

The Noble County Health Monitor

A monthly publication sponsored by the Noble County Health Department

Diabetes

Every November, people across the country focus on something important: National Diabetes Awareness Month. This is a time to learn about the disease called Diabetes, how it affects people, and what we can do to help prevent it or manage it well. According to the Center for Disease Control and Prevention (CDC) Diabetes is a chronic (long-lasting) health condition that affects how your body turns food into energy. Diabetes is when the body has trouble using the sugar (glucose) from the food we eat. Normally, a hormone called Insulin helps the sugar go from your blood into your body's cells so you can use it for energy. But with diabetes either your body doesn't make enough insulin or it doesn't use it well. There are a few types:

Type 1: your body makes little or no insulin.

Type 2: your body doesn't use insulin well and maybe doesn't make enough.

Prediabetes: your blood sugar is higher than normal, but not yet in the diabetes range.

Gestational diabetes: diabetes that some people get during pregnancy.

When it is not controlled, it can lead to problems like damage to the eyes, kidneys, heart, nerves, and more. The American Diabetes Association has resources to meet people where they are, offering nutrition and diabetes education, mental health encouragement, and evidence-based recommendations for diabetes treatments and technologies. Here are some steps you can take whether you want to learn more, help someone else, or help yourself:

Learn your risk Ask your doctor or health care provider if you should be tested. Talk about your family history, your weight, your activity level.

Eat healthier foods Choose more fruits, vegetables, whole grains, and beans. Limit sweets, soda, and foods made mostly of refined flour.

Move your body Being active helps your body use insulin better and helps keep your blood sugar steady. Try walking, playing, sports, bike rides—what you enjoy.

Stay connected with your healthcare team If you have diabetes, work with your doctor, dietitian, educator, or nurse to keep track of your blood sugar, check for other health problems, and find the best plan for you.

Share the message Talk with your friends and family about diabetes. Help them learn too. Being aware can help everyone make healthier choices.

For more information check out diabetesresearch.org, diabetes.org and health.gov.

November 2025

November 11—
Veterans Day

November 27—
Thanksgiving

Be careful with the
fire you light today.
It may be the same
one that burns your
truth tomorrow.

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Buckle Up Every Time

Every year on National Seat Belt Day, which is celebrated on November 14, we are reminded of how important it is to wear our seat belts when riding in a vehicle. According to the National Highway Traffic Safety Administration (NHTSA), wearing a seat belt can cut your risk of being killed in a crash by about half. Even in the back seat, wearing a seat belt matters. Some people think the back is always safe, but that's not true according to NHTSA. Here are some steps you (and your family) can take to stay safe:

- Buckle up for every ride. Whether you're the driver or a passenger, in the front seat or the back seat, click your belt every time.
- Check how you're buckled. Make sure the shoulder belt goes across your chest (not your neck) and the lap belt goes low over your hips (not your stomach).
- Be a good example. When older kids, teens, or adults ride with you, encourage them to buckle up too.
- Talk about it. Remind friends, siblings, and family members about Seat Belt Awareness Day and what it means. Maybe even make a fun poster or pledge you all sign.
- Improve habits even in the back seat. Sometimes people skip their seat belt in the back because they think it's safer—but it's not. Buckle up back there, too.
- Check children's car seats and belts. If younger children are riding, make sure they're in the right type of car seat or booster and that it's correctly installed.

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

Staying Safe with Thanksgiving Leftovers

Thanksgiving dinner is one of the best meals of the year—and the leftovers can be just as good! But to keep your family healthy, it's important to store and reheat your food the right way. Following a few simple food safety rules from the United States Department of Agriculture can help prevent food poisoning and make sure your leftovers stay fresh and safe to eat.

Cool and Store Promptly

After your big meal, it's important to get leftover food into the fridge or freezer within **two hours** of when it was cooked or served. That's because when food sits out longer than that, it enters the "Danger Zone" (between 40 °F and 140 °F) where bad germs can grow quickly.

How Long Can You Keep Leftovers?

In the **refrigerator**, leftovers are safe for up to 4 days. In the **freezer**, leftovers stay safe indefinitely for germs—but their quality (taste/texture) is best if used in 2 to 6 months.

If you see food that sat out more than two hours without being kept hot (above 140 °F) or cold (below 40 °F), it's safest to toss it.

Reheat Safely

When you heat up leftovers, make sure they reach at least 165 °F. That temperature kills most harmful germs. For the microwave: cover the food, stir or rotate it so it heats evenly.

