



Health Tribune

Thinking about your health in Portage County
Provided by the Portage County Health Department

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Did you know...?

In Portage County, 40% of school age children are overweight. Of those, 22% of school age children are obese. The high rates of overweight and obesity increases the chances of children developing high blood pressure, high cholesterol, and diabetes (high blood sugar).

The Portage County Health Department is committed to working with local community partners to reduce the rates of obesity in Portage County.



The Portage County Health Department works with the Kent State University Nutrition Outreach Program to provide a **FREE** Nutrition Education program for children and their families called FLIGHT.

FLIGHT provides a clinical appointment with a public health nurse to measure health related markers such as blood sugar and cholesterol. It also provides nutrition education with a registered dietician for 10 week session that focuses on:

- Healthy eating behaviors
- Portion control
- Picky eating
- Weight management
- Obesity prevention
- Food guide pyramid
- Food label reading

To schedule an appointment or to learn more about the program, contact the PCHD Nursing Services Clinic at 330-298-4490.

September is “National Fruit & Veggie - More Matters” Month

Eating more fruits and veggies matters when it comes to getting to or maintaining a healthy weight. Eating more fruits and vegetables can also reduce your family’s risk of many diseases. It is recommended that half of what you eat, every time you eat, should be fruits and vegetables.

Help your family be at their best by having a balance of diet and exercise everyday!

On a budget?

There are many ways to get more fruits and vegetables in your diet without spending a lot of money.

- Buy fruits and vegetables in season from local farmers markets. Check out www.localharvest.org to find a list of farmers markets near you.
- Grow your own. Try indoor pots for cooler months.
- Buy only the amount your family will eat.
- Look for sales at your local grocery store.
- Cut up your own fruits and vegetables at home. Pre-cut produce cost more.
- Buy frozen fruits and vegetables in large bags and separate into meal-size servings.
- Store fresh fruit and vegetables in the refrigerator to make them last longer.
- Be creative with leftover fruits and vegetables. Example: Make smoothies with leftover fruits.
- In the summer months when vegetables are lower in price, make large batches of homemade soups and freeze for winter meals.

Questions or Comments?

Contact Us!

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More information on how to get more fruits and vegetables in your diet is available at: <http://www.fruitsandveggiesmorematters.org/>.