



In Good Health

A Health and Wellness Newsletter



January 2008

Volume 4 Issue 1

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Health Observances of the Month:

National Blood Donor Month

Cervical Cancer Awareness Month

National Birth Defects Prevention Month

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?

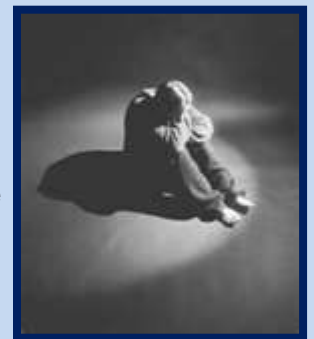
Is it more than the Winter Blues?

During fall and winter months, some people may suffer from symptoms of depression that appear gradually or come on all at once. As seasons change and spring arrives, these symptoms may dissipate.

Symptoms of Seasonal Affective Disorder (SAD) usually appear during colder months of fall and winter, when there is less exposure to sunlight during the day. People who work long hours inside office buildings with few windows may experience symptoms all year, and some individuals may note changes in mood during long stretches of cloudy weather. Younger adults and women are thought to be at higher risk for developing symptoms. SAD may begin at any age, but the main age of onset is between 18 and 30 years. Symptoms can include but are not limited to:

- Fatigue
- Lack of interest in normal activities
- Social withdrawal
- Craving foods high in carbohydrates
- Weight gain

SAD has been linked to a biochemical imbalance in the brain prompted by shorter daylight hours and a lack of sunlight in winter. Just as sunlight affects the seasonal activities of animals (think: hibernating bears), SAD may be an effect of this seasonal light variation in humans.



How is SAD treated? Increased exposure to sunlight can improve symptoms of SAD. This doesn't mean going to the tanning bed though! Try a long walk outside or arranging your home or office so that you are exposed to a window during the day. However, if your depressive symptoms are severe enough to affect your daily living, it is important to seek the help of a trained medical professional. Light therapy has been proven an effective treatment option, as well as psychotherapy session and antidepressants. With the right course of treatment, SAD can be a manageable condition.

Source: American Psychiatric Association



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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!

Find 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.



Stay **ACTIVE** This Winter!

Instead of staying inside this winter, embrace the Minnesota weather and enjoy some outdoor activities! Rochester Park and Recreation offers excellent amenities for outdoor winter activities. If you have a love of sledding, ice skating, hockey, snow shoeing or cross country skiing you'll have plenty of places to go!



If the sight of a runner sled brings back a flurry of fun childhood memories, you'll be happy to know that you can still experience that same fun in Rochester. The City has two designated sledding hills. Judd Park is located at 3rd Street and 36th Avenue NW and Schmidt Park is located at 6300 block and 24th Avenue NW. There are no warming houses available at these locations, so dress warm!

Rochester Park and Recreation maintains outdoor hockey and public skating rinks throughout the City (scheduled to open December 26th, weather permitting). Hockey rinks are located at Allendale Park, Manor Park, Nachreiner Park, Viking Park, Northern Heights Park, Withers Sports Complex, and Mayo High School. Studio Rinks (no hockey is allowed) are located at Olmsted County History Center, Lincolnshire Park, and Northern Heights Park. Some of the rinks have warming houses and most have lights – check the Rochester Park and Recreation website or [click here](#) for more information.



Are you up for trying something new this winter? Cross country skiing and snow shoeing are great ways to get some physical activity and enjoy nature at the same time! Quarry Hill Nature Center (701 Silver Creek Road NE) has equipment rentals available so you can try an activity before investing in the equipment. Rental prices and hours can be found at www.qhnc.org or call 507-328-3950. Groomed ski and snow shoe trails can be found at Essex Park, Eastwood Golf Course, Soldiers Field Golf Course, and Quarry Hill Park.

Dressing correctly for outdoor winter activities is important! For information on how to properly layer clothing for various outdoor activities [click here](#) or visit www.mssp.org.

Pumpkin Soup

- 3/4 cup water
- 1 small onion, chopped
- 1 can (8 ounces) pumpkin puree
- 1 cup unsalted vegetable broth
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1 cup fat-free milk
- 1/8 teaspoon freshly ground pepper
- 1 green onion, green top only, chopped



In a large saucepan, heat 1/4 cup of the water over medium heat. Add the onion and cook until tender, about 3 minutes. Don't let the onion dry out.

Add the remaining water, pumpkin, broth, cinnamon, and nutmeg. Bring to a boil, reduce heat and simmer for 5 minutes. Stir in the milk and cook until hot. Don't boil. Ladle into warmed individual bowls and garnish with black pepper and green onion. Serve immediately.

Serves 4

Source: Mayo Clinic