



AUGLAIZE COUNTY
HEALTH DEPARTMENT

prevent. promote. protect.

COMMUNITY WELLNESS

March 2023



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"Guiding Auglaize County towards a healthier future."

NATIONAL NUTRITION MONTH

2023 is the 50th anniversary of 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 "Fuel for the Future." Eating with sustainability in mind is a tasty way to nourish ourselves during every phase of life and protect the environment. 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.



DEVELOPMENTAL DISABILITIES MONTH

National Developmental Disabilities Awareness Month officially began in 1987 with a proclamation from President Reagan to help bring awareness and acceptance for people of every ability. Now, Developmental Disabilities Awareness Month is recognized every March. The goal of this campaign is to raise awareness by having people with and without disabilities share their stories about living alongside each other. It is also a great time to raise awareness about the challenges facing individuals with developmental disabilities and to promote respect, understanding, and inclusivity. Developmental disabilities are a group of conditions due to an impairment in physical, learning, language, or behavior areas. These conditions often begin during the developmental period, may impact day-to-day functioning, and usually last throughout a person's lifetime.



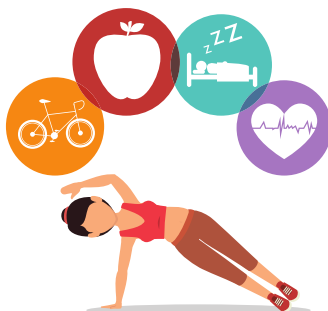
TUBERCULOSIS AWARENESS

Tuberculosis (TB) is caused by a bacterium called *Mycobacterium tuberculosis*. The bacteria usually attack the lungs, but TB bacteria can attack any part of the body such as the kidney, spine, and brain. Not everyone infected with TB bacteria becomes sick. As a result, two TB-related conditions exist: latent TB infection (LTBI) and TB disease. If not treated properly, TB disease can be fatal. Many people who have latent TB infection never develop TB disease. But some people who have latent TB infection are more likely to develop TB disease than others. In many countries, TB is much more common than in the United States. Travelers should avoid close contact or prolonged time with known TB patients in crowded, enclosed environments (for example, clinics, hospitals, prisons, or homeless shelters).



SPRINGING INTO FITNESS

Spring is almost here! As we continue to shake off those winter blues, it's the perfect time to reevaluate your health and exercise routine. As the days get longer and temperatures continue to rise, we gain more opportunity to get out of the house and enjoy the benefits of physical activity. With a little bit of planning, you can incorporate 30 to 60 minutes of physical activity into your daily routine almost every day. Walking, bicycling, jogging, swimming, and dancing are just a few great ways to get yourself moving and to increase your levels of aerobic activity. Don't forget to add in a balanced diet and proper sleep for an even healthier lifestyle this spring.



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