

PAYNE COUNTY HEALTH NEWS

Financial

SUMMER IS HERE!



Turning Point



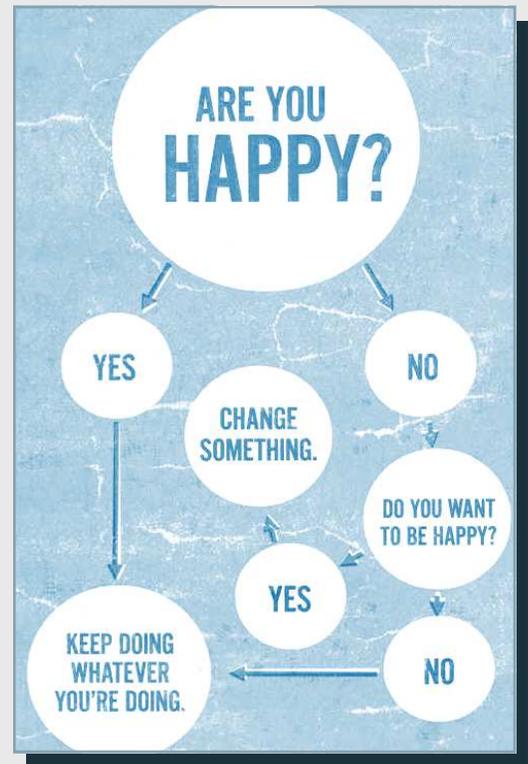
Community Champion Award

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 5 categories: **Tobacco, Obesity, Children's Health, Behavioral Health** and an **Other** category. Tobacco, Obesity, Children's Health, and Behavioral Health are the four flagship issues of the Oklahoma Health Improvement Plan.

Award recipients will be recognized on September 2nd at the 18th Annual Turning Point Conference and Policy Day being held on September 2-3, 2015 at the NCED in Norman.

To nominate a Community Champion please contact Maggie Jackson at 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 documentation (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 it's seasonal epidemic in the summer, when mosquitos are actively feeding on birds (who carry the virus) and humans. West Nile cannot be spread through casual contact like touching or kissing an infected person. To help reduce the chance of contracting West Nile:

- ◆ Use repellents containing DEET, picaridin, IR3535, some oil of lemon, eucalyptus or para-menthane-diol. Follow directions on the package.
- ◆ Many mosquitoes are most active from dusk to dawn. Use repellent, wear long sleeves & pants, or stay indoors during these hours.
- ◆ Make sure good screens on windows & doors are keeping mosquitoes out.
- ◆ Get rid of mosquito breeding sites by emptying 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
Payne County Health Dep website:
payne.health.ok.gov

Questions? Anna Stuck
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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? And we eat food, not just fats—so what should we eat?

Some say coconut oil will soothe and even cure all that ails you. Most people know that any cure-all claim will lead to disappointment. Still, when efforts to lose weight, lower cholesterol, and avoid diabetes remain unsuccessful for so many people, it is easy to see why we are looking for solutions that are off the beaten path. This fact sheet will examine the evidence for the many claims made about coconut oil so that you can make smart decisions about how to incorporate it into your diet.

COCONUT OIL CLAIMS

One of the supposed health effects tied to coconut oil is protection against heart disease. Some say coconut oil will help you lose body fat, especially from your abdomen or trunk, where stored fat is most harmful to your health. Other claims are that coconut oil may prevent and even treat cancer, diabetes, and HIV/AIDS, boost brain function in people with Alzheimer’s disease, stimulate thyroid function, and fight off bacterial, viral, and yeast infections.

WHAT IS THE BOTTOM LINE?

Coconut oil is not a cure-all. Research supporting claims of its role in preventing, reducing risk for, or curing HIV/AIDS, diabetes, thyroid disease, or Alzheimer’s disease is sparse or non-existent. There is little evidence to suggest it has a significant effect on inflammation or bacterial infection when consumed in food. And the pre-clinical research in cancer is mixed. Considerable research is needed to determine whether such claims may one day be substantiated. Further research may also help to clarify the potentially beneficial effect of coconut oil on HDL cholesterol levels and waist circumference. In order to reduce cardiovascular disease risk through diet, it will be necessary to determine the appropriate balance of dietary fatty acids that will favorably affect a range of cardiovascular risk factors. It is possible to include coconut oil in a healthful diet. Rather than focus on the saturated fat content of this single food ingredient, it is important to acknowledge that coconut oil contains a blend of fatty acids and other nutrients. It should not replace a significant amount of other plant oils in the diet. Those who enjoy the flavor of coconut oil may consider using it in place of butter or shortening, or paired with other cooking oils. Coconut oil can be one of a wide variety of plant-based foods that are included to support health and wellness, keeping in mind that only small amounts should be consumed.

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