

Community Health Newsletter

Week 23



W: Wash Your Hands



By washing your hands, you are protecting yourself as well as others from germs. We all heard these instructions when we were little, and the reasons to wash your hands do not change after childhood.

As parents, you take special care to

make certain your kids have washed their hands as soon as they come in from outdoors, just before eating, after playing with pets, coughing, sneezing, blowing their nose, and using the bathroom.

Do you remind you children how to wash their hands?

- Wet hands with clean running water (warm or cold) and apply soap.
- Rub hands together to make soap lather, and scrub between fingers, backs of hands, and under nails.
- Continue rubbing your hands for at least 20 seconds. Hum the "Happy Birthday" song from beginning to end **twice**.
- Rinse hands well under running water.
- Dry hands using a clean towel or air-dry.

Remember: Hand sanitizers are not effective when hands are visibly dirty.

Food of the Week: Watermelon

Watermelon originated in Africa. It is part of the cucumber and squash family.

Watermelons are available all year. Watermelon consists of 92% water and 8% sugar and contain high concentrations of **lycopene**, an antioxidant that may help reduce the risks of cancer and other diseases.

Waist Whittlers

Watch your waistline; your health may depend on it. While BMI is a measure for body fat, waist circumference is used to indicate abdominal fat.



Americans waistlines expand faster than residents of any other wealthy nation since 1980. Excess weight raises the risk of diabetes, heart disease, high blood pressure, and cancer.

<http://www.ars.usda.gov/is/AR/archive/jun04/waist0604.htm>

According to the medical journal, **The Lancet**, in 2008 almost 10% of the world's population is obese.

South of the Border Watermelon Sweet Onion Salsa (4 servings)

2 cups	chopped watermelon (seeds removed)	Stir together all ingredients in bowl. Refrigerate, covered at least 1 hour to blend flavors. Stir before serving.
3/4 cup	chopped sweet onion	
3/4 cup	canned black beans, rinsed and drained	
1/4 cup	chopped seeded jalapenõ chilies	
1/4 cup	chopped fresh cilantro	
1	large clove garlic, finely chopped	
1 Tbsp	brown sugar	
1/2 tsp.	salt	
Source: http://www.fruitsandveggiesmatter.gov/month/watermelon.html		

What do you need to wash your hands?
Can you find these things in the maze below?

