

# Wellness Buddy

July 2015

## News

### Stop “Bugs” at Your Next Picnic

Gnats, ants and mosquitos are maddening at picnics and other outdoor activities! But the “bugs” you can’t see, such as harmful *bacteria*, can be a serious threat to your health. Bacteria thrive in the warm, humid days of summer and tend to grow in number faster than at any other time of the year. The number of people falling ill as a result of something they ate increases during the hot, sticky summer months.

Children, pregnant women, the immuno-compromised and the elderly are among our most vulnerable people. Use the following tips to prevent “the bugs” from bacteria from spoiling your summer food fun.

#### Keep it Clean!

- ◆ Find out if your picnic destination has a source of safe drink-



#### Pack a safe picnic!

ing water. If not, bring water or moist towelettes for cleaning hands and surfaces.

- ◆ Always wash your hands with warm, soapy water for 20 seconds before and after handling food. Unwashed hands are a major cause of food-

borne illness. Use moist towelettes if hand-washing facilities are not available.

- ◆ Be sure raw meat and poultry are wrapped securely to prevent their juices from cross-contaminating other foods in the cooler.
- ◆ Pack enough utensils for both eating and serving food. Don’t use the same utensil or platter for raw and cooked meat and poultry. Disposable plates and utensils help prevent cross-contamination.
- ◆ Keep foods covered to prevent insects from enjoying your lunch!



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### Is It Stomach Flu or Food Poisoning?

Both stomach flu and food poisoning can have similar symptoms—miserable vomiting, abdominal cramping, and diarrhea. Although many times the exact cause is not known, stomach flu tends to occur in the winter months and is preceded by other symptoms, such as sore throat.

Food poisoning tends to

occur in summer months, and symptoms usually appear suddenly without warning. Symptoms may not begin until 12 to 72 hours after eating spoiled food. If many people who ate the same food get sick around the same time, it’s probably food poisoning.

Salmonella bacteria are the most frequently reported

cause of foodborne illness. Salmonella are customarily found on poultry and in eggs as well as dairy products and fresh produce.

According to the Florida Community Health Assessment Resource Tool Set (CHARTS) thirty-five (35) cases of Salmonellosis were reported during 2012-2014 in Jackson County.

## Jackson Hospital Takes Steps to Enhance Breastfeeding



Jackson Hospital partners with Florida Department of Health Jackson County in Baby Friendly Initiative.

Florida Department of Health's Healthiest Weight Florida Initiative is supporting **Jackson Hospital** taking steps to enhance maternity care practices in support of breastfeeding. This project promotes hospital recognition through the Baby-Friendly Hospital Initiative and the Florida Breastfeeding Coalition's Quest for Quality Maternity Care Award.

The Baby-Friendly Hospital Initiative is a global program launched by the World Health Organization and the United Nations Children's Fund to encourage and recognize

hospitals and birthing facilities that offer the finest care for infant feeding and mother/baby bonding. The Baby-Friendly Hospital Initiative and the Quest for Quality Maternity Care Award recognizes birthing facilities that successfully implement the [Ten Steps to Successful Breastfeeding](#).

According to the Centers for Disease Control and Prevention, mothers who breastfeed their children are at a healthier weight on average than those who do not. They also have a lower risk of developing Type 2 diabetes, breast

and ovarian cancer. Children who are breastfed have a lower risk for developing respiratory and gastrointestinal infections, asthma, obesity, Type 2 diabetes, and SIDS (sudden infant death syndrome).

According to the CDC, 1 in 3 women stop breastfeeding without breastfeeding support.

## Ten Steps to Successful Breastfeeding

The Ten Steps to Successful Breastfeeding were developed by a team of global experts and consist of evidence-based practices that have been shown to increase breastfeeding initiation and duration.

1. Have a written breastfeeding policy that is routinely communicated to all health care staff.
2. Train all health care staff in the skills necessary to implement this policy.
3. Inform all pregnant women about the benefits and management of breastfeeding.
4. Help mothers initiate breastfeeding within one hour of birth.
5. Show mothers how to breastfeed and how to maintain lactation, even if they are separated from their infants.
6. Give infants no food or drink other than breast-milk, unless medically indicated.
7. Practice rooming in—allow mothers and infants to remain together 24 hours a

day.

8. Encourage breastfeeding on demand.
9. Give no pacifiers or artificial nipples to breastfeeding infants.
10. Foster the establishment of breastfeeding support groups and refer mothers to them on discharge from the hospital or birth center.

## Jackson CHD Employees Participate in FL Health Cleans Up! Project



Jackson CHD employees at Spring Creek Park June 19, 2015 during FL Health Cleans Up! activity.

Florida Department of Health Jackson County employees participated in the Florida Health Cleans Up! project June 19, 2015.

