

County Medical Services Program (CMSP) Wellness

November

The month of November has inspired a movement to bring awareness to men's health. The inspiration comes from growing a moustache and supporting men in raising awareness of health issues impacting men including: prostate and testicular cancer and mental health and suicide preventions. The rules are simple: you start with a clean-shaven face on November 1st, and then you groom that moustache for the month. The moustache may become a conversation starter, and from there you discuss men's health topics. As awareness regarding men's health increases which in turn can lead to healthier lives.



Health at the End of the Rainbow

Dietitians and other healthy eating supporters encourage a variety of colors to help meet your nutrient requirements. Meeting those requirements include choosing colorful fruits and vegetables and nuts, which are all nutrient-rich foods. Colorful fruits and vegetables have antioxidants in them, which are a class of compounds that track down and capture free radicals, thereby preventing free radicals from damaging cells and increasing inflammation in our bodies. Attempting to eat 5-9 servings of fruits and vegetables a day allows for a higher intake of flavonoid-rich foods, which helps reduce your risk of different health issues such as cancer, heart disease, cardiovascular disease and more.



Lifestyle also plays a role, so increasing healthy components in your diet is one step in the right direction.

Flavonoid colors =

- Orange (Carotenoid): Carrots, sweet potatoes, mangos, butternut squash
- Red (lycopene): tomatoes, watermelon, guavas, papayas
- Blue/purple (anthocyanin): blueberries, plums, eggplant, purple potatoes
- Green (lutein and zeaxanthin): Leafy greens such as kale and spinach



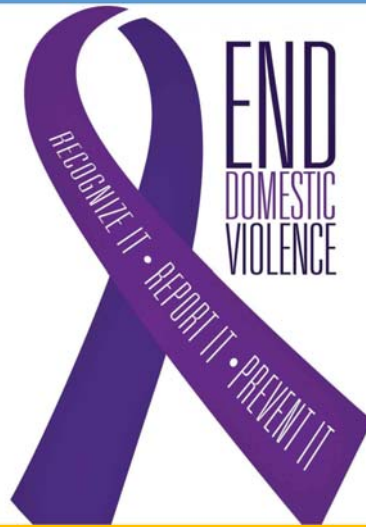
Intentional Exercise

Long term weight management requires dietary choice adjustments and physical activity. Intentional exercise is defining as purposeful physical activity. However, non-exercise activity is everything else that happens in life that requires energy. This includes walking, showering, shopping, eating, and much more. Since many of the physical demands that used to occur have been eliminated as our world has modernized it is harder to get the energy expenditure that we need to maintain our weight. However, increasing other types of movement can also help to burn energy. Gardening, yard work, house cleaning, dancing, taking the long way to the bathroom, and even pacing are all great ways to expend energy that isn't considered intentional in the normal sense. Adding movement in wherever you can only lead to better health outcomes.

County Medical Services Program (CMSP) Wellness

1 in 6

Depression is a mood disorder that may be described as a feeling of sadness, loss, or anger that interfere with a person's everyday activities. Depression is a common disorder and can affect anyone of any age. The exact cause of depression is unknown, but there are some factors that increase the chance of a person becoming depressed including: blood relatives with depression, experiencing traumatic or stressful event, major life changes, medical problems, using drugs or alcohol and more. Statistically, 1 out of every 6 adults will have depression at some time in their life. There is no shame in having depression and there are different treatment options available. Many people benefit from therapy or counseling while some do better with medication. If you ever feel like you need help due to depression you can reach out to friends, family, your health care provider, or call 1-800-273-TALK (8255) which is a 24-hour crisis center for the national suicide prevention lifeline. You are worth it.



Domestic violence awareness month

October is National Domestic Violence Awareness month. Domestic violence affects millions of people, both men and women. Nearly 3 out of 4 Americans personally know someone affected by domestic violence. Domestic violence is not just physical violence, it includes mental and emotional abuse as well. anguish and suffering.

The national domestic hotline defines domestic violence (also called intimate partner violence (IPV), domestic abuse or relationship abuse) as a pattern of behaviors used by one partner to maintain power and control over another partner in an intimate relationship. Breakthecycle.org also gives examples of domestic violence: it's not just punches and black eyes – it's yelling, humiliation, stalking, manipulation, coercion, threats and isolation. It's stealing a paycheck, keeping tabs online, non-stop texting, constant use of the silent treatment, or calling someone stupid so often that they believe it. If you need assistance or want to talk to someone about domestic violence, call 1-866-331-9474 to speak with a trained peer advocate.

- Every 9 seconds, a woman in the U.S. is beaten or assaulted by a current or ex-significant other.
- 1 in 4 men are victims of some form of physical violence by an intimate partner.



Sickness time of year

National Handwashing Awareness Week is December 1-7. Our hands transmit and attract germs from everything we touch to. It's essential that we clean our hands to prevent sickness. Remember that the most important way to keep yourself healthy is do correctly wash your hands. It is recommended that you wash your hands for at least 20 seconds, using soap and clean water, making sure to get a good lather and then clean your front and back of your hands, between your fingers and under your nails. A clean towel to dry is essential, or else you'll be picking up more germs. Remember that at this time of year there is more sickness going around, so coughing into your elbow helps prevent germs on your hands. Personal hygiene begins and ends with our hands.