



Office of Minority Health

Newsletter - November 2019

DIABETES PREVENTION

Diabetes is one of the leading causes of disability and death in the United States. One in 10 Americans have diabetes — that's more than 30 million people. And another 84 million adults in the United States are at high risk of developing type 2 diabetes.

To raise awareness about diabetes and healthy living, the Summit County Local Office of Minority Health is proudly participating in American Diabetes Month. In 2012, black Ohioans had the highest prevalence of diabetes (16.0 percent) while Ohioans of "Other" races had the lowest prevalence (5.1 percent). (Ohio Department of Health Report: The Impact of Chronic Disease in Ohio: 2015)

Depending on your age, weight, and other factors, you may be at higher risk of developing type 2 diabetes. The good news is that making healthy changes can greatly lower your risk. To help prevent type 2 diabetes:

- Watch your weight
- Eat healthy
- Get more physical activity

The NIH NIDDK has put together the **Take Diabetes to Heart: Linking Diabetes and Cardiovascular Disease** toolkit which seeks to emphasize the importance of nutrition and exercise in both preventing and living with diabetes.



Take Diabetes to Heart - Toolkit



SAVE THE DATE

Minority Health Advisory Committee Meeting

January 13, 2019 11:00 AM

Summit County Public Health - Auditorium
1867 W Market Street, Akron, Ohio 44313

* Feel free to share this invitation

INDOOR AIR QUALITY

It is true that a major concern of society should be that of the quality of outside air, but indoor air quality is often much poorer than that of the outdoor. One reason for this is that people generally spend the majority of their time in an indoor environment, which often have higher concentrations of air pollutants. These higher concentrations can contribute to detrimental health effects by irritating and or deteriorating ones respiratory functions. Those most affected by poor indoor air quality are sensitive groups such as those with allergies, lung disease, asthma, etc. To learn more visit:

Air Quality

CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD)

According to Ohio's Department of Health report: The Impact of Chronic Disease in Ohio: 2015. In Ohio in 2012, 8.6 percent of adults reported having had COPD, according to data from the Ohio BRFSS. In Ohio in 2012 the prevalence of COPD was similar among women (9.4 percent) and men (7.7 percent). Similarly, differences between whites and blacks in the prevalence of COPD were not statistically significant. COPD

FOOD SAFETY AROUND THE HOLIDAYS



Feasting with family and friends is part of many holiday celebrations. Follow these simple tips to keep safe from food poisoning, or foodborne illness, during the holidays.

Everyone can practice food safety during the holidays.

- **Wash your hands** . Be sure to wash your hands with soap and water during these key times when you are likely to get and spread germs:
 - **Before, during, and after** preparing food
 - **After** touching raw meat, raw eggs, or unwashed vegetables
 - **Before** eating or drinking
 - **Before and after** caring for someone who is sick
 - **Before and after** treating a cut or wound
 - **After** blowing your nose, coughing, or sneezing
 - **After** using the toilet
 - **After changing diapers or cleaning up a child who has used the toilet**
 - **After** touching an animal, animal feed, or animal waste
 - **After** touching garbage.
- **Cook food thoroughly.** Meat, poultry, seafood, and eggs can carry germs that cause food poisoning. Use a food thermometer to ensure these foods have been cooked to the safe minimum internal temperature. Roasts, chops, steaks and fresh ham should rest for 3 minutes after removing from the oven or grill.
- **Keep food out of the “danger zone.** Bacteria can grow rapidly at room temperature. After food is cooked, keep hot food hot and cold food cold. Refrigerate or freeze any perishable food within 2 hours. The temperature in your refrigerator should be set at or below 40°F and the freezer at or below 0°F.
- **Use pasteurized eggs for dishes containing raw eggs.** **Salmonella** and other harmful germs can live on both the outside and inside of normal-looking eggs. Many holiday favorites contain raw eggs, including eggnog, tiramisu, hollandaise sauce, and Caesar dressing. Always use pasteurized eggs when making these and other foods made with raw eggs.
- **Do not eat dough or batter.** Dough and batter made with flour or eggs can contain harmful germs, such as **E. coli** and **Salmonella**. Do not taste or eat **unpasteurized dough or batter** of any kind, including those for cookies, cakes, pies, biscuits, pancakes, tortillas, pizza, or crafts. Do not let children taste raw dough or batter or play with dough at home or in restaurants.
- **Keep foods separated.** Keep meat, poultry, seafood, and eggs separate from all other foods at

prevalence increases as individuals age. In 2012, the prevalence of COPD in adults age 65 and older (13.0 percent) was more than twice as high as those 35-44 years old (6.1 percent).

Ohio Department of Health

the grocery and in the refrigerator. Prevent juices from meat, poultry, and seafood from dripping or leaking onto other foods by keeping them in containers or sealed plastic bags. Store eggs in their original carton in the main compartment of the refrigerator.

- **Safely thaw your turkey.** Thaw turkey in the refrigerator, in a sink of cold water that is changed every 30 minutes, or in the microwave. Avoid thawing foods on the counter. A turkey must thaw at a safe temperature to prevent harmful germs from growing rapidly.

Summit County Public Health's Food Safety

Summit County Local Office of Minority Health

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