


YANGHELI CH'TSIZLAN

WE ARE GETTING

# Healthier



Healthy homes  
make for healthy  
families.

## HEALTHY HOMES

Our homes are where we live – where we spend time with our families and friends, where we sleep, cook and eat, and where we feel most comfortable, loved and welcome. It is important to have clean air inside our homes, as well.

Many of our homes in rural Alaska are built to keep us protected from the cold. But the tightness of that insulation doesn't always let in the fresh air that helps us breathe well. Indoor air pollutants can come from our woodstoves, from household cleaners, and even from bringing engine parts and fuels that we use indoors. These pollutants often stay inside our home because of a lack of ventilation.

Our woodstoves keep us warm during harsh winter months. If we do not maintain our stoves and use good wood burning practices, small particles in the air can cause headaches, irritate the eyes and throat, and lead to respiratory and heart problems. We must protect the lungs of our children – they are more sensitive to pollution that contributes to asthma and infections that lead to lung damage.

Our houses are more than buildings – they are our homes, and just like people they need to breathe to be healthy. We must work together to keep it that way. ANTHC is working to improve indoor air quality in homes around Alaska with its Healthy Homes program. They make home modifications and conduct air monitoring in our communities to help decrease the incidence of lung disease, especially in our children, and improve indoor air quality.

### In this issue:

- **Healthy home tips and facts**
- **Warm and safe at home**
- **Fish head soup recipe**
- **And more!**



# Why Healthy Homes Matter

Rural Alaska Native children have some of the highest rates of hospitalization for respiratory diseases in the world. Improving indoor air quality, handwashing, and on-time immunizations can help prevent these illnesses.



## PROPER VENTILATION

Keep vents open as much as possible to get rid of excess moisture and stale air.

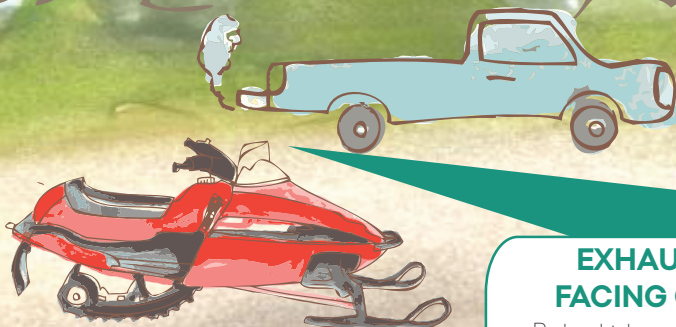


## CLEAN AIR IN, BAD AIR OUT

If you must smoke, smoke away from the home and away from open windows.

