

July 2021

Howdy Colorado County!

FOCUS ON EYE HEALTH



Routine Eye Care

Schedule annual comprehensive eye exams for early detection of eye diseases.

Good Nutrition

Eat a nutritious diet consisting of fruits and vegetables, whole grains, low-fat dairy, and various protein foods.

Quit Smoking

Smoking can damage several organs in our body including our eyes.

Limit Screen Time

Take breaks from screens every 20 minutes by looking at something that is 20 feet away for 20 seconds.

Be Active

Incorporate at least 30 minutes of physical activity into your daily routine on most days.

Protect Your Eyes

Use sunglasses and avoid looking directly at the sun.



THE MISSION FOR A HEALTHY VISION

In the U.S., about 4.2 million adults over the age of 40 are either legally blind or suffer from impaired vision. Age-related eye disorders such as macular degeneration, cataract, diabetic retinopathy, and glaucoma are the leading causes of blindness and poor vision among Americans. An important aspect of disease prevention is being aware of the condition, the risk factors, and understanding the preventive measures, says Dr. Sumathi Venkatesh, a health specialist with Texas A&M AgriLife Extension Service. Many of these eye diseases can be detected early through annual comprehensive eye examinations allowing appropriate treatment to prevent vision loss and impairment. Being overweight or obese and having medical conditions such as diabetes or high blood pressure may aggravate your risk for eye problems. If you have any of these risk factors, talk to your physician about managing your weight and health. Several eye diseases can be prevented through a healthy lifestyle and by using proper protective eye gear. The National Eye Institute recommends the following preventive measures to protect your eyes:

Routine eye care – Pay attention to changes in your vision. Contact your eye care provider if your vision is blurry or if you have trouble seeing. Schedule comprehensive eye exams on a regular basis. A dilated eye examination will enable early detection and treatment of eye diseases.

Good nutrition – Consume a well-balanced diet loaded with fruits and vegetables, especially dark green leafy vegetables (e.g., spinach and kale), whole grains, low-fat dairy products, and a variety of protein foods. Food containing omega-3 fatty acids such as fish, vegetable oils, nuts, and seeds may help with heart health and regulating blood pressure and blood cholesterol levels thus preventing the development of eye disorders.

Be active – regular physical activity promotes overall health and helps to prevent and manage heart disease, high blood pressure, and diabetes. Adults need about 30 minutes of physical activity on most days. Try incorporating exercise in your daily activities such as gardening, doing household chores, or taking the stairs at work.

Quit smoking – smoking may harm several organs in our body including our eyes. Smoking can damage the optic nerves and may increase the risk for age-related macular degeneration, cataract, glaucoma, diabetic retinopathy, and dry eyes syndrome.

Limit screen time – Prolonged screen time can make your eyes tired and dry. Follow the 20-20-20 rule. Take a break every 20 minutes by looking at something that is 20 feet away for 20 seconds. To reduce eye strain, adjust your screen lighting, position the screen to reduce glare, and use blue light filters.

Protect your eyes – Avoid looking directly at the sun. Wear sunglasses especially ones that block over 99% of UVA and UVB radiation. Use protective eye gear when using chemicals, playing sports, working on construction projects, and when mowing your lawn. Make sure your hands are clean when you wear and remove your contacts. Disinfect your contacts and replace them when they are due.

For more information and resources on eye health, visit the National Eye Institute at <https://www.nei.nih.gov/> and the Centers of Disease Control and Prevention's Vision Health Initiative at <https://www.cdc.gov/visionhealth/index.htm> . For programs on nutrition, physical activity, heart health, diabetes, and blood pressure management, contact your local County Extension Office at 979-732-2530

**Texas A&M AgriLif
Extension Service
Colorado County**

**Ja'Shae Horn, CEA
Family & Community
Health**

**316 Spring Street
Columbus, TX 78934
979-732-2082**

TEXAS A&M AGRI LIFE EXTENSION



Food Managers 2-Day Certification Training

Prometric Exam Offered

Date

August 23 & 24

Time

9am-4pm

Location

316 Spring Street

Room 105

Columbus

County

Colorado

Cost

\$125.00

How can this course help you?

- Understand the major causes of foodborne illness and how to prevent them
- Increase the food safety knowledge of your employees
- Improve relationships with health officials
- Upon passing the certification exam, you will fulfill state requirements for *Certified Food Manager* status.
- Topics covered include:
 - Foodborne illnesses and how they are caused
 - Food safety hazards
 - Sanitation regulations
 - HACCP
 - AND MORE!

Registration Information

Included with your registration:

- 2-Day Course
- ANSI-CFP Accredited Certified Professional Food Manager exam (CPFM)
- "Food Safety: It's Our Business" course book in English or Spanish

You must bring an acceptable photo ID to be able to take the exam.

For more information and class details, visit:
foodsafety.tamu.edu

Bicycle Rodeo & Back to School Bash



July 17th

10 AM-12 PM

Doors will not open until 9:00

****Free school supplies
and hygiene products
given by vendors****

**First United Methodist Church
Family Life Center
419 Washington St. Columbus, TX**

**Everyone is invited to join in the
FUN and get a great start to the
school year!**

****Pfizer Vaccine will be offered
for anyone 12 yrs and older****

Door prize drawings will be held throughout the event.
Must be present to win.

**Brought to you by:
Texas A&M AgriLife Extension Service
Texas Department of State Health Services
Methodist Healthcare Ministries of South Texas, Inc.
Communities in Schools Southeast Harris & Brazoria County**

**A Parent
MUST
accompany
the child to
participate in
screenings.**

- **Juice Plus**
- **MEHOP**
- **ECI**
- **WIC**
- **Columbus Physical Therapy**
- **Columbus Fire Dept.**
- **Amerigroup**
- **Columbus Lion's Club/Vision Checks**
- **Maximus**
- **Agri Life- Snow Cones**
- **Houston/Galveston Area Agency**
- **And many more vendors...**
- **Webbitt Library- Bicycle Rodeo-4 Bikes donated by Matt Gaby State Farm**

For Questions Contact: Debora Shimek at 979-732-5275 or Joshua Horn at 979-732-2082

Educational programs of Texas AgriLife Extension Service are open to all people without regard to race, color, sex, disability, religion, age, or national origin. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.

Individuals with disabilities, who require an auxiliary aid, service or accommodation in order to participate in any Extension activity, are encouraged to contact the County Extension Office at 979-732-2530 for assistance ten days prior to the activity.

Please feel free to contact me if you have any questions.

Sincerely,

Jashae Horn

County Extension Agent—Family &Community Health—Colorado County

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979-732-2082

colorado.agrilife.org

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Columbus, TX 78934
TEXAS A&M
AGRI LIFE
EXTENSION