



# Grant County Health Dept

111 South Jefferson St, Floor 2  
Lancaster, Wisconsin 53813-1672  
www.co.grant.wi.gov  
(608) 723-6416

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## Facts about Folic Acid

CDC urges women to take 400 mcg of folic acid every day, starting at least one month before getting pregnant, to help prevent major birth defects of the baby's brain and spine.

**About folic acid** Folic acid is a B vitamin. Our bodies use it to make new cells. Think about the skin, hair, and nails. These and other parts of the body make new cells each day. Everyone needs folic acid.

**Why folic acid is so important** During early development, folic acid helps form the neural tube which becomes the baby's spine, spinal cord and brain. Folic acid is very important because it can help prevent some major birth defects of the baby's brain and spine.

**How much folic acid a woman needs** 400 micrograms (mcg) every day, in addition to consuming food with folate from a varied diet, to help prevent some major birth defects.

**When to start taking folic acid** Every woman of reproductive age should get enough folic acid every day, whether she is planning to get pregnant or not, to help make new cells.

### **How a woman can get enough folic acid**

There are two easy ways to be sure to get enough folic acid each day:

1. Take a vitamin that has folic acid in it every day.
  - Most multivitamins sold in the United States have the amount of folic acid women need each day. Women can also choose to take a small pill (supplement) that has only folic acid in it each day.
  - Multivitamins and folic acid pills can be found at most local pharmacy, grocery, or discount stores. Check the label to be sure it contains 100% of the daily value (DV) of folic acid, which is 400 micrograms (mcg).
2. Eat fortified foods.
  - You can find folic acid in some breads, breakfast cereals, and corn masa flour.
  - Be sure to check the nutrient facts label and look for a product that has "100%" next to folate.
3. Getting a combination of the two by taking a vitamin that has folic acid in it and eating fortified foods.

<http://www.cdc.gov/ncbddd/folicacid/about.html>



*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](http://www.co.grant.wi.gov) for more information on Grant County services.
- ▶ Visit the Wisconsin Immunization Registry (WIR) website [www.dhswir.org](http://www.dhswir.org) for information on your immunizations.
- ▶ Visit [www.grantcountyhospice.com](http://www.grantcountyhospice.com) for information on the Hospice Program.

## Breakfast is Brain Food

What happens when we don't supply our brains with enough energy for the day? We tend to become irritable, tired, and even develop headaches. To avoid these things, the best solution is to make sure our body has the calories and nutrients it needs to help us think clearly throughout the whole day. The best place to start is with breakfast.

Breakfast means "to break the fast." When we wake up in the morning, it has been eight hours or more since the last time we've eaten any food. Our body needs the "fuel" from breakfast to get it going again.

A healthy breakfast can improve our ability to concentrate on our morning tasks. This is especially important for school age children. Teachers often report that children who don't eat breakfast become restless and inattentive by late morning.

Breakfast is important for everyone because it can provide about one fourth of our daily calories and nutrients. A nutritious breakfast is exactly what a growing child or teenager needs. Without it they are unlikely to make up this nutritional loss through other meals and snacks during the day.

### **Are Your Mornings Busy? Try Grab-n-Go Breakfasts!**

If your mornings are busy, look for quick breakfast ideas. Some easy breakfast meals can even be made the day before. If you have little time, take some grab-n-go foods to eat later.

*Fresh fruit, dried fruit, or 100% juice boxes*

*Crackers*

*Dry cereal*

*Yogurt*

*String cheese*

*Hard-cooked eggs*

*Sandwiches*

*Trail mix*

Adapted from [http://www.extension.org/pages/Breakfast\\_Brain\\_Food](http://www.extension.org/pages/Breakfast_Brain_Food)



Brought to you by Donna Peterson, Nutrition Educator and Coordinator in Grant and Iowa County with UW-Extension. (phone: 608-930-9856).

**UW  
Extension**

## WIC & Health Check Clinics

*(Immunizations given at all these clinics)*

**Jan 28th**—Lancaster Schreiner Memorial Library—9:00am to 3:30pm

**Feb 5th**—Late Muscoda Kratochwill Bldg from 2:00pm to 6:30pm

**Feb 6th**—Platteville Lutheran Church Of Peace—9:00am to 3:30pm

**Feb 11th**—Boscobel United Methodist Church—9:30am to 3:30pm

**Feb 12th**—Fennimore United Methodist Church—9:00am to 3:30pm

**Feb 18th**—Cuba City St Rose Mazzuchelli Hall - 9:30am to 3:30pm

**Feb 20th**—Late Platteville Lutheran Church Of Peace - 3:00pm to 6:30pm

**Feb 25th**—Lancaster Schreiner Memorial Library—9:00am to 3:30pm

**Mar 5th**—Platteville Lutheran Church of Peace—9:00am to 3:30pm

**Mar 10th**—Boscobel United Methodist Church—9:30am to 3:30pm

**Mar 11th**—Fennimore United Methodist Church—9:00am to 3:30pm

**January**

Grant County Health Dept will be closed on April 10 at noon.



## Weather Cancellations

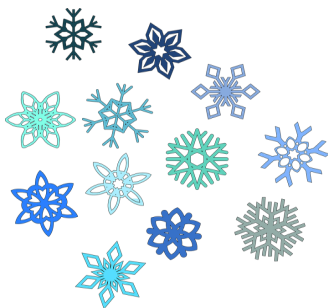
If the weather or road conditions are bad, the Grant County Health Department may decide to cancel WIC clinics.

One way to find out is to listen to the radio. The local stations used by the Health Dept are:

WGLR 97.7 FM  
or 1280 AM

WPVL 107.1 FM  
or 1590 AM

WRCO 100.9 FM



In general, we will cancel a WIC clinic if the school in that town cancels school for the day. We will have the clinic if school is delayed. If in doubt, you can call the Grant County Health Dept at 723-6416.

## Free Radon Test Kits Available

Americans spend about 90% of their time indoors, but indoor air is not always as safe as it may seem. One of the most serious health hazards found in indoor air is completely invisible. It is an odorless, colorless gas called radon. This gas is the second leading cause of lung cancer and is responsible for up to 20,000 lung cancer deaths each year. Because of the ways that radon and tobacco damage the lungs, high radon levels are especially dangerous for people who smoke. Their risk of lung cancer is 10 times higher than non-smokers.

Radon occurs naturally in the soil and accumulates in homes especially during the winter months. High radon levels have been found in every state and in every type of house. In Southwest Wisconsin, past testing has shown that in some areas 30% of homes have elevated radon levels. Making repairs to eliminate radon gas can be simple and affordable.

Testing is the only way to know what the radon level is in your home. Test kits are available free of charge at the Grant County Health Dept, 111 S Jefferson St, Lancaster, WI. For more information, contact the Grant County Health Dept at (608) 723-6416.



### DID YOU KNOW:

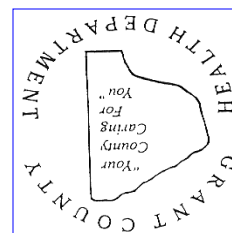
*Practically all the natural lakes in Wisconsin have resulted from glaciers.*

Source: [www.wisconsinhistory.org](http://www.wisconsinhistory.org)

# IS IT A COLD OR FLU?

SIGNS AND SYMPTOMS	COLD	FLU
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Headache	Rare	Common

#FIGHT FLU



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