



In Good Health

A Health and Wellness Newsletter



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Health Observances of the Month:

Alcohol Awareness Month

Counseling Awareness Month

National Public Health Week—April 7th - 13th

A Day to End Sexual Violence—April 3rd

Health Observances are a great way to raise awareness and educate others on health and wellness!

What can you do to help spread the message?

Alcohol: Does it help or hurt?

You have probably seen and heard a variety of opinions about the benefits and risks of consuming alcohol. It can be confusing to decide whether you should completely eliminate alcohol from your diet or if a glass of wine or margarita occasionally is a healthy decision. Here are some things to consider:

Health Benefits of Moderate Consumption (2 drinks per day for men and 1 drink per day for women):

- May reduce your risk of developing heart disease
- May reduce your risk of having a heart attack
- Possibly reduce your risk of having a stroke
- Possibly reduce your risk of diabetes

Health Risks of Excessive Consumption:

- Cancer of the pancreas, mouth, liver, as well as breast cancer
- Pancreatitis
- Heart muscle damage
- Brain atrophy (shrinkage)
- Cirrhosis of the liver
- Miscarriage
- Fetal Alcohol Syndrome
- Injuries due to impaired motor skills
- Suicide

Who Should Not Drink:

- History of a hemorrhagic stroke
- Liver disease
- Pancreatic disease
- Evidence of precancerous changes in the esophagus, larynx, pharynx or mouth
- Also, alcohol interacts with common prescription and over-the-counter medications, so check with your doctor



Source: www.mayoclinic.org



Empty Calories

Single Shot of Liquor (1.5 oz)	~200 calories
Glass of Wine (4.0 oz)	~85 calories
Can of Beer	~150 calories
Margarita	~250-350 calories

Source: www.thefaceproject.org



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Wondering how you can use this newsletter? Feel free to post in the staff break room, incorporate into your school, church or agency newsletter, make it part of your wellness program or send it out via email to your friends and family. Use the newsletter in its entirety or cut and paste articles of interest into your current communications.

Let us hear from you! Drop us a line on how you use *In Good Health*.
Email:
mix.laura@co.olmsted.mn.us

We're on the Web!

See us at:

www.co.olmsted.mn.us

*County Departments

*Public Health Services

OR

www.stepstohealthiermn.org

Brought to you by Steps to a Healthier Rochester and HHS. Message does not necessarily represent the official view of HHS.



National Public Health Week: April 7th-13th

The continue improvement in health among Americans is largely the result of Public Health efforts. Life expectancy has increase dramatically and the quality of life of individuals has improved. Olmsted County Public Health Services plays a vital role in this marathon towards positive health improvements.

Public Health has a variety of far reaching goals. These include promoting healthy communities and healthy behaviors, preventing the spread of infectious disease, preparing for and responding to disasters, protecting against environmental health hazards, assuring the quality and accessibility of health services, and assuring an adequate local public health infrastructure. Each of these goals is central to achieving a healthy future for the residents of Olmsted County.

How Big is Your Footprint? Earth Day is April 22nd

With Earth Day quickly approaching, check out the following website, <http://earthday.net/Footprint/index.asp#>, to see how large your ecological footprint is with your current living practices.

To reduce the size of your footprint on the earth incorporate some or all of these "steps" into your life!

- Eat less meat
- Drive a fuel-efficient vehicle
- Avoid purchasing disposable items with lots of packaging
- Share magazines and catalogs with family and friends
- Reuse and recycle packaging materials



Asparagus Melt with Pesto Spread

Ingredients:

- 16 asparagus spears
- 3 tablespoons fat-free mayonnaise
- 1 tablespoon commercial pesto
- 2 (2 ounce) slices sourdough bread
- 2 (1 ounce) thin slices of ham
- 4 (1/4 inch thick) slices tomato
- 2 (1 ounce) slices part-skim mozzarella cheese
- Freshly ground black pepper

Snap off tough ends of asparagus. Steam, covered, 2 minutes or until crisp-tender.

Preheat broiler

Combine mayonnaise and pesto in a bowl, and stir with a whisk. Spread 2 tablespoons pesto mixture onto 1 side of each bread slice. Layer each slice with 8 asparagus spears, 1 ham slice, 2 tomato slices, and 1 cheese slice. Place on a baking sheet; broil 3 minutes or until cheese melts. Sprinkle with pepper.
(Serves 2)

CALORIES 343 (30% from fat); FAT 11.5g (sat. 4.3g, mono 4.7g, poly 1.1g); PROTEIN 21.7g; CHOLESTEROL 31mg; FIBER 2.8g; CARBOHYDRATE 40.7g

Cooking Light, MAY 2001