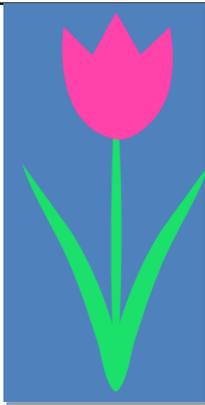


Kewaunee County Public Health Newsletter

March/April 2016

Volume 1 Issue 2



World Immunization Week 2016: Close the Immunization Gap!

World Immunization week is April 24th to April 30th and aims to promote the use of vaccines to protect people of all ages against disease.

Contact the **Kewaunee County Public Health Department**, your health care provider, or visit the Wisconsin Immunization Registry (WIR) website to check the vaccine status of you and your child.

Call **(920)388-7160** to schedule an appointment at our next vaccine clinic conveniently located in Kewaunee, Algoma or Luxemburg.

Make Sure Your Diet is Right for You

March is National Nutrition Month, a time when many start to watch their eating habits. With spring almost here, it's a great time to start an exercise routine and eat healthy. In doing so, it is important to find balance and set a plan for lifelong health, not just short-term weight loss.

Setting healthy, realistic goals is the first step to making sure you succeed. Start with one or two changes at a time and keep a food and activity log so you can see how you are doing. No need to buy a fancy fitness/diet calculator when you can do it on paper. Try to have at least three meals per day with 1-2 snacks. Skipping meals/snacks will only cause over-eating later on in the day. Planning meals will help you to make healthy choices that you can be proud of.

It is very important to know when you have had enough to eat. At your first sign of fullness, stop eating. It takes about 20 minutes for your brain to get the message that you are full. This is why eating slowly can help your brain process your satiety. Try going for a short walk around the block or get busy with a household chore after eating. Making sure your portion sizes are just right will help facilitate weight loss. For more information, visit www.choosemyplate.gov/STEPS/howmuchshouldyoueat.html

Make sure your weight management plan is right for you. Try to include all food groups and make sure it fits your lifestyle and budget. Choose foods that you and your family can enjoy. Balance the food you eat with the physical activity you do, and ask your family to be your greatest supporters. Make a healthy change this spring, you won't rearet it!

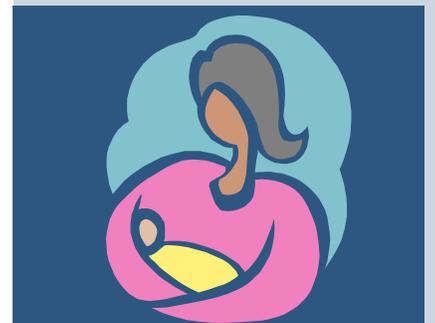
Kewaunee County Health Dept.
810 Lincoln St.
Kewaunee, WI 54216
920-388-7160

Tips for Safe and Healthy Diapering

In the first few months of life, plan to change your baby's diaper about every two to three hours. Bowel movements can irritate baby's skin, so it is important to remember to change your baby's diaper as soon as possible to prevent infection and rash.

Follow these steps below to keep you and your baby healthy during diaper changing:

- 1) **Clean child**-use a fresh diaper wipe from front to back.
- 2) **Remove trash**-place used wipes in diaper and dispose in trash
- 3) **Replace diaper**-apply diaper cream if needed
- 4) **Wash child's hands**-with soap and