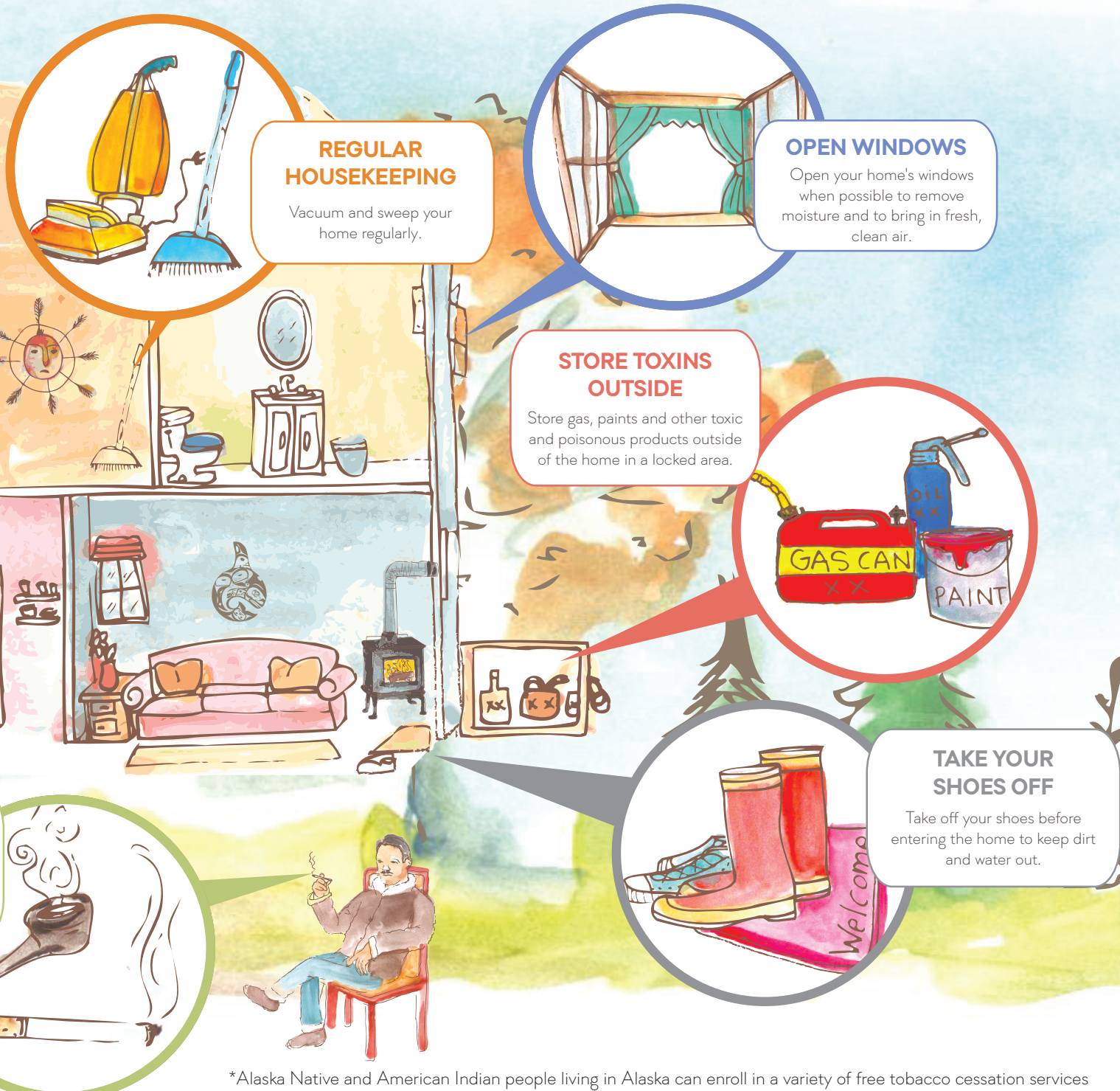
## EXHAUST FACING OUT

Park vehicles away from a home's vents so exhaust doesn't come in when vehicles are running.



# Making your house a healthy home

Regular housekeeping can keep our homes clean inside, but to keep our homes and our families healthy in our homes, we need to take extra steps inside and outside. Here are some healthy, helpful tips to consider around your home.



## REGULAR HOUSEKEEPING

Vacuum and sweep your home regularly.

## OPEN WINDOWS

Open your home's windows when possible to remove moisture and to bring in fresh, clean air.

## STORE TOXINS OUTSIDE

Store gas, paints and other toxic and poisonous products outside of the home in a locked area.

## TAKE YOUR SHOES OFF

Take off your shoes before entering the home to keep dirt and water out.

\*Alaska Native and American Indian people living in Alaska can enroll in a variety of free tobacco cessation services and resources, including medication and counseling. If you are ready to quit using tobacco or want to learn about the options and resources available, contact ANTHC's Tobacco Cessation Program at (907) 729-4343.

