



Pennington & Red Lake Counties Wellness Newsletter

June 2023



Tips from The National Frozen & Refrigerated Foods Association (NFRA)

- Be sure to keep your refrigerator temperature between 36-40 degrees Fahrenheit.
- Serving cheese at a party? For best flavor, remove cheese from the fridge 30 minutes to 2 hours beforehand.
- Stock up and store hard cheeses, tightly wrapped, in the freezer for 2-3 months. Find more cheese tips here: <https://bit.ly/3uCsx3e>
- Substitute 1 cup Greek yogurt for 1 cup mayonnaise to create a lighter dish.

#JuneDairyMonth

<https://nraweb.org/industry-resources/toolkits/june-dairy-month-toolkit/#Social%20Media>

Having Plants Can Help Prevent Colds

Plants don't just clean air; they may protect us from colds, COVID, and other viral and bacterial diseases, according to researchers at the University of Victoria.

What to Know

- There's evidence that filling a home or office with plants could help protect against a wide range of bacterial and viral infections, and they cleanse the air through a natural filtration system.
- Plants produce hydrogen peroxide during photosynthesis, which is released into the atmosphere and neutralizes viruses by safely disinfecting the air.
- Hydrogen peroxide is a caustic substance used for disinfecting surfaces and for bleaching hair. It is spontaneously formed by plants in microscopic droplets of water in tiny amounts that are harmless to humans.
- Hydrogen production produced by plants may have possibilities as a viable nature-based solution

for air filtration systems to help cleanse air indoors, and it can also improve the quality of air in high-density cities or regions and rural regions affected by forest fires.

- The findings have potential major implications for the role of plant-mediated atmospheric cleansing, climate change, and urban and indoor air quality, in addition to reducing the damaging effects of planet-warming greenhouse gases, such as methane, carbon monoxide, and nitrous oxide in the atmosphere.

https://www.medscape.com/viewarticle/991554?ecd=wnl_sci_tech_230510_MSCPEDIT&uac=11855

Young men at highest risk of schizophrenia linked with cannabis use disorder

Researchers found strong evidence of an association between cannabis use disorder and schizophrenia among men and women, though the association was much stronger among young men. Using statistical models, the study authors estimated that as many as 30% of cases of schizophrenia among men aged 21-30 might have been prevented by averting cannabis use disorder.

Cannabis use disorder and schizophrenia are serious, but treatable, mental disorders that can profoundly impact people's lives. People with cannabis use disorder are unable to stop using cannabis despite it causing negative consequences in their lives.

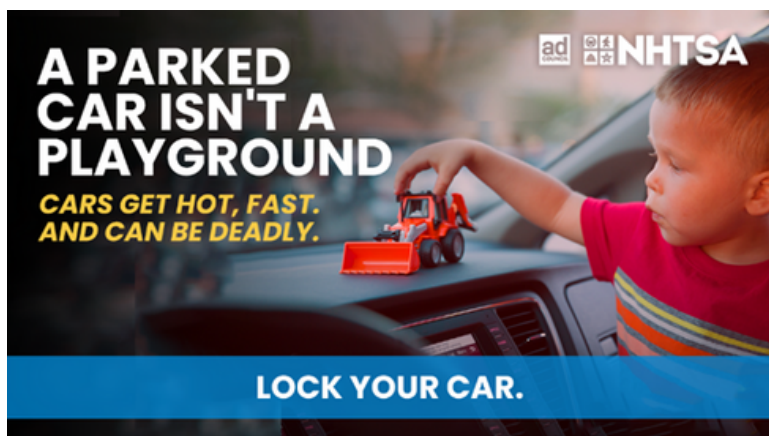
Schizophrenia is a serious mental illness that affects how a person thinks, feels, and behaves. People with schizophrenia may seem like they have lost touch with reality, and the symptoms of schizophrenia can make it difficult to participate in usual, everyday activities. However, effective treatments are available for both cannabis use disorder and schizophrenia.

<https://nida.nih.gov/news-events/news-releases/2023/05/young-men-at-highest-risk-schizophrenia-linked-with-cannabis-use-disorder>

This year's theme, Connecting Home, Health, and YOU, serves as a call to action. We encourage everyone to take an active role in creating and promoting healthy homes and communities.



From 2017 to 2021, there was a 1,375% increase in accidental cannabis edible ingestions in children younger than six years old (Pediatrics 2023).



Parenting Tips

DRIVEWAY SAFETY

Walk all the way around a parked car to check for children.

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.



Among preventable injuries, drowning is the leading cause of death for children 1 - 4 years old.

<https://www.safekids.org/poolsafety>

Stay out of splash pads if you are sick with diarrhea. Jets can rinse germs found in poop off butts and swallowing the water with those germs can make you sick. Chlorine doesn't kill germs instantly.

Around pools and open bodies of water, give kids your undivided attention.

Learn more: <https://go.usa.gov/xzKtg>

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