

# Water and Nutrition

Getting enough water every day is important for your health. Healthy people meet their fluid needs (<http://www.cdc.gov/nutrition/>) by drinking when thirsty and drinking with meals. Most of your fluid needs are met through the water and beverages you drink. However, you can get some fluids through the foods that you eat. For example, broth soups and foods with high water content such as celery, tomatoes, or melons can contribute to fluid intake.

Water helps your body:

- Keep your temperature normal
- Lubricate and cushion joints
- Protect your spinal cord and other sensitive tissues
- Get rid of wastes through urination, perspiration, and bowel movements



Tips to increase water intake:

- Carry a water bottle for easy access when you are at work or on running errands.
- Freeze some freezer safe water bottles. Take one with you for ice-cold water all day long.
- Choose water instead of sugar-sweetened beverages. This can also help with weight management. Substituting water for one 20-ounce sugar sweetened soda will save you about 240 calories.
- Add a wedge of lime or lemon to your water. This can help improve the taste and help you drink more water than you usually do.



# NEWSLETTER

Volunteers Building Strong, Healthy, and Prepared Communities

## Wildfire Preparedness

August 2016

Unlike many natural disasters, most wildfires are caused by people—and can be prevented by people, too. Meteorologists are not yet able to forecast wildfire outbreaks, so people in fire-prone areas should plan ahead and prepare to evacuate with little notice. Here are some tips on how to prevent wildfires and what to do if you're caught in the middle of one.

**How to Prevent a Wildfire**

- Contact 911 or the Park Service if you notice an unattended or out-of-control fire.
- Never leave a campfire unattended. Completely extinguish the fire—by dousing it with water and stirring the ashes until cold.
- Be cautious when using and fueling lanterns, stoves, and heaters.
- Do not discard cigarettes, matches, and smoking materials from moving vehicles.
- Follow local ordinances when burning yard waste. Avoid backyard burning in windy conditions, and keep a shovel, water, and fire retardant nearby to keep fires in check.

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**Evacuation Tips**

- If advised to evacuate, do so immediately.
- Know your evacuation route ahead of time and prepare a checklist and emergency supplies.
- Wear protective clothing and footwear to protect yourself from flying sparks and ashes.

**Before You Leave, Prepare Your House**

- Remove combustibles, including firewood, yard waste, barbecue grills, and fuel cans, from your yard.
- Close all windows, vents, and doors to prevent a draft.
- Shut off natural gas, propane, or fuel oil supplies.

**If Caught in a Wildfire**

- Don't try to outrun the blaze. Instead, look for a body of water such as a pond or river to crouch in.
- If there is no water nearby, find a depressed, cleared area with little vegetation, lie low to the ground, and cover your body with wet clothing, a blanket, or soil.
- Protect your lungs by breathing air closest to the ground through a moist cloth to avoid inhaling smoke.

Thank you to those who have participated in recent MRC activities:

### Seaport River Run First Aid Stations (4/23/16)

Susie Bunt      Jennifer Frudd      Amy Smith  
Amy Grow      Gordon Hawkins      Lisa Vines



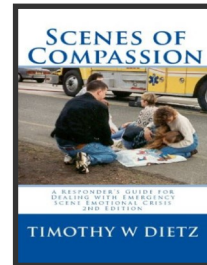
### Shelter Fundamentals Training (5/21/16)

Vicki Browning      Jennifer Frudd  
Moriah Hale      Julie Keller



### Scenes of Compassion Training (5/24/16)

Jennifer Cochran      Teresa Bryant  
Brandice Peterson      Zach Peterson  
Shari Kuther      Dave Kuther  
Bill Spencer      Pat Monger  
Ty Williams      Rebecca Burt



### Cascadia Rising Full Scale Exercise (6/10/16)

Jennifer Cochran      Teresa Bryant      Danielle Cochran  
Mei Fong      Baylee Moore      Selina Byrum  
Zach Rathbun      Jenna Chambers      Emilee Cash  
Garfield Jones      Nicole Cone      Jolynn Fout  
Brandice Peterson      Zach Peterson      Mary Everett  
Paul Guenther      Karin Banks      Tammy Westfall



## Type 2 Diabetes Prevention

What is prediabetes? Prediabetes is a condition that comes before diabetes. It means your blood glucose levels are higher than normal but aren't high enough to be called diabetes. There are no clear symptoms of prediabetes. You can have it and not know it. If you have prediabetes, you may get type 2 diabetes soon or down the road. You are also more likely to get heart disease or have a stroke. The good news is that you can take steps to delay or prevent type 2 diabetes. You may be able to delay or prevent type 2 diabetes with physical activity, targeting a healthy weight, and/or taking medication, if prescribed by your doctor.

Public Health - Idaho North Central District is hosting the Diabetes Prevention Program (DPP). The DPP helps participants learn how to change their lifestyle to prevent type 2 diabetes. Contact Ryan Bender at [rbender@phd2.idaho.gov](mailto:rbender@phd2.idaho.gov) for more information. New classes begin August 16th. To find out more information on type 2 diabetes and if you are at risk go to <http://www.diabetes.org/are-you-at-risk/>.

## ARE YOU ON FACEBOOK?

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