



# Women's Health Newsletter

Stanislaus County Health Services Agency (HSA)  
Maternal, Child, and Adolescent Health Program  
For more information call us at 1-800-834-8171

Volume 1: Spring 2004

**Public Health  
Division Mission**  
*"To ensure healthy  
communities through  
efforts that  
protect, and promote  
the health of, and  
prevent disease in,  
all our communities  
within Stanislaus  
County."*

## RELAXATION TIPS THAT WORK:

1. Be consistent in setting time aside each day for relaxation—time just for you.
2. Carry a small notebook with you to record thoughts you may have—a way of clearing your mind.
3. Get enough sleep.
4. When you get home from work, take 15 minutes for yourself.
5. Try meditation.
6. Have FUN! Do things you enjoy doing more often.
7. Make time for your friends and family.

*Relaxation tips adapted from  
"Candleance.com: Relaxation Tips"*

**Note:** *This fact sheet is a quick reference guide for prominent women's health issues, this should not be used as a complete guide. For more information regarding these topics, please consult your primary care provider.*



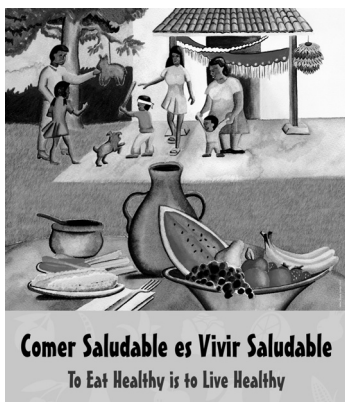
## CELEBRATE WOMEN'S HEALTH BY TAKING CARE OF YOU. . .

Family is a simple word describing our relationship with special people in our lives—namely our children, siblings, parents, grandparents, grandchildren, relatives, and close friends. Something you will nearly always find in discussions about family is how women often play a critical role in keeping family together. However, an important factor that is often neglected by women is their health. The top four causes of death for women in America are 1) coronary heart disease, 2) cancer, 3) stroke, and 4) diabetes. However, the most troubling fact about each of these top four killers is that they can be prevented or treated (not necessarily cured) if the warning signs are caught early enough. Your health practices of today can have a great affect on you tomorrow. The ultimate goal of each of the editions of the Women's Health Newsletter is to provide information to women and their families about how to work towards improved health of women and children. Information in this edition includes:

- Healthy eating advise,
- Ways of reducing stress,
- Tips for becoming more motivated to exercise,
- Recommendations for the possibilities of a healthier baby,
- A healthy recipe, and
- Information on a pregnant or parenting women's support group in a community near you.

Cheers to celebrating good health today and for the rest of your life!!!

## "COMER SALUDABLE ES VIVIR SALUDABLE- TO EAT HEALTHY IS TO LIVE HEALTHY"



Here are some tips to help you make healthier choices:

**Use the Food Guide Pyramid**  
The *Dietary Guidelines for Americans* can be your family's guide to smart eating and active living. This advice is meant for anyone in your family, ages two and over. So how many servings of each food group does my family need?

- Fruit Group: 2-4 servings
- Milk Group: 2-3 servings
- Meat/Protein Group: 2-3 servings

**Aim for Fitness**  
Aim for a healthy weight.  
Be physically active each day.

**Build a Healthy Base**  
Let the Pyramid guide your food choices. Choose a variety of grains daily, especially whole grains. Choose a variety of fruits and vegetables daily. Keep food safe to eat.

**Choose Sensibly**  
Choose a diet that is low in saturated fat and cholesterol. Choose and prepare foods with less salt.



- Bread Group: 6-11 servings
- Vegetable group: 3-5 servings

**Interested in Health Information Resources:**  
Call the HSA Health Promotion Department at 209-558-5657.



## EXERCISE TIPS:

- Exercise at least 2-3 times a week for 30 minutes.
- Find a workout partner and walk together.
- Go out for a short walk before breakfast, after dinner.
- Walk when you can instead of driving.
- When walking, pick up the pace from leisurely to brisk.
- Play your favorite music while exercising, something that motivates you.



## STRAWBERRYIFIC SMOOTHIE RECIPE

### Ingredients:

- 8 oz. carton of plain nonfat yogurt
- 1/4 cup fat-free milk
- 3 packets substitute sugar
- 3 cups frozen, unsweetened strawberries
- 1 cup of ice cubes

### Preparation:

1. Combine yogurt, milk, and sugar substitute in a blender,
2. With blender running add strawberries, a few at a time through opening in lid
3. Blend until smooth. Add ice cubes one at a time until smooth

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Stanislaus  
**HEALTH SERVICES AGENCY**  
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[www.hsahealth.org](http://www.hsahealth.org)

## X<Diabetes>

X



## X<Perinatal Care>

X



## IN A LOCATION NEAR YOU!!!!

Airport Neighbors United, Inc.  
205 South Santa Cruz  
Modesto, CA 95354  
(209) 572-4535

Ceres Partnership for Healthy Children  
"Pickles & Ice Cream"  
3641 Mitchell STE D  
Ceres, CA 95307  
(209) 541-0101

West Modesto/King Kennedy  
Neighborhood Collaborative  
607 California Street  
Modesto, CA 95351  
(209) 522-6902

**Pregnant? Have questions? Need support? Well the Healthy Birth Outcomes partnership invites you to attend one of our fun, interactive, and educational pregnancy support group. Topics include: *My Growing Baby, Here Comes Baby, What do I want? - Labor & Delivery Plan, Coming Home, and much more.***

**Come, learn and have fun with this new and innovative program that promotes healthy births for you and your baby. The program is offered at various locations and times, contact your nearest group for more details.**

Rio Altura Healthy Start  
2400 Stanislaus Street  
Riverbank, CA 95367  
(209) 869-0468

Newman-Crows Landing  
Healthy Start  
809 Main Street  
Newman, CA 95360  
(209) 862-0295

Family Support Network  
Oak Valley Hospital District  
1405 West F Street  
Oakdale, CA 95361  
(209) 847-5121

