

# Community Health Newsletter

Week 26



## Z - Zoonosis



**Zoonosis** refers to any infectious disease that can be passed between humans and animals such as ringworm, rabies, and salmonella.

Other examples include **tularemia** (from rabbits and wild rodents), **brucellosis** (from domestic livestock), **psittacosis** (from birds of the parrot family), as well as a variety of respiratory infections.

To prevent zoonosis:

- Keep your pet(s) healthy.
- Stay away from wild animals.
- Always wash your hands after touching animals.
- Avoid mowing over dead animals.
- Wear gloves when handling sick or dead animals.
- Avoid consuming raw milk or cheese.
- Wear insect repellent.

## Food of the Week: Zucchini

Zucchini is a summer squash that originated in the Americas and evolved in Europe. It can be eaten raw or cooked. Zucchini is a good source of vitamins A, B6, and C as well as thiamin, niacin, and fiber.

For best results, choose a firm, green, slender zucchini about 6 to 8 inches long and 2 inches in diameter. As zucchinis grow, they get longer and wider. Large zucchinis are tough and develop more seeds.



## Functional Fitness

Can you bench-press your highest weight ever at the gym, but you keep hurting your back lifting a child from a car seat? Focus on building your body to do real-life activities in real-life positions.

Focus on getting your body to control and balance its own weight. Try a one-legged squat.

The longer you have been away from physical activity, the longer it takes to build your body.

Regular physical activity helps improve your overall health and fitness, and reduces your risk for many chronic diseases.

Check the Centers for Disease Control and Prevention's *Physical Activity Guidelines for Everyone*. <http://www.cdc.gov/physicalactivity/everyone/guidelines/index.html>

## Tuna Pasta Salad – 4 servings

United States Dept. of Agriculture, Center for Nutrition Policy and Promotion

<http://www.cnpp.usda.gov/Publications/FoodPlans/MiscPubs/FoodPlansRecipeBook.pdf>

2 cups of macaroni, uncooked	Cook macaroni according to package directions. Drain and rinse under cold, running water until cool.
2 - 6.5 ounce cans tuna, water-packed	
½ cup zucchini, chopped	Drain tuna.
¼ cup carrots, sliced	Wash vegetables. Chop, slice, and dice the vegetables.
1/3 cup onion, diced	In a bowl, mix the macaroni, tuna, vegetables, and add salad dressing.
¼ cup mayonnaise-type salad dressing.	Chill and serve.

Image source: United States Dept. of Agriculture, Agricultural Marketing Service  
<http://www.ams.usda.gov/AMSV1.0/getfile?dDocName=STELDEV3049656>

