

Upcoming Events

4/7: Skippy Dental Clinic at Ouray School, 8am – 3pm

4/18: Ridgway Library Teen Café – Mental Health, 3pm – 4pm

Watch this space in the upcoming newsletter for May!

April can be a hectic month with spring breaks and schools getting in that last big push before winding down for summer. Holidays beyond April Fool's include National That Sucks Day on April 15 and Blah Blah Blah Day on April 17. Don't let it get to you and check out our healthy recipe for the month to counteract National Jelly Bean Day on April 22 and see why public health matters as we recognize National Public Health Week, April 4 – 10.

The Importance of Public Health – How Healthy Is Your Community?

Today Americans are living an extra 20 years beyond what their grandparents did, due to better and healthier choices, as well as better health care.

So, how healthy is your community? Are there healthy options at your place of work? Would you like free health screenings offered at your job? What about restaurants in your area? Do they have healthy and appetizing options on their menu? Do you know when and where the farmer's markets are in the town nearest to you? Are there enough providers accepting new clients in the area?



Here is a list of things we can do as a community to improve our health:

- Talk to an insurance person to make sure you have the best coverage and price for you and your family. If there is a change in your family, you want to make sure everyone has the best coverage you can get. You don't want to wait until it's too late.
- Eat as healthy as you can. Even if your family is on a food budget, check to see if you qualify for any

got public health?

programs. Check into local food banks or see if you qualify for food stamps.

- Look into Cooking Matters classes for more information on how to eat healthy on a budget.
- Take your family and friends to the health fair as often as needed to check your heart health and complete any other labs you may need. Remind your friends and neighbors of these events and take them with you, if you feel comfortable doing so.
- Join or start a local walking club.
- Talk to your local restaurant about offering more healthy choices on their menu or order healthier options offered off the menu.

Contact Tri-County Health Network by calling 970-708-7096 or emailing info@tchnetwork.org to find a community program or Community Health Worker (CHW) near you that can help you with any of these.

World Health Goal for 2016 – Stay Super and Beat Diabetes!



If everyone in the world reduced their sugar intake, ate more fruits and vegetables and did some form of aerobic exercise for at least 30 minutes, 5 days a week, we could

prevent type 2 diabetes in most of the population!

10 Things You Need to Know About Diabetes

1. It's been predicted that diabetes will become the 7th leading cause of death in the world by 2030.
2. In 2012, diabetes was the direct cause of 1.5 million deaths for that year.
3. Diabetes is the leading cause of blindness, amputation, and kidney failure in the world.
4. Having diabetes increases your risk of stroke and heart disease by **50%**.
5. Type 1 diabetes is not preventable.
6. Approximately **347 million** people have diabetes.
7. That number is predicted to double in the next 10 years to approximately 500 million people with diabetes.
8. There are 3 types of diabetes: Type 1, where the pancreas doesn't produce enough or any insulin; Type 2, where the body does not process blood sugar (glucose) effectively, and Gestational diabetes, which is brought on by pregnancy.
9. Gestational diabetes can cause an increased risk of complications during pregnancy and increase the risk of the mother developing Type 2 diabetes later in her life.
10. In 2014, the total number of cases of diabetes was estimated to be 9 percent among adults 18+.

Get checked for diabetes often! Talk with your doctor about your glucose numbers, what they mean, and how often you should be tested. For more great information on diabetes:
<http://www.who.int/campaigns/world-health-day/2016/en/>



Contact your local CHW today for your free health screening, which not only includes a glucose check, but may also include an A1C if you qualify.

Recipe of the Month

Zucchini Noodles With Turkey Meatballs

(A low-carb diabetic friendly meal option everyone can enjoy)



From American Diabetes Association: Recipes for Healthy Living.

