



# Wellnews

## October 2022

### INCREASE YOUR HEALTH LITERACY

October is Health Literacy Month! This month focuses on “building awareness [of health literacy] through action.” **First, what is health literacy?** According to Healthy People 2030, personal health literacy is “the degree to which individuals have the ability to find, understand, and use information and services to inform health-related decisions and actions for themselves and others.” Below are a few actions you can take to help improve your own or your loved ones' health literacy:

- Ask questions! There is no such thing as a dumb question when it comes to your health.
- Repeat what your health care provider tells in in your own words. This will help to reduce any misunderstandings between what your doctor is saying and what you are hearing.
- Bring a friend as a pair of second ears and eyes to your appointments, if possible. You can ask this individual to take notes for you, just in case you miss something!
- Work with a patient navigator, if available. The FWCS wellness clinics have a care coordinator available for just these circumstances!
- Keep a running list of questions for your health care provider.
- Ask for hand-outs or reading material to take home and review.
- Don't believe everything you read on the internet – use reliable resources from reputable organizations.

<https://healthliteracymonth.org/healthliteracymonth/hlm-home>

### OCTOBER 16 – GLOBAL HANDWASHING DAY

Handwashing is always important; however, as we move into flu/illness season, washing our hands correctly and at the appropriate times is even more crucial!

We should wash our hands (rather than using hand sanitizer) when preparing or eating food, before and after caring for sick individuals, after blowing your nose, coughing, or sneezing, after handling garbage, after using the restroom, and before and after treating a wound.

<https://www.cdc.gov/handwashing/when-how-handwashing.html>



Clean hands are happy hands!

## PUMPKIN CHILI

Brown 1lb. ground beef in a large pot. When beef is almost completely cooked, add 2 chopped onions and cook until soft.

Add 1 can drained diced tomatoes, 1 can of tomato sauce, 1 can of pureed pumpkin, 1 can beans of choice, 1 c. organic beef broth or water, 1 Tbsp. chili powder, 2 tsp. garlic powder, 1 tsp. Himalayan salt, 1 tsp. black pepper, and ½ tsp. cinnamon powder. Simmer for 10 mins until heated through. Top with cheese, sour cream/plain yogurt, or avocado slices.

Recipe from Feeding Littles

