



# Pennington & Red Lake Counties Wellness Newsletter

## April 2023

Focus on:  
**Rural Health**



### **National Public Health Week, April 3-9**

Our theme this year is “Centering and Celebrating Cultures in Health”  
During each day of National Public Health Week, the focus is on a particular public health topic. Identify ways each of us can make a difference on that topic. These areas are critical to our future success in creating the healthiest nation.

#### **Daily Themes**

Monday: Community  
Tuesday: Violence Prevention  
Wednesday: Reproductive and Sexual Health  
Thursday: Mental Health  
Friday: Rural Health  
Saturday: Accessibility  
Sunday: Food and Nutrition

We want everyone to know they can make their communities healthier, safer and stronger when we support and stay engaged with one another. As we adjust and adapt to new social norms, we’re focusing not just on what we can do as individuals, but what we can do as communities to protect, prioritize and influence the future of public health.

<https://www.nphw.org/Tools-and-Tips/Toolkit>  
<https://www.eatright.org/national-nutrition-month-2023>

**Magnesium-rich diet has been linked to better brain health**, an outcome that may help lower dementia risk, new research suggests. Investigators studied over 6000 cognitively healthy individuals, aged 40-73, and found that those who consumed more than 550 mg of magnesium daily had a brain age approximately 1 year younger by age 55 years, compared with a person who consumed a normal magnesium intake (~360 mg/day). "This research highlights the potential benefits of a diet high in magnesium and the role it plays in promoting good brain health," lead author Khawlah Alateeq, a PhD candidate in neuroscience at Australian National University's National Centre for Epidemiology and Population Health, told Medscape Medical News. Clinicians "can use [the findings] to counsel patients on the benefits of increasing magnesium intake through a healthy diet and monitoring magnesium levels to prevent deficiencies," she stated.

[https://www.medscape.com/viewarticle/990343?ecd=wnl\\_sci\\_tech\\_230405\\_MSCPEDIT&uac=118550DK&impID=5306285](https://www.medscape.com/viewarticle/990343?ecd=wnl_sci_tech_230405_MSCPEDIT&uac=118550DK&impID=5306285)



**National Walking Day** encourages Americans of all ages to get out and stretch their legs and get their hearts pumping. The American Heart Association sponsors this day to remind people about the health benefits of taking a walk. Wear your sneakers (or take them with you) to work, and at some point in the day, take a 30-minute walk.

## April is Alcohol Awareness Month

### Small Conversations Make a Big Impression

Children are more likely to avoid drinking when they have a strong, trusting relationship with their parents. Sitting down for the "big talk" about alcohol can be intimidating for both you and your child. Try using everyday opportunities to talk— in the car, during dinner, or while you and your child are watching TV. Having lots of little talks takes the pressure off trying to get all of the information out in one lengthy discussion, and your child will be less likely to tune you out. Take the time to discuss your beliefs and opinions about alcohol with your child. Be honest and express a clear, consistent message that underage drinking is unacceptable. When they feel that you're being real and honest with them, they'll be more likely to respect your rules about underage drinking. . It's also important to hear their point of view. Give your child the opportunity to ask you questions, and listen to what they have to say. Children who have parents who listen to their feelings and concerns are more likely to say "no" to alcohol. In addition to talking often with your child about alcohol, it's important to set a good example. If you choose to drink, you can positively influence your child by drinking in moderation and NEVER driving when you've been drinking. Be aware of where you keep your alcohol, and always remind your child that the alcohol in your house is off-limits.

<https://www.samhsa.gov/talk-they-hear-you/parent-resources/small-conversations>

## National Child Abuse Prevention Month

The graphic features logos for the Children's Bureau, Child Welfare Information Gateway, and a stylized figure. The main text reads "Doing Things Differently: Moving from the Challenge to the Change" with the website childwelfare.gov/preventionmonth and the hashtag #ThrivingFamilies. The background shows a collage of photos: a family riding bicycles, a man kissing a child on the cheek, and a family smiling together.

<https://www.childwelfare.gov/topics/preventing/prevention-month/#:~:text=April%20is%20National%20Child%20Abuse,prevent%20child%20abuse%20and%20neglect.>

## Parenting Tips

### DRIVEWAY SAFETY

Many tragedies happen in driveways or parking lots when drivers are unaware that children are near vehicles. Tragically, these drivers are often family members or friends of the injured child. But these situations are easily prevented by following a few simple tips.

### Hard Facts about Kids Playing in and around Cars by Themselves

Each year, more than 9,000 children are treated in emergency rooms for injuries that occurred while they were by themselves in or around motor vehicles. Many of these preventable injuries occur when drivers are unaware of children near vehicles.

### Top Tips for Driveway Safety

1. We know you're often in a hurry, but before you get in the car, take a few seconds to walk all the way around your parked car to check for children.
2. Designate a safe spot for children to wait when nearby vehicles are about to move and make sure the drivers can see them.
3. Accompany little kids when they get in and out of a vehicle. Hold their hand while walking near moving vehicles, in driveways, parking lots or on sidewalks.

Making the space in and around your car safe for kids requires a few more steps. Learn more about how to protect your kids from heatstroke in cars or getting trapped in the trunk. Also check out more tips on how to keep your driveway safe.

<https://www.safekids.org/tip/driveway-safety-tips>

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K:IDS**  
WORLDWIDE.



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