

# KAY COUNTY HEALTH NEWS

SUMMER IS HERE!



## Turning Point



# Community Champion Award

Oklahoma Turning Point encourages everyone to nominate an initiative, project or event in your Turning Point Partnership that has contributed to the overall health and/or quality of life in the community it serves. This year's application has five categories: **Tobacco; Obesity; Children's Health; Behavioral Health; and Other.** Additionally, Tobacco; Obesity; Children's Health; and Behavioral Health are the four flagship issues found in the Oklahoma Health Improvement Plan.

Award recipients will be recognized during day one of the two day (September 2<sup>nd</sup>-3<sup>rd</sup>), 18th Annual Turning Point Conference & Policy Day at the NCED in Norman.

To nominate a Community Champion, please contact Maggie Jackson at [marymj@health.ok.gov](mailto:marymj@health.ok.gov) to receive an application form. Be ready to provide a 500-word description of how the Champion has benefited or impacted the quality of life for the community or audience, as well as how the program created systems change and or policy change in the community. Supplemental docu-

mentation (maximum of 3) will be accepted in the form of media, pictures, awards. Make sure to have your application in before June 26th!



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5K



SPOTLIGHT



## West Nile Virus

West Nile Virus can cause serious complications during its seasonal summer epidemic, when mosquitoes actively feed on birds (who carry the virus) and on humans. West Nile cannot be spread through casual contact like touching or kissing infected persons.

To help reduce the chances of contracting West Nile:

- ◆ Use repellents containing DEET; picaridin; IR3535; some oil of lemon; eucalyptus or para-menthane-diol.
  - ◆ Mosquitoes are most active from dusk to dawn, so use repellent during these hours, wear long sleeves/pants, or stay indoors.
  - ◆ And with any repellent, it is important to follow the directions on the package!
- ◆ When indoors, make sure the window screens and doors are keeping mosquitoes out.
- ◆ To get rid of mosquito breeding sites:
  - ◆ Empty standing water from flower pots, buckets and barrels.
  - ◆ Change the water in pet dishes & replace the water in bird baths every few days.
  - ◆ Drill holes in tire swings so water drains out.
  - ◆ Keep children's wading pools empty & on their sides when not in use.



**Contact the Health Department for more information!**

More information under the  
“Healthy Business” tab on the Kay  
County Health Department website:  
[kay.health.ok.gov](http://kay.health.ok.gov)

Questions?  
Anna Stuck  
[annas@health.ok.gov](mailto:annas@health.ok.gov)



**RECIPE**  
**ROUND**  
**UP**



*Healthy Green Chile & Spinach Quesadillas with Fresh Salsa*

Fresh salsa



1 15 oz can black beans, rinsed & drained

Several frozen roasted green chilies

6 whole grain tortillas      4 c fresh spinach      1 onion finely chopped

1 c shredded cheddar cheese      Sour Cream or Plain Greek yogurt

Thaw the green chilies and remove the blacken skin.

In a bowl, mash beans & stir in the green chilies. Place a large skillet on medium heat. Sauté onions in a small amount of olive oil until softened. Add spinach & cook until slightly wilted. Arrange 6 tortillas on a flat surface. On half of the tortillas, evenly spread bean mixture, spinach, cheese, then a spoonful of salsa. Fold tortillas in half & place in the skillet, cooking about 5 minutes on each side until crisp. Cut each tortilla into 3 wedges. Serve with a dollop of sour cream & an extra spoonful of salsa.

# Coconut Oil and Health



Scientists & consumers alike are asking, “What is the deal with fat?” Research has confirmed that the type of fat we eat is more important than how much we eat. But which fats are the healthiest?

Some say coconut oil will soothe and even cure all that ails you. Most people agree that any cure-all claim leads to disappointment. Still, when efforts to lose weight, lower cholesterol, and prevent type II diabetes remain unsuccessful, it is easy to see why people look for solutions off of the beaten path.

This fact sheet examines the many claims made about coconut oil.

## COCONUT OIL CLAIMS

One acclaimed health effect is the protection/prevention against heart disease. Some believe coconut oil helps to reduce body fat, especially in and around our abdomen and trunk (where stored fat poses the most risk for disease). Other claims include coconut oil preventing and even treating cancer, diabetes, HIV/AIDs, boosting brain function in people with Alzheimer’s disease, stimulating thyroid function, and fighting off bacterial, viral, and yeast infections.

## WHAT IS THE BOTTOM LINE?

Coconut oil is **not** a cure-all. Research that actually supports the claims made above is non-existent or sparse at best. Little evidence suggest its positive effects on inflammation and bacterial infections when consumed by diet. Pre-clinical cancer research is mixed at the moment, and considerable research is needed to determine whether such claims may one day be substantiated. As well as the research on potential benefits on HDL (High Density Lipoprotein) and related effect on waist circumference.

To reduce risk of cardiovascular disease, the diet needs an appropriate balance of dietary fatty acids. This may be why individuals believe coconut oil is the answer. While coconut oil does contain a blend of fatty acids and other nutrients, it should not replace other sources of healthful fats/oils. Where might you find these? Avocados; Olives; Nuts (almonds, peanuts, macadamia nuts, hazelnuts, pecans, cashews); Olive oil; Canola Oil; Sunflower oil; Flaxseed; Tofu; Fatty fish (salmon, tuna, trout, sardines); and Soymilk, for example.

However, if you do enjoy the flavor of coconut oil, you might consider using it in place of butter or shortening (which are considered the ‘bad fats’). Perhaps try using it to cook with (using it to make popcorn on the stove is a pretty sweet treat!). As coconut oil can be used to support health and wellness, please remember to use in small amounts and to not neglect all of the other nutritious sources of healthy fats!

INTERNATIONAL FOOD INFORMATION COUNCIL FOUNDATION

[www.foodinsight.org](http://www.foodinsight.org)

