

YOUR HEALTH MATTERS

Wayne County Community Health & Wellness News



Healthy Air & Lungs Issue



A Note From the Nurse's Office:

Asthma is a chronic disease involving the airways in the lungs. These airways allow air to come in and out of the lungs. If you have asthma, your airways become inflamed. This makes it difficult for air to move in and out of the lungs, causing symptoms such as coughing, wheezing, shortness of breath, and/or chest tightness.

Asthma can be triggered by a number of different causes, and these triggers vary from person to person with asthma. These factors include tobacco smoke, viral and bacterial infections, exercise, exposure to allergens such as pollen, dust mites, or pet dander, acid reflux, weather changes, and emotional anxiety.

It can be scary for a parent to send their child who has been diagnosed with asthma to school. There are a few steps that you can take to help prepare everyone to provide the best care for your child:

- Have a check-up with your child's doctor to discuss medication use.
- Have an Asthma Action plan completed and assess your child's readiness to self-carry medication.
- Schedule a meeting with the school's nurse, teachers, and coaches about your child's condition and the care they require.

Helping your child know their asthma and helping the adults at school be partners in caring for your child will help prevent serious emergencies.

There are educational programs available through the American Lung Association that can be provided at school. These programs help your child better manage their own asthma.

- **Open Airways for Schools** is a program for children ages 8-11.
- **Kickin' Asthma** is for children 11 to 16.

We encourage you to reach out to your school to see if these programs are offered in your district. Check out lung.org for more information on these resources!

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Public Health
Prevent. Promote. Protect.
Wayne County, NY



WAYNE COUNTY
Community Schools

Healthy Air & Lungs

Did you know that we take about 22,000 breaths every day?! Each breath harnesses oxygen that all of the trillions of cells in our body need to function.

We can all take steps to keep our air and lungs healthy. Which ones do you already do? Which ones can you work on?

- Do not smoke or vape
- Make your home and car smoke and vape-free
- Carpool or use public transportation
- Eat more plants and less animal products
- Use an air filter in your home
- Wash your hands to prevent infections
- Test for radon in your home
- Dust your home regularly
- Do cardio exercise everyday

Can you think of 3 other ways to keep air clean and to keep lungs healthy?



Wayne County Air and Lungs TRIVIA

See how much you know about our Air and Lungs!

1. Lungs pull oxygen from the inhaled air and exhale about 2 pounds of _____ each day.
2. Asthma affects __% of kids in New York State.
3. What grade did Wayne County get in The American Lung Association's 'State of the Air' for Ozone Air Pollution in 2023? (A,B, C, D, or F)?
4. True or False: Vaping just flavor is safe.
5. The Great American SmokeOut will be on November __ this year-offering the chance to join other smokers/vapers in quitting for at least 24 hours.
6. According to the 2023 Evalumetrics Youth Survey, among Wayne County youth, approximately 3.8% of ___ graders and 12.1% of ___ graders reported vaping in the past month.
7. One large tree can provide a day's supply of _____ for up to four people.
8. Which lung is smaller for most people- the Right Lung or the Left Lung? Bonus: Why?
9. NEVER mix bleach or a bleach-containing product with any cleaner containing _____.
10. True or False: Plug-in and spray air fresheners help clean the air you breathe.

Smoking is the leading cause of preventable disease, disability,
and death in the United States.

You can quit smoking and vaping. Here's some help!



QUIT SUPPORT FROM U OF R

In-depth interviews, nicotine replacement, and follow-up texting totally free! Scan the QR Code or Call (585) 504-9461 for more information.



SMOKEFREE.GOV

A collection of useful motivation tips and all kinds of tools to help you quit.
Scan the QR code to the smokefree.gov website



NYS SMOKERS QUIT LINE

Information, expert quit coaching and nicotine replacement therapy (NRT) for smokers/vapers.
Scan QR Code or Call 1-866-NYQUIT



MAYO CLINIC BECOME AN EX

Interactive tools like quit journal, daily pledge, and chat features so you can connect with others on the quit journey. Scan the QR or go to:
<https://excommunity.becomeanex.org/>



QUITASSIST.COM

Can't find exactly what you need? This site has resources for you, for teens, for loved ones, and so much more! Scan the QR Code or go to:
<https://www.quitassist.com>



WAYNE COUNTY PUBLIC HEALTH

Individualized help including a personal quit plan, replacement therapy, and overcoming triggers.
Scan QR, Call (315) 946-5749 or email
wcph@co.wayne.ny.us

Did you know...

