



Health Promotion on
St Helena



Health Matters

Falls Prevention[®]

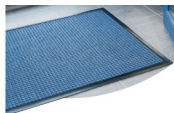
is everyone's business

3rd April 2017 APRIL FALLS DAY

This month we are thinking about falls. Here on St Helena the road and paths are rocky, and driveways steep, so there are things to trip over everywhere. Anyone can fall over, but some people, such as the elderly, can be very badly affected if they fall. There are ways you can reduce your risk of having a fall, including making simple changes to your home and doing exercises to improve your strength and balance.

At Home:

Use non-slip mats in the bathroom



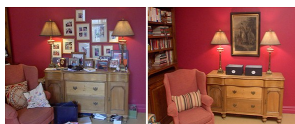
Mop up spills to prevent wet, slippery floors



Get help lifting or moving items that are heavy or too difficult to lift



Remove clutter and ensure all areas of the home are well lit



Also

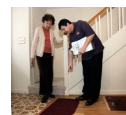
Have a sight test when the ophthalmologist is next on-island



Discuss falls with your doctor



Request a home hazard assessment, where a healthcare professional visits your home to identify potential hazards and offer advice



Try to be alert to hazards when out and about



Do exercises to improve your strength and balance (try some exercises for older people)

Recipe of the Month - Spaghetti Bolognaise

Ingredients

500g minced beef
1 clove garlic crushed
2 carrots, finely chopped
Small tin of mushrooms
Large (400g) tin tomatoes (chopped)
2 tablespoons tomato purée
2 teaspoons dried mixed herbs
450ml (3/4 pint) beef stock
Pepper to taste
400g dried spaghetti (white or wholemeal)



Method

- Place the minced beef, onion and garlic in a large saucepan and cook gently, stirring occasionally until mince is lightly browned all over
- Add carrots and mushrooms to pan and cook for 5 minutes. Stir in tomatoes, tomato purée, dried herbs, stock and pepper
- Bring to the boil, then reduce heat, cover and simmer for one hour. Uncover pan, increase heat lightly and simmer for 20 - 30 minutes to thicken sauce, stirring occasionally
- Meanwhile cook spaghetti in a large saucepan of boiling water until pasta is just cooked. Drain thoroughly
- Pile spaghetti onto warmed serving plates and spoon sauce over top. Serve with salad

If desired, sprinkle with a small amount of grated cheese or shaved parmesan just before serving.

Marian Kanes - Health Promotion Trainer
hp.trainer@publichealth.gov.sh

Marian Yon - Health Promotion Coordinator
marian.yon@publichealth.gov.sh

APRIL FALLS DAY

3rd April 2017

Moving Right to Stay Upright



Falls are Preventable



Come along to the Market on Monday, 3 April 2017, from 9.30am - 11.30am to find out how!

The Health Promotion Team will be there to show you some exercises to help prevent falls. All are welcome to join in.

They will also be on hand to answer any questions and help with any concerns.