



# Warren County Health District

News and Information  
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Duane Stansbury, M.P.H  
Health Commissioner

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## National Nutrition Month

National Nutrition Month is an annual campaign created 50 years ago in 1973 by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits. Each week in March, there are different challenges that you can take part in to learn about Nutrition!

### **Week 1: Eat with the environment in mind.**

- Enjoy more plant based meals and snacks
- Purchase foods with minimal packaging
- Buy foods in season and shop locally when possible
- Start a container or backyard garden to grow food at home

### **Week 2: See a Registered Dietician Nutritionist (RDN)**

- Ask your doctor for a referral to a RDN
- Find an RDN who specializes in your unique needs
- Learn how nutrient needs may change with age
- Receive personalized nutrition information to meet your health goals
- Know a RDN who needs a job? WCHD is hiring. To see the job posting, visit our website.

### **Week 3: Stay nourished and save money**

- Plan your meals and snacks
- See what food you have at home before purchasing more
- Use a grocery list and shop sales when purchasing food
- Learn about community resources such as SNAP, WIC, and local food banks

### **Week 4: Eat a variety of foods from all food groups**

- Include your favorite cultural foods and traditions
- Eat foods in various forms including fresh, frozen, canned and dried
- Avoid fad diets that promote unnecessary restrictions
- Practice gratitude for your body by giving it the fuel it needs

### **Week 5: Make tasty foods at home**

- Learn cooking and meal preparation skills
- Try new flavors and foods from around the world
- Find creative ways to use leftovers rather than tossing them
- Create happy memories by eating with friends and family when possible

## Seasonal Allergy Management

Spring means flower buds and blooming trees — and if you're one of the millions of people who have seasonal allergies, it also means sneezing, congestion, a runny nose and other bothersome symptoms. Seasonal allergies — also called hay fever and allergic rhinitis — can make you miserable. But before you settle for plastic flowers and artificial turf, try these simple strategies to keep seasonal allergies under control.

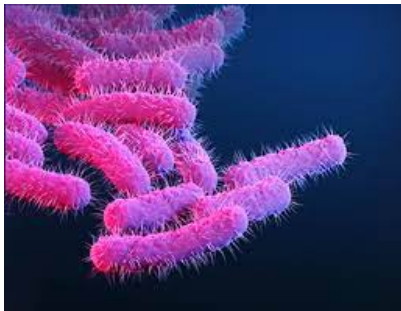
To reduce your exposure to the things that trigger your allergy signs and symptoms (allergens):

- Stay indoors on dry, windy days. The best time to go outside is after a good rain, which helps clear pollen from the air.
- Avoid lawn mowing, weed pulling and other gardening chores that stir up allergens.
- Remove clothes you've worn outside and shower to rinse pollen from your skin and hair.
- Don't hang laundry outside — pollen can stick to sheets and towels.
- Wear a face mask if you do outside chores.



# Shigella

Shigella bacteria cause an infection called shigellosis. Most people with Shigella infection have diarrhea (sometimes bloody), fever, and stomach cramps. Symptoms usually begin 1–2 days after infection and last 7 days. Most people recover without needing antibiotics. However, people with severe illness and those with underlying conditions that weaken the immune system should be given antibiotics. Antibiotics can shorten the duration of illness (by about 2 days) and might help reduce the spread of Shigella to others. Washing your hands often with soap and running water and taking other hygiene measures can help protect you and your loved ones from infection.



Want to get this newsletter via email?

If you are interested, email Allison Combs at [acombs@wcchd.com](mailto:acombs@wcchd.com) with the email address that you would like this newsletter sent!

## What is a Community Health Assessment?

A Community Health Assessment is conducted to better understand the health needs of a community or region.

To gather data for these assessments, residents are randomly selected, and sent a questionnaire that asks them various questions about different aspects of their health, such as any illnesses they have, how and if they go to the doctor, what kinds of food they are eating, and how they parent, to name a few. Recently, in October and November 2022, randomly selected residents of Warren County were mailed one of these questionnaires.

After these results are gathered and generated, various community members and organizations will meet and discuss the findings of the Community Health Assessment, making sure to note any health disparities in the community.

Using the data from the Community Health Assessment, another report known as a Community Health Improvement Plan (CHIP) is written, which outlines how these organizations will address the disparities shown in the Community Health Assessment.

This year, WCHD will be releasing a Community Health Assessment in April, so be on the lookout for the official announcement- anyone can read this report! It will be posted on WCHD's website, and it will also be announced on our social media pages.



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