



CCFoPH Newsletter

September 2017

Hello, Friends!

Welcome to the third Newsletter of 2017!! A big thank you to all of our supporters for your enthusiasm in the weekly information posts on our Facebook page. I chose topics of general interest that you may not come across in your daily activities. I would be happy to highlight a special topic of interest! Feel free to leave a message on the page and I will try to feature information on that topic!

Jeanne Moore, Communications Chair

Purses *for* **Nurses!**

Saturday, October 21st in Coos Bay

The CCFoPH annual fundraiser –*Purses for Nurses* – will soon be here! Plans are underway to fill some fabulous purses with gift certificates for the silent auction. Many local businesses are generously donating items and services to help us raise funds to support public health services (through Coos Health & Wellness) for families who are in need.

Make plans to join this annual event, and call soon for your reservation: 541-751-2435. Tickets are \$25.00.

Mail payment to: CCFoPH, PO Box 203, Coos Bay, OR 97420.

Many thanks go to our underwriting sponsors: Western Oregon Advanced Health; Honda World; Banner Bank; Bay Cities Ambulance; First Community Credit Union; Hough MacAdam Wartnik Fisher Gorman, CPAs; K-DOCK Radio; Umpqua Bank; and Vinny's Smokin' Good Burgers and Sandwiches.



MESSAGE FROM THE PRESIDENT, Frances Smith

Kudos to Oregon for increasing the legal age to purchase tobacco (and inhalant delivery systems) to age 21 years! Tobacco use is too often a childhood addiction that continues into adulthood; nine out of 10 adults who smoke report that they started when they were teenagers. Limiting access to cigarettes, and also e-cigarettes and vaping materials, may help young people avoid the temptation to start tobacco use. Some critics of the new law say that kids will just get cigarettes from adults—maybe their parents. In Coos County, where we have a much higher use of tobacco in adults (28%) than the rest of Oregon (19%) and where twice as many pregnant women smoke here than state-wide—limiting exposure to tobacco smoke continues to be a challenge. Smoke-free workplaces, tobacco-free events, and parks all help to protect children and non-smokers from exposure, and Coos County has made important strides in the past 20 years. Let's continue to think of ways that we can keep children from starting this unhealthy habit.



For more information about tobacco prevention and the work being doing in Coos County, visit:
<http://smokefreeoregon.com/what-you-can-do/coos-county-2/>

HEALTHY BYTES is coming October 1st!!!!

When Coos County was not selected to be a new site for the Blue Zone project, The **Healthy Eating Active Living** (HEAL) Committee put their heads together and came up with a new local health-promoting project. **Healthy Bytes** is a monthly informational blitz into our community that highlights a different plant-based food item each month. Educational materials are available to all participating organizations and businesses. These materials are in an easy to read format, and include nutrition facts and recipes. Color posters, table tents, color handouts, and newsletter articles are available in electronic format, or can be printed for you at an affordable cost. The information is to be shared with employees, clients, and members of organizations (such as CCFoPH) and the general public. (See next page (3) for a sample of the October handout about winter squash.)

The idea of **Healthy Bytes** is to engage the entire community of workplaces, restaurants, grocery stores, schools and places of worship to support healthy eating through positive messaging. Over time the entire community will reap the benefit. Two key sponsors are helping the project get off the ground: Western Oregon Advanced Health (which is helping to fund a project coordinator) and OSU Extension doing the printing, with Stephanie Polizzi (registered dietitian) creating the educational materials. Additional information will be forthcoming on a website about how organizations can participate. For more information now, you can contact Tashena at WOA (tashenah@woahcco.com). Thanks to the many HEAL committee members, we are working to make our community a healthy place to live, work and play.



Health Benefits of Winter Squash

Includes dozens of varieties like pumpkin, acorn and butternut and spaghetti squash

1 cup of cooked winter squash provides:

- 82 Calories, 2 gm of protein and nearly 7 gm of dietary fiber
- No fat or dietary cholesterol
- Contains antioxidants: vitamins A, C, E and folate
- High in calcium, magnesium, phosphorus and potassium

Nutrients in winter squash

- Vitamin A maintains healthy skin and eye health
- Magnesium is important for heart health
- Squash can be roasted, baked, pureed or sautéed
- Roast the seeds for a crunchy, high-fiber snack

Brought to you by the HEAL subcommittee of the Coos Community Health Improvement Plan and these partners:



Welcome to all new and returning members! We want to keep our numbers strong to support Public Health services in our community. If you have questions or want more information about membership, contact Anita Hale at the CCFoPH email at ccfoph@gmail.com or visit www.ccfoph.org.

Name: _____ Email: _____

Address: _____ City: _____ State/Zip: _____

Phone: (h) _____ (w) _____ (cell) _____ Fax: _____

The best way to reach me is: _____

Membership Dues for: \$20/yr Individual \$30/yr Family \$50/yr Business

I wish to donate: \$_____ in support of CCFoPH. _____ I wish my donation to remain anonymous.

CCFoPH is a Non-Profit 501c3 and your membership dues and donations are tax deductible to the full extent of the law.

We appreciate your support!

Mission Statement: “To Promote Health in Coos County through Enhancement of Local Public Health Services.”

Purpose: To promote an understanding of the public health needs of communities in Coos County and availability of services to address those needs; To increase community collaboration to achieve public health goals and to provide public health services; To encourage volunteer involvement in local public health programs; To educate about the important relationship between resources and essential public health services; and To generate resources in fulfillment of our mission.

Contact Us!

Coos County Friends of Public Health

PO Box 203

Coos Bay, OR 97420

CCFoPH@gmail.com

Website: www.ccfoph.org

541-269-9340

Board Members — 2017

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