

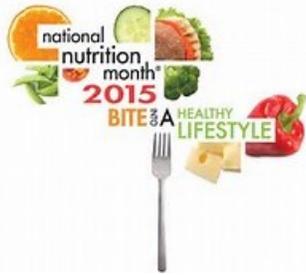


Triple-H News



HOKE HEALTH HIGHLIGHTS

Eating to Boost Immune Function



We all know the basics of preventing the spread of infectious illness. The importance of avoiding sick contacts whenever possible, covering your mouth and nose with your arm if you sneeze or cough, sanitizing surfaces, and practicing proper hand hygiene are the precautions we hear about most frequently, but we can also help boost our immune systems with the foods we choose to eat. Poor diet increases our risk of getting sick and increase the duration of the illness.

Foods that are rich in Vitamin C stimulate the formation of antibodies in the body which help to battle infection. Citrus fruits like oranges, grapefruit, tangerines, lemons and limes are rich in Vitamin C as well as some other fruits like pineapples, kiwis, strawberries and mangos. Some vegetables are good sources of Vitamin C and are lower in

calories and sugar than fruits. These vegetables include sweet bell peppers, tomatoes, broccoli, brussel sprouts, cauliflower, and various dark green leafy vegetables.

Vitamin A can help keep the tissues found in the mouth, stomach, and respiratory system healthy. When healthy, these tissues can be a strong barrier for germs trying to invade the body. Good foods to choose to get Vitamin A include fruits and vegetables with a rich orange or red color, such as sweet potatoes, carrots, red bell peppers, and apricots. Kale and eggs are also considered good sources of Vitamin A.

Zinc has been found to assist the body with healing which helps the immune system by keeping bacteria and viruses from entering the body through open wounds. Zinc rich foods include beans and nuts, milk, whole grains, lean meats, poultry and seafood.

Protein is another important nutrient in the body's defense. It is the building block for all of the cells in the body including

the cells that drive your immune function. The quality of the protein foods chosen does make a difference though. High fat diets can impair the immune system so care must be taken to choose lean proteins that are low in saturated fat. Fish, seafood, poultry without the skin, eggs, lentils, beans, and soy products are all quality lean protein sources that make it possible for the body to produce more of the infection fighting white blood cells.

A good rule of thumb to ensure that your body is properly nourished to support strong immune function is to consume 5 to 9 servings of fruits and vegetables per day of varying colors, eat 3 to 4 ounce portions of lean proteins with meals and drink 64 ounces of water throughout the day to maximize nutrient utilization. Eat well to be well Hoke County!

*By: Joy Stafford, RD, LDN
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SPECIAL POINTS OF INTEREST:

- **Teen-Time: Health Clinic** for teens; available the 1st & 3rd Mondays of the month from 4:30PM-7:00PM.
- **Child Birth Education Classes:** Four week series starts on Thursday's, from 6-8PM contact Cornelia @ (910) 875-3717 Ext: 2104.
- **CPR & First -Aid Classes:** Contact Ulva for more information @ (910) 875-3717 Ext:2106.
- **Diabetes Support Group:** Every 2nd Tuesday of the month from 5:30-6:30 PM. Contact Ulva for more information @ (910) 875-3717 Ext:2106.
- **Board Of Health Meetings:** held on the 2nd Monday of every month @ the Health Department 7PM.
- **Public Health Advisory Council:** meets every 3rd Tuesday @ 1:00PM. at the health department. Contact Ulva @ (910) 875-3717 Ext: 2106.
- **National Public Health Week** April 6-12 Open House is April 17th

Raising the Grade

What does the data reveal about America's health?

The U.S. doesn't have the top health care system – we have a great “sick care” system. We have great doctors, state-of-the-art hospitals and we're leaders in advanced procedures and pharmaceuticals. But studies consistently show that despite spending twice as much, we trail other countries in life expectancy and almost all other measures of good health. This holds true across all ages and income levels. So what is missing? We need a stronger public health system that supports healthy communities and moves us toward preventing illness, disease and injury.

Facts & Stats:

We've seen some improvements! In 2013:

- Smoking continued its decline from 19.6% to 19.0% of the adult population.
- Immunization coverage increased from 64% to 67.1% of adoles-

- We have many successes like increasing life expectancy, reducing infant mortality and declining cardiovascular deaths – but other countries are succeeding faster than we are.

And yet, compared to peers in other countries, people in the U. S. have...

- **Shorter lives** – Over the past 25 years U.S. life expectancy has grown, but at a slower rate than in other countries. Studies consistently show we have a lower life expectancy than comparable countries.
- **Adverse birth outcomes** – we have the highest infant mortality rate, low birth weights, the highest rate of women dying due to complications of pregnancy and childbirth and children are less likely to live to age 5.
- **Highest rates of injury and homicides** – deaths from motor vehicle crashes, non-transportation injuries and violence occur at much higher rates than in other countries.
- **Heart disease** – the U.S. death rate from ischemic heart disease is the second highest; at age 50 Americans have a less favorable cardiovascular risk profile and adults over age 50 are more likely to develop and die from cardiovascular disease.
- **Obesity and diabetes** – For decades the U.S. has had the highest obesity rates across all age

groups and adults are among the highest prevalence of diabetes.

- **Chronic lung disease** – Lung disease is more prevalent and associated with higher mortality.
- **Disability** – Older U.S. adults report a higher prevalence of arthritis and activity limitations.
- **Adolescent pregnancy and sexually transmitted disease** – our adolescents had the highest rate of pregnancies and are more likely to acquire sexually transmitted diseases.
- **HIV and AIDS** – we have the second highest prevalence of HIV infection among 17 peer countries and the highest incidence of AIDS.
- **Drug related mortality** – we lose more years of life to alcohol and other drugs than people in peer countries even when deaths from drunk driving are excluded. In fact the President's 2014 National Drug Control Strategy noted that drug induced overdose deaths now surpass homicides and car crash deaths.

Together we can create the healthiest nation in one generation. Show your commitment to drive change. Ask our leaders to do their part. It will take change at both the local and national level to ensure our communities make a positive impact on our health.



MARCH EDUCATION CORNER...



Cheryl Williams and Sonya Fairly with Mr. Buster at the Annual Asthma Conference.



Cornelia Murchison provided Shaken Baby Syndrome Education to the Child Development Class at the Hoke County High School. This program is provided free of charge annually.



Vocational Options of Hoke County adults participated in a “Safer Sex” education program provided by Cornelia Murchison on March 9th and 16th. The Objective of the program was to educate participants the importance of practicing safer sex.