

Public Health Newsletter



*Support Heart Health and
Heart Health Awareness —
Wear Red on February 4th!
Take a selfie and post on Facebook,
or send to:*

Colleen.McKinney@hhs.millelacsband-nsn.gov

*And we will post it for you as well as
feature it in the March PH Newsletter*

*And if you would like a heart bracelet, heart LED candle, or heart
healthy snack, email Colleen at above address.
(While Supplies Last)*

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What Are Heart-Healthy Foods?

The following foods are the foundation of a heart-healthy eating plan:

- **Vegetables** such as leafy greens (spinach, collard greens, kale, cabbage), broccoli, and carrots
- **Fruits** such as apples, bananas, oranges, pears, grapes, and prunes
- **Whole grains** such as plain oatmeal, brown rice, and whole-grain bread or tortillas
- **Fat-free or low-fat dairy** foods such as milk, cheese, or yogurt
- **Fish** high in omega-3 fatty acids (salmon, tuna, and trout)
- **Lean meats** such as 95% lean ground beef or pork tenderloin or skinless chicken or turkey
- **Eggs**
- **Nuts, seeds, and soy products** (tofu)
- **Legumes** such as kidney beans, lentils, chickpeas, black-eyed peas, and lima beans
- **Oils and foods high in monounsaturated and polyunsaturated fats, such as:**
Canola, corn, olive, safflower, sesame, sunflower, and soybean oils (not coconut or palm oil)
- **Nut and seed butters**
- **Seeds** (sesame, sunflower, pumpkin, or flax)
- **Nuts** such as walnuts, almonds, and pine nuts
- **Avocados**
- **Tofu**

Above information on this page adapted from the National Heart, Lung and Blood Institute website at: nhlbi.nih.gov. Information in sidebar, right adapted from Eating Well website at: eatingwell.com

Heart-Healthy Snacks

Snacks tend to get a bad rep, but snacking on the right foods can actually be an **important part of a healthy diet**.

Think about snacks as an opportunity to bring more nutrition to your day, while also **keeping you energized and focused in between meals**.

Apple with nuts or nut butter

Roasted chickpeas

Whole-grain crackers with hummus

Roasted carrots with dip

Roasted pumpkin seeds

Greek yogurt with berries

Roasted spiced nuts

Edemame

Why is the heart so important?

The heart is part of your body's **circulatory system**. It's made up of the atria, ventricles, valves, and various arteries and veins. The main function of your heart is to **keep blood that's full of oxygen circulating throughout your body**. Because your heart is **crucial to your survival**, it's important to **keep it healthy** with a well-balanced diet and exercise, and **avoid things that can damage it, like smoking**.

Your heart affects every part of your body. That also means that diet, lifestyle, and your emotional well-being can affect your heart. **Emotional and physical health are both important for maintaining a healthy heart**.

Information above adapted from the Healthline website at: [healthline.com](https://www.healthline.com)

Heart Health And COVID-19

Don't Neglect Your Heart Health
Your heart matters, especially now!

Heart attacks and strokes can be life-threatening, and they are not taking a break because of COVID-19.

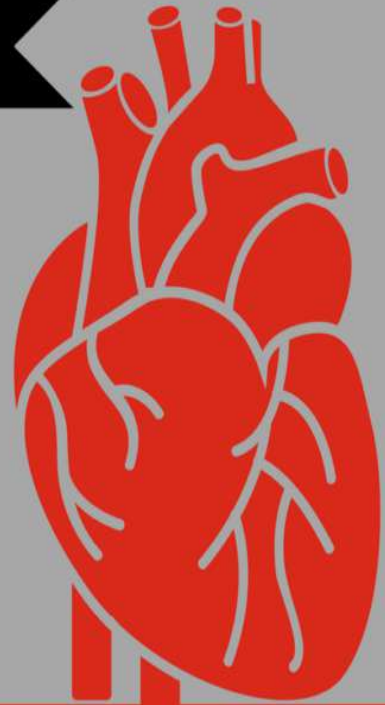
Remember To:

- ◆ Take your heart medication.
- ◆ Call your medical team with any concerns or questions.
- ◆ Call 911 for heart attack or stroke symptoms.

AND:

LOVE YOUR HEART

- Get active
- Eat well
- Control cholesterol
- Manage blood pressure
- Reduce blood sugar
- Lose weight
- Quit smoking



AMERICAN HEART MONTH



Managing Stress is Good For Your Health and Well-Being

Everyone feels and reacts to stress in **different ways**. How much stress you feel and how you react to it can **lead to a variety of health problems**.

