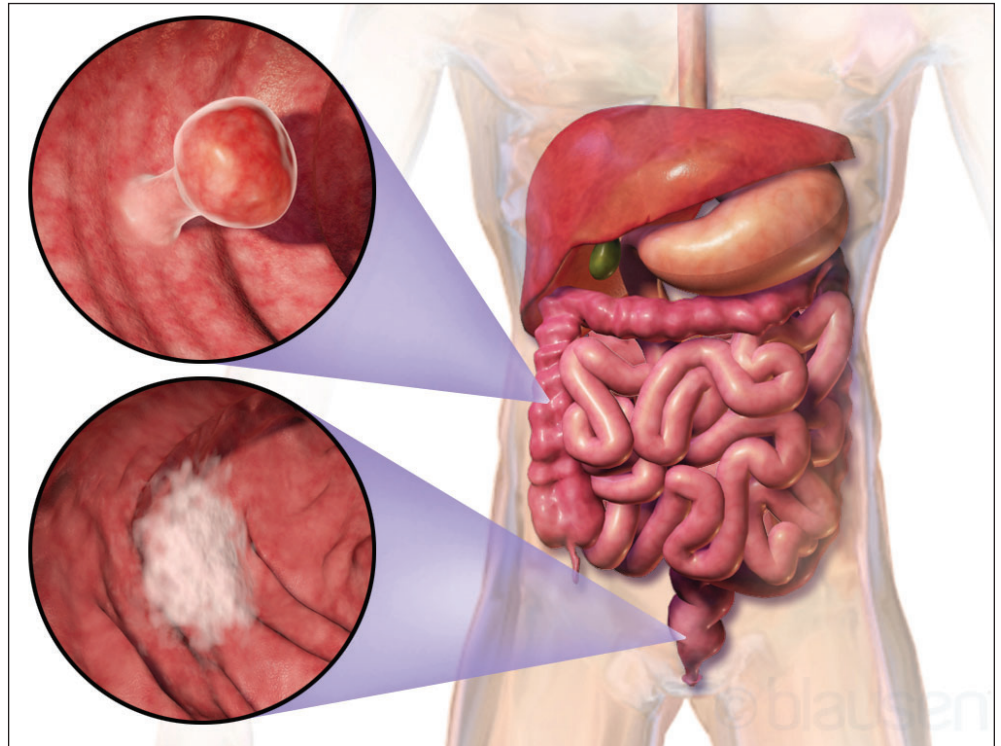


Highlight on Health

An Emmons County Public Health Publication

Important Dates

- March 1** - Baby Sleep Day.
- March 3** - Caregiver Appreciation Day.
- March 5** - Fat Tuesday.
- March 6** - Ash Wednesday.
- March 10** - Daylight Savings Time.
- March 11-17** - National Sleep Awareness Week.
- March 13** - Registered Dietitian Nutritionist Day.
- March 14** - World Kidney Day.
- March 15** - World Sleep Day.
- March 17** - St. Patrick's Day.
- March 17-24** - National Poison Prevention Week.
- March 24** - World Tuberculosis Day.
- March 30** - National Doctor's Day.



State Colorectal Cancer Screening Rates Still Below National Levels

The most disappointing thing about colorectal cancer, the United State's second-leading cancer killer, is that as recently as 2016, North Dakota was still below national screening rates.

Nationally, about two-third (67.3%) of age-eligible residents, men and women aged 50-75 years) were screened for CRC. However, that same year just 64.4% of North Dakotans were screened. This left 73,000 residents without a screening, due to factors such as poverty, education level and insurance status.

People who were current with colorectal screenings used either a home-based blood stool test

within the past year, a colonoscopy within the past 10 years or a sigmoidoscopy within the past 5 years combined with a blood stool test in the past 3 years.

Common symptoms of colorectal cancer include the following:

- Unexplained loss of appetite
- Unexplained weight loss
- Nausea
- Vomiting
- Jaundice
- Anemia
- Weakness
- Fatigue



Eat Healthy, Get Activity During Nutrition Month

CHICAGO – Choosing nutritious foods and getting enough physical activity can make a real difference in your health. For National Nutrition Month® 2019, in March, the Academy of Nutrition and Dietetics encourages people to make informed food choices and develop sound eating and activity habits.

Each March, the Academy focuses attention on healthful eating through National Nutrition Month®.

“Through the campaign, we share good eating tips such as how to keep nutritious meals simple, the importance of making food safety a part of your everyday routine, the value of preparing meals with foods you have on hand to avoid wasting food, and how to select nutritious food options when dining away from home,” says registered dietitian nutritionist Robin Foroutan, a New York-based spokesperson for the Academy.

“Eating right doesn’t have to be complicated,” Foroutan says. “Think about what you want your plate to look like and ask if it’s incorporating all the major food groups. Select a mix of lean protein foods, vegetables, whole



A combination of eating healthy foods and physical activity can enhance your life, as well as help you avoid a variety of lifestyle pitfalls.

grains and fruits to enjoy a healthful meal.”

The Academy recommends balancing nutritious foods with physical activity most days of the week. According to the U.S. Department of Health and Human Services’ physical activity guidelines, adults should have at least 150 minutes of moderate-intensity aerobic physical activity per week, including at least two days of muscle-strengthening activities. Being physically active up to 300 minutes per week has greater health

benefits.

“Look into incorporating physical activity into your daily routine,” Foroutan says. “Walk to work or take a walk during your lunch hour. Do something physical during the weekend, such as playing basketball with your kids or going dancing with your friends. The goal is to get moving; every little bit helps.”

For individualized nutritional recommendations, the Academy recommends visiting a registered dietitian nutritionist.

Locate an RDN using the Academy’s online Find an Expert service.

Initiated in 1973 as National Nutrition Week, National Nutrition Month® became a month-long observance in 1980 in response to growing interest in nutrition.

To commemorate the dedication of registered dietitian nutritionists as the leading advocates for advancing the nutritional status of Americans and people around the world, the second Wednesday of March.

NATIONAL CHEERLEADING SAFETY MONTH

ENSURE SAFETY DURING THE TOURNAMENT SEASON.

DEVELOP YOUR EMERGENCY ACTION PLAN

IN THE EVENT OF AN INJURY.

VISIT WWW.AACCA.ORG/EAP FOR MORE INFO.