See more at
<http://www.diabetes.org/mfa-recipes/>

Serves 4

445 Calories 29 Carbohydrates
37 g Protein 20 g Fat
5 g Saturated Fat 11g Sugars
7 g Fiber 150 g Cholesterol
605 g Sodium

Ingredients:

Meatballs –

Cooking Spray

1 ¼ pounds lean ground turkey

2 cloves garlic –Minced

1 tbsp dried oregano

¼ fresh Italian parsley – Finely chopped

1 tsp dried onion – Minced

2 tbsp Parmesan cheese – Grated

1 egg – Slightly beaten

½ Cup Oatmeal

Noodles and Sauce –

1 (24 ounce) jar low-sodium pasta sauce of choice

4 Medium Zucchini

Cooking Instructions

1. Preheat the oven to 375 degrees F. Coat the baking sheet with cooking spray.
2. Mix the turkey, garlic, oregano, parsley, dried onion, parmesan cheese, egg and oatmeal in a bowl and mix well with hands.
3. Scoop the mixture out and form into 12 meatballs with hands and lay them on the baking sheet.
4. Bake the meatballs for 25-30 minutes or until cooked all the way through and they reach an internal temperature of 165 degrees F
5. While the meatballs are cooking, use a julienne peeler (vegetable peeler), a spiralizer or mandolin set on the julienne setting and cut the zucchini into "long noodles." Place noodles in large microwave dish with a lid and microwave for 2 minutes.
6. Heat the marinara sauce in a large sauce pan. Add the cooked meatballs to the hot sauce and spoon over the zucchini noodles and serve.

Recipe Cost: \$9.56
approximately



Look for details in our next newsletter about upcoming Cooking Matters classes. You'll learn to make healthy, tasty recipes, like: **Chinese Veggies and Rice**

Serving Size

Serves 4, 1 1/2 cups per serving

Ingredients

1 cup brown rice
1/2 lb broccoli
2 medium celery stalks
1 medium carrot
1 small jalapeño
or other chili pepper
1 clove garlic
6 oz. boneless chicken
pieces or firm tofu
1/4 cup low-sodium soy sauce
1 tbsp brown sugar
2 tbsp canola oil
1/2 tsp ground ginger

Instructions

1. Cook rice following package directions. Set aside. Cover to keep warm. While rice is cooking, make veggie mixture.
2. Rinse and chop broccoli and celery. Peel, rinse, and chop carrots. Rinse and mince jalapeño. Peel and finely chop garlic.
3. If using chicken, remove any skin. Cut chicken into small pieces.
4. In a small bowl, stir together soy sauce, brown sugar, and cornstarch. Add 1 teaspoon of the minced jalapeño. Stir.
5. In a medium skillet over medium-high heat, heat oil. Add ground ginger and stir. Add chicken or tofu. Cook, stirring occasionally, until slightly browned and starting to cook through, about 2 minutes.
6. Add chopped veggies. Stir frequently. Cook until veggies are tender and chicken is completely cooked but not dry, about 5–7 minutes.
7. Add soy sauce mixture. Bring to a boil. Reduce heat. Simmer until sauce is slightly thickened, about 2 minutes.
8. Serve over warm brown rice.

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Tri-County Health Network

is a nonprofit entity committed to improving the quality and coordination of health and healthcare services by increasing healthcare access and integrative health services at lower costs.

From the Editor:

It has been my pleasure to edit the TCHNetwork Newsletter for the past year. It's been an inspiring opportunity to reflect on the work our agency does to improve the health of our communities and to explore diverse health topics and recipes. One of my favorite topics (as you've probably noticed) has been the connection between physical and mental health. I am so appreciative of the opportunity to explore these issues as they have been of interest both personally and professionally. It's been so rewarding to edit and contribute to this newsletter --- your feedback has touched my heart in so many ways. I love hearing that the articles struck a chord or helped with meeting a health goal.

I will be handing over the reins to Kathryn, one of TCHNetwork's new AmeriCorps VISTAs. She will continue sharing monthly updates on TCHNetwork programs, community health issues, yummy recipes and more. Please join me in welcoming her aboard! Take care, Nicole

