



AUGLAIZE COUNTY
HEALTH DEPARTMENT
prevent. promote. protect.

COMMUNITY WELLNESS

March 2024

Feeling
LUCKY

In this newsletter:

National Nutrition Month

Colorectal Cancer Awareness

Kidney Health

Drug & Alcohol Facts Week

*"Guiding Auglaize
County towards a
healthier future."*



NATIONAL NUTRITION MONTH

Every year during the month of March, the Academy of Nutrition and Dietetics celebrates an annual nutrition education and information campaign. National Nutrition Month invites everyone to learn about making informed food choices and developing sound eating and physical activity habits.

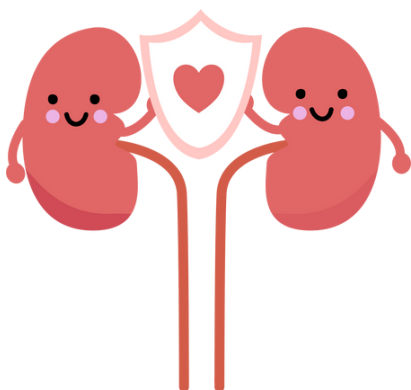
This year's theme is "Beyond the Table," which addresses the farm-to-fork aspect of nutrition, from food production and distribution to navigating grocery stores and farmers markets. No matter your age or activity level, making healthful food and drink choices will provide your body with energy now and fuel for the future. Plus, the benefits of eating healthfully can add up over time.

Fruits, vegetables, grains, protein foods, and dairy all play a role in fueling our bodies. Choosing a variety of healthful foods is important, since foods can differ in the nutrients they provide. For help in reaching your health goals, consult a registered dietitian nutritionist.



COLORECTAL CANCER AWARENESS

March is colorectal cancer awareness month. Colorectal cancer is the second deadliest cancer in the United States. Yet it's one of the few cancers that's preventable thanks to screening. Regular screenings should start at age 45 and is the key to preventing colorectal cancer and finding it early. Those with a family history of colorectal cancer are at a higher risk and may need to be screened earlier than age 45. Cancer of the colon or rectum is more common in men than women. It is also more common among African Americans than people of other races. Colorectal polyps and colorectal cancer don't always cause symptoms, especially at first. A colonoscopy is often considered the "gold standard" for colon screening because it can identify polyps and remove them during the same procedure. More than half of colorectal cancers in the US are related to modifiable risk factors, including excess body weight, high consumption of red or processed meat, low calcium intake, heavy alcohol consumption, and very low intake of fruits and vegetables and whole-grain fiber.



March is National Kidney Month! No matter your age, or whether you have kidney disease, learning about your kidneys can prevent or slow the progression of kidney disease. More than 37 million Americans are living with kidney disease. Did you know your kidneys filter all of your blood up to 25 times a day? Your kidneys make urine and remove waste and extra fluid from your body. If your kidneys are struggling, they will work harder to keep up. You can lose up to 60% of your kidney function before you notice any problems. Take steps to build healthy habits. This can include eating healthy foods you enjoy, being active for 30 minutes each day, and aiming for seven to eight hours of sleep at night. Also quit smoking and limit your alcohol intake. If you have diabetes, high blood pressure, heart disease, or a family history of kidney disease, or if you are over age 65, talk with a health care professional about your risk for kidney disease.


DRUG & ALCOHOL FACTS WEEK


National Drug and Alcohol Facts Week (NDAFW) is March 18-24, 2024. Recent research shows that 57 percent of youth ages 12 to 17 did not think there was great harm in having five or more drinks once or twice a week. Even more concerning is that as many as 62.6 percent of those in that age group did not think it was very harmful to smoke marijuana once or twice a week. NDAFW inspires dialogue about the science of drug use and addiction among youth. Take time to talk with the teens and young adults in your life to make informed decisions about drugs and alcohol




KIDNEY HEALTH

CONTACT US

 813 Defiance St.
Wapakoneta, OH 45895

 419-738-3410

 www.auglaizehealth.org

 information@auglaizehealth.org