

Highlight on Health

An Emmons County Public Health Publication

Important Dates

March 13 - Daylight Savings Begins

March 3-19 - National Sleep Awareness Week

March 17 - St. Patrick's Day

March 20-26 - National Poison Prevention Week

March 22 - American Diabetes Alert Day

March 22 - World Water Day

March 24 - World TB Day

March 30 - Doctors' Day

Awareness Topics

Brain Injury Awareness Month

Hemophilia Awareness Month

National MS Education and Awareness Month

National Nutrition Month



Increase Your Healthy Sleep to Ensure a Healthier You

According to the Centers for Disease Control and Prevention, one-third of American adults report usually getting less than the recommended amount of sleep.

A 2014 study (https://www.cdc.gov/sleep/pdf/states508/FS_ShortSleepByState_ND_508tagged.pdf) estimated that 29.2 to 30.5 percent of Emmons County residents were short on sleep. Interestingly, North Dakota is one of the few Great Plains states to average 32% or higher short sleep overall. Montana, Idaho, Wyoming, Colorado, South Dakota, Nebraska, Kansas, Iowa and Minnesota all average 28.5 to 31.9 percent of short sleep.

Lack of sleep has been linked to a number of health conditions and chronic diseases: type 2 diabetes, heart disease, obesity and depression. It can also lead to motor vehicle crashes and mistakes at work which could result in injury.

March is Sleep Awareness Month,

with the 13-19 celebrating Sleep Awareness Week.

You can improve your sleep with some simple habits:

- Be consistent. Go to bed at the same time each night and get up at the same time each morning, including on the weekends
- Make sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature
- Remove electronic devices, such as TVs, computers, and smart phones, from the bedroom
- Avoid large meals, caffeine, and alcohol before bedtime
- Get some exercise. Being physically active during the day can help you fall asleep more easily at night

For more information about sleep health, visit <https://www.cdc.gov/sleep/index.html>.

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Celebrate a World of Flavors on National Nutrition Month

This March, try experiencing diversity through the flavors of different cultures. Spicy, zesty, creamy, tart -- cultures from around the world offer twists on many of our favorite staples.

The 2022 National Nutrition Month theme, "Celebrate a World of Flavors" encourages you to introduce yourself to healthy flavors from around the world. The Academy of Nutrition and Dietetics is conducting four Twitter chats throughout the month of March to help you celebrate:

- **Wednesday, March 2 at Noon:** Join @eatright for a Twitter chat to kick off National Nutrition Month! Use the hashtag #NNMchat
- **Wednesday, March 9 at Noon:** Host @eatrightPRO will lead a Twitter chat to celebrate Registered Dietitian Nutritionist Day. Use the hashtag #NNMchat
- **Wednesday, March 16 at Noon:** Discuss nutrition for children and families during this Twitter chat, hosted by @kidseatright. Use the hashtag #NNMchat
- **Wednesday, March 23 at Noon:** Round out National Nutrition Month with a Twitter chat hosted by @foodnutrimag. Use the hashtag #NNMchat

Finding a nutrition expert can also be an important component to your health. You can search a list of registered dietitian nutritionist by individuals who provide in-person and telehealth options to North Dakota at <https://www.eatright.org/find-a-nutrition-expert>.

The Centers for Disease Control has a number of recipe options online at https://www.cdc.gov/healthyweight/healthy_eating/recipes.html. The pictured recipe was taken from <https://www.myplate.gov>. Additional National Nutrition Month resources are available at <https://www.eatright.org/food/resources/national-nutrition-month>.



Argentinean Grilled Steak with Salsa Criolla



Makes: 4 Servings

Total Cost: \$\$\$\$

Preparation Time: 25 minutes

Tonight, try a recipe from South America! Enjoy these Argentinean-style steaks with a homemade Criolla Sauce, packed with flavor.

Ingredients

For the sauce:

- 1 large, ripe tomato (cored, seeded, and finely chopped, about 1/2 cup)
- 1/4 small red onion (finely chopped, about 1/4 cup)
- 2 tablespoons fresh parsley (finely chopped)
- 2 teaspoons extra virgin olive oil
- 2 teaspoons red wine vinegar
- 1/2 teaspoon minced garlic
- 1/4 teaspoon oregano leaf
- 1/8 teaspoon low-sodium adobo seasoning
- 1/8 teaspoon crushed red pepper

For the steak:

- 1 pound skirt steak
- 1/8 teaspoon low-sodium adobo seasoning

Directions

For the sauce:

1. In a small bowl, mix together tomato, onions, parsley, olive oil, vinegar, garlic, oregano, low-sodium adobo seasoning and crushed red pepper.
2. Cover and refrigerate for at least 1 hour or up until 48 hours.

For the steak:

1. Heat grill to medium-high heat. Sprinkle steak on both sides with low-sodium adobo seasoning. Place steak on hot, greased grill grates.
2. Cook, flipping once, until steak is well browned on both sides and cooked to 145 °F (about 6 minutes for medium-rare).
3. Let rest for 5 minutes. Thinly slice steak.
4. Divide steak evenly among serving plates. Top with reserved Salsa Criolla

Notes

Serving Suggestions: Pair with Arepas, cornmeal patties popular in Columbia and Venezuela, and a healthy Quinoa Salad for a South American Steak Supper.

Source:

The Best of La Cocina GOYA: Healthy, Tasty, Affordable Latin Cooking/ Lo Mejor de la Cocina GOYA: Cocina Latina Saludable, Rica y Económica
GOYA Foods

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