About 80% of adults in Wayne County DO NOT smoke.



Every year, hundreds of adult smokers in Wayne County QUIT SMOKING. YOU CAN TOO.



People who use **BOTH medication AND counseling** have the most success in quitting nicotine!



Quitting isn't easy but more than 50 million ex-smokers in the U.S. is proof that it is possible.



The **VAST MAJORITY** of Wayne County adults live in designated smoke-free homes!

There is **NO safe level** of exposure to smoke. Make your home Smoke free for yourself, your family, and your pets.

Vaping is not a healthy choice for anyone.

E-Cigarettes aren't the best choice for people wanting to quit smoking and they can create a dangerous new habit for youth.

What are the health risks of e-cigarettes for youth?

The aerosol produced by e-cigarettes isn't water vapor, and it isn't harmless.

E-cigarettes contain harmful chemicals such as formaldehyde, which is known to cause cancer, and acrolein, which is used as a weed killer and can cause irreversible lung damage.

Nicotine is highly addictive and exposure during adolescence can harm the developing brain.

Youth who use e-cigarettes are more likely to go on to use traditional cigarettes.

In the short term, e-cigarette aerosol can irritate your lungs, throat and eyes. It can also make it more likely that you'll catch colds or get the flu.



WAYNE COUNTY PUBLIC HEALTH

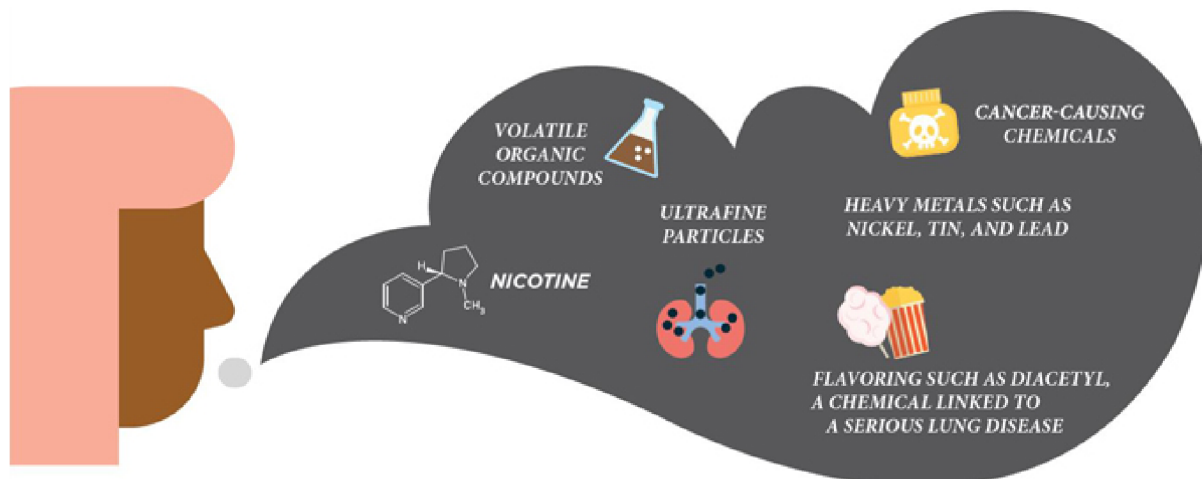
When You Are Ready to Quit, Help is Available.

Choosing to quit smoking or using tobacco products can be a tough decision, but there are plenty of resources available to provide support along the way. Quitting smoking is beneficial to a person's health at any age no matter how many years one has been using tobacco products or how heavily a person has used tobacco products. It is the single best way to not only protect your health, but the health of family members, friends, coworkers, and others at risk of second hand smoke. Quitting smoking can increase life expectancy, lower risk of heart disease, lower the risk of 12 different types of cancer, and much more.

