



AUGLAIZE COUNTY
HEALTH DEPARTMENT

prevent. promote. protect.

March Wellness

MARCH | 2022

Special Points of Interest:

National Nutrition Month

World TB Day

Prevention and Treatment of TB



National Nutrition Month

National Nutrition Month is celebrated each year in March. It focuses on the importance of making informed food choices and developing good eating habits.

Nutrition is more than just vitamins, it also includes fiber and healthy fats. National Nutrition Month is the perfect time to learn about the simple ways your family can eat healthier. Below are some tips on how to eat healthier daily.

Add healthy fats to your diet. Not all fats are bad. Foods with monounsaturated and polyunsaturated fats are important for your brain and heart health. Foods like olive oil, avocado, and nuts can give you a good source of healthy fats. Try adding nuts on your soups or salads. You can slice up an avocado and add it to the top of your lean meats,

or in a morning smoothie.

Cut sodium down in your diet. Sodium increases blood pressure which can lead to heart disease and stroke. Most Americans get around 3,400 mg of sodium each day, which is much more than the recommended 2,300 mg. To cut down on sodium, avoid processed foods including breads, deli meats, and pizza. When grocery shopping, look for labels that say “low sodium.” When eating out at a restaurant, ask for your dressing on the side.

Increase fiber in your diet. Fiber can help you feel fuller for longer and helps to control your blood sugar and cholesterol. Slice up raw veggies and store them in to-go baggies for a quick snack. Eat a high fiber breakfast like whole grain oatmeal sprinkled with nuts. Add a half a cup of beans or peas to your meal to increase

fiber.

Aim for a variety of colors on your plate. Food like leafy greens, tomatoes, and oranges are packed with vitamins, minerals, and fiber. Try and sprinkle fresh herbs over your salad or whole-wheat pasta. Add diced veggies like peppers, broccoli, or onions to an omelet. Make a red sauce using canned tomatoes that say “low sodium” or “no salt added” and herbs and spices.

Making these small changes daily to your diet can help you have a well-rounded diet.

WORLD TB DAY

March 24 →

World TB Day

World TB (Tuberculosis) Day is celebrated each year on March 24. This day is used to educate the public on TB and the impact it has around the world.

TB is caused by a bacterium that can attack any part of the body like the spine, lungs, kidneys, or brain. However, not everyone with the infection will become sick. As a result, two TB-

related illnesses exist: latent TB and TB disease.

Latent TB is when someone breathes in the TB bacteria, but the body is able to fight off the infection, so you do not become ill. With latent TB, you do not feel sick, have no symptoms, cannot spread TB to others, but you would have a positive TB skin test, and could become ill if you do not receive treatment.

TB disease is when a person has active TB; the body cannot stop the germs from spreading. This person would have symptoms like a bad cough for more than 3 weeks, pain in chest, fatigue, weakness, chills, fever, sweating, or coughing up blood.

Prevention and Treatment of TB

In many countries, TB is much more common than it is in the United States. If traveling to a county where TB is pertinent, travelers should avoid close contact or prolonged time with people who are infected with TB. People who will be in contact with TB (like in clinics, hospitals, or

prisons) should take precaution and use environmental procedures to protect themselves against TB.

People who are infected need to be treated for TB. TB is treated by taking several drugs for 6-9 months. It is important for the infected person to take

the medication exactly as prescribed and to finish the medication. If this does not happen, the infection could still be active and the person could become resistant to those drugs.

“Guiding Auglaize County towards a healthier future.”

Contact us with questions!

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