

MARCH 3, 2023

MCHD HEALTH BLOG

The greatest wealth of a community is the health of the people.



Public Health
Prevent. Promote. Protect.
MORGAN COUNTY HEALTH DEPT.



NATIONAL NUTRITION MONTH

Last year we developed our Community Health Improvement Plan (CHIP) for 2022-2024. Data gathered from our 2021 Community Health Assessment (CHA) survey and input from 2021 community meetings were used to create this plan. In our CHIP we identified ways to strengthen our efforts to bring healthy changes to our community.

One health outcome MCHD is focusing on is reducing chronic disease in Morgan County. By promoting healthy eating and healthy living, we are working towards our goal of reducing obesity and tobacco use, which impacts chronic diseases such as diabetes, heart health, high blood pressure and lung disease.

This week we are focusing on healthy eating. The following are tips shared by the Academy of Nutrition and Dietetics (eatright.org) for celebrating National Nutrition Month in March:

- As a family, commit to trying a new fruit or vegetable each week.
- Give family members a role in meal planning and let them pick out different recipes to try.
- Let everyone help with food preparation — a skill for people of all ages.
- Try more meatless meals — choices like beans, peas and lentils are versatile plant-based protein sources that work in a variety of dishes.

Physical activity and health eating go hand in hand to improve health living. Try these ideas this month to increase your activity level:

- If you watch TV, take breaks during commercials to be physically active.
- Start a “walking club” with coworkers and take a stroll during scheduled break times.
- Do a little spring cleaning around your home.
- Visit one of our local state parks and take advantage of programs and trails.

If you would like to view our 2021 CHA survey or our 2022 CHIP, please visit www.morganpublichealth.org or stop by our office or any Kate Love Simpson Library location to view a printed copy.