

DID YOU KNOW

1 in 3 American children is overweight or obese? This makes them at greater risk for cardiovascular disease, bone problems, bullying and more.

SMALL STEP

Instead of vegetable oil, use equal parts pumpkin puree for a healthy baking substitute. Pumpkin is rich in vitamin A and carotenes.



Volume 9, Issue 9

September 2016

Welcome!

The weather is slowly turning cooler and the crisp, fall air is setting in. With the fall season comes the responsibility of getting children back to school and into activities. Ensure you are keeping them safe whether traveling to school in a car, bus or walking. Remember to keep them secured in a car seat or booster seat when taking them to and from school and extra-curricular activities.

September is **National Safety Awareness Month (NSAM)**. Children should use a booster seat until they are eight years old or 4' 9". Ideally, the booster seat should be used as long as possible. Below are some basic tips for car seats and booster seats:

- Children should ride in a rear-facing car seat until they are at least 2 years old.
- Once children are at least 2, and have outgrown any type of rear-facing car seat, they should ride in a forward-facing car seat with a 5-point harness until they reach the highest weight or height allowed in the seat.

For more tips on car seats and booster seats visit: [Ultimate Car Seat Guide](#)

Sincerely,

Licking County Wellness Coalition

NEXT WELLNESS COALITION MEETING

Active Living Work Group Meeting:
TBD

Worksite Wellness Work Group Meeting:
TBD

Healthy Eating Work Group Meeting:
TBD

Whole Group Meeting:
October 12 @ 3:00 p.m. - Licking Co. Health Dept.

RSVP to: wellness@lickingcohealth.org

INSIDE THIS ISSUE

Upcoming Events.....	2
The Paddy Kutz Award.....	3
New USDA Rules on Wellness Policies.....	3
National Depression Screening Day.....	4
National Childhood Obesity Awareness Month.....	5
Licking Park District Upcoming Programs... .	5
About the Wellness Coalition.....	6

Like what you see?

If you are not already subscribed to our distribution list, please do so now. Click [here](#) to receive the monthly Licking County Wellness Coalition Newsletter.

Upcoming Events

September

- Sept. 22: [Let's take 10 Million steps](#)
- Sept. 24: [Archery at the Library \(Newark\)](#)
- Sept. 24: [LMH Ask the Doc Session - Chemical Dependency \(Newark\)](#)
- Sept. 26: [Tai Chi Class Every Tuesday](#)

October

- Oct. 1: [Maple Leaf 5K&10K Run or Walk \(Granville\)](#)
- Oct. 4: [Zumba at the Library \(Newark\)](#)
- Oct. 4: [A Thriver/Survivor Tuesday Tea Luncheon](#)
- Oct. 5: [LMH– Diabetes Self Management \(4-class series Oct. 5, 12, 19, 26\)](#)
- Oct. 5: [Health & Wellness Fair at the Granville Senior Center \(Granville\)](#)
- Oct. 6: [National Depression Screening Day \(MHA\)](#)
- Oct. 8: [LMH Ask the Doc Session - Chemical Dependency \(Newark\)](#)
- Oct. 8: [Johnstown Race for Hope 5K 2016](#)
- Oct. 16: [LMH Baby Expo](#)
- Oct. 16: [Nationwide Children's Hospital Columbus Marathon 2016](#)
- Oct. 23: [The Ohio State 4 Miler 2016](#)

Conferences & Festivals

- Oct. 20-21: [2016 OSOPHE Health Educators' Institute](#)

Upcoming Webinars

- Sept. 19: [How Quality Physical Education, Recess and Active Classrooms Enhance Learning](#)
- Sept. 27: [Game On: Six Steps to Building a Healthy School](#)
- Sept. 28: [Smart Ideas to Implement Smart Snacks in School](#)
- Oct. 4: [Navigating the Action for Healthy Kids School Health Portal](#)
- Oct. 12: [Wellness Wednesday: Energize Employee Wellness in Your School](#)
- Oct. 25: [School Breakfast: Breakfast in the Classroom, Beyond Elementary School](#)
- Oct. 27: [Getting Started on School Wellness: What Parents Need to Know](#)

*Disclaimer: Inclusion of community events and resources does not imply endorsement by the Licking County Wellness Coalition or its affiliated agencies or partners. Some events require a fee and/or membership.

