

QUARTERLY WELLNESS NEWSLETTER



January-March 2024



WHAT'S HAPPENING IN WELLNESS



JANUARY						
Sun	Mon	Tue	Wed	Thu	Fri	Sat

Nome Health Fair

Produce Market

Group Fitness Classes

TLC at Friday Kindergym

**Lactation Education
Training & Retreat**

American Heart Month

TLC at Friday Kindergym

Group Fitness Classes

Iron Dog

FEBRUARY						
Sun	Mon	Tue	Wed	Thu	Fri	Sat

MARCH						
Sun	Mon	Tue	Wed	Thu	Fri	Sat

**Brain Injury
Awareness Month**

TLC at Friday Kindergym

Group Fitness Classes

**Iditarod Health Screenings
and Education**

National Nutrition Month

National Dietitian Day



**LOOK FOR THIS SYMBOL THROUGHOUT THE
NEWSLETTER TO FIND WAYS TO EARN CAMP
INCENTIVES!**

**Limit 3 incentives per newsletter; per participant*

TRAUMATIC BRAIN INJURY AWARENESS MONTH

By Katie Hannon, Health Educator II

March is Traumatic Brain Injury Awareness Month. Injury remains the leading cause of death among Alaska Natives and American Indians, ages 1-44. AN/AI individuals have the leading cause of Traumatic Brain Injury (TBI) related death as compared to all other racial ethnic groups. The state of Alaska has the highest rate of TBIs, most often caused by motor vehicle crashes (MVCs), falls, and firearms to the head.

Motor vehicle crashes are a common source of TBIs, in general, and in rural areas of the United States. Other risk factors of MVC-related TBIs include limited access to helmets; lack of helmet use; lack of local, tribal, municipal, or state ordinances requiring helmet use; dangerous road or trail conditions (e.g., poor maintenance, icy roads); underage driving of motor vehicles; and alcohol impaired operation of motor vehicles. Motor vehicles, ATVs and snowmachines are the most common uses of transportation in the Norton Sound region. Most of the communities in the region do not enforce a helmet law, so that is one of the many challenges our injury prevention team faces. Encouraging the youth to use their helmets after we distribute them at events is difficult to enforce without support of the communities.

The goals of the Injury Prevention TIPCAP program is to increase helmet safety education and equipment (including the ATV Safety Toolkit) available for Alaska Native Youth 5-18 years of age in the Norton Sound region and to promote helmet use in the Norton Sound region.

Visit our Staff Spotlight page to learn more about Katie Hannon, our Injury Prevention lead, and how to get in touch with her!

Staying Active Despite the Cold!

When winter blows in and stays for months, you can pull the cozy blankets over your head and stay in bed, or you can suit up and head out for an outdoor winter adventure! There's no reason you need to take a break from physical activity when the temperature drops. In fact, exercising in cooler weather has some distinct advantages such as boosting your immunity during cold and flu season and it's a great opportunity to see the northern lights!

Try these outdoor activities:

- Brisk Walking
- Jogging or Running
- Shoveling Snow
- Ice Skating
- Hockey
- Sledding
- Cross Country Skiing
- Snowshoeing



The American Heart Association recommends at least 150 minutes of exercise per week to improve your quality of life. Move more, with more intensity, and sit less. Make this winter an active winter!

Send NSHC Wellness (wellness@nshcorp.org) evidence of completing 150 minutes of exercise in one week and receive an incentive!



FOOD FOR THOUGHT BY KYLIE POTTER, RD

Vitamin D & Our Health

Vitamin D is an important nutrient we need to eat as well as an important hormone in our body. Vitamin D is a fat-soluble vitamin that aids the body in retaining calcium and absorbing phosphorus, which are essential for building strong bones. Our primary source of vitamin D is produced in the skin when exposed to sunlight. Many people are deficient in Vitamin D due to living in places with limited sunlight in the winter or having limited exposures to sunlight due to being indoors for much of the day.

