

A publication of the
Pinellas County Health Department

Choose Food That's Best for You!
March is National Nutrition Month



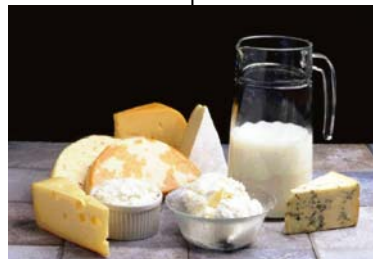
Get a Taste for Nutrition!

Good nutrition is important as a part of good health and physical activity. Here are some ideas for enjoying good food - and helping your health!

◆ **Be adventurous and expand your horizons.**

Variety is the "spice of life" in your food choices and is key to good nutrition and health. Choose foods based on flavor, texture, and colors that are tasty and healthy. Explore the wide world of nutrition by trying a variety of foods.

◆ **Treat your taste buds.** You decide how much and how often. Choose foods sensibly by looking at the big picture; it's what you eat over several days, not just one meal or day that counts. So enjoy all your favorite foods; just try eating them in moderate amounts.



◆ **Maintain a healthy weight.** Managing your weight plays a vital role in good health and quality of life. Carrying excess weight may put you at greater risk for health problems. The good news is that healthy eating and regular physical activity make it easier to achieve lifelong weight management and

long-term health!

◆ **Balance food choices with your lifestyle.** Choosing the right balance of foods helps you get the right combination of nutrients. Balance your food choices with your physical activity to achieve and maintain a healthy weight and lifestyle!

To learn more about nutrition, visit www.eatright.org or www.pinellaswellness.com.

WIC Makes a Difference!

WIC stands for the Special Supplemental Nutrition Program for **Women, Infants and Children**. WIC is funded by the United States Department of Agriculture and is administered in Florida by the Department of Health and locally by the Pinellas County Health Department.

WIC can improve the diets of pregnant and postpartum women and children. It has also been shown to reduce the incidence of low birth weight, infant mortality, and anemia among WIC participants.

Services provided by the Pinellas WIC Program include the following:

1. *WIC checks for healthy foods;*
2. *Nutrition education and counseling;*
3. *Breastfeeding support; and*
4. *Referrals for health care.*

Pinellas WIC operates from five main centers and seven satellites. WIC also provides bedside certification at Bayfront Medical Center.

Currently, Pinellas WIC provides services to over 12,000 participants each month. Each applicant must meet all Federal eligibility requirements. Checks issued from all our sites are redeemable at our participating local vendors.

To find out how you may qualify for WIC in Pinellas County, please give us a call at 727-824-6914 or visit www.pinellashealth.com.



Our Vision

*Healthier
People in a
Healthier
Environment*

Pinellas County Health Department

Poison Prevention Week Begins March 20th

It's important to be aware that **accidental poisoning can happen at any age** and not just to small children. Please take note of the following guidelines.

Ages 1 to 6 years: Most accidental poisonings happen to this group while exploring; which translates into shaking, spilling, smelling, tasting, and wiping of hands on skin or clothing. This is the group with the highest fatality rate because of ingestion and the inability of newly developing organs to cope with a massive toxic exposure.

Ages 5 to 10 years: This is the age that wants to help mommy. Most accidental poisonings occur when children try to clean with household products. Often these accidental poisonings are never reported to poison control centers for social reasons and because exposure is generally not as severe as the younger group.

Ages 8 to 18 years: "Huffing" or sniffing household products to get high. Today, one out of five children try "huffing" by the time they reach the eighth grade. This group is completely unaware that household products are poisonous. After all, in some commercials they see smiling women, "high" on house cleaning, sniffing these same products on TV, and encouraging their audience to do the same.

Adults: Misuse is the most common cause of accidental poisoning in this group. Adults are usually guilty of failure to read instructions carefully and take heed of the warning labels. This is a big mistake.

Elderly: Mistaken product identity is the accidental poisoning problem of the elderly. Often they attempt to read labels without their glasses or in the dark, or automatically reach for a medication that has been moved from its usual place only to pick up something else by mistake. This group is most likely to store products not in original containers because they generally use smaller quantities and often share products with family and friends.

For more information, visit
www.poisonprevention.org.



When in doubt, call the
POISON HELP LINE
at 1-800-222-1222.



American Diabetes Alert is March 22nd

The American Diabetes Alert is a call-to-action held on the fourth Tuesday of March for people to find out if they are at risk for diabetes.

What is diabetes? Diabetes means that your blood glucose (sugar) is too high (or sometimes, too low). Your blood always has some glucose in it because the body needs it for energy. Too much or too little glucose in the blood is not good for your health.

Could you have diabetes? Diabetes is a silent disease. You could have it for years and never know it. During this time, your eyes, nerves, and kidneys may have been harmed by too much sugar in your blood.

Who is at risk for diabetes? Your risk for diabetes increases as you get older, gain too much weight, or if you don't stay active. Diabetes is more common in African Americans, Latinos, Native Americans, Asian Americans and Pacific Islanders. More youth are now also at risk for developing Type 2 diabetes as a result of the obesity epidemic in our society.

Risk factors for diabetes include:

- ◆ High blood pressure
- ◆ Family history of diabetes
- ◆ Having diabetes during pregnancy or having a baby weighing more than nine pounds at birth.

Don't wait for the signs. Most people with diabetes do not notice any symptoms. However, if you have any of these symptoms, call your health care provider right away: extreme thirst; frequent urination; losing weight without trying.

What can you do? You can do things now to lower your risk for diabetes by keeping your weight in control; eating low-fat meals that are high in fruits, vegetables, and whole grain foods; and staying active.

Learn more. If you or the people you care about are at risk for diabetes, you should learn more and get involved. Ask us or your health care provider about your risk for diabetes during your next visit. Share this information with family, friends, and neighbors. Help find the five million Americans with undiagnosed diabetes.

For more information, give us a call or visit
www.diabetes.org or www.pinellashealth.com.



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