



HEALTHY AT 80

VACCINES: THEY'RE NOT JUST FOR CHILDREN ANYMORE...

All adults should get vaccines to protect their health. Even healthy adults can become seriously ill, and can pass certain illnesses on to others. Vaccination is especially important because it not only protects the person receiving the vaccine, but also helps prevent the spread of disease, especially to those who are most vulnerable to serious complications such as infants and young children, elderly, and those with chronic conditions and weakened immune systems.

- ⇒ All adults, including pregnant women, should get the **influenza (flu) vaccine** each year
- ⇒ Every adult should have one dose of **Tdap vaccine (tetanus, diphtheria, and pertussis or whooping cough)** if they did not get Tdap as a teen, and then get the **Td (tetanus and diphtheria) booster vaccine** every 10 years.
 - ⇒ Pregnant women are recommended to get the Tdap vaccine each time they are pregnant, preferably at 27 through 36 weeks.
- ⇒ Adults 60 and older are recommended to receive the **shingles vaccine**.
- ⇒ Adults 65 and older are recommended to receive one or more **pneumococcal vaccines**

Healthy at 80 is Community Health Centers of Greater Dayton's informational newsletter on healthy living, created with the goal of helping you stay healthy and thriving through 80 years old and beyond! To read more Healthy at 80 articles, please visit the archives on our website:

www.communityhealthdayton.org/healthyat80



Adults need vaccines, too!



VACCINES
are not just for kids.

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Vaccines give parents the safe, proven power to protect their children.



A HEALTHY START
begins with on-time vaccinations.

A HEALTHY START BEGINS WITH VACCINES

Vaccines give parents the safe, proven power to protect their children from serious diseases.

Parents can provide the best protection by following the immunization schedule recommended by their child's health care provider – giving their child the vaccines they need, when they need them.

- ⇒ Babies receive vaccinations that help protect them from 14 different diseases by age 2. It is very important that babies receive all doses of each vaccine, as well as receive each vaccination on time.
- ⇒ After age 2, children are still recommended to receive a yearly flu vaccine. Children will also be due for additional doses of some vaccines between 4 and 6 years of age.
- ⇒ Following the recommended immunization schedule is one of the most important things parents can do to protect their children's health. If a child falls behind the recommended immunizations schedule vaccines can still be given to "catch-up" the child, but it's important they are done sooner rather than later.
- ⇒ Child care facilities, preschool programs and schools are prone to outbreaks of infectious diseases. Children in these settings can easily spread illnesses to one another. When children are not vaccinated, they are at increased risk for disease and can spread disease to others in their play groups, child care centers, classrooms and communities – including babies who are too young to be fully vaccinated and people with weakened immune systems due to cancer and other health conditions.

READY FOR SCHOOL?

Whether for a baby starting at a new child care facility, a toddler heading to preschool, a student going back to elementary, middle or high school, or even a college freshman, parents should check their child's vaccination records.

- Many states require children who are entering child care or school to be vaccinated against certain diseases. Colleges may have their own requirements, especially for students living in a dormitory.
- Most schools require children to be up to date on vaccinations before starting school in order to protect the health of all students. If you haven't already, check your child's shot record & schedule a visit to their health care provider if needed. Doing so now will avoid a potential last minute rush and will help ensure there are no surprises on the first day of school.

A HEALTHY FUTURE

Following the recommended immunization schedule provides pre-teens and teens with the best protection from serious, and sometimes deadly, diseases.

Preteens and teens need four vaccines to protect against serious diseases:

- 1.) Meningococcal vaccine to protect against meningitis and blood infections
- 2.) HPV vaccine to protect against cancers caused by HPV
- 3.) Tdap vaccine to protect against tetanus, diphtheria, and whooping cough (pertussis)
- 4.) A yearly flu vaccine to protect against seasonal flu

Parents can send their preteens and teens to middle school and high school – and also off to college – protected from these vaccine-preventable diseases



Vaccines help preteens and teens stay healthy.



ENSURE
a healthy future with vaccines.