Few foods are naturally rich in vitamin D, however, Alaskan salmon have high levels of vitamin D. The Recommended Dietary Allowance (RDA) for vitamin D for men and women over the age of 19 is 15 mcg per day. According to the website for Alaska Seafood, three ounces of cooked red salmon (sockeye) contains 14.2 mcg of vitamin D, and three ounces of cooked silver salmon (coho) contains around 10 mcg of vitamin D.

This winter, don't forget to eat your salmon and prioritize getting outside! Not only is getting some sunshine helpful for vitamin D production, but it is also a great mood and energy booster.

Low on salmon? Other foods high in vitamin D include tuna fish, orange juice fortified with vitamin D, herring, fortified dairy and soy products, mushrooms, eggs, and fortified cereals.

Looking for a delicious new salmon recipe? Check out our Digital Recipe Library below for some fun, new ideas!

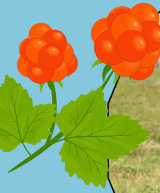


Scan to access our favorite recipes! Send a picture of your creation to wellness@nshcorp.org to earn a CAMP incentive!

STAFF SPOTLIGHT

KATIE

HANNON



WHAT IS YOUR ROLE WITH THE CAMP DEPARTMENT & WHAT DO YOU LOVE MOST ABOUT YOUR JOB?

My role at the CAMP office is the Health Educator II and Injury Prevention TIPCAP Coordinator. I have been in my position for the last 5 years. My favorite part of my job is serving the people in our region and community with wellness events and prevention efforts to help keep people safe. My job focuses on Traumatic Brain Injury prevention, but we also provide other injury prevention efforts such as fire safety, water safety, gun safety and elder fall prevention.

WHAT IS YOUR FAVORITE ALASKAN DISH TO PREPARE?

My favorite Alaskan dish to prepare would have to be caribou soup, it is healing and a comfort food that I grew up eating and now prepare a lot for my children. I also love having a spread on my table of all kinds of native foods that we harvest year-round from herring eggs, beluga, beach greens and other greens that we gather from the land, and our favorite berries! Both salmonberries and blueberries are a favorite in our house.

WHAT DOES WELLNESS MEAN TO YOU?

Wellness to me, means holding on to our cultural values and subsistence way of life. Also means to care for yourself and others. Wellness to me is also sharing cultural knowledge to the younger generation to help them with life skills, preparing and gathering the foods that our ancestors survived on for 100's of years before us. Promoting wellness is a way for me to feel connected to my culture while adapting to changes and personal growth. Wellness is taking care of my mind and my body. Hosting, promoting, and participating in wellness activities is healing to me. I am grateful to be apart of the NSHC Wellness team.

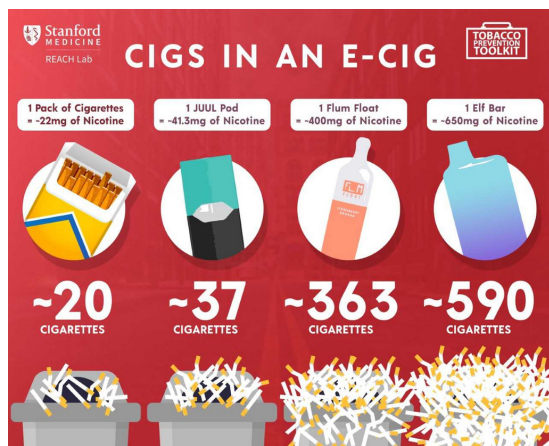
Do you have questions for our Injury Prevention Department?

You can contact Katie Hannon at 907-443-4583

PUTTING A STOP TO VAPING



Need help quitting tobacco? Call the CAMP Department at 443-3365 or use the Alaska Tobacco Quit Line



Myth: it's too late to quit, the damage is done

Fact: it is never too late to quit using tobacco products. Your body begins to heal immediately. Your risk for stroke drops to the same as a nonsmoker after 2-5 years, and your risk for developing lung cancer is cut in half after 10 years tobacco free!

ALASKA'S TOBACCO
QUIT LINE
1-800-QUIT-NOW
(784-8669)
IT'S FREE. IT'S CONFIDENTIAL. AND IT WORKS.

