

INSIDE THIS ISSUE **SEPTEMBER 2022**

1 Cholesterol Education

2 Food Safety Education

3 Suicide Prevention



HEALTH OBSERVANCE

Cholesterol Education

Dawn Koch, Health Coach – Orthus Health

National Cholesterol Education Month seeks to inform the public about the dangers of high cholesterol and its connection with heart disease. It is a serious condition that affects nearly 102 million Americans over the age of 20. High cholesterol can be caused by an unhealthy diet and exacerbated by smoking and a lack of exercise.

While cholesterol is necessary for the body to build healthy cells, vitamins, and hormones, most people don't need cholesterol from their diet. The human body has the ability to create enough cholesterol on its own. Cholesterol comes from your liver and foods from animals including meat and dairy. Some tropical oils, such as palm and coconut, contain saturated fat that can increase bad cholesterol or LDL (low-density lipoproteins). Foods that are high in saturated and trans fats cause your liver to make more cholesterol than it otherwise would. High cholesterol is symptomless and it can be hard to diagnose.

One tool, a **complete cholesterol test**, includes the calculation of four types of fats in your blood:

1. **Total cholesterol** is the sum of your blood's cholesterol content.
2. **Low-density lipoprotein (LDL) cholesterol** is the "bad" cholesterol. Too much of it causes plaque buildup in your arteries which reduces blood flow and can lead to a heart attack or stroke.
3. **High-density lipoprotein (HDL) cholesterol** is the "good" cholesterol because it helps carry away LDL cholesterol, thus keeping arteries open and your blood flowing more freely.
4. **Triglycerides** are a type of fat in the blood. When you eat, your body converts calories that it doesn't need into triglycerides, which are stored in fat cells. High triglyceride levels are associated with being overweight, too many sweets or too much alcohol, smoking, being sedentary, or having Diabetes.

Lifestyle changes such as regular exercise, a diet low in fat and high in fiber, and not smoking can help lower cholesterol.

Sources:
[NATIONAL CHOLESTEROL EDUCATION MONTH -September 2022 - National Today](#)
[What is Cholesterol? | American Heart Association](#)
[Cholesterol test - Mayo Clinic](#)



WellBalance Health Corner Food Safety Education

Prevent foodborne illness by staying up to date on food preparation safety.

..... page 2



Suicide Prevention

Help keep yourself and the people you love safe by understanding risk factors, warning signs, and protective factors of suicide.

..... page 3

HEALTH TIP CORNER

Ensure you're keeping yourself and your family safe by staying educated on food prep safety.



Food Safety Education

Kim Farrell – Wellworks for You

How many times a day do you eat, prepare, or store food in your home? Whether you enjoy cooking for your family or are more of a grab-an-apple-for-the-road type of person, it's probably a lot! And, while your mealtime routine may become mundane, food safety should not fall by the wayside. From complex cooking techniques, all the way down to how you wash and store your food, it is important to follow a few basic guidelines to ensure safe food handling and avoid foodborne illness.

Check out the recommendations below:

- You know this one already, but it bears repeating - wash your hands often!
- Rinse fruit and vegetables with soap before peeling, cutting, or eating.
- Separate raw meat, poultry, eggs, and seafood from other foods always.
- Cook your food to the appropriate safe internal temperature. Check out the [CDC's guidelines](#) for more details.
- Thaw frozen foods in the refrigerator or microwave rather than on the counter.
- Freeze or refrigerate fresh perishable foods within two hours unless food was exposed to temperatures over 90 degrees Fahrenheit. In that case, make it one hour.
- Leftovers can be tricky! [Click here](#) for more information about storing and reheating them safely.
- With the convenience and growing popularity of grocery delivery and meal services, know the guidelines for [food delivery safety](#).

Source: [FoodSafety.gov](https://www.foodsafety.gov)

