

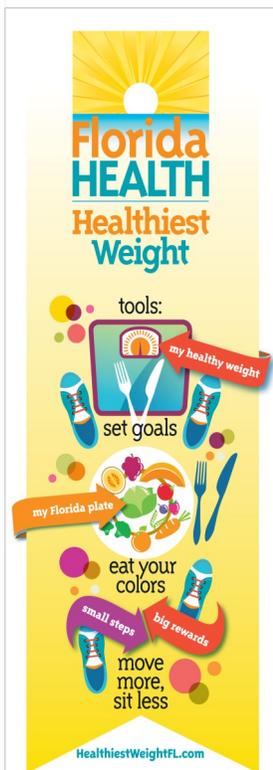


# Wellness Buddy News

## Special points of interest:

The nature of dating violence can be:

- Physical
- Psychological/Emotional
- Sexual
- Stalking



## Teen Dating Violence Awareness Month

February is Teen Dating Violence Awareness Month. The Florida Department of Health in Jackson County wants you to know that there's a lot you can do as a parent to prevent teen dating violence and abuse.

More than 1 in 10 teens who have been on a date have also been physically abused by a boyfriend or girlfriend in the last year.

Dating violence is a widespread issue that has serious long-term and short-term effects. Many teens do not report it because they are afraid to tell friends and family.

Among adult victims of rape, physical violence, and/or stalking by an inti-

mate partner, 22% of women and 15% of men first experience some form of partner violence between 11 and 17 years of age.

Approximately 9% of high school students report



Promote the health and well-being of children and adolescents to enable them to become healthy and productive adults.

being hit, slapped, or physically hurt on purpose by a boyfriend or girlfriend in the 12 months before being surveyed.

One of the most important things you can do is keep the lines of communication open with your kids.

Take steps to make a difference:

- Be a role model — treat your kids and others with respect.
- Start talking to your kids about healthy relationships early — before they start dating.
- Get involved with efforts to prevent dating violence at your teen's school.

If you are worried about your teen, call the National Dating Abuse Helpline at 1-866-33-1-9474 or text "loveis" to 22522.

## Why does dating violence happen?

Often teens receive messages about how to behave in relationships from peers, adults in their lives, and the media. Frequently these examples promote violence as a normal behavior in a relationship.

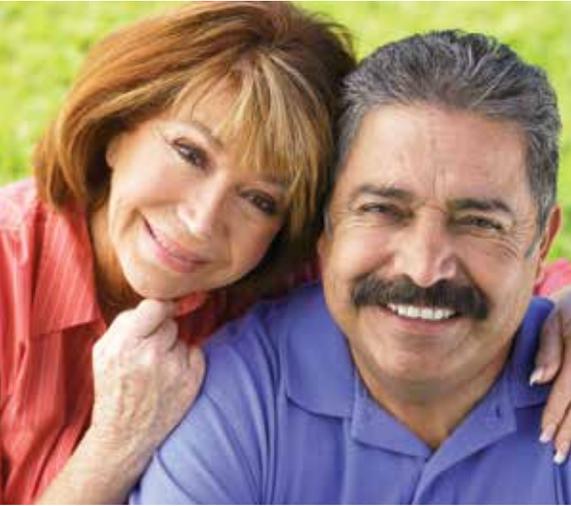
Unhealthy relationships may increase for teens who:

- Believe that dating violence is acceptable
- Are depressed, anxious, or have other symptoms of trauma
- Display aggression towards peers or display other aggressive behaviors
- Use drugs or illegal substances
- Engage in early sexual activity & have multiple sexual partners
- Have a friend involved in dating violence
- Have conflicts with a partner
- Witness or experience violence in the home



## ABCS of Heart Health

To reduce the risk of heart attack or stroke



Every year, Americans suffer more than **1.5 million heart attacks and strokes**. But following the ABCS can help reduce your risk and improve your heart health.

**A:** Take **asp**irin as directed by your health care professional.

**B:** Control your **bl**ood pressure.

**C:** Manage your **ch**olesterol.

**S:** Don't **s**moke.

### **A** Take aspirin as directed by your health care professional.

Ask your health care professional if aspirin can reduce your risk of having a heart attack or stroke. Be sure to tell your health care professional if you have a family history of heart disease or stroke, and mention your own medical history.

### **B** Control your blood pressure.

Blood pressure measures the force of blood pushing against the walls of the arteries. If your blood pressure stays high for a long time, you may suffer from high blood pressure (also called hypertension). High blood pressure increases your risk for heart attack or stroke more than any other risk factor. Find out what your blood pressure numbers are, and ask your health care professional what those numbers mean for your health. If you have high blood pressure, work with your health care professional to lower it.

### **C** Manage your cholesterol.

Cholesterol is a waxy substance produced by the liver and found in certain foods. Your body needs cholesterol, but when you have too much, it can build up in your arteries and cause heart disease. There are different types of cholesterol: One type is “good” and can protect you from heart disease, but another type is “bad” and can increase your risk. Talk to your health care professional about cholesterol and how to lower your bad cholesterol if it's too high.

### **S** Don't smoke.

Smoking raises your blood pressure, which increases your risk for heart attack and stroke. If you smoke, quit. Talk with your health care professional about ways to help you stick with your decision. It's never too late to quit smoking. Call 1-800-QUIT-NOW today.