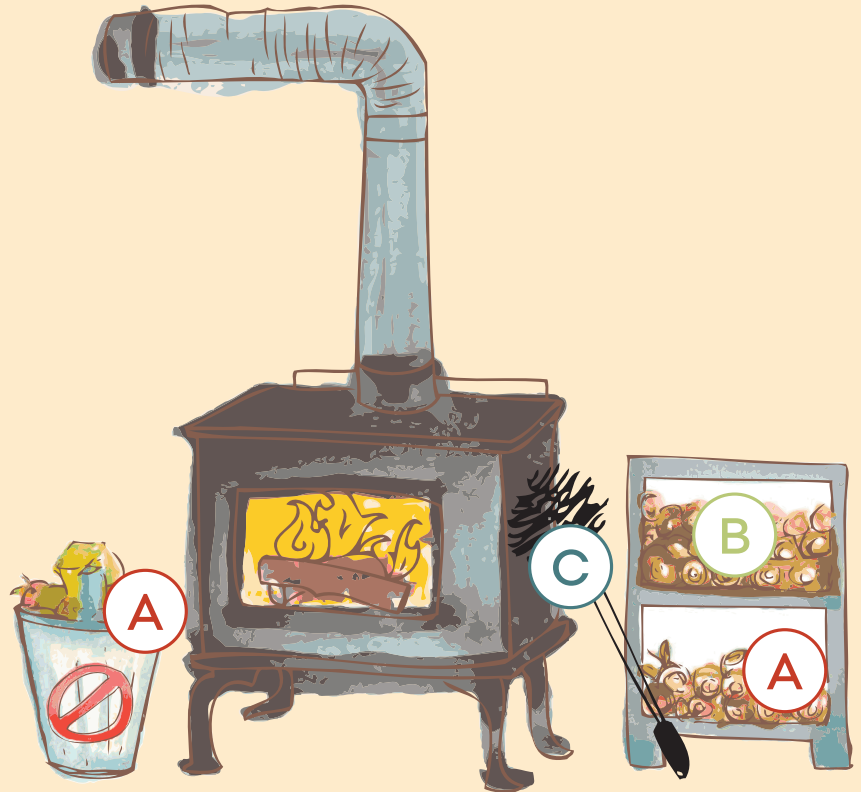


# SAFE BURNING PRACTICES

You can protect your health, reduce pollution and save money by burning wood in your home, but small particles can cause headaches, irritate eyes and throat, and lead to respiratory and heart problems.

## TO SAFELY BURN WOOD IN YOUR HOME:

- A** Burn only kindling and wood in your woodstove. Do not burn trash.
- B** Burn your driest wood first. Dry wood burns hotter and creates a lot less smoke.
- C** Clean your stove and chimney often and before winter. This way, creosote won't build up and block the flow of smoke up the stack or cause a chimney fire.



## Fish Head Soup



**Fish head soup is a classic, traditional meal beloved by Elders, and is also a recipe that can be easily modernized for contemporary tastes. Most important: it is a nutrient-rich meal: salmon heads are loaded with heart-healthy omega-3 fatty acids while complementary beach greens are rich with vitamins A and C. When cooking soups and stews, make sure your range exhaust fan is on.**

### INGREDIENTS:

- 1-2 fish heads, gill plate removed
- 2-4 quarts water
- 6 oz. raw or 12 oz. cooked udon noodles
- 3 tablespoons vegetable oil
- 2 cups onions, julienne sliced
- 2 cups carrots, julienne sliced
- 1 clove garlic, minced
- 1/2 cup bladder rack seaweed
- 1 skein (sack) salmon eggs
- 1 cup beach greens
- Pinch of salt

### INSTRUCTIONS:

Place fish head in water and bring to boil. After water begins to boil, bring heat down to a simmer and let cook for four hours. Cook udon noodles; let cool and set aside. Sweat onions, carrots and garlic. Heat a pan over medium-low heat. Add oil to pan and swirl to coat. Heat for a few seconds. Add carrots, onions and garlic to pan with a pinch of salt. Increase heat to a gentle sizzle. Stir frequently. Once vegetables are cooked through, add broth. Finish with noodles, seaweed, beach greens and eggs. Serve fish head on the side. Enjoy!

