

ATCPHD



PUBLIC HEALTH
CITY OF ABILENE TEXAS

HEALTH CONNECTIONS



EMERGENCY PREPAREDNESS AND THE FLU

Preparedness starts with **planning, coordination, and communication**. Whether for your home or your health district, staying informed, building an emergency kit, and having a family communication plan can save lives. Small steps matter too — like getting your **annual flu shot**. It helps protect you, your loved ones, and your community, reduces serious illness, and decreases hospitalization risk. Flu vaccines are safe for most, but check with your healthcare provider if you have health concerns or allergies.

Build your Emergency Kit today!
Learn some ways to start from our
website: abirebuildhealth.org



CHRONIC DISEASE PREVENTION SPOTLIGHT: SMALL DAILY HABITS



Daily Habits to Try:

- Drink water throughout the day and limit sugary drinks.
- Fill half your plate with fruits and vegetables.
- Choose whole grains when available.
- Include short movement breaks during long periods of sitting.
- Aim for consistent sleep routines.

Preventing chronic disease often **starts with small choices** repeated consistently. Building just a few healthy habits can support heart health, reduce stress, and improve energy levels.

Quick Label-Reading Tips:

- Look for items low in added sugars and sodium.
- Choose products with shorter ingredient lists when possible.
- Compare items using the Nutrition Facts label to make informed choices.

WINTER NUTRITION: SEASONAL PRODUCE

Eating well during the colder months doesn't have to be complicated. Many nutritious foods are at their peak this time of year, and choosing seasonal options can **help families stretch their budget while supporting overall health.**

Seasonal Produce to Look For:

- Sweet potatoes
- Winter squash
- Citrus fruits (oranges, clementine, grapefruit)
- Cabbage
- Carrots
- Dark leafy greens

Simple Ways to Boost Nutrition:

- Add a serving of vegetables to soups, stews, and casseroles.
- Keep fruit visible and ready to grab for quick snacks.
- Try one new seasonal vegetable each week to add variety

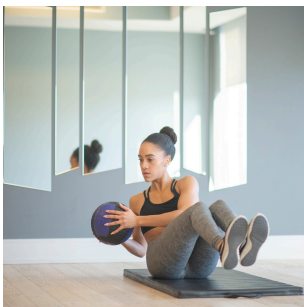
Quick Recipe Idea: Roasted Winter Veggies

Toss chopped sweet potatoes, carrots, and Brussels sprouts with a small amount of oil and your favorite seasoning. Roast at 400°F until tender



STAYING ACTIVE DURING COLDER MONTHS

Shorter days and colder weather can make activity harder, but **regular movement is still one of the best ways to support both physical and mental health.** Small steps count, and indoor activities can be just as effective as outdoor ones.



Indoor Activity Ideas for Families:

- Family dance breaks
- Chair exercises or stretching routines
- Simple at-home strength workouts using household items



If Outdoor Weather Allows:

- Short walks around the neighborhood
- Playing at local parks during the warmest part of the day
- Nature scavenger hunts for children



Tips for Staying Motivated:

- Set small goals, like 10–15 minutes of activity at a time
- Keep winter gear by the door for quick, spontaneous movement
- Invite a friend or family member for accountability