The Paddy Kutz Award

Mental Health America (MHA) of Licking County is accepting nominations for The Paddy Kutz Award, which will be presented at MHA's Annual Meeting on **Thursday, November 10, 2016** at the Double Tree in downtown Newark.

The Paddy Kutz Community Mental Health Award ("The Paddy") was established to honor the longtime career of Paddy Kutz, who was Mental Health America of Licking County's Executive Director for 32 years.

"The Paddy" honors the accomplishments of individuals and organizations that best represent Paddy's commitment to mental health education and advocacy. Recipients will receive a commemorative award and be able to nominate the non-profit organization of their choice to receive a grant in their name.

Awards will be given in the following categories:

- *Education*: Recognizing teachers, administrators, or school programs that support the good mental health of students in Licking County.
- *Business*: Recognizing a business or industry that promotes workplace wellness, including mental health training.
- *Community*: Recognizing a person, or persons, who best represent the qualities and passionate commitment to good mental health that Paddy personified in her 32 years of service to Licking County.

To print a registration form or to register for MHA's Annual Dinner, visit www.mhalc.org and click on the Events tab.

Nominations are due by October 7. For more information, please call (740) 522-1341 or jgoddard@mhalc.org.



New USDA Rules on Wellness Policies

On **July 21, 2016**, the USDA released four rules that have the potential for far-reaching, positive impact on the health and wellness of our nation's children, especially those who are underserved. The new rules are based on input from child nutrition experts, including Action for Healthy Kids (AFHK), and build on the positive changes brought with the 2010 Healthy Hunger-Free Kids Act.

The four rules focus on local school wellness policies and food sold in schools:

1. Local School Wellness Policy
2. Smart Snacks in School
3. Community Eligibility Provision (CEP)
4. Administrative Review

Click [here](#) to read more on this article from AFHK.



National Depression Screening Day

If you had the signs of cancer, heart disease, diabetes or another serious illness, would you see your health care professional to get help? Most people agree they wouldn't hesitate to reach out for any medicine or surgery available to beat such an illness. **Clinical depression is a common medical illness affecting more than 19 million American adults annually, yet individuals frequently wait years before seeking treatment.** Screening for depression should be as routine as screenings for other health issues.

One in four adults and one in three youth experience a mental health issue in any given year but on average it takes people up to ten years from onset of signs and symptoms to diagnosis. People are often afraid or embarrassed to seek the help they need when they have a mental health challenge. There was a time when cancer was as stigmatized as mental illness is now and people were afraid to talk about it. Look at how we now celebrate cancer survivors with colored ribbons and events to raise awareness as well as funds. Mental health conditions can be just as impactful as physical illness. Why do we wait to get help when it comes to our mental health?

National Depression Screening Day (NDS) is Thursday, October 6. Mental Health America Licking County (MHALC) will offer anonymous depression screenings from 9 a.m. to 4 p.m. on October 6th. Stop by the MHA office at 65 Messimer Drive in Newark, to take a mental health screening or go to the 'Resources' tab at www.MHALC.org to do an online screening. Encourage your friends and family to do the same. NDS began as an effort to provide important mental health education and connect people with support services. In 1991, Screening for Mental Health Inc. pioneered National Depression Screening Day as the first voluntary mental health screening initiative.

Why screen for depression? Clinical depression is a serious medical illness that can lead to suicide. **Depression knows no racial, age, gender or socioeconomic boundaries.** One in four women and one in ten men will experience depression during their lives and two-thirds of those living with it don't seek treatment. Depression is treatable and screenings are often the first step toward getting the needed help.

