

# Highlight on Health

*An Emmons County Public Health Publication*

## Public Health

**Healthy Baby Clinic** - 2nd Monday of the month, 3-6 p.m.

## Important Dates

**Mar. 4-11** - National Sleep Awareness Week

**Mar. 8** - World Kidney Day

**Mar. 10** - Women and Girls HIV/AIDS Awareness Day

**Mar. 11-17** - Patient Safety Awareness Week

**Mar. 14** - Registered Dietician Nutritionist Day

**Mar. 18-24** - National Poison Prevention Week

**Mar. 19-23** - National Youth Violence Prevention Week

**Mar. 20** - Spring Clean Your Medicine Cabinet Day

**Mar. 21** - Kick Butts Day

**Mar. 22** - World Water Day

**Mar. 24** - World Tuberculosis Day



## Kick Butts on March 21

In the United States, tobacco use kills more Americans than AIDS, alcohol, car accidents, illegal drugs, murders and suicides combined. Last year more than 480,000 lives were lost to this country's number one cause of preventable death.

Tobacco use is generally not started by accident. Each year tobacco companies are spending more than \$9 billion dollars to market their products. And many of these marketing pieces are not aimed at adults, they are aimed at our youth. About 90 percent of all smokers started while in their teens, or earlier.

You can join with organizations throughout the country and stand up to Big Tobacco on Kick Butts Day, March 21, 2018. Since 1996, Kick Butts Day has served as a day of activism that is expected to generate more than 1,000 anti-tobacco events worldwide. If your school or organization would like to host a Kick Butts Day activity visit <https://www.kickbuttsday.org/>

[index.php/get\\_started/step\\_1/](https://www.kickbuttsday.org/index.php/get_started/step_1/) to get started with planning your event. You can then register your event, as well as learn about ways to expand your message's reach and impact.

Emmons County Public Health has a variety of resources available to help you eliminate a tobacco habit, as well as education on why you should never pick up the habit. Contact or visit our office for more information.

If you or your organization would like to use the Kick Butts Day logo and phrases for any purpose beyond the Kick Butts Day activities, contact [KBDinfo@kickbuttsday.org](mailto:KBDinfo@kickbuttsday.org) and put "Use of Kick Butts Day logo" in the subject line. Logos, templates and graphics are available online at [https://www.kickbuttsday.org/resources/logos\\_templates](https://www.kickbuttsday.org/resources/logos_templates).

**Source:** [kickbuttsday.org](https://www.kickbuttsday.org)



**Public Health**  
Prevent. Promote. Protect.

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# American Cancer Society to Host Colorectal Cancer Rally

The American Cancer Society, Fight Colorectal Cancer (Fight CRC) and the National Colorectal Cancer Roundtable will kick off Colorectal Cancer Awareness Month on March 8 at Smashbox Studios. The event will feature survivors, partners, experts, and celebrity guests, including actor Luke Perry, country singer Craig Campbell, and reporter and host of Accesso Total on Telemundo-52 Stephanie Himonidis also known as Chiquibaby.



Guests will share their personal connections to the disease. This event is part of a coast to coast effort to increase the use of life saving screening tests and reach the national goal of regularly screening 80% of adults age 50 or older for colorectal cancer.

Colorectal cancer is the second leading cause of cancer death in the U.S. among men and women combined. The American Cancer Society estimates that 140,250 people in the United States will be diagnosed with the disease, and more than 50,000 people will die from it in 2018. Men and women at average risk for colorectal cancer should begin screening at the age of 50. Screening can prevent colorectal cancer through the detection and removal of precancerous growths, as well as detect cancer at an early stage, when treatment is usually less extensive and more successful. About 1 in 3 adults age 50 or older, nearly 38 million people in the US, are not getting the recommended testing.

Join the celebrities, survivors and medical experts on Facebook Live on Thursday, March 8. The event will be live broadcast on Facebook.com/MayoClinic from 3:00 – 3:20 p.m., and the panel discussions will broadcast on [Facebook.com/AmericanCancerSociety](https://www.facebook.com/AmericanCancerSociety) from 3:20 – 4:00 p.m. More information about colorectal cancer is also available to Emmons County Public Health.

**Source:** American Cancer Society

# Go Further With Food

CHICAGO – Whether it's starting the day off right with a healthy breakfast or fueling before an athletic event, the foods you choose can make a real difference. Preparing foods to go further by planning meals and snacks in advance can also help reduce food loss and waste. For National Nutrition Month 2018, the Academy of Nutrition and Dietetics urges everyone to “Go Further with Food.”

The Academy communicates eating messages that emphasize balancing food and beverages within an individual's needs, rather than focusing on one specific food or meal. It is the Academy's position that improving overall well-being requires a lifelong commitment to healthful lifestyle behaviors, emphasizing eating practices and physical activity.

Initiated in 1973 as National Nutrition Week, the public education campaign became a month-long observance in 1980 in response to interest in nutrition.

This year's Registered Dietitian Nutritionist Day will be celebrated March 14.

