



INSIDE THIS ISSUE

CLICK ON THE STORY YOU WANT TO READ

Domestic Violence Awareness: Everyone Deserves Healthy Relationships

National Prescription Drug Take Back Day - October 28

Halloween Events around Columbus

Culinary Commentary: October is Vegetarian Awareness Month



DOMESTIC VIOLENCE AWARENESS:

EVERYONE DESERVES HEALTHY RELATIONSHIPS.

Each October, attention is drawn to breast cancer awareness. However, it is important to recognize that October is also Domestic Violence Awareness Month. October is a time to acknowledge domestic violence survivors and be a voice for its victims.

Domestic violence is prevalent in every community, and affects all people regardless of age, socio-economic status, sexual orientation, gender, race, religion, or nationality. Although there has been substantial progress in reducing domestic violence, an average of [20 people are](#)

[physically abused by intimate partners](#) every minute. This equates to more than 10 million abuse victims annually.

1 in 3 women and 1 in 4 men have been physically abused by an intimate partner, and 1 in 5 women and 1 in 7 men have been severely physically abused by an intimate partner. Millions of Americans live in daily, silent fear within their own homes. In addition, every year millions of children are exposed to domestic violence. Domestic violence incidents affect every person within a home and can have long-lasting negative effects.

The impact of domestic violence is complicated by the fact that the abuse is often not in the past, but something survivors must deal with day-to-day. There are often safety concerns, forcing them to focus on surviving, instead of thriving. Their abusers might have isolated them from family and friends or made them completely dependent on them financially. Survivors may even be emotionally manipulated or have mental health or substance misuse issues that are being used against them. This can be especially challenging for individuals who experience chronic mental illnesses or substance misuse.

[Given how often domestic violence happens](#), it's likely that many of us know someone, either in our own families or among our friends or work colleagues, who have been directly impacted. Every person has the right to live free of abuse and violence.

If you or someone you know is a victim of domestic violence, the domestic violence hotline can help. Visit the [thehotline.org](https://www.thehotline.org), call 1-800-799-7233 or text "START" to 88788



NATIONAL PRESCRIPTION DRUG TAKE BACK DAY

OCTOBER 28, 2023, 10AM TO 2PM

The drug overdose epidemic in the United States is a clear and present public health, public safety, and national security threat that the Drug Enforcement Administration (DEA) aims to tackle with a prescription drug take back program. [The DEA's National Prescription Drug Take Back Day](#) reflects the DEA's commitment to Americans' safety and health, encouraging the public to remove unneeded medications from their homes as a measure of preventing medication misuse and opioid addiction from ever starting.

The National Prescription Drug Take Back Day aims to provide a safe, convenient, and responsible means of disposing of prescription drugs, while also educating the general public about the importance of disposing of any unwanted, unused or expired prescription medications in your house.

If you or someone you know is struggling with substance use, contact the 24/7 substance use helpline at **1-855-780-5955**.

LOCATE A COLLECTION SITE NEAR YOU



HALLOWEEN EVENTS

AROUND COLUMBUS

There are tons of kid and family-friendly Halloween celebrations around town! [On this list](#) you will find something for everyone. Some are more scary and some are just plain fun.

If you're looking for somewhere to get a pumpkin check out [Pumpkin Patches and Fall Festivals in Columbus and Central Ohio!](#)

[Haunted Maze at Hoover Gardens](#)

- Thursday, October 26 - Tuesday, October 31

[Brick or Treat Monster Party at LEGOLAND Discovery Center Columbus](#)

- Thursday, October 26 - Tuesday, October 31

[Pumpkins Aglow at Franklin Park Conservatory](#)

- Thursday, October 26 - Sunday, October 29

[Boo at the Zoo at Columbus Zoo and Aquarium](#)

- Friday, October 27 - Sunday, October 29

[Jack O'Lantern World at Franklin County Fairgrounds](#)

- Thursday, October 26 - Sunday, October 29

For a full list of Halloween activities around Columbus and trick-or-treat times near you click [HERE](#). This time of year comes with a lot of fun activities. To make sure you and your family are safe throughout the festivities check out the safety tips listed [HERE](#).

Maddie's Culinary Commentary

Provided by OhioHealth

October is Vegetarian Awareness Month

What does it mean to be vegetarian?

A vegetarian diet is one that excludes meat. Some vegetarians may still include milk, dairy, and eggs.

Is a vegetarian diet healthier?

By nature of excluding meat, vegetarian diets include more fruits, vegetables, and plant proteins. This can increase intake of fiber, vitamins and minerals and may [decrease risk of many chronic diseases](#). But, if following a vegetarian diet, you still need to make sure to follow guidelines on intake of overall calories, [saturated fat, added sugars and sodium](#).

Are vegetarian diets nutritionally sufficient?

A vegetarian diet can indeed provide enough of all essential nutrients to meet recommendations. Though it's important to follow-up with your doctor to make sure your body has all the right nutrients. Focus on eating sources of plant protein like soy, tofu, beans, legumes, nuts and seeds to get enough protein in your diet.

Upcoming Healthy Lifestyle Program:

- Earn a \$50 "Well-Being Activity Incentive" by attending Using Intuition to Improve Wellbeing, starting on November 7th from 11:30-12PM
- Register for this 4-week course by clicking [the link](#) or scan the QR code below.



Getting Started:

- Include an extra helping of fruits & veggies at meal times.
- You could try a plant-based protein source along with your meat like tofu or beans.
- Choose one or two days a week to try a meatless meal.
- Check out this vegetarian recipe as an example! [Easy Chickpea Curry](#)



Maddie Bidwell, RD, LD
Wellness Consultant
maddie.bidwell@ohiohealth.com
614-566-0183

Schedule a nutrition counseling session with Maddie by visiting [this link](#).