Keep Things Extra Clean

Wash your hands with soap and warm water for at least 20 seconds before and after you handle food. Use separate cutting boards or utensils for raw meats (like turkey) and for foods that are ready to eat. This helps stop germs from spreading.

Where to Find Help or More Information

The USDA has lots of safety tips for cooking, storing, and reheating Thanksgiving foods on their website at usda.gov.

If you ever have questions, you can call the USDA Meat & Poultry Hotline (1-888-MPHotline) for answers from experts. By following these steps, you and your family can enjoy those tasty leftovers without risking tummy troubles.

COPD

Every November is COPD Awareness Month —COPD stands for chronic obstructive pulmonary disease. It is a group of lung diseases that make it hard to breathe. More than 13 million Americans have COPD, and it is the third leading cause of death in the United States according to the American Lung Association. During COPD Awareness Month, it's a great time to spread the word, help someone, or take better care of your lungs. Here are trustworthy places you can visit to learn more or get help:

- American Lung Association: Has free courses and toolkits about COPD, how to live with it, and how caregivers can help.
- COPD Foundation: Offers information about COPD Awareness Month in November, how to get involved, and resources for people living with COPD.
- Centers for Disease Control and Prevention (CDC): Good for learning about COPD in general, risk factors, and resources for patients and families

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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Thawing time in refrigerator

Source: http://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/seasonal-food-safety/countdown-to-the-thanksgiving-holiday/CT_Index

TYPE OF TURKEY

NUMBER OF DAYS

4 to 12 pounds	1 to 3 days
12 to 16 pounds	3 to 4 days
16 to 20 pounds	4 to 5 days
20 to 24 pounds	5 to 6 days

Flu Shots Available

The Center for Disease Control and Prevention reports that every year, the flu makes millions of people sick and sends hundreds of thousands to the hospital. It can even cause tens of thousands of deaths. But only about half of Americans get a flu shot each year. If more people got vaccinated, many more illnesses could be prevented. Data from the CDC shows there are many benefits of the Flu Shot including:

1. It makes illness less serious if you do get sick.
People who get the flu after being vaccinated usually have milder symptoms. Studies show that vaccinated people are less likely to end up in the ICU and less likely to die from the flu.
2. It helps prevent hospital visits.
Each year, flu shots stop tens of thousands of hospitalizations. In some studies, vaccinated adults were 82% less likely to be admitted to the ICU for the flu.
3. It protects people with long-term health problems.
People with heart disease, lung disease, or diabetes who get flu shots are less likely to have serious health problems or need to go to the hospital.
4. It keeps pregnant women and their babies healthy.
Getting the flu shot during pregnancy protects both the mother and the baby. It helps prevent the flu while pregnant and keeps babies safe for the first few months of life when they are too young to get their own vaccine.
5. It helps protect everyone around you.
When you get vaccinated, you also help protect people who can get very sick from the flu—like babies, older adults, and those with chronic health problems.

Getting a flu shot each year keeps you, your family, and your community healthier. A quick shot can make a big difference for everyone! You can get your flu shot at the Noble County Health Department Mondays 7am-6pm and Tuesday-Friday 7am-4pm by either walking-in or making an appointment. If you have any questions, call the Health Department at 740-732-4958.

Coats for Kids

Calling all parents! Is your child in need of a winter coat? The Noble County Health Department has partnered with the Knights of Columbus to distribute coats to children in need within Noble County. No income requirements! If you have any questions or would like to register call the Health Department at 740-732-4958.



Guess the phrase

Guess what movie each of these phrases belong to.

1. Once you're grown up, you can't come back.
2. There's no place like home.
3. I solemnly swear I am up to no good.
4. It's so fluffy, I'm gonna die!
5. Elementary, dear Watson.
6. You shall not pass!
7. Do or do not. There is no try.
8. Say, you're a lot smaller than my last master.
9. With great power, come great responsibility.
10. If you build it, he will come.
11. Some people are worth melting for.
12. That'll do pig, that'll do.
13. May the odds be ever in your favor.
14. She's not scared of you anymore. Looks like you're out of a job.
15. I'm gonna make him an offer he can't refuse.
16. You can't handle the truth!



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Department, Caldwell Ohio

1. Peter Pan
2. Wizard of Oz
3. Harry Potter
4. Despicable Me
5. Sherlock Holmes
6. Lord of the Rings
7. Star Wars
8. Aladdin
9. Spiderman
10. Field of Dreams
11. Frozen
12. Babe
13. Hunger Games
14. Monsters Inc
15. The Godfather
16. A Few Good Men

Answers from above