

THE MONTH OF
September



AUGLAIZE COUNTY
HEALTH DEPARTMENT
prevent. promote. protect.

September Awareness

SEPTEMBER 2021

Special Points of Interest

- **Cholesterol Awareness**
- **Childhood Obesity Awareness**
- **National Preparedness Month**
- **Back-to-School Safety**



Cholesterol Awareness

Cholesterol is a waxy-like substance found in your body and many foods. Your body needs cholesterol to function, however it can build up in your body and create deposits that narrow your arteries, causing health problems.

Adults ages 20 years and up should have their cholesterol checked every 5 years. A simple blood test can determine your cholesterol levels. Below are the guidelines for desirable levels in adults:

- Total Cholesterol: less

than 170 mg/dL

- LDL “bad” Cholesterol: less than 110 mg/dL

- HDL “good” Cholesterol: 35 mg/dL or higher

- Triglycerides: less than 150 mg/dL

Cholesterol can develop in early childhood and adolescence and increase and your weight increases. It is important for children to have their cholesterol checked if they are overweight or obese, have a family history of high cholesterol, diabetes, or high blood pressure.

If you have high cholesterol, there are a few things you can do to lower it. Eating more fruits, vegetables, and whole grains; Getting at least 2 hours and 30 minutes of moderate physical activity in each week; Maintain a healthy weight; Don’t smoke or quit smoking if you do smoke. These simple lifestyle changes will help to lower your cholesterol.



Childhood Obesity Awareness

1 in 5 children (about 19%) in the United States has obesity. Children with obesity are at higher risk of having other chronic health issues like asthma, sleep apnea, bone and joint problems, and Type 2 Diabetes. Children with obesity are also more likely to have obesity as adults. There are ways for parents to help prevent obesity and support healthy growth in children. Parents can provide nutritious, low-calorie food like fruits and vegetables in place of high sugar foods. Make sure your child is drinking plenty of water. There are also alternatives to plain water like flavored water or infused water. Help your child get the recommended amount of physical activity a day by going on bike rides, walks, or playing outside with them. Lastly, be a role model! You too can also eat healthy meals and snacks, and get the recommended amount of exercise per day.

National Preparedness Month



Following a disaster, there may be power outages or circumstances that cause you to be unable to cook regularly. Below are tips to build a kit for emergency preparedness food items.

- Be sure to have ready-to-eat canned meats, fruits, vegetables, and a can opener.
- Have healthier options like protein or fruit bars, dry granola or cereal, dried fruit, peanut butter, canned juices, non-perishable pasteurized milk, and formula for infants if needed.
- Keep plenty of bottled water stored in your kit.
- Store paper/plastic utensils and dinnerware to use.
- To store food properly, keep in covered containers
- Discard any food that comes in contact with flood water or other debris.

These simple tips can help to stay energized and hydrated in the event of an emergency.

Back-to-School Safety

Most students are back in school, and that means more kids and buses on and around the roadways. Following the tips below can help to keep you or your child more safe.

- Talk bus safety with your children, think S.A.F.E. Stay five steps away from the curb while waiting for the bus, Always wait until the bus comes to a complete stop before walking towards it, Face forward after finding a seat on the bus, Exit the bus when it comes to a complete stop.
- For those who walk, watch the road. Walking to school is great exercise, but children under the age of 10 should be accompanied by an adult.
- Biking can be fun and a quick way to get to school. Be sure to be bike safe by wearing a correctly fitted helmet, riding in the same direction as traffic, and following traffic signals.
- Drivers may need to add more time to their commute. You may be behind a bus or driving through school zones. Drivers need to stop when buses stop, and drive the designated speed limits in school zones.

Back-to-School Safety Tips

*“Guiding
Auglaize
County
towards a
healthier
future!”*

Contact us with questions!

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