



# Pennington & Red Lake Counties Wellness Newsletter

## February 2023

### Random Acts of Kindness Day is February 17th!

Acts of kindness can make the world a happier place for everyone. They can boost feelings of confidence, being in control, happiness and optimism. They may also encourage others to repeat the good deeds they've experienced themselves - contributing to a more positive community.

#### Kindness Ideas

- Be a friend to a lonely neighbor.
- Celebrate important days with those you love.
- Connect with a conversation.
- Visit the nearest little library and donate a book.
- Be a good listener.
- Create positive bookmarks and hide at your local library.
- Share your favorite book with someone.
- Be kind to your server.



### February is American Heart Month

About  
**240,000**  
people in Minnesota  
have coronary  
heart disease.



This is the most common form of heart disease and can often be prevented. **#OurHearts** are healthier when we move more, eat healthier, get enough sleep, reduce stress, and quit smoking!

Learn more at [hearttruth.gov](https://hearttruth.gov)

Source: CDC, Behavioral Risk Factor Surveillance System (BRFSS) Survey Data, 2021.



### What you can do to protect yourself from cardiovascular diseases?

There's a lot you can do to protect your heart.

- Ask your doctor about your blood pressure, cholesterol, and A1C.
  - Reduce the sodium, and increase the fruits, vegetables, and whole grains in your diet.
  - Be physically active.
  - Maintain a healthy weight.
  - Don't smoke.
  - Manage stress.
  - Keep your diabetes under control.
- [nhlbi.nih.gov/education/american-heart-month](https://nhlbi.nih.gov/education/american-heart-month)

## National Cancer Prevention Month

### Preventing Cancer Across a Lifetime

#### Cancer Prevention During Early Life Encouraging Behaviors That May Lower Cancer Risk

- Enough folic acid during pregnancy.
- Breastfeeding.
- Enough physical activity in childhood.
- Ensure safe, stable, nurturing, relationships and environments for all children and families.

#### Reducing Harmful Exposures

- Avoid alcohol and tobacco use during pregnancy.
- Keep children away from secondhand smoke.
- Reduce exposure to traffic-related air pollution.
- Avoid exposure to chemicals that can cause cancer.
- Limit the amount of radiation used during certain medical tests,
- Learn about your family's history of exposure to diethylstilbestrol (DES).
- Prevent adverse childhood experiences.

#### Cancer Prevention Among Youth

#### Promoting protective behaviors

- Complete the human papillomavirus (HPV) vaccine series.
- Eat a diet rich in fruits and vegetables.
- Get enough physical activity.
- Ensure safe, stable, nurturing relationships and environments for all children and families.

#### Reducing harmful exposures

- Avoid intentional tanning.
- Quit smoking and other tobacco use.
- Prevent underage drinking.
- Avoid exposure to certain chemicals.
- Limit radiation dose during medical imaging procedures.
- Prevent adverse childhood experiences.

<https://www.cdc.gov/cancer/dcpc/prevention/childhood.htm>

## Parenting Tips

### Healthy Heart Facts for Kids

Thinking of National Heart Month, we sometimes forget about talking to our kids. It is important to talk with your children about this issue. New in 2022, the American Heart Association Life's Simple 7 became **Life's Essential 8** and adds sleep as a component of heart health.

The 8 healthy behaviors are:

1. Eat better
2. Be more active
3. Quit tobacco
4. Get healthy sleep
5. Manage weight
6. Control cholesterol.
7. Manage blood sugar
8. Manage blood pressure



To help you understand how to keep your heart healthy, make it fun and exciting, the American Heart Association has created an online tool called "My Life Check" that will help you understand your heart health and give you and your family ideas to make the best choices.

<https://www.heart.org/en/healthy-living/healthy-lifestyle/lifes-essential-8>



218-681-0876 TRF or 218-253-4378 RLF  
[www.pennredlakecopublichealth.com](http://www.pennredlakecopublichealth.com)