



February 2021

Dear Communities,

The VIVA Connects team hopes that you are all doing well, and finding ways to safely enjoy activities outside. This newsletter has been designed to easily provide the most current and accurate health information to you all, so that you may keep yourselves and your communities safe. Please feel free to share this information with community members and loved ones.



February is American Heart Health Month!

**Did you know that heart disease is the
#1 cause of death in American adults?**



Learn about some ways that you can help educate yourselves and others about heart disease in order to decrease your risk!

❖ Eating Healthy

- Cut back on unhealthy (processed, sugary, fatty) foods, and increase healthy foods (fruit, veggies, whole grains, lean protein, etc.) in order to maintain a nutritional diet.
- Eating healthy foods can help control obesity and high cholesterol- both of which are risk factors for heart disease.

❖ **20 Minutes of Exercise a Day**

- 20 minutes a day of moderate activity (brisk walk, dancing, gardening, running, jump rope, cycling) is recommended for adults.
- Try going for a walk on your lunch break and do exercises/activities that you enjoy so that it can be a daily habit.

❖ **Set Small Goals for Weight Loss (If weight loss is a concern for you)**

- A person's weight does not always indicate risk for heart disease; although people who are overweight or obese are at a higher risk for heart disease.
- Talk with your provider about if you should set a weight loss goal for yourself to improve health.

❖ **Sleep**

- 7-8 hours a night of sleep is recommended for adults. This helps to reduce your risk of heart stress/disease.
- To help yourself fall asleep easier, avoid looking at a screen at least 30 minutes before sleeping and create relaxing rituals for yourself before bedtime to unwind.

❖ **Brain Fun for 15 Minutes a Day**

- Spending just 15 minutes a day to relax can help reduce stress on your heart.
- Spend this time to read a book, talk to a friend, play with your children/pets, craft, or any activity that helps relieve stress.

❖ **Quit Smoking**

- Smoking increases risk of heart disease and stroke.
- Visit <https://www.quitnownm.com/> or <https://smokefree.gov/> today to help yourself or a loved one quit smoking.

Find more information at: https://www.huffpost.com/entry/habits-improve-heart-health_1_6018493ac5b622df90f5d2ed?ncid=APPLENEWS00001

Community Highlight: Sierra County COVID Support

The Sierra County Community Outreach/Support during COVID-19 Pandemic project is focused on providing care packets for individuals that have been affected by the COVID 19 crisis, especially the elderly.

The first round of 150 care bags have been distributed to community members all around Sierra County and the surrounding area.



The care packs had a folder of resource information (how to use QR codes, stretchy bands, and health informational brochures). They also had

Pedometers, hand sanitizer, stretchy bands, reusable water bottles, activity books, coloring supplies, stress balls, and hygiene supplies.



This was an amazing first round of a County outreach many of the recipients were brought to tears due to our collaborating partners for being there for those in our county in these unfortunate times.



We appreciate all the collaboration and support to help those in our county. The next 150 bags will be going out in March or April of 2021.

-Elizabeth Leining, Sierra County Health Council and VIVA Action Community Member



*Stay safe, mask up, and get outside!
Sincerely,*

The VIVA Connects Team

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