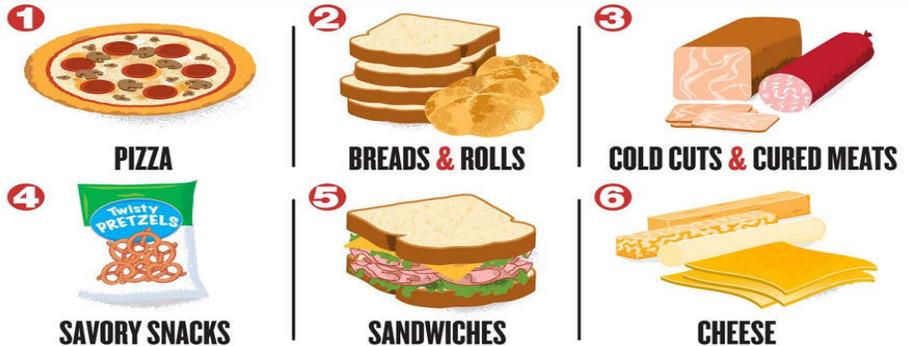


For Kids



- About 90% of kids eat too much sodium.
- Kids' preferences for salty-tasting foods are shaped early in life.
- Parents and caregivers can help lower sodium by influencing how foods are produced, purchased, prepared and served.

FOODS THAT ADD THE MOST SODIUM TO THE DIET, AGES 6-18:



NUTRITION BITES!

Start young! Our taste preferences for salt are shaped by what we eat early in life. Kids may not prefer so much salt if they're given foods with less sodium from an early age. You can also help by reducing the sodium in their foods – if you reduce the sodium gradually over time, they might not even notice the difference. Eventually, the higher-sodium foods that they used to prefer may taste too salty to them!

- ⇒ Eating too much sodium is associated with higher blood pressure in children and teens, and the effect is even greater if they're overweight or obese. Kids with high-sodium diets are almost 40 percent more likely to have elevated blood pressure than kids with lower-sodium diets.
- ⇒ There is a link between high blood pressure in childhood and high blood pressure in adulthood. High blood pressure in childhood is linked to early development of heart disease and risk for premature death. Lowering blood pressure during childhood can help lower the risk for high blood pressure as an adult. Eating less sodium can help lower blood pressure in children and teens.
- ⇒ Different brands and restaurant versions of the same foods can have different sodium levels, and some foods come in versions with less sodium. You can make smarter choices about the foods you eat by comparing labels to pick the product with the lowest amount of sodium you can find.

<http://sodiumbreakup.heart.org/sodium-411/sodium-kids/>

Delicious & Nutritious

Involve kids when you're preparing healthy meals, like this this versatile, flavorful, family friendly and heart-healthy meal for any time of day.

Serves 6 ~ 194 calories and \$1.40 per serving.

CHEESE AND VEGETABLE FRITTATA

- 6 large eggs
- 2 Tbsp. whole-wheat flour
- 1 tsp. baking powder
- 1/4 tsp. black pepper
- 1 medium onion (about 1 cup), cut into 1/2-inch pieces
- 1 cup fresh or frozen spinach, cut into 1/2-inch pieces
- 1 cup red and/or green bell pepper, cut into 1/2-inch pieces
- 1 cup fresh mushrooms, sliced into thirds OR
- 1 cup canned mushrooms
- 1 clove garlic, finely chopped
- 2 Tbsp. fresh basil leaves, finely chopped
- 1/3 cup part-skim mozzarella cheese, shredded
- cooking spray



- ⇒ Preheat oven (regular or toaster oven) to broil setting.
- ⇒ In a large bowl, whisk eggs together until foamy, stir in the whole wheat flour, black pepper, and baking powder.
- ⇒ Using a heavy skillet with an ovenproof handle, coat the skillet with cooking spray and heat on medium.
- ⇒ Add the onion and cook until it starts to get soft, then add the spinach, bell pepper and mushrooms and cook for 2-3 minutes more.
- ⇒ Add the garlic and basil and cook for 1 minute. Stir to avoid burning these.
- ⇒ Add the egg mixture into the pan and stir to mix the vegetables with the eggs.
- ⇒ Cook for 5-6 minutes or until the egg mixture has set on the bottom and begins to set on top.
- ⇒ Add the shredded cheese and using the back of the spoon, push lightly under the eggs, so it won't burn in the oven.
- ⇒ ace pan into the oven and broil for 3-4 minutes until golden and fluffy. Remove from pan, cut into 6 servings and serve. Enjoy!

http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Recipes/Cheese-and-Vegetable-Frittata-with-Fruit-Salad_UCM_468422_RecipeDetail.jsp

Community Health Centers of Greater Dayton

Give us a call to discuss your health with our caring doctors and nurse practitioners!

Health Centers

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25 Thorpe Drive Dayton, OH 45420
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