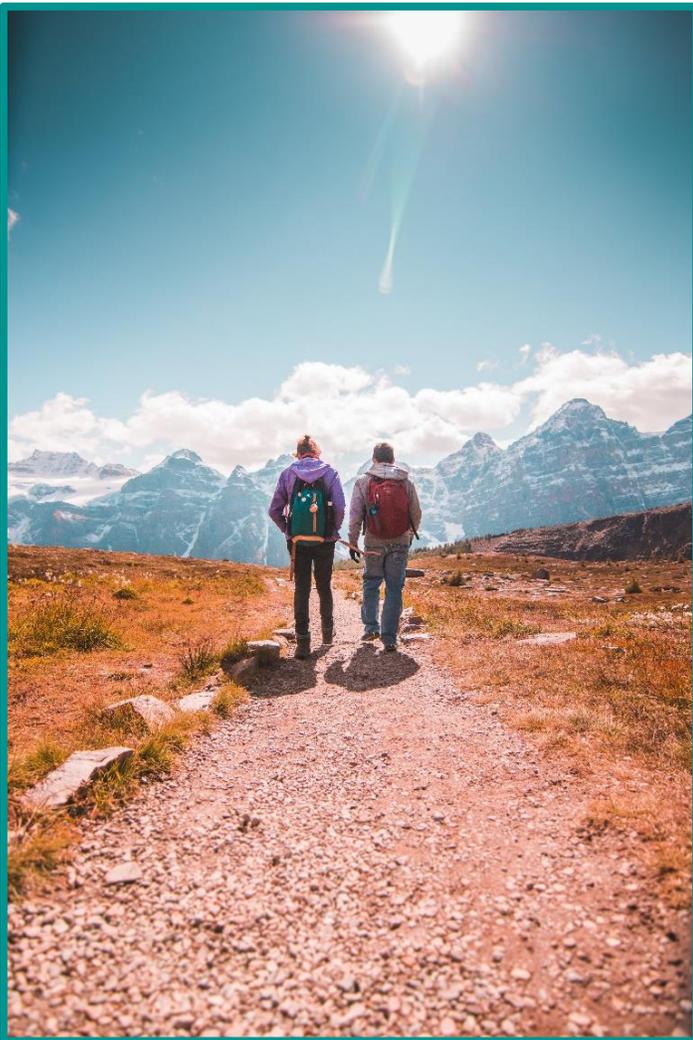


Suicide Prevention

Kylie McCoy – Wellworks For You

Taking care of your mental health is just as important as taking care of your physical health. As the second leading cause of death for people aged 10 to 34, spreading awareness about risk factors, warning signs, and taking care of your mental wellbeing can help prevent suicide.

Mental health conditions are often seen as the cause of suicide. However, suicide is rarely caused by a single factor. By understanding how factors such as individual needs, relationships, community, environment, and societal levels can affect one's wellbeing, we can lower and prevent rates of suicide in our society.



Risk factors are characteristics that make it more likely that an individual will consider, attempt, or die by suicide:

- Adverse life experiences, including trauma and abuse
- Losses and stressors such as school, job, financial, criminal, legal, relationship
- Substance misuse
- Access to lethal means
- Mental health disorders
- Prior suicide attempts

Warning signs indicate an immediate risk of suicide:

- Making comments about being hopeless, helpless, or worthless
- Expressions of having no reason for living; no sense of purpose in life
- Often talking or writing about death, dying, or suicide
- Increased alcohol and/or drug misuse
- Withdrawal from friends, family, and community
- Dramatic mood changes

Protective factors are characteristics that make it less likely that individuals will consider, attempt, or die by suicide.

- Contacts with providers (Health Care professionals)
- Effective mental health care; easy access to a variety of clinical interventions
- Problem-solving and conflict-resolution skills

By practicing daily protective factors, spreading awareness, and checking in on loved ones, we can help prevent suicide.

**If you are currently struggling, please know there is always help. Call 988 for the Suicide and Crisis Hotline
Text HOME to 741741 for the Crisis Text line**

Source:

<https://psychiatry.org/patients-families/suicide-prevention>
<https://www.cdc.gov/suicide/strategy/intro.html>
<https://www.crisistextline.org/>
<https://988lifeline.org/>

FEATURED RECIPE

Lemon Zucchini Bread



NUTRITION

Per Serving: 169 calories; protein 3.8g; carbohydrates 29.1g; dietary fiber 2.5g; sugars 12.8g; fat .4g; saturated fat 1.3g; cholesterol .1mg; vitamin c 1.9%; calcium 5.0%; iron 1.6%; potassium 80.2mg; sodium 211.5mg

INGREDIENTS FOR THE BREAD

- 3 cups all-purpose flour
- 1 teaspoon salt
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 2 cups granulated sugar
- Zest of 2 large lemons
- 3 large eggs
- 1 cup light olive oil, not extra-virgin
- 1 tablespoon fresh lemon juice
- 1 1/2 teaspoons vanilla extract
- 2 cups grated zucchini

INGREDIENTS FOR THE LEMON GLAZE

- 2 cups powdered sugar
- 3 tablespoons fresh lemon juice

DIRECTIONS

1. Preheat oven to 325 degrees F.
2. Grease and flour two 8 x 4-inch loaf pans and set aside.
3. In a large bowl, whisk together the flour, salt, baking powder, and baking soda. Set aside.
4. In a large bowl, combine sugar and lemon zest. Rub together with your fingers until fragrant.
5. Add the eggs, olive oil, lemon juice, and vanilla to the lemon sugar mixture and stir until smooth.
6. Add in the dry ingredients and stir until just combined, the batter will be thick.
7. Stir in the zucchini and pour the batter into the prepared loaf pans.
8. Bake for 60-65 minutes, or until the tester inserted in the center comes out clean.
9. Place the loaves on a cooling rack and let them cool for 15 minutes in the pans. Loosen the sides of the bread with a knife.
10. Carefully remove the loaves from the pans. Let cool completely on the rack.
11. While the bread is cooling, make the lemon glaze. In a small bowl, combine powdered sugar and lemon juice.
12. Whisk until smooth.
13. Drizzle the glaze over the loaves. Slice and serve.