The Truth Initiative has 2 programs dedicated to help people quit tobacco use. The first is **This is Quitting**, a free quit-vaping text messaging program to provide youth and young adults the support they need on their quit journey. **To get started text DITCHVAPE to 88709.** The other program under the Truth Initiative is **BecomeAnEX**, a free program with a digital quit plan, text messaging support, interactive tools, and a supportive online community. **To sign up, visit becomeanex.org.**

The American Lung Association also has a youth and young adult virtual cessation program, **NOT for me**. It is a personalized, free online course designed to guide a person along their quit journey and establish healthy habits. **To learn more visit notforme.org**

Wayne County Public Health also offers assistance to those who want to quit using tobacco products. We offer individualized counseling sessions and help create individualized quit plans. Wayne County Public Health also provides free patches and other forms of nicotine replacement therapy. **To learn more call (315)946-5749 or email wcph@co.wayne.ny.us**



WHAT WE EAT CAN IMPACT OUR LUNG HEALTH AND OUR PLANET'S AIR.

CHOOSE MORE:

WATER!
WHOLE FOODS
FRUITS & VEGGIES

These foods keep our bodies healthy, including our lungs.



EAT LESS:

SALT
PROCESSED FOODS
MEAT & ANIMAL
PRODUCTS

These foods can have negative impacts on our bodies and our environment.



Nutritionist Adam Bullock recommends the Butternut Squash Chili Pan-fry.. a great addition to your fall festive meals!

Butternut Squash Chili Pan-fry

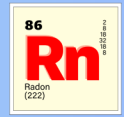
INGREDIENTS

1 medium butternut squash
1 ½ Tablespoons vegetable oil
1 cup chopped onion
1 teaspoon salt
½ teaspoon chili powder
1 can (8 ounces) diced green chilies
1 cup grated cheese (try Monterey jack)

DIRECTIONS

- Wash hands with soap and water.
- Peel squash, cut in half lengthwise and remove seeds. Cut the squash into 1/2-inch cubes.
- In a large skillet, heat oil over medium heat (300 degrees F in an electric skillet). Add onions and cook, stirring for about 3 minutes. Add the squash, salt and chili powder.
- Cover and cook, stirring every few minutes, for 10 to 12 minutes. Stir in chiles and cook about 3 minutes.
- Sprinkle with cheese and cover until cheese melts, about 2 minutes. Serve hot.
- Refrigerate leftovers within 2 hours.

Radon



Radon is a colorless, odorless radioactive gas found in the ground. It can seep into buildings and into the air you breathe. Radon can cause irreversible lung damage.

Among nonsmokers, radon is the leading cause of lung cancer in the United States.

Wayne County is considered a HIGH radon County.
If your home has high radon levels, it **can** be fixed!

Radon testing is inexpensive and easy to perform. NYS Department of Health sells test kits for \$12.25.



Call **518-402-7556**
for more information or to order a kit.



Wayne County Air and Lungs TRIVIA

Answers

1. Carbon Dioxide
2. 10% of kids in NYS have asthma.
3. We got an "A"!
4. False. There is no proven safe exposure to vapes.
5. November 16th, 2023 is the Great American SmokeOut.
If you or someone you love smokes or vapes, this is a great day to try quitting!
6. 3.8% of 6th graders and 12.1% of 12th graders reported vaping in the past month in Wayne County.
Read more: www.waynepartnership.org/evalumetrics-youth-survey
7. Oxygen
8. The left lung is smaller because there needs to be room for the heart.
9. Ammonia and bleach should never be mixed. This creates a very harmful gas that can be fatal.
10. False. Air fresheners do not clean air- in fact, they can be harmful. The American Lung Association recommends avoiding using any air fresheners.

VAPE ESCAPE

Meet with your peers to learn about vaping and how it affects your health. Ask our doctors and counselors questions you've always wanted answered.

5 FREE online sessions open to teens ages 12 to 18. Come to one or come to all. It's up to you! Registration is required.

3 - 4 PM OCTOBER 25
NOVEMBER 1, 8, 15, 22



CASUAL CONVERSATION

Vaping and your health
Nicotine and how it affects the body
Medications that can help with quitting
How to set health goals
Stress and peer pressure

For additional information, call 585-602-0720 or email healthy_living@urmc.rochester.edu.

Presented by the Center for Community Health & Prevention



Scan the QR code to register



Stay tuned for next month's newsletter- Gratitude & Giving



If your organization accepts donations or requests volunteers during the month of December and on, please send us your wishlists and opportunities to:

wayneyourhealthmatters@gmail.com to be featured in our December issue!