*Million Hearts® is a national initiative to prevent 1 million heart attacks and strokes by 2017. It is led by the Centers for Disease Control and Prevention and the Centers for Medicare & Medicaid Services, two agencies of the Department of Health and Human Services.*

*The Million Hearts® word and logo marks and associated trade dress are owned by the U.S. Department of Health and Human Services (HHS). Use of these marks does not imply endorsement by HHS.*

Heart disease and stroke are the first and fourth leading causes of death in the United States.

Together, these diseases cause 1 in 3 deaths.

**The good news is that you can reduce your risk by following the ABCS!**

Rosa was caring for her granddaughter when she felt a sharp pain in her chest that didn't go away. At the hospital, the health care professional told her that she had high blood pressure and that it had caused a heart attack. Rosa was surprised—she didn't feel bad most of the time and didn't know she had high blood pressure. The health care professional gave Rosa medicine to help control her blood pressure and prevent another heart attack. Rosa takes her medicine every day so she can keep her blood pressure under control. It's important to Rosa to stay healthy. She wants to see her granddaughter grow up and get married one day.



## What do I need to know about high blood pressure?

High blood pressure is the leading cause of heart attack and stroke in the United States. It can also damage your eyes and kidneys. **One in three American adults has high blood pressure, and only about half of them have it under control.**

**How is blood pressure measured?** Two numbers (for example, 140/90) help determine blood pressure. The first number measures systolic pressure, which is the pressure in the blood vessels when the heart beats. The second number measures diastolic pressure, which is the pressure in the blood vessels when the heart rests between beats.

### When and how should I take my blood pressure?

Take your blood pressure regularly, even if you feel fine. Generally, people with high blood pressure have no symptoms. You can take your blood pressure at home, at many pharmacies, and at your doctor's office.

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The doctor is not the only health care professional who can help you follow the ABCS. Nurses, pharmacists, community health workers, health coaches, and other professionals can work with you and your doctor to help you achieve your health goals.

### Need confidential health information? Call the Su Familia Helpline at 1-866-783-2645 today.

Su Familia: The National Hispanic Family Health Helpline offers free, reliable information on a wide range of health issues in Spanish and English. The health promotion advisors can help Hispanic clients find affordable health care services in their community.

**How can I control my blood pressure?** Work with your health care professional to make a plan for controlling your blood pressure. Be sure to follow these guidelines:

- **Eat a healthy diet.** Choose foods low in trans fat and sodium (salt). Most people in the United States consume more sodium than recommended. Everyone age 2 and up should consume less than 2,300 milligrams (mg) of sodium per day. Adults age 51 and older; African Americans of all ages; and people with high blood pressure, diabetes, or chronic kidney disease should consume even less than that: only 1,500 mg of sodium per day.
- **Get moving.** Staying physically active will help you control your weight and strengthen your heart. Try walking for 10 minutes, 3 times a day, 5 days a week.
- **Take your medications.** If you have high blood pressure, your health care professional may give you medicine to help control it. It's important to follow your health care professional's instructions when taking the medication and to keep taking it even if you feel well. Tell your health care professional if the medicine makes you feel bad. Your health care team can suggest different ways to reduce side effects or recommend another medicine that may have fewer side effects.

## Stay Connected



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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:

**I**nnovation: We search for creative solutions and manage resources wisely.

**C**ollaboration: We use teamwork to achieve common goals & solve problems.

**A**ccountability: We perform with integrity & respect.

**R**esponsiveness: We achieve our mission by serving our customers & engaging our partners.

**E**xcellence: we promote quality outcomes through learning & continuous performance improvement.



Nutrition Facts	
Servings Per Recipe 8	
Amount Per Serving	
Calories 258	
% Daily values*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Monounsaturated Fat 3g	
Cholesterol 0mg	0%
Potassium 895mg	26%
Sodium 326mg	14%
Total Carbohydrate 43g	14%
Dietary Fiber 16g	64%
Sugars 5g	
Protein 13g	26%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	Equals 300g 375g
Dietary Fiber	Equals 25g 30g

## White Bean Soup (Fassoulatha)

Makes: 8 servings

Active Time: 30 Minutes

Total Time: 2 ½ hours

Creamy white beans provide the heft and protein to this simple, flavorful soup. The recipe calls for dried beans, but to make this recipe in under 30 minutes, you can use four 15-ounce cans of your favorite white beans (rinse well to cut the sodium in the canning liquid).

### Ingredients

1 pound dried white beans, soaked overnight

2 tablespoons extra-virgin

olive oil

2 large onions, finely chopped

2 stalks celery, finely chopped

2 large carrots, finely chopped

1 quart water

2 large ripe tomatoes, peeled and mashed, or 1 tablespoon tomato paste

2 teaspoons dried oregano

1 teaspoon salt

1/8 teaspoon cayenne pepper

Freshly ground pepper, to taste

### Preparation

Drain beans and cook them, covered, in a large pot of boiling water until tender, about 1 ½ hours. Drain.

Heat oil in a Dutch oven or soup pot over medium heat. Sauté onions, celery and carrots for 3 to 5 minutes. Add water, the cooked beans, tomatoes, oregano, salt, cayenne and pepper. Simmer until vegetables are tender, about 20 minutes. Taste and adjust seasonings.

Recipe by EatingWell.com