Figuring out how stress pushes your buttons is an important step in dealing with it.

You can manage stress in ways such as:

- ◇ Exercising regularly.
- ◇ Making time for friends and family.
- ◇ Getting enough sleep.
- ◇ Practicing relaxation techniques.
- ◇ Finding a hobby.
- ◇ Maintaining a positive attitude.

Information adapted from American Heart Association website at: www.heart.org



Heart Health and Stress

A **stressful situation sets off a chain of events**. Your body releases adrenaline, a hormone that temporarily causes your breathing and heart rate to speed up and your blood pressure to rise. Chronic stress is when stress is constant and your body is in high gear off and on for days or weeks at a time. Chronic stress may lead to high blood pressure, which can increase risk for heart attack and stroke.

Stress may **contribute to poor health behaviors** linked to **increased risk for heart disease and stroke**, such as:

- ◇ Smoking
- ◇ Overeating
- ◇ Lack of physical activity
- ◇ Unhealthy diet
- ◇ Being overweight
- ◇ Not taking medications as prescribed

Your **body's response to stress** may be:

- ◇ A headache
- ◇ Back strain
- ◇ Stomach pains
- ◇ Low energy
- ◇ Sleep problems
- ◇ Moodiness
- ◇ Forgetfulness

What's stressful to one person isn't for another. Happy events (new marriage, job promotion, new baby, new home) and unhappy events (illness, being overworked, family problems) can cause stress. No matter the cause, **it's important to know what you can do about managing your stress.**



Radon

- **Radon is found throughout Minnesota.**

Radon is a **colorless, odorless radioactive gas** that comes naturally from the bedrock, deep in the soil. Radon can enter any building—homes, offices, and schools—and result in a high indoor radon level. Radon **gives off radioactive particles** that, when breathed in, can **damage the lining of the lungs**.

Radon is a **serious public health issue in Minnesota**, where 2 in 5 homes tested have radon levels that are a major health risk. Minnesota has high radon levels due to its **unique geology and cold climate**. During the winter, heating systems draw in radon gas from the soil, increasing radon levels inside buildings. Minnesotans' basements are often used as living spaces, which can also increase radon exposure.

- **Radon is the second leading cause of lung cancer.**

The U.S. Surgeon General warned that radon is the **second leading cause of lung cancer** in the United States today. Only smoking causes more lung cancer deaths. **If your home has high radon levels and you smoke, your risk of lung cancer is even higher.** Radon accounts for about 21,000 lung cancer deaths every year.

- **Test your home for radon.**

Radon is everywhere, but the greatest exposure is inside buildings. Radon exposure is **most likely to happen at home**. Your home can have high radon levels whether it is old or new, well-sealed or drafty, and with or without a basement. All houses have some radon, but even houses next to each other may have very different radon levels. **The only way to measure radon risk is to test your home.** If you do have high radon levels in your home, there are **ways to reduce it**.

- **Are there U.S. and International Resources ?**

The **U.S. Environmental Protection Agency (EPA)** provides **information and resources** about radon, its health effects, and its control.

The **World Health Organization (WHO)** has an on-going **WHO International Radon Project** to **collect and analyze information on radon** risk, radon policies, radon mitigation and prevention, and radon risk communication.

Mille Lacs Band of Ojibwe Department of Natural Resources (DNR) provides a limited number of **radon test kits to Mille Lacs Band members**. The Band's **DNR tests Mille Lacs Band government buildings** and **Corporate Venture businesses** for radon **every 4 years**.

Minnesota Department of Health (MDH) provides **information** on radon and how to protect your family's health. You can also view their radon mitigation disparities **interactive maps**. All Minnesotans can order **discounted radon test kits** through MDH. MDH can also help you find a **radon mitigator** to deal with any problems you find.

Information on this page provided by Charlie Lippert, MLBO DNR Air Quality Specialist.

What Is

Information?

Information is what we call things that are accurate **to the best of our current knowledge**. One of the difficulties with COVID-19 has been that information changes over time as we learn more about it.

What Is

Misinformation?

Misinformation is false information. It is important to remember that it is **false information that was not created with the intention of hurting** others. Misinformation is often started by someone who wants to understand a topic and cares about other people, and it is then shared by others who feel the same. **They think they are sharing good information but they are not**. Depending upon what is shared, **misinformation can be very harmful**.

What Is

Disinformation?