Myth: e-cigarettes or vapes are healthier than normal cigarettes

Fact: e-cigs and vapes are NOT healthier. Check out the graphic to the left to see how each product compares to a pack of cigarettes

Myth: an occasional cigarette is not bad for your health

Fact: every cigarette you smoke damages your lungs and cells throughout your body. Cutting back on use is not enough.



OUR FIRST TRADITIONAL FOOD

Breastfeeding Updates by Hilary Fello, RD, LD, CLC

Looking for Breastfeeding Support? Call WIC at 907-443-3299

NSHC WIC is excited announce that breastfeeding peer counselor services will now be available to expecting and breastfeeding families throughout the Norton Sound and Bering Strait region. Breastfeeding Peer Counseling programs are a service provided by many WIC agencies throughout the country, including a few in Alaska. In 2023, NSHC received grant funding for the first time to provide these services to women in our region.

WIC Breastfeeding Peer Counselors (BFPCs) are parents who have breastfed their own babies and have received additional training from WIC on the topics of breastfeeding support and education. The BFPCs are excited to share their passion for breastfeeding with the women in our region, many of whom may lack the support that is needed to reach their breastfeeding goals. Individualized support can be provided by phone, email, and text.

This service is available for WIC enrolled families who are expecting or currently breastfeeding.

WELLNESS CORNER



A Note from the Wellness Director, Stephanie Stang, MS, RD, LD

March 13th is a very special day this year – it is National Dietitian Day!

Registered Dietitians are required to obtain degrees, complete dietetic internships, and pass an exam to call themselves experts in the nutrition field. **Kylie Potter, Kristie Eggherman, Tracy Gregg, Nicole Santonastaso, Hilary Fello, Angie Gorn and I** are all Registered Dietitian Nutritionists living in the Norton Sound region. Whether we are providing services and education for patients, seeing long term care patients in our Quyanna Care Center, assisting with food service to provide our patients nutrient dense foods for healing, providing WIC services, managing different programs and grants, or the CEO – we all play an important role! I am lucky to work with such a large, diverse group of Registered Dietitians. Please join me in celebrating our hard-working employees and recognizing them for their knowledge, expertise, and dedication to serving patients in our communities.

Fire Safety Awareness



Have a plan for getting out of your house if there is a fire



Sweep around your wood stove every day



Keep a fire extinguisher handy in your home



Change batteries in smoke alarms once a year



Store all matches and lighters out of the reach of children



Clean your chimney twice a year



Keep hazardous materials away from the wood stove at all times



When using fryers, pressure canners or other appliances, always follow manufacturers instructions

Need a smoke alarm for your home? Give the CAMP Department a call at 443-3365 and we can help you out!

Newsletter Quiz

EMAIL WELLNESS@NSHCorp.ORG THE CORRECT ANSWERS TO THIS QUIZ AND EARN A CAMP INCENTIVE!

1. **TRUE OR FALSE:** Vaping is NOT a healthy alternative to smoking cigarettes
2. _____ and _____ are sources of Vitamin D
3. The American Heart Association recommends ____ minutes of exercise per week
 - a. 60 minutes
 - b. 100 minutes
 - c. 150 minutes
 - d. 260 minutes



Community Events

Want to host an event in your community? We can help! We have worked with schools, IRAs, and clinics to host the following events:

Food Demonstrations	WIC Family Nights
Group Fitness Classes	Craft Nights
Fun Runs	Talking Circles

SCAN



Fill out this form to request a community event!



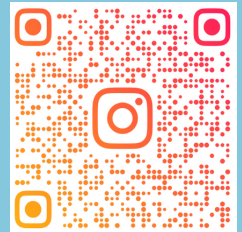
CAMP's online platform for scheduling group fitness, wellness activities, events and more!



Download the MINDBODY app to join our fitness classes



Learn more about the MINDBODY app here!



Did you know that CAMP has fitness DVDs and DVD players that are free to rent? Let us help you start your fitness journey! Call us for more information.



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HEALTH CORPORATION**



**LIITFIK Wellness & Training Center
907-443-3365**

**<https://www.nortonsoundhealth.org/camp>
wellness@nshcorp.org
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