



# WARREN COUNTY HEALTH DISTRICT

## Prevent-Promote-Protect



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## NEWS & INFORMATION

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[www.warrenhd.com](http://www.warrenhd.com)

### VITAMIN D

Vitamin D helps build bones and teeth, aids in the absorption of calcium. Your body produces it naturally when exposed to sunlight and gets it through some foods including:

- ◆ Milk, yogurt, cheese, & eggs
- ◆ Fish (Salmon, Tuna, & Mackerel)
- ◆ Mushrooms
- ◆ Fortified Cereals
- ◆ Beef Liver

The recommended allowance for Vitamin D is 600 IU daily for children and adults up to 70 years of age, and 800 IU daily for adults over 70. Low levels of Vitamin D can lead to rickets in children and weak bones.

If you have questions about Vitamin D, reach out to your family physician or contact the dietician at 513-695-1477 here at the Health Department.

### WORLD TB DAY 2020—March 24th

Tuberculosis (TB) is caused by bacteria (*Mycobacterium tuberculosis*) that most often affect the lungs. Tuberculosis is curable and preventable. TB is spread from person to person through the air. When people with lung TB cough, sneeze or spit, they propel the TB germs into the air. A person needs to inhale only a few of these germs to become infected.

About one-quarter of the world's population has latent TB, which means people have been infected by TB bacteria but are not yet ill with the disease and cannot transmit the disease. When a person

develops active TB disease, the symptoms may be mild for many months. This can lead to delays in seeking care, and results in transmission of the bacteria to others.

Tuberculosis mostly affects adults in their most productive years. However, all age groups are at risk. Over 95% of cases and deaths are in developing countries. The risk of active TB is also greater in persons suffering from other conditions that impair the immune system. Common symptoms of active lung TB are cough with sputum and blood at

times, chest pains, weakness, weight loss, fever, and night sweats. TB is a treatable and curable disease.

World TB Day is a day to educate the public about the impact of TB around the world. The theme this year is "It's Time".

- \* It's time to test and treat latent TB infection
- \* It's time to educate on TB and awareness
- \* It's time to speak up
- \* It's time to end the stigma

For more information visit [www.cdc.gov/tb/](http://www.cdc.gov/tb/)

### WHAT IS MyPlate?

MyPlate is a reminder to have the right mix on your plate. Everything we eat or drink affects our bodies. Eating healthy is a journey and all of our choices count. MyPlate offers ideas and tips to help you create a healthier eating style to help improve your health.

#### Build a Healthy Eating Style

- Make choices from all 5 food groups
- Eat the right amount of calories for your age, sex, & height
- Building a healthier eating style can help avoid overweight & obesity, also heart disease, diabetes, & cancer



#### Choose low in saturated fat, sodium, & sugars

- Read label to find out saturated fats, sodium, & sugars
- Look for drinks that are low in sugar

#### Make small changes

- Make half of your plate fruit & veggies
- Make half your grains whole grains
- Move to low-fat or fat-free milk or yogurt
- Vary your protein routine

#### Support healthy eating for everyone

- Create settings where healthy choices are available
- Talk with a dietician to help you start this new journey

#### Start Simple:

**Fruits**—eat seasonally, want something sweet try dried fruit, & keep it cleaned and ready to eat

**Veggies**—add a new vegetable each day, add color to salads, try a low-fat dip with your veggies

**Grains**—popcorn is a whole grain, try whole grain pasta, don't forget whole grain cereals

**Protein**—make one dinner serve it twice, have unsalted nuts & seeds, have cans of tuna, salmon, or crab on hand

**Dairy**—make a smoothie, low-fat yogurts, have a glass of milk at a meal

[www.choosemyplate.gov/](http://www.choosemyplate.gov/)

## COLON CANCER AWARENESS MONTH

March is Colorectal Cancer Awareness Month and the perfect time to get screened if you're over the age of 50. Results and family history will determine what follow-up is needed. Among cancers that affect both men and women, colorectal cancer is the second leading cause of cancer deaths in the United States.

Every year, about 140,000 Americans are diagnosed with colorectal cancer, and more than 50,000 people die from it. But this disease

is highly preventable, by getting screened beginning at age 50.

Getting tested can literally prevent cancer before it starts. Testing can identify problems and find growths before they become cancer. And if colon cancer is found early, you have a good chance of beating it with treatment.

You can reduce your risk of colorectal cancer by eating a healthy diet,

maintaining an appropriate body weight, limiting consumption of alcohol and high-fat foods, and becoming more physically active. But of course, don't forget to get tested for colon cancer!

If you are 50 or older, talk to your doctor about getting tested. For more information, contact the American Cancer Society at 1-800-ACS-2345 or visit [www.cancer.org](http://www.cancer.org).



## WHAT ARE EATING DISORDERS?

Eating disorders are serious but treatable mental and physical illnesses that can affect people of all genders, ages, races, religions, ethnicities, sexual orientations, body shapes, weights. National surveys estimate that 20 million women and 10 million men in America will have an eating disorder at some point in their lives.

While no one knows for sure what causes eating disorders, a growing consensus suggests that it is a range of biological, psychological, and sociocultural factors. Eating disorders are complex and affect all kinds of people. These factors may interact differently in different people, so two people with the same eating disorder can have very diverse perspectives, experiences, and symptoms. Researchers have found broad similarities in understanding some of the ma-

ajor risks for developing eating disorders. The factors listed may be applicable to those with eating disorders.

- Having a close relative with an eating disorder—this will increase a person's risk of developing an eating disorder
- Having a close relative with a mental health condition—anxiety, depression, and addiction can run in a family, which increase the chances for developing an eating disorder
  - History of dieting
  - Negative energy balance—burning off more calories that you take in leads to a state of negative energy balance
  - Perfectionism—one of the strongest risk factors for an eating disorder
  - Body image dissatisfaction—how you feel about your body, not an uncommon thing to dislike your appearance
- Personal history of an anxiety disorder—research shown that a sig-

nificant subset of people with eating disorders include an anxiety disorder

- Behavioral inflexibility—as a small child, always a rule follower and felt one “right way” to do things
- Weight stigma—a message that thinner is better, weight stigma is discrimination or stereotyping based on a person's weight
- Teasing or bullying—60% of people with an eating disorder said they were bullied
- Appearance ideal internalization—buying into the message of the “ideal body” can increase the risk of an eating disorder
- Limited social networks—loneliness and isolation are some of the hallmarks of and eating disorder, report fewer friend and social activities.

For more information on eating disorders, call the Dietician at 513-695-1477 at the Health District or visit [www.nationaleatingdisorders.org/learn](http://www.nationaleatingdisorders.org/learn)