Disinformation is **false information created with the intention of profiting from it or causing harm**. That harm could be to a person, a group, or an organization. It generally **serves an agenda and can be very dangerous**.

What is the “Infodemic”?



We are all being exposed to a **huge amount of information** on a daily basis, and **not all of it is reliable**. There are **communications** from governments and health agencies around the world. There are **news articles and opinion pieces, messages** from vloggers, bloggers, podcasters and other **social media**. **Information may also be shared by friends and family**. This flood of information is called the “**infodemic**”, and the COVID-19 situation is a good example.

Steps To Help Navigate the Flood of Information:

Assess the source. Who shared the information and where did they get it? (Even if it is from friends or family.) Check for fake social media or websites and verify authenticity.

Go beyond the headlines. Headlines may be sensational or provocative to get high numbers of readers. Read more than just the headline and search more than social media.

Identify the author. Search the author’s name online to see if they are real and who they are.

Check the date. Ask yourself: Is this a recent story? Is it up to date and relevant? Has a headline, image, or statistic been used out of context?

Examine the facts. True stories back up their claims with facts — for example, quotes from experts or links to statistics or studies,. Verify that the experts are reliable and the links really support the story.

Turn to fact-checkers. When in doubt, consult trusted fact-checking organizations or global news outlets. Some professional websites also focus on debunking misinformation.

Information on this page adapted from the World Health Organization website at: www.who.int

Onamia School Students Learn Hands-On Skills and Eat Healthily

Onamia Community Education students made progress on woodworking projects and cooked multi-grain pita pizzas with red peppers, spinach and mushrooms. Healthy ingredients provided by Mille Lacs Band of Ojibwe Public Health Department through Minnesota Department of Health grants.



*Photos courtesy of
Cyndy Rudolph,
Onamia Community Education*





Celebrate February!

February 1 —
Spunky Old
Broads Day

February 3 —
Feed The Birds Day

February 6 —
International
Frozen Yogurt Day

February 9 — Read
In the Bathtub Day

February 11—
Make A Friend Day

February 13 —
National Wingman
Day

February 18 —
National
Caregiver Day

February 20—
Love Your Pet Day

February 22 —
Be Humble Day

February 26 —
National Pistachio
Day

February 28 —
National Chili Day

February Heart Healthy Recipe: Apple Cinnamon Cupcakes

Serves 12 (1 Cupcake)

Calories: 126

Carbohydrates: 27 g.

Sugars: 15 g.

Fiber: 1 g.

Cholesterol: 0 mg.

Protein: 2g.

Sodium: 170 mg.



Ingredients:

Vegetable oil spray

1 c. All-purpose flour

1/2 c. whole-wheat flour

1 t. baking powder

1 t. baking soda

1 t. poppy seeds

1 t. ground cinnamon

1 c. peeled & shredded Granny Smith apples (about 2 medium)

3/4 c. firmly packed light brown sugar

1/3 c. unsweetened applesauce

1 large egg or egg substitute equivalent to 1 egg, lightly beaten

2 T. light tub margarine

Directions:

- Preheat the oven to 350 degrees.
- Lightly spray a 12-cup muffin pan with vegetable oil spray.
- In a small bowl, stir together the flours, baking powder, baking soda, poppy seeds, and cinnamon.
- In medium bowl, stir together the remaining ingredients.
- Add the flour mixture to the apple mixture.
- Stir together until the flour is just moistened. (Do not overmix or the cakes will be touch.)
- Spoon 1/4 c. batter into each muffin cup.
- Bake for 16 to 17 minutes, or until a cake tester or wooden toothpick inserted in the center comes out clean.
- Invert the pan on a cooling rack to remove the cakes.
- Let cool for at least 5 minutes before serving.

Recipe taken from the American Heart Association cookbook,
"Healthy Recipes Kids Love."

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Coming Up in February


COVID Vaccination Clinic

**February 24th, 2022 at
D1 Ne-la-Shing Clinic
12pm to 4pm**

**To Reserve Your Dose
Please Call: 320-532-1984**

Don't forget to bring your vaccination card!

**Watch for more details on
Band-Wide Email and Facebook**



MILLE LACS BAND OF OJIBWE
DIABETES PROGRAM

Healthy Heart Virtual Class

Learn how you can reduce your risk of heart disease.

FRIDAY, FEBRUARY 11TH • NOON - 1 PM
ZOOM MEETING ID: 839 7251 9359
PASSCODE: 326176

Registration is not required.
There will be a raffle drawing for prizes for those who attend.