Some of the key symptoms of clinical depression include:

- A persistent sad, anxious or empty mood
- Sleeping too little or too much
- Reduced appetite and weight loss or increased appetite and weight gain
- Loss of interest in activities once enjoyed
- Restlessness or irritability
- Difficulty concentrating, remembering or making decisions
- Fatigue or loss of energy
- Thoughts of death or suicide

MHALC is not a treatment provider and is unable to provide a professional diagnosis. A screening simply identifies the presence of the symptoms of depression and encourages further evaluation with a mental health professional if indicated. Anyone with five or more of the symptoms for longer than two weeks, or whose daily routine and relationships have been adversely affected should seek professional medical care.

It is so important for everyone to understand their mental health and to make it a priority. MHALC is here to provide our community with the education and information needed to understand mental health issues and to help connect those in need of treatment to the mental health care system B4Stage4. **For more information call MHALC at (740) 522-1341.**

Submitted by: **Penny Sitrler**, Executive Director of Mental Health America of Licking County

National Childhood Obesity Awareness Month

In the past four decades, obesity rates in the United States have soared among all age groups. This rise in obesity has affected our nation's youth in alarming fashion. **Childhood obesity has increased more than fourfold among those ages 6 to 11.** More than 23 million children and teenagers in the United States ages 2 to 19 are obese or overweight, a statistic that health and medical experts consider an epidemic. This puts nearly one third of America's children at early risk for Type 2 diabetes, high blood pressure, heart disease and even stroke – conditions usually associated with adulthood. Even greater disparities exist among young Hispanics and children of color. There are opportunities every day to change these trends. This September, there is an extraordinary opportunity to build awareness and take action – nationally, as well as in your state, city, workplace and home.



What can you do to support National Childhood Obesity Awareness Month?

- Share [posts](#) on Facebook or Twitter
- Write a letter to the editor
- Take steps in your own family and in your community to be more physically active

Licking Park District Upcoming Programs

Paint the Parks!

When: September 29; 6:00 PM - 9:00 PM

Where: James Bradley Senior Center, Infirmary Mound Park 4309 Lancaster Road, Granville, OH 43023

Fee: \$25

Looking for a way to explore your creative side? Paint the Parks programs will be held once a month. Our instructor will guide you step by step through the nights painting. Paintings will feature subject matter drawn from the parks! This month we will be painting whimsical fall leaves. No art experience necessary! In a few hours you will create your own painting! Our price includes tasty treats and all painting supplies!



Harvest Moon Rendezvous and Festival

When: October 7-9

Where: Infirmary Mound Park 4309 Lancaster Road, Granville, OH 43023

Enjoy pumpkins, carriage rides, games, food, a bounce house, crafts, and even a farm animals petting zoo. See what life was like in the 1800's, as Rendezvous participants set up in a pre-Civil War encampment in period dress and tents! Great fun for the entire family.

About the Licking County Wellness Coalition

The Licking County Wellness Coalition was founded in September 2006 and was formed as a result of the Community Blueprint. The Licking County Wellness Coalition strives to create a healthier Licking County by increasing the health and wellness of county residents through encouragement and promotion of physical activity and healthy lifestyles. The Coalition is made up of a variety of representatives from local and state organizations with a vested interest in reducing and eliminating health disparities. In January 2016, the Wellness Coalition created work groups to focus on specific issues in the community.

Active Living Work Group

Focuses on safe, affordable places to be active in Licking County.

Worksite Wellness Work Group

Focuses on increasing the number of worksites that have a wellness program.

Healthy Eating Work Group

Focuses on access to affordable, healthy food options in Licking County.

For more information, contact:

Nicole Smith

(740) 349-6535

nsmith@lickingcohealth.org



Licking County Health Department

675 Price Road

Newark, OH 43055

www.lickingcohealth.org

www.lickingcohealth.org/wellness/index.html

**Healthy people living
healthy lifestyles**