



# Pennington & Red Lake Counties Wellness Newsletter

## March 2023



 Academy of Nutrition  
and Dietetics

### National Nutrition Month® Weekly Messages

#### **Week 1: Eat with the environment in mind.**

- Enjoy more plant-based meals and snacks.
- Purchase foods with minimal packaging.
- Buy foods in season and shop locally when possible.
- Start a container or backyard garden to grow food at home.

#### **Week 2: See a Registered Dietitian Nutritionist (RDN).**

- Ask your doctor for a referral to an RDN.
- Find an RDN who specializes in your unique needs.
- Learn how nutrient needs may change with age.
- Receive personalized nutrition information to meet your health goals.

#### **Week 3: Stay nourished and save money.**

- Plan your meals and snacks.
- See what food you have at home before purchasing more.
- Use a grocery list and shop sales when purchasing food.
- Learn about community resources such as SNAP, WIC and local food banks.

#### **Week 4: Eat a variety of foods from all food groups.**

- Include your favorite cultural foods and traditions.
- Eat foods in various forms including fresh, frozen, canned and dried.
- Avoid fad diets that promote unnecessary restrictions.
- Practice gratitude for your body by giving it the fuel it needs.

<https://www.eatright.org/national-nutrition-month-2023>

**Breastfeeding** - anytime, anywhere is allowed by law in Minnesota, but a breastfeeding or pumping person may feel more comfortable in a quiet more private space. Quin County Community Health Services is working to create more places in local workplaces and the community. Your input is valuable and vital to making this happen. Please fill out this survey. Thank you!



**survey link:**  
<https://www.surveymonkey.com/r/F2H8CDP>

### **Improving Oral Hygiene can Prevent Hospital Acquired Pneumonia**

Hospital patients not getting their teeth brushed, is believed to be a leading cause of hundreds of thousands of cases of pneumonia a year in patients who have not been put on a ventilator. Pneumonia is caused by germs that trigger an infection

in a patients' lungs. Non-ventilator hospital-acquired pneumonia (NVHAP), a risk for virtually all hospital patients, is often caused by bacteria from the mouth that gathers on unbrushed teeth and is aspirated into the lungs. Patients face a higher risk if they lie flat or remain immobile for long periods, so NVHAP can also be prevented by elevating their heads and getting them out of bed more often.

According to the National Organization for NV-HAP Prevention, this pneumonia infects about 1 in every 100 hospital patients and kills 15% to 30% of them.

[https://www.medscape.com/viewarticle/977009?src=WNL\\_clfoc\\_230227\\_MSCPEDIT\\_TEMP2&uac=11855ODK&implID=5186510&faf=1](https://www.medscape.com/viewarticle/977009?src=WNL_clfoc_230227_MSCPEDIT_TEMP2&uac=11855ODK&implID=5186510&faf=1)

## **Cytomegalovirus (CMV) and Congenital CMV**

Minnesota is the 1st state to add testing for CMV to the newborn screening.

In the US nearly 1 in 3 children have been infected with CMV by age 5, and over half of adults have been infected with CMV by age 40. Once CMV is in a person's body, it stays there for life and can reactivate.

CMV is usually harmless and doesn't cause symptoms in healthy people. However, if you are pregnant and have an active CMV infection, the virus can pass through the placenta to the growing fetus. When a baby is born with CMV, the infection is known as congenital CMV (cCMV). About 1 out of every 5 babies born with cCMV will develop lifelong health problems, including hearing loss and developmental disabilities.

CMV is passed from person to person by direct contact with body fluids containing the virus. High amounts of CMV can stay in a child's saliva and urine for months after infection.

To reduce the risk of getting CMV avoid touching your eyes or the inside of your nose or mouth after activities like wiping a child's nose or drool, feeding, changing a diaper, or handling toys until you wash your hands. Discuss CMV with your health care provider if you are pregnant or planning to become pregnant.

<https://www.health.state.mn.us/diseases/cytomegalovirus/prevent.html>

## **Parenting Tips**

Now that it's that time of year for gun safety training, here is some information on gun safety in the home.

### **Store Guns and Ammunition Safely**

- Store guns in a locked location, unloaded, out of the reach and sight of children.
- Store ammunition in a separate locked location, out of the reach and sight of children.
- Keep the keys and combinations hidden.
- When a gun is not being stored, it should be on your person and in your immediate control at all times. Otherwise, a gun should always be stored locked, unloaded and separate from ammunition.
- Make sure all guns are equipped with effective, child-resistant gun locks.
- If a visitor has a gun in a backpack, briefcase, handbag or an unlocked car, provide them with a locked place to hold it while they are in your home.
- Leaving guns on a nightstand, table or other place where a child can gain access may lead to injuries and fatalities.

It is estimated that about one third of households with children ages 17 and under have a gun in the home.



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