

Community Health Newsletter

Week 22



V: Vulnerability



The dictionary defines vulnerability as *the inability to withstand the effects of a hostile environment.*

Our bodies are vulnerable to disease, but there are things we can do to mitigate it.

- Wash your hands.
- Balance your diet, and eat breakfast.
- Exercise routinely.
- Keep regular sleep hours.
- Connect with others, and reduce stress.
- Drink water.
- Avoid high-risk behaviors.
- Establish a relationship with your doctor. Keep appointments and stay up-to-date on preventive screenings and immunizations.

Vaccines offer protection from a variety of serious or potentially fatal diseases. Understand what you and your family need and when to get them. Each year, the CDC reviews the immunization schedules for children and adults and throughout the year, the CDC may update its recommendations or make new ones. For the most current information on each immunization, go to www.cdc.gov/vaccines/vpd-vac/default.htm.

Food of the Week: Vegetables and Vitamins

Vegetables are colorful, flavorful, low in calories, low in fat and sodium, rich in a variety of nutrients, high in fiber, and may reduce the risk of several chronic diseases.

Vary your veggies. Eat more dark green veggies, such as broccoli, kale, and other dark leafy greens; orange veggies, such as carrots, sweet potatoes, pumpkin, and winter squash; and beans and peas.

Almost everyone needs to eat more vegetables (and fruits).

Jumping Jacks

Jumping jacks use muscles throughout your body.

Start with your legs together and hands at your sides. Jump to the position where your legs spread about three feet apart as your hands clap over your head. Start with 20 and slowly increase your set.

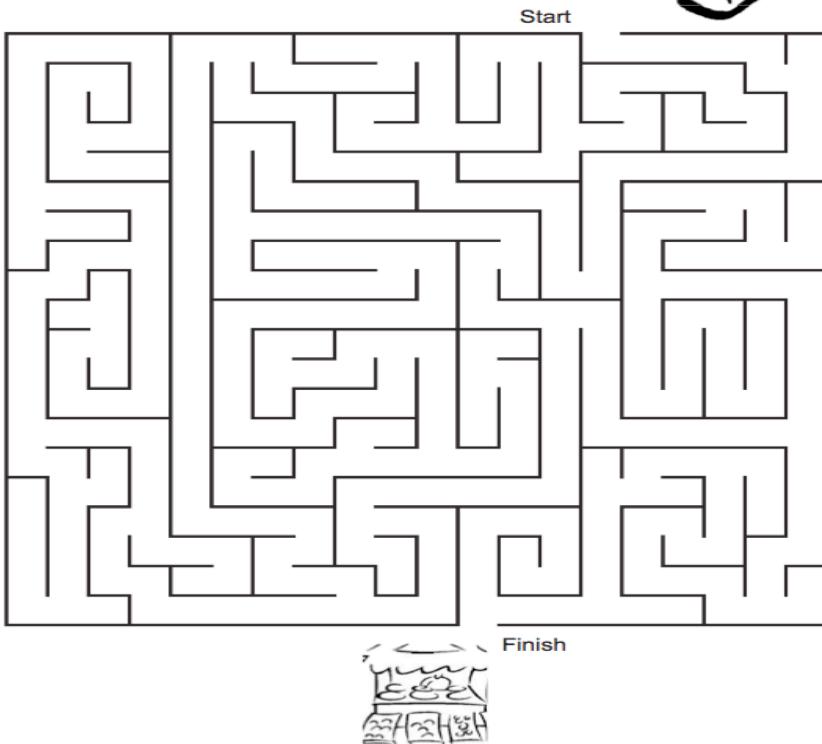
Regular physical exams and health screening are an important part of preventive health care. Go to <http://www.mayoclinic.com/health/health-screening/WO00112> to create your customized screening guidelines.

Minestrone Soup (16 servings)

$\frac{1}{4}$ cup	Olive oil	Heat oil in 4-qt saucepan. Add garlic, onion, and celery. Sauté for about 5 minutes.
1 clove	Minced garlic	
1 1/3 cup	Coarsely chopped onion	
1 1/2 cup	Coarsely chopped celery with leaves	Add all remaining ingredients except spaghetti. Stir until ingredients are well mixed.
1 can	Tomato paste (6 oz)	
1 Tbsp	Chopped, fresh parsley	
1 cup	Sliced carrots	
4 3/4 cup	Shredded cabbage	
1 can	Chopped tomatoes (1 pound)	
1 cup	Canned red kidney beans, rinsed & drained	
1 1/2 cup	Frozen peas	Bring to boil, and reduce heat. Cover and simmer for about 45 minutes or until vegetables are tender.
1 1/2 cup	Fresh green beans	
11 cups	Water	
2 cup	Uncooked, broken spaghetti	
Dash	Hot sauce	Add uncooked spaghetti, and simmer for only 2 – 3 minutes.

Source: Heart Healthy Recipes from the National Heart, Lungs, and Blood Institute

*Can you help broccoli
find his way to the market?*



Source: U.S. Dept. of Agriculture