

# Wellness Buddy

June 2015

**Special points of interest:**

- The Jackson County *unintentional falls*, age-adjusted death rate, 3-year rolling rates, for years 2011-2013 is 5.1%
- The Jackson County *unintentional poisoning* age-adjusted death rate, 3-year rolling rates, for years 2011-2013 is 6.7%

## Injuries are a leading cause of disability

Injuries are a leading cause of disability for people of all ages — and they are the leading cause of death for Americans ages 1 to 44. The good news is everyone can get involved to help prevent injuries.

During National Safety Month, the Florida Department of Health Jackson County supports community members to help reduce the risk of injuries. This June, we encourage you to learn more about important safety issues like pre-

scription pain killer abuse, transportation safety and slips, trips, and falls.

**Prescription pain-killer abuse:** Prescription painkiller overdoses are a growing problem in the United States, especially among women. About 18 women die every day from a prescription painkiller overdose — more than 4 times as many as back in 1999.

**Transportation safety:** Doing other activities while driving — like testing or eat-

ing — distracts you and increases your chance of crashing. Almost 1 in 5 crashes (17%) that injured someone involved distracted driving.

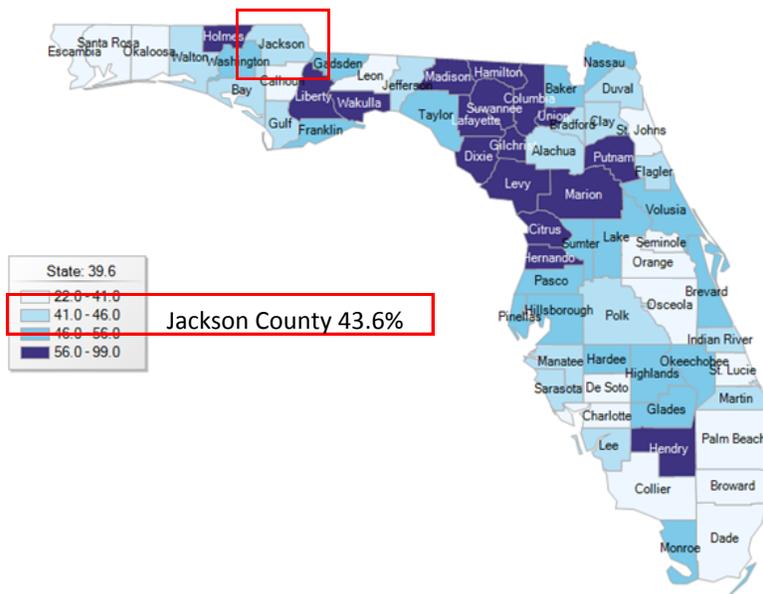
**Slips, trips, and falls:** One in 3 older adults falls each year. Many falls lead to broken bones and other health problems.

You can make a difference. Find out ways to help reduce the risk of these safety issues.



33% of older adults falls each year.

Unintentional Injuries Age-Adjusted Death Rate, All Races, 2011-13



Data source: Florida Department of Health, Bureau of Vital Statistics

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### 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.

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



# HealthiestWeight

## ASIAN SALMON STICKS

Makes 5 Servings

### INGREDIENTS

24 ounces center cut salmon fillet, skinned

¼ cup all purpose flour

½ teaspoon kosher salt

¼ teaspoon black pepper

1 large egg

1 tablespoon reduce-sodium soy sauce

1 teaspoon toasted sesame oil

½ teaspoon ground ginger

¼ teaspoon garlic powder

1 ½ cups panko bread crumbs

### DIRECTIONS

1. Preheat oven to 450°. Gen-

erously coat a large baking sheet with nonstick cooking spray and set aside.

2. Place salmon on a cutting board and slice into ¾-inch by 4-inch strips.

3. Place flour, salt, and pepper in a shallow bowl and stir to combine. In a second bowl, whisk together egg, soy sauce, sesame oil, ginger, and garlic powder until well combined. Place bread crumbs in a third bowl or plate.

4. To bread salmon, coat all sides with flour and shake off excess. Dip in egg mixture, then coat evenly with bread crumbs. Arrange on baking

sheet, spray tops of fish with nonstick spray and bake about 7 minutes. Remove from oven, flip fish sticks, spray tops again with nonstick spray and continue to bake until coating is crispy and fish is cooked through, 5 to 8 additional minutes.

**Nutrition Information per Serving** (1 generous cup):

Calories: 140, Fat: 3.5g, Sat fat: 0.5g, Carbohydrates: 14g, Sodium: 510mg, Fiber: 2g, Protein: 13g

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



Asian Salmon Sticks