

February Is American Heart Month

Every journey begins with one step, whether it's climbing a mountain or preventing heart disease. American Heart Month is a time for learning about cardiovascular health, risk factors and warning signs of a heart attack or stroke. It is also a good time to look at your lifestyle choices and determine whether you need to make changes for your own heart health.

According to the Centers for Disease Control and Prevention (CDC), about 715,000 Americans have a heart attack every year. About 600,000 people die from heart disease in the United States each year—that's 1 out of every 4 deaths. Heart disease is the leading cause of death for both men and women.

The situation is alarming, but there is good news—heart disease is preventable and controllable. Start by taking small steps every day to bring our loved ones and ourselves closer to heart health. Eat a healthy diet, maintain a healthy weight and exercise regularly.

As you begin your journey to better heart health, keep these things in mind:

- **Don't become overwhelmed.** Every step brings you closer to a healthier heart.
- **Don't go it alone.** The journey is more fun when you have company. Ask friends and family to join you.
- **Don't get discouraged.** You may not be able to take all of the steps at one time. Get a good night's sleep and do what you can tomorrow.
- **Reward yourself.** Find fun things to do to decrease your stress. Round up some colleagues for a lunchtime walk, join a singing group, or have

a healthy dinner with your family.

Knowing your risk factors and taking steps like not smoking, limiting alcohol use, monitoring blood pressure and having your cholesterol checked is



you're the **cure**

important in preventing a heart attack or stroke. The five major symptoms of a heart attack include:

- Pain or discomfort in the jaw, neck, or back
- Feeling weak, light-headed, or faint
- Chest pain or discomfort
- Pain or discomfort in arms or shoulder
- Shortness of breath

If you think that you or someone you know is having a heart attack, call 9-1-1 immediately.

For more information, visit the Centers for Disease Control and Prevention website at www.cdc.gov/features/heartmonth/ or the American Heart Association website at www.heart.org.

MISSION STATEMENTS

County of Orange

"Making Orange County a safe, healthy, and fulfilling place to live, work, and play, today and for generations to come, by providing outstanding, cost effective regional public services."

Health Care Agency

"In partnership with the community, protect and promote the health and safety of individuals and families in Orange County through assessment and planning, prevention and education, and treatment and care."

Update

Quarterly Safety Meeting

 In January 22, the HCA Safety Program hosted its 1st Quarterly Departmental Safety Representative (DSR) meeting for 2014.

More than 100 dedicated DSRs attended this informative meeting that provided discussions and trainings on DSR timelines, 2013 Cal/OSHA Log completion and posting, Safety Program Plans and the new HCA Ergonomic Program Plan coming to the agency this year.



In addition, the HCA Safety Office recognized outstanding individuals who demonstrated timeliness in regard to submission of safety documents. Their continuous immediate attention to safety issues assists the Safety Program by ensuring that hazards and injuries are reported in a timely manner compliant with Cal/OSHA regulations. The HCA Safety Office commends the following individuals for their exceptional effort in making safety a priority at their worksite.

Maria H. Avalos Pulmonary Disease Services
Maria Lopez. Refugee Health Services
Steve Karakash Facilities Operations



Pictured (left to right) are Maria Lopez, Maria H. Avalos, and April Kearney for Steve Karakash.



Logos available online

 Did you know that County and HCA logos, as well as guidelines on their use can be found on the HCA Intranet at [County Logos](#)? Also available for download is the official OC 125 logo adopted by the Board of Supervisors for use on County publications for 2014. Various formats of logos can be downloaded based on the purpose of your project. Follow the easy steps to save the images to your computer. For any questions, please call the HCA Media Line at (714) 834-2178.

MARCH HEALTH OBSERVANCES
National Colorectal Cancer Awareness Month
National Endometriosis Awareness Month
National Nutrition Month
World Tuberculosis Day. . . . 24
American Diabetes Alert Day 25

health care agency **UP**
WHAT'S UP keeping staff informed & current

WHAT'S UP is a newsletter for employees of the County of Orange, CA, Health Care Agency.
Editors Tricia Landquist
Deanne Thompson
Anne Fialcowitz

Phone . . (714) 834-6644
Email . . . tlandquist@ochca.com
FAX . . . (714) 834-7644
Pony . . . Bldg. 38-S, 4th Floor



Mike Arroyos named CCS Employee of the Quarter

Congratulations to Mike Arroyos, Office Assistant with the California Children's Services (CCS) program on being selected as the CCS employee of the quarter on January 15, 2014.

As an Office Assistant, Mike

processes incoming mail and provides the nurses with charts and needed reports so that requests for medical services are processed in a timely manner. Mike is recognized by the CCS staff as an excellent employee who is dedicated, approachable, and always willing to help.

Candidates are nominated for the CCS employee of the quarter by their peers for their outstanding and significant contribution to CCS or the work environment, their leadership skills, being a team player, and commitment to the children and families served by the CCS Program.

CCS is a statewide program that provides medical case management for children with special health care needs and medically necessary physical and occupational therapy through the Medical Therapy Program.

The program provides services to more than 13,500 children from birth to 21 years with qualifying medical conditions. CCS aspires to nurture, advance, and preserve the well being of children with special needs through optimal access and provision of quality health care services. For more information about the CCS program, visit the CCS webpage at <https://media.ocgov.com/gov/health/about/medical/ccs/default.asp>.



Pictured (left to right) are Lynn Einarrson-Woods, CCS Division Manager and Mike Arroyos.

Save the Date

Public Health Week 2014

National Public Health Week (NPHW) is almost here! Be sure to mark April 7-13, 2014 on your calendars. This year's theme "Public Health: Start Here," focuses on guiding



communities through the evolving public health system.

The system that keeps our communities healthy and safe is changing as technologies advance, public attitudes toward health shift and more health and safety options become available through policy changes such as

the Affordable Care Act.

NPHW 2014 is an opportunity for health professionals to engage with individuals and communities to help them understand how public health affects their lives and offer guidance on how to navigate the changing system. Whether it's through research, data collection, health education, policy change or direct services, public health lays the foundation and creates the conditions that put healthy choices within reach.

For more information, visit the American Public Health Association's National Public Health Week website at www.nphw.org.

Shoot for the moon. Even if you miss, you'll land among the stars.
—Les Brown