The Florida Health Cleans Up! project aims to increase physical activity and contribute to healthier, litter-free environments.

Jackson County Health Department staff volunteers joined one another in the outdoor cleanup initiative by

collecting litter at Blue Springs Park and Spring Creek Park.

The June 19th project is the second of four cleanup activities planned by the health department teams. The first activity was held December 12, 2014 at Citizen's Lodge Park. Two additional cleanup activities are planned for Fall 2015.

## Keep It Clean! Summer Picnics Word Search

J A C O O L E R Z V A N C I G  
 R F K K T U B D M L S D P X Q  
 P S U R Y C V I C V E D I G L  
 P Y E L B A S O P S I D R Z I  
 K T K O G A I R E T C A B V G  
 J L S E T T E L E W O T E A A  
 W U R G N A T S V W N D Z I H  
 C R O O G M F F V P Z G P D F  
 C K R P N P P N L J E H I G R  
 K F E N R O B D O O F A C R H  
 R G M H A N D W A S H I N G V  
 X T M B D P Q D V I U J I X F  
 Z L U U O Y G Y D C N E C V X  
 K V S P R N W N L K P O O F F  
 S A A B Y F A J A P I G O L U

### Words List

Gnats  
 Bacteria  
 Sick  
 Summer  
 Picnic  
 Foodborne  
 Handwashing  
 Disposable  
 Towelettes  
 Cooler



“Unwashed hands  
 are a major  
 cause of  
 foodborne  
 illness.”

### Healthy Food Question; to Help You Fight Disease

Which is least likely to cause food poisoning?

- a. raw sprouts
- b. chicken
- c. salad
- d. mayonnaise
- e. beef

Answer: d (mayonnaise).  
 Fruits and vegetables (like berries, lettuce, and sprouts) can be contaminated in the fields by tainted water or manure. Contaminated poultry, beef, and eggs may cause infections when they're undercooked. Commercial mayonnaise is pasteurized, so it's relatively safe. (Homemade mayo is another story).



Battle food poisoning

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Providing support and guidance to make  
“the healthy choice the easy choice.”

We're on the web!  
[www.jacksonchd.org](http://www.jacksonchd.org)



Department of Health Mission, Vision and Values

Mission:

To protect, promote & improve the health of all people in Florida through integrated state, county, & community efforts.

Vision:

To be the Healthiest State in the Nation

Values:

Innovation: We search for creative solutions and manage resources wisely.

Collaboration: We use teamwork to achieve common goals & solve problems.

Accountability: We perform with integrity & respect.

Responsiveness: We achieve our mission by serving our customers & engaging our partners.

Excellence: we promote quality outcomes through learning & continuous performance improvement.



Succulent & nourishing

Makes 4 Servings (about 1 cup each)

INGREDIENTS

6 ounces dried whole wheat elbow pasta (or whole wheat blend) (about 1 ½ cups)

1 ½ tablespoons extra virgin olive oil

½ small head of cauliflower (7 3/8th ounces trimmed / 11 5/8th untrimmed), shredded on the large holes of a box grater (about 2 cups) \* It will look like rice

Cauliflower Mac & Cheese

1 ½ tablespoons all-purpose flour

1 ½ cups 1% low-fat milk

5 tablespoons low-fat buttery garlic-and-herb spreadable cheese

½ cup reduced-fat Cheddar cheese

¼ cup chopped fresh basil

Kosher salt

Black pepper

DIRECTIONS

- 1. Cook the pasta according to package directions. When done, drain and set aside.
- 2. In the same saucepan, heat the oil over medium heat. Add the cauliflower-

er and cook, stirring occasionally, until tender, 4 to 5 minutes. Add the flour and whisk until combined, 1 minute.

- 3. Whisk the milk slowly into the cauliflower mixture. Raise the heat and bring to a low boil, stirring constantly. Reduce the heat and continue to simmer and stir gently until the mixture thickens, about 3 minutes.
- 4. Remove from the heat and stir in the garlic-and-herb cheese and the Cheddar cheese until combined. Stir in the cooked pasta until combined. Stir in the basil, and season with salt and

pepper to taste.

- 5. Serve in individual bowls and top with additional basil as desired.

NUTRITION INFORMATION PER SERVING (1 cup):

330 calories, 12g fat (5g saturated), 260mg sodium, 43g carbohydrate, 5g fiber, 16g protein, 15% vitamin A, 45% vitamin C, 35% calcium, 10% iron

Recipe Created by Liz Weiss, MS, RD, co-author, No Whine with Dinner: 150 Healthy, Kid-Tested Recipes from the Meal Makeover Moms (<http://mealmakeovermoms.com>)

For this and other recipes, visit <http://www.accenthealth.com/>