

# Healthy Okaloosa

# NEWSLETTER

Florida  
HEALTH  
Okaloosa County

November 2024

Organizations across the county have partnered with the Florida Department of Health in Okaloosa County. Together we are making Okaloosa County a healthier place to live, learn, work, and play!

## Health Observance: American Diabetes Month

November is American Diabetes Month, focusing on raising awareness about diabetes prevention and management. The Centers for Disease Control and Prevention (CDC) emphasize the importance of a healthy lifestyle to reduce the risk of developing Type 2 diabetes. Key steps include incorporating regular physical activity, eating a balanced diet rich in whole grains, vegetables, and lean protein, and monitoring blood sugar levels regularly. For those already living with diabetes, it's crucial to follow medication guidelines and have regular check-u-ps. Early detection can make a big difference, so consider scheduling a screening. Explore the CDC's resources on managing and preventing diabetes [here](#) to learn more.



## Heart Healthy Turkey Chili

This heart-healthy chili is a delicious and easy-to-make dish, perfect for a cozy family meal. Packed with lean protein and fiber, it's both nutritious and satisfying.

### Ingredients

- 1 1/2 tbsp canola or corn oil
- 1 chopped onion
- 1 lb. ground turkey
- 2 cloves minced garlic
- 1 can each: pinto beans, black beans, and diced tomatoes
- 1 cup frozen corn
- 1 small canned tomato sauce
- 1 3/4 cup low sodium chicken broth
- 2 tsp chili powder
- 1/2 tsp cumin
- 1/2 tsp black pepper
- 4 green onions, sliced

### Directions

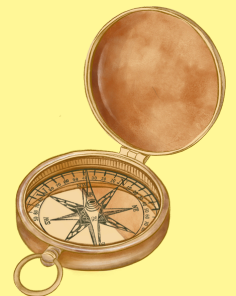
1. Heat oil in a Dutch oven medium-high heat. Cook onion for 3 minutes until soft.
2. Add turkey, cook for 5 minutes until browned, breaking it up as it cooks.
3. Stir in garlic, chili powder, pepper, and cumin. Add beans, tomatoes, broth, corn, and tomato paste. Cook for 5-7 minutes, stirring often.
4. Top with green onions just before serving.

Find more recipes [here!](#)



## Staying Active This Fall

Fall is an excellent season to get outside and enjoy the crisp weather while staying active. According to the National Institutes of Health (NIH), adults should engage in at least 150 minutes of moderate physical activity per week. Local parks in Okaloosa County provide great opportunities for walking, biking, and hiking, which not only boost fitness but also improve mental well-being. Simple outdoor activities like raking leaves, gardening, or playing sports with family are fun ways to stay active. Aim to mix up your routine to keep things engaging and take advantage of the cooler temperatures. Learn more about physical activity guidelines and tips [here](#).



## Flu Prevention Tips

As flu season arrives, it's essential to protect yourself and your family. The Florida Department of Health strongly recommends getting the flu vaccine as the first line of defense. Other preventative measures include frequent handwashing with soap and water, covering your mouth when coughing or sneezing and avoiding close contact with people who are sick. Maintaining a clean environment at home by disinfecting surfaces and ensuring proper ventilation also reduces the spread of the virus. If you do get sick, stay home and recover and prevent spreading it further. For detailed flu prevention tips and vaccine information visit the Florida Department of Health website [here](#).

# Friendsgiving



## Local Activities

### Farmers Market at Destin Commons

Every Saturday, 9:00 a.m. - 1:00 p.m.

4100 Legendary Dr

Destin, FL 32541

### Turkey Trot 5K and Fun Run

November 18, 2024, 8:00 a.m. till finish

132 Jet Dr NW

Fort Walton Beach, FL 32548

### Heritage Park & Cultural Center

November 10, 2024, 10:00 a.m. - 4:30 p.m.

139 SE Miracle Strip Pkwy

Fort Walton Beach, FL 32548

### Movie Night at Liza Jackson Park

November 12, 2024, 6:00 p.m. till finish

338 Miracle Strip Pkwy SW

Fort Walton Beach, FL 32548

### Nature Hike at Fred Gannon Rocky Bayou State Park

November 15, 2024, 10:00 p.m. till finish

4281 FL-20

Niceville, FL 32578

### Thanksgiving Arts & Crafts at Crestview Public Library

November 22, 2024, 3:00 p.m. till finish

1445 Commerce Dr

Crestview, FL 32539