN, and Jill Kohn, MS, RDN, LDN



Most of us know that good nutrition and a balanced diet are important for good health. However, when we hear buzzwords such as "calcium deficiency" or learn that a friend is taking a new multivitamin, it can make us wonder if the food we're eating is enough. Hint: It likely is. According to the *Dietary Guidelines for Americans*, "Supplements may be useful when they fill a specific nutrient gap that cannot or is not otherwise being met by the individual's intake of food." While there may be a need to supplement our diet at certain times in our lives, the safety of taking a supplement also needs to be considered. Too much of some vitamins and minerals can cause health issues; and, therefore, recommended levels should not be exceeded. As it turns out, the best way to be and stay healthy is to choose a wide variety of nutritious foods from all five food groups. Nutrient deficiencies are not common among Americans, but for varying reasons some people cannot reach the recommended nutrient amounts without using supplements and/or including fortified foods. In addition to a healthy and balanced diet, those individuals may need nutrient supplements depending on their situation. For example, older adults, pregnant women and people who are food insecure are at increased risk of nutrient deficiencies. In addition, if you are eating less than 1,600 calories each day because you are trying to lose weight, you have a poor appetite or you have trouble eating because you have been using alcohol or drugs, discuss the need for supplements with your doctor or registered dietitian nutritionist. Some individuals are limited in their food choices due to allergies, a medical condition or because they are following a vegetarian or vegan diet. For example, animal foods are the main source of vitamin B12, so people who follow a vegan diet need to use fortified foods and/or take a supplement. Women who are at an age where they could become pregnant need to obtain adequate folic acid from fortified foods (cereals and other grains), supplements or both, in addition to consuming folate from foods in a varied diet. Because it helps reduce the risk of some birth defects, folic acid is very important during childbearing years. If lab tests show that a woman's iron status is low during pregnancy, her health care provider will recommend an iron supplement. Vitamin D might be a concern among infants, children and young adults. Infants who are breast-fed and children who consume less than the recommended amount of vitamin D fortified milk or formula and those with increased risk of deficiency will likely need supplemental vitamin D. Adolescent girls, meanwhile, might need additional iron. On the other side of the spectrum, as people age it can be difficult to get enough vitamins B12 and D. Luckily, this is one of the cases where supplements can make a difference. Getting B12 from fortified foods or taking it alone or as part of a multivitamin mineral can help raise B12 in your blood. If you're taking calcium or a multivitamin, try to pick one up that also has vitamin D. Other groups who may require additional supplementation include people who are taking certain medications or have a health condition that changes how their body uses nutrients, and individuals who have been told by their doctor they have a specific nutrient deficiency. Your doctor can order tests to help determine if taking a supplement would benefit you. The results might show that you are low in a certain nutrient or you might discover that you're doing just fine. Additionally, review your current diet. An RDN can help you evaluate the foods you eat and make recommendations that meet your personal needs. Remember, real food contains healthy things a pill can't give us. When we take a nutrient out of a food and concentrate it in a pill, it's not quite the same thing. Be sure to consider your individual situation and consult a doctor or an RDN before considering supplements. www.eatright.org