

News 4 A Healthy Shelby County



Healthy Halloween Ideas

Halloween will be here before we know it and many of us are looking for healthy ideas. If you are planning a party, you are probably looking for healthy snacks to serve your guests. You may also need healthy ideas for trick-or-treaters.

Snack Ideas

Many fruits and veggies can be decorated to look like Halloween decorations:

- Mandarin oranges can be left whole with the rind on them and decorated to look like jack-o-lanterns with edible ink. You can also peel them and add a piece of celery to the top to look like pumpkins.
- Bananas can be made to look like ghosts by adding chocolate chips for eyes.
- Pretzel rods inserted into the end of a mozzarella cheese stick can be made to look like a broom.
- Fruit cups, Jell-O cups

and pudding cups can all be decorated with a marker to look like jack-o-lanterns or other characters.

- Make a monster mouth by taking apple slices, smearing each half with a small amount of peanut butter (to hold marshmallows), and adding mini marshmallows in the middle for teeth.
- Use food markers to make hard boiled eggs into eyeballs.

Trick or Treats

Instead of candy or some other fattening treat, try these ideas for your little trick-or-treaters:

- Sugar free gum
- Mozzarella cheese sticks
- Whole fruit
- Money
- Fruit Cups
- Jell-O Cups
- Juice boxes

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Stop the Bullying Madness!



October is National Bully Awareness Month. Bullying is an aggressive behavior that involves an imbalance of power or strength. Bullying is repeated over time and can take many forms, such as hitting, punching, or shoving (physical bullying); teasing, taunting, name-calling, or sexual remarks (verbal bullying); intimidation using gestures, spreading rumors, or social exclusion (psychological or social bullying). This month let us all come together and have more of an understanding of how common bullying really is. **Let us all do our part in making someone's day- spread kindness like fire, goodness can be contagious.**

More than one out of every five students report being bullied in 2016. The Federal Government began collecting data on school bullying in 2005, when the prevalence of bullying was around 28%. We may conduct the studies but 64% of children who were bullied did not report it.

More than half of bullying situations stop when a peer intervenes on behalf of the student being bullied. It is time to encourage students to speak up and get some help.

Does your school have school-based bullying prevention programs? It has shown that these programs decrease bullying up to 25%. Gather friends and peers and start one up today!

What do children get bullied for; their looks (55%), body shape (37%), and race (16%).

Cyberbullying is typically referred to as a "communication or posting by one or more minors using cyber technology or digital media designed to hurt, threaten, embarrass, annoy, blackmail, or otherwise target another minor."

Cyberbullying is willful and repeated bullying behavior that takes place using electronic technology. It can involve text, gaming devices, internet, social media, emails, blogs, cell phones, etc.

Children younger and younger are getting electronic devices that are allowing them communication with their friends at the touch of their fingertips. Children don't necessarily have to have their own phone to be connected. You can connect any old phone

that has wi-fi compatibility or the use of an iPad or tablet to download apps like Facebook, Instagram, Snapchat, Twitter, etc. For some children their nightmare never ends.

Among *high* school students, 15.5% are cyberbullied and 20.2% are bullied on school property

Among *middle* school students, 24% are cyberbullied and 45% are bullied on school property

The percentages of individuals who have experienced cyberbullying at some point in their lifetimes have nearly doubled (18% - 34%) from 2007-2016.

90% of teens who report being cyberbullied have also been bullied offline.

The statistics on bullying and suicide are alarming:

Bully victims are between 7 to 9 times more likely to consider suicide than non-victims, according to studies by Yale University. A study in Britain found that at least half of suicides among young people are related to bullying.

Cyberbullying was strongly related to suicidal ideation in comparison with traditional bullying

There is a strong association between bullying and suicide-related behaviors, but this relationship is often mediated by other factors, including depression and delinquency.

Youth victimized by their peers were 2.4 times more likely to report suicidal ideation and 3.3 times more likely to report a suicide attempt than youth who reported not being bullied.



Sites for Kids and Teens:

Kidsagainstbullying.org: A creative, innovative and educational website designed for elementary school students to learn about bullying prevention, engage in activities and be inspired to take action.

