

The Noble County Health Monitor

A monthly publication sponsored by the Noble County Health Department

Teen Dating Violence Awareness Month

Teen dating violence, also called "dating violence," is an adverse childhood experience that affects millions of young people in the United States. Teen dating violence (TDV) is preventable. This type of violence deeply impacts lifelong health, opportunity, and wellbeing. Unhealthy relationships can start early and last a lifetime. The good news is violence is preventable, and we can all help young people grow up violence-free. Dating violence can take place in person, online, or through technology. It is a type of intimate partner violence that can include the following types of behavior:

- Physical violence is when a person hurts or tries to hurt a partner by hitting, kicking, or using another type of physical force.
- Sexual violence is forcing or attempting to force a partner to take part in a sex act and or sexual touching when the partner does not consent or is unable to consent or refuse. It also includes non-physical sexual behaviors like posting or sharing sexual pictures of a partner without their consent or sexting someone without their consent.
- Psychological aggression is the use of verbal and non-verbal communication with the intent to harm a partner mentally or emotionally and exert control over a partner.
- Stalking is a pattern of repeated, unwanted attention and contact by a current or former partner that causes fear or safety concern for an individual victim or someone close to the victim.

Teens often think some behaviors, like teasing and name-calling, are a "normal" part of a relationship. However, these behaviors can become abusive and develop into serious forms of violence. Many teens do not report unhealthy behaviors because they are afraid to tell family and friends. Data from the CDC's Youth Risk Behavior Survey in 2019 indicate that among U.S. high school students who reported dating during the 12 months before the survey: About 1 in 12 experienced physical dating violence and about 1 in 12 experienced sexual dating violence.

Supporting healthy, nonviolent relationships could reduce TDV and prevent its harmful, long-lasting effects on individuals, their families, and their communities. During the pre-teen and teen years, it is critical for youth to begin learning skills to create and maintain healthy relationships, including managing feelings and communicating in a healthy way.

If you would like more information or need help visit the National Domestic Violence Hotline by visiting their website at thehotline.org, call 1-800-799-7233, or text "START" to 88788.

National Wear Red Day

National Wear Red Day, on the first Friday in February, is an annual campaign to raise awareness about heart disease in women. The national campaign urges women to learn their risk for heart disease and to take steps to lower their risk. What increases a woman's chances of heart disease? Smoking, sedentary lifestyle, family history, diabetes, stress, and inflammatory diseases like rheumatoid arthritis and Crohn's. We can prevent or reverse many of these risks by taking action. Speaking with your physician also helps to further lower our risk of heart attack and stroke by making and following a plan.

- Quit smoking. Ask for help if you need it. The national quit smoking hotline at 1-800-784-8669.
- Change your lifestyle. Become more active and improve your eating habits. This will help with many risk factors including stress, family history, and other health conditions.
- Get routine physical exams.

February 2025

February 14-
Valentine's Day

February 17-
President's Day

*The mind is
everything.
What you
think, you
become.
-Buddha*

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For more health
information
contact:
Noble County
Health
Department
740-732-4958
www.noblecohd.org

One Pot Cheeseburger Orzo Skillet

Ingredients

1 lb ground beef or turkey • 1 tbsp minced garlic • ½ tsp salt • ½ tsp pepper • ½ tsp smoked paprika • 2 tbsp taco seasoning • 1 can diced tomatoes (14.5 oz) • 2 cups chicken broth
2 cups uncooked orzo • 1 cup shredded cheese of your choice

Instructions

1. In a large skillet, cook ground turkey or beef over medium-high heat until no longer pink. Drain any fat.
2. Add the garlic, salt, pepper, smoked paprika and taco seasoning to the pan. Mix everything together.
3. Add the can of diced tomatoes, chicken broth and orzo to the pan and stir. Mix well, making sure the orzo is mixed well with the liquid. Bring to a boil.
4. Turn heat down to medium-low, mix ingredients again and cover. Cook for approximately 12-15 minutes, stirring about 2 times throughout the process, so the orzo doesn't stick to the bottom of the pan. (If you notice that the orzo is starting to stick to the pan during any of the times you stir, just add an extra splash of broth and stir.)
5. Once orzo is fully cooked, sprinkle on the cheese and mix it in. Enjoy as is, or you could add fresh toppings like shredded lettuce, spinach, fresh tomatoes, sliced onions, avocado, cilantro, sour cream or a squeeze of fresh lime juice. Enjoy!



**Noble
County
Public Transit**

Don't Walk... Ride With Transit
All in county rides are
free!

Based upon availability
for the general public
740-962-9125

Blood Drive

The American Red Cross Bloodmobile will be at Shenandoah Elementary on Tuesday, February 4 from 8 am to 6pm. There is also a scheduled blood drive March 14 from 8am to 2pm at the Summerfield VFD and March 19 at the Community Center from 11am to 4pm.



Come Join Us

Living with Cancer, is a free support group for residents of Noble County and surrounding communities who are currently in treatment for any type of cancer or who have completed treatment.



Join us every third Thursday of the month at 6pm at the Noble County Health Department, 44069 Marietta Road, park behind the building. A licensed social worker from Cancer Support Community Central Ohio will lead each of the one-hour sessions.

Register at: Cancersupportohio.org/NCHD.

Stress Happens

You can't always prevent or avoid stress that happens in your life. Whether it's from everyday deadlines, the work-life balancing act, or financial struggles, stress shows up often. Your body reacts to it. Your heart rate increases, your blood vessels narrow and over the long term that's not healthy. Research shows that stress can make us more likely to get heart disease and have a heart attack. Ongoing stress acts on more than just your heart. It affects everything from your nervous system and hormones to your lungs and digestive system. Here are some tips to try when you are feeling stressed. They may help you feel better and have a healthier heart too!

Turn On Your Relaxation Response

Your breathing slows and blood pressure and heart rate decrease. The good news is you can trigger your relaxation response. You can do so by breathing deeply and focusing your attention on pleasing thoughts and images. Here are a few relaxation response techniques to try. They may take some practice!

Meditation

This is one of the most-studied approaches for handling stress. There are a variety of ways to do it, including mindfulness meditation. Most meditation styles involve:

- Being in a quiet location with as few distractions as possible
- Being physically comfortable either sitting, lying, or walking
- Focusing your attention on a specific word or set of words, an object, or your breathing
- Having an open attitude and letting distractions, including thoughts, come and go without judgment



Progressive muscle relaxation

This approach calls for tightening individual muscles in your body and then releasing the tension. Start by tensing and relaxing your toes, then your calves, and on up to your face. Do one muscle group at a time.

Guided imagery

This involves a series of steps that include relaxing and visualizing the details of a calm, peaceful setting, such as a garden. Learn more about stress and try a guided imagery session.

Deep breathing

This is something you can do anytime, anywhere. Take in a slow, deep breath, let your stomach or chest expand, then exhale slowly. Repeat a few times.

Find *Your* Way to Healthy Relaxing

There's no one way to control stress. Trying something new may be just what you need: try yoga, find stress management tips online, talk to a professional counselor, or join friends for a brisk walk. Finding healthy relaxation exercises is just one way to protect your heart. Combine de-stressing with other heart-healthy habits: eat nutritious foods, move your body more and exercise, get enough sleep, and develop a strong social support system.

Have an upcoming event?

If you would like it in the monthly health monitor please contact Samantha Hesson at 740-732-4958 or Samantha.Hesson@noblecohd.org.

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