

Wellness Buddy

National Public Health Week

April 6-20, 2015

Ten Great Public Health Achievements in the 20th Century

Public Health is the active protection of our nation's health and safety, credible information to enhance health decisions, and partnerships with local minorities and organizations to promote good health.

- Immunizations
- Motor-Vehicle Safety
- Workplace Safety
- Control of Infectious Diseases
- Declines in Deaths from Heart Disease and Stroke
- Safe and Healthier Foods
- Healthier Mothers and Babies
- Family Planning
- Fluoridation of Drinking Water
- Tobacco as a Health Hazard

April is Alcohol Awareness Month

Drinking too much increases people's risk of injuries, violence, drowning, liver disease, and some types of cancer. This April during Alcohol Awareness Month, the Florida Department of Health Jackson County encourages you to educate yourself and your loved ones about the dangers of drinking too much.

In Jackson County alone, there were been four alcohol-impaired driving fatalities in 2013 according to the National Highway

Alcohol Facts

Alcohol's effects vary from person to person, depending on a variety of factors, including:

- How much you drink
- How often you drink
- Your age
- Your health status
- Your family history

Traffic Safety Administration. (NHTSA).

If you are drinking too much, you can improve your health by cutting back or quitting. Here are some strategies to help you cut back or stop drinking.

- Limit your drinking to no more than 1 drink a day for women or 2 drinks a day for men.
- Keep track of how much you drink.

- Choose a day each week when you will not drink.
- Don't drink when you are upset.
- Avoid places where people drink a lot.
- Make a list of reasons not to drink.

If you are concerned about someone else's drinking, offer to help.



There were four alcohol-impaired driving fatalities in 2013 in Jackson County.

(0.6 ounces) of pure alcohol. Generally, this amount of alcohol is found in:

- 12-ounces of beer (5% alcohol content)
- 8-ounces of malt liquor (7% alcohol content)
- 5-ounces of wine (12% alcohol content)

One 12-ounce beer has about the same amount of alcohol as one 5-ounce glass of wine, or 1.5-ounce shot of liquor. It is the amount of alcohol consumed that affects a person most, not the type of alcoholic drink.

A standard drink is equal to 14.0 grams

- 1.5-ounces or a "shot" of 80-proof (40% alcohol content) distilled spirits or liquor (e.g., gin, rum, vodka, whiskey).

Florida Department of Health Jackson County

4979 Healthy Way
Marianna, Florida
32446

Phone: 850-526-2412
Fax: 850-718-0489
E-mail:
WellnessBuddy@flHealth.gov



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

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: (ICARE)

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

We're on the web!
www.jacksonchd.org



HealthiestWeight



Braised Chicken with Baby Vegetables and Peas

Nutritional Information

Amount per serving
Calories: 324
Fat: 11.4g
Saturated fat: 5.1g
Monounsaturated fat: 3.4g
Polyunsaturated fat: 1.5g
Protein: 32.6g
Carbohydrate: 22.1g
Fiber: 5.2g
Cholesterol: 100mg
Iron: 3.3mg
Sodium: 818mg
Calcium: 89mg

Ingredients

2 tablespoons butter, divided
2 bone-in chicken breast halves, skinned
2 bone-in chicken thighs, skinned
2 chicken drumsticks, skinned
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
2 (14-ounce) cans fat-free, less-sodium chicken broth
1 cup dry white wine
1/2 teaspoon chopped fresh thyme
12 baby turnips, peeled (about 8 ounces)
12 baby carrots, peeled (about 8 ounces)
12 pearl onions, peeled (about 8 ounces)
6 fresh flat-leaf parsley sprigs
2 bay leaves
2 tablespoons all-purpose flour
3/4 cups fresh green peas

2 tablespoons chopped fresh flat-leaf parsley

Preparation

1. Melt 1 tablespoon butter in a Dutch oven over medium-high heat. Sprinkle chicken evenly with salt and pepper. Add chicken to pan; sauté 5 minutes on each side or until browned. Remove from pan.
2. Add broth to pan; cook 1 minute, scraping pan to loosen browned bits. Add wine and next 6 ingredients (through bay leaves); stir. Add chicken to pan, nestling into vegetable mixture; bring to a boil. Cover, reduce heat, and simmer 20 minutes or until chicken is done. Discard bay leaves and parsley sprigs. Remove chicken and vegetables from the pan.
3. Place a zip-top plastic bag

- inside a 2-cup glass measure. Pour cooking liquid into bag; let stand 10 minutes (fat will rise to the top). Seal bag; carefully snip off 1 bottom corner of bag. Drain drippings back into pan, stopping before fat layer reaches opening; discard fat. Return liquid to pan. Bring liquid to boil; cook until reduced to 1 1/2 cups (about 5 minutes).
4. Melt remaining 1 tablespoon butter in a small skillet. Add flour, stirring until smooth. Add flour mixture to cooking liquid; cook 2 minutes or until slightly thick, stirring constantly. Return chicken and vegetable mixture to pan, stir in peas. Cook 3 minutes or until thoroughly heated. Garnish with chopped parsley.

Cooking Light