Teensagainstbullying.org: Created by and for teens, this website is a place for middle and high school students to find ways to address bullying, to take action, to be heard, and to own an important social cause.

Fibromyalgia

Fibromyalgia is a disorder that remains a mystery to the medical field. It is a disorder characterized by widespread musculoskeletal pain accompanied by fatigue, sleep, memory and mood issues. Researchers believe that fibromyalgia causes pain sensations to become amplified by affecting the way your brain processes these signals.

Women are more likely to develop this disorder than men. Many people who have fibromyalgia also suffer from other disorders which might include tension headaches, temporomandibular joint disorder, irritable bowel syndrome, anxiety and depression.

Symptoms

- **Pain**—This pain is usually widespread and includes many parts of the body. It is often described as a dull ache. Criteria for a fibromyalgia diagnosis is that this pain lasts for at least 3 months, occur on both sides of the body, and above and below the waist.
- **Fatigue**—Sufferers often wake up tired. Pain often disrupts sleep and many patients have other sleep disorders which may include restless leg syndrome or sleep apnea.
- **Cognition**—Inability to focus, pay attention and concentrate on mental tasks are also symptoms of fibromyalgia.

Causes

The cause of fibromyalgia is unknown, but it is believed to be involve several factors working together, including:

Genetics— Certain genetic mutations may be at play in fibromyalgia because the disorder tends to run in families.

Infection—Fibromyalgia appears to be trig-

gered by infections or illnesses brought on by infection.

Trauma—Physical or emotional trauma can be a trigger for fibromyalgia. Psychological stress may also be a trigger.

One theory researchers have in regards to fibromyalgia is the belief that repeated nerve stimulation causes the brain of those suffering from the disorder to change. Increased levels of certain brain chemicals (neurotransmitters) are believed to be involved as well as pain receptors. It is believed that these receptors develop a sort of “memory” of the pain and become more sensitive and overreact to pain.

Treatment

Some medications may help, along with self-care. The goal is to minimize symptoms and improvement of overall health.

Pain relief—Acetaminophen (Tylenol), ibuprofen (Advil, Motrin) or naproxen sodium (Aleve) are often used for pain relief. Your doctor may prescribe other pain relievers but narcotics are not advised. These can lead to worsening of pain over time.

Antidepressants—Some antidepressants have been shown to help ease pain and fatigue associated with fibromyalgia. Muscle relaxants may also be prescribed to help with sleep.

Anti-seizure drugs—These types of medications are often used to reduce certain types of pain. Neurontin is sometimes helpful in this respect.

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We have your best interest at heart.

Recipe of the Month

Crock Pot Broccoli Cheese Soup

Ingredients:

1/3 cup butter, sliced
1-1/2 cups chopped yellow onion
2 cloves garlic, minced
6 Tbsp all-purpose flour
2 (12oz) cans evaporated milk
5 cups low-sodium chicken broth
5 cups small diced broccoli florets
1/8 tsp dried thyme
1/2 cup heavy cream
12 oz sharp cheddar cheese, shredded
2 oz parmesan cheese
Salt and pepper to taste

Due to low numbers, we have been forced to decrease the number of Blood Pressures Clinics we do each month. If you have a monthly group that meets in Shelby County during a weekday and you would be interested in having someone come take blood pressures for your group, please give us a call!

October Blood Pressure Clinic

20 Shelbina Nutrition Site 11-12 noon

For more info go to:
www.pinterest.com
www.mayoclinic.com
Kidsagainstbullying.org
Teensagainstbullying.org

Directions:

Melt butter in a large skillet over medium heat. Add onions and sauté until they begin to soften, about 3-4 minutes. Add garlic, flour and season lightly with salt and pepper then cook, stirring constantly, for 2 minutes. While whisking, slowly pour in evaporated milk (whisk until smooth). Cook mixture, stirring constantly, until it begins to thicken then pour into crock pot along with chicken broth, broccoli and thyme. Cover and cook for 2-1/2 to 3 hours. Turn off heat and add heavy cream, shredded cheese and Parmesan. Stir to blend. Season with salt and pepper and serve.

