

Elyria City
Health
District

ECHD NEWS

Educating the Elyria Community about
Health Development

September
2010

Special points of interest:

- Visit our website at www.elyriahealth.com
- Visit [http://www.mypvramid.gov/](http://www.mypvramid.gov) for healthy eating tips
- Visit www.LorainCounty.com to check out upcoming events and activities.

Elyria Apple Festival

Held annually every September is the Elyria Apple Festival. The festival is a great place to get together and enjoy the community. There are bands, children events, 5K races, booths, art contests, a princess pageant, and much more.

Don't lose the chance to get involved with the community and enjoy the beginning of fall weather.



The Apple Festival will take place on September 18-20, 2009 in Downtown Elyria. For more information visit <http://www.elyriaapplefestival.com>



Community Survey

The Elyria City Health District has created a brief 10 question survey on what you, the public would like out of your health department. This will help us better serve the needs of our community and individuals. All you have to do is go to <http://www.surveymonkey.com/s/TCCGD6J> and start answering the questions. It is a quick and easy way to let your voice be heard. The survey is completely confidential and will not show who completed the questions. So go ahead and get started!

Did you know?

Many assume that health departments are provided money based on governmental assistance. However like any non profit organization, Elyria City Health Department must go through a Grant Process. This means that in order to receive money and keep the business going, we must write a full documentation asking for money for a specific request. It is a long a very tedious procedure. However without it we would no longer be able to assist the community with our programs due to lack of funds. We strive on Grants and work hard to keep the Health Department going. The Health Department is a non profit organization and therefore must work towards Grants to provide the necessary funds to keep our business flourishing for you. For more info go to www.grants.com



Back to School Lunches

As all the kids go back to school you are probably thinking about the lunches you will help them pack. It can be a very long process if you have a picky eater on your hands, or even just want to give them some variety.

Here are a few extra ideas for a healthy lunch:

Sandwiches- Use a whole wheat pocket bread or whole wheat bagels and fill with these possibilities.

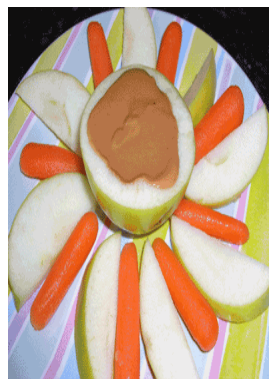
- Grilled cheese with cucumber or sprouts
- Grilled veggies with sliced cheese and pesto sauce
- Turkey with tomatoes and lettuce or sprouts
- Chicken salad made with lettuce, celery, and tomato

Side Dishes- Use these as an extra side dish to fill them up

- Any type of fruit (Apple, Banana, Pear, Grapes) or veggies (carrots, cucumbers, broccoli with ranch dressing dip)
- Wheat thins, granola bars, pretzels, trail mix
- Apple sauce, yogurt
- Peanuts, almonds, Cashews

For more advice on some great recipes go to

<http://www.laptoplunches.com/ideas.html>



Childhood Obesity

We all know that obesity is a life-threatening condition that contributes to major health risks such as cardiovascular disease, certain types of cancers, and type 2 diabetes. In the past 20 years there has been a dramatic increase in obesity in America. In most states there is a 30% obese population. This means that in the state of Ohio there is around 345,000 people that are obese.

When we think of the children in our nation, is this how we want them to begin their lives? Childhood obesity is a serious medical condition that affects adolescents. These extra pounds on a child start them off with health problems that would otherwise not be a risk for them. Along with all the health risks it also leads to poor self esteem and depression. And in that, can create many life experiences that the child doesn't participate with.

The following are ways to help treat childhood obesity:

Change eating habits- A child becomes overweight when their weight exceeds the normal limit for their height. In order to get back on track you need to lower food intake, and also focus on the nutritional value of the food. If you chose whole grain breads and cereals, they will be fuller longer and you won't have to worry about "will they be starving on this managed diet?" All you must do is focus on high protein foods that are rich in nutrients. This way they stay full, but lose weight. You can even sneak a few things in your meals so they don't know they are eating it.

Change physical activity habits- Make sure your kids are getting enough time outside with friends and family. Let them play sports and go on walks or bike rides. As long as they are staying active they won't be thinking about food and how they crave McDonalds. If everyone participates then it is more likely they will too.

Overall, it is important that you keep these new positive habits in play. It is not something you do for a week and then take a break from. It is a new lifestyle and in order to see results you must do something everyday to make the change. It can be done so don't give up!



Fighting back the Flu

Between the months of November till April, the Flu is a huge health issue in the community. Influenza (also called Flu) is a contagious respiratory illness caused by the influenza virus. It can cause mild to severe illness and sometimes even lead to death.

According to the Center for Disease Control and Prevention, every year in the United States 5 to 20 percent of the population gets the Flu. More than 200,000 people are hospitalized each year, and 45,000 people die annually. The Flu is the sixth leading cause of death in the United States and 90 percent of these deaths are among people 65 years of age or over. Influenza is a serious disease and should not be taken lightly.

To protect you from the Flu, Elyria City Health District offers flu clinics for the public.

The Elyria City Health District Flu Clinic dates are:

-Saturday, October 2, 2010 from 9:00am-1:00pm at Lorain Community College. 1005 N. Abbe Road, Elyria. Walk-in and Drive-thru clinics available. (Adults only at drive through)

-Thursday, October 7, 2010 from 9:00am-6:00pm at Midway Mall by Macy's Wing

-Thursday, November 4, 2010 from 3:00pm-6:00pm at Elyria City Health District. 202 Chestnut Street, Elyria

Seasonal Flu vaccine is \$20.00/Dose

Immunizations will be available throughout the community from physicians, Public Health Clinics, and some retail drug and grocery stores. It is important that you take care of yourself this winter and receive the vaccine. It could save your life.

