



Grant County Health Department
111 South Jefferson Street Floor 2
Lancaster, Wisconsin 53813-1672
www.co.grant.wi.gov
(608) 723-6416

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COMMUNITY EDITION

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Help Kids Develop Healthy Habits

To help your children and family develop healthy eating habits:



- Provide plenty of vegetables, fruits, and whole-grain products.
- Include low-fat or non-fat milk or dairy products.
- Choose lean meats, poultry, fish, lentils, and beans for protein.
- Serve reasonably-sized portions.
- Encourage your family to drink lots of water.
- Limit sugar-sweetened beverages.

Help Kids Stay Active

In addition to being fun for children and teens, regular physical activity has many health benefits, including:

- Strengthening bones
- Decreasing blood pressure
- Reducing stress and anxiety
- Increasing self-esteem
- Helping with weight management



Children and teens should participate in at least 60 minutes of moderate intensity physical activity most days of the week. Some examples of moderate intensity physical activity include:

Brisk walking
Jumping rope
Swimming

Playing tag
Playing soccer
Dancing

In addition to encouraging physical activity, help children avoid too much sitting time. Although quiet time for reading and homework is fine, limit the time your children watch television, play video games, or surf the web to no more than 2 hours per day.



The mission of the Grant County Health Department is to promote the health and wellness of ALL residents of Grant County.

Websites

- ▶ Visit the Grant County website at www.co.grant.wi.gov for more information on Grant County services.
- ▶ Visit the Wisconsin Immunization Registry (WIR) website www.dhswir.org for information on your immunizations.
- ▶ Visit www.grantcountyhospice.com for information on the Hospice Program.
- ▶ Visit www.safegrantcounty.org for information on the S.A.F.E. Grant County Coalition.

The 2015 Dietary Guidelines

The 2015 Dietary Guidelines are out and with them comes new recommendations. The key recommendations include:

- Eat a variety of vegetables
- Focus on eating whole fruit
- Make at least half your grains whole grains
- Choose fat-free or low-fat dairy products
- Choose a variety of protein-rich foods such as fish, eggs, lean meat, poultry, nuts, seeds, beans, and peas.
- Choose oils over saturated fats such as butter, margarine, coconut oil, etc.
- Limit added sugar to < 10% of your total calories.
- Limit saturated fat to < 10% of your total calories.
- Limit sodium to < 2300 mg/day



Watch for the 8 simple steps you can take to put the new guidelines into action in the April newsletter.

Adapted from Carrie Schneider –Miller MS, RD. Post on Nutrition Know How, Omaha NE

UW
Extension

WIC & Health Check Clinics

(Immunizations given at all these clinics)

Apr 7th—Platteville Lutheran Church of Peace from 9:00am to 3:30pm

Apr 12th—Boscobel United Methodist Church from 9:30am to 3:30pm

Apr 13th—Fennimore United Methodist Church from 9:00am to 3:30pm

Apr 14th—Platteville Lutheran Church of Peace from 9:30am to 3:30pm

Apr 19th—Cuba City St Rose—Mazzuchelli Hall from 9:30am to 3:30pm

Apr 20th—Late Boscobel Tuffley Center from 2:00pm to 6:30pm

Apr 26th—Lancaster Schreiner Memorial Library from 9:00am to 3:30pm

Apr 27th—Bloomington West Grant Rescue Squad Bldg from 9:00am to 3:30pm

Apr 28th—Platteville Lutheran Church of Peace from 9:00am to 3:30pm



The Grant County Health Department will be closed on the following day:
May 30, 2016

March is Red Cross Month

Have you donated blood lately? If not, please consider so.

Anyone who is healthy, at least 17 years old and weighs at least 110 pounds can give the gift of life by donating blood.

For more information, call 1-800-GIVE-LIFE or visit them on the website www.redcross.org.

Could You Have Diabetes?

Diabetes is a silent disease. You can have it for years and not know it. During this time harm to your eyes, nerves and kidneys may have been going on for seven to ten years.

Diabetes means that your blood sugar is too high. Some sugar is needed in your body. Sugar gives you energy to keep you going. But too much sugar in the blood is not good for your health.

Risk factors for diabetes include:

- Being Overweight
- Having high blood pressure (at or above 140/90)
- Having a family history of diabetes
- Having diabetes during pregnancy or having a baby weight more than nine pounds.

Most people with diabetes do not notice any symptoms. However, if you should have any of these symptoms, you should call your health care provider right away:

- Being very thirsty
- Urinating often
- Losing weight without trying

You can do things now to lower your risk for diabetes by:

- Keeping your weight in control
- Staying active most days of the week
- Eating low fat meals that are high in fruits, vegetables, and whole grain foods.

16 Million Americans have diabetes.

Dealing with Stress:

- ✕ Talk with friends and family.
- ✕ Exercise regularly.
- ✕ Avoid drugs and alcohol.
- ✕ Take time to relax.
- ✕ Maintain your routine.
- ✕ Be a volunteer.
- ✕ Develop an emergency plan with your family.
- ✕ Try to remain positive, especially if you have young children.
- ✕ Talk with a professional if it seems overwhelming.



The Grant County Health Department provides....

Public Health

Immunizations

WIC

Health Check

School Health

Rural Safety

Environmental Health

HIV Testing

Jail Health Care

Loan Closet

Hearing Screening

Injury Prevention

Safety Education

Information and Referral

MATERNAL & CHILD HEALTH

Prenatal Care Coordination

HOME CARE

Hospice

Stop Searching- Just Call!

With the Internet at our fingertips, it is tempting to go online to search for answers to our medical and poisoning questions. For many people the internet helps them avoid the fear and embarrassment of calling 911 or going to the ER. However, calling the Poison Help hotline at 1-800-222-1222 will connect you to experts at your local poison center who will answer any poison-related question. They provide the confidentiality of the Internet but with an immediate, expert answer.



Services Are:

Available 24 hours a day, 7 days a week

Free to the public

Confidential

Provided by specially-trained nurses, pharmacists,
or doctors

Available to people with hearing problems.

In English and other languages

For life-saving treatment advice about any kind of
poison, anywhere in the United States call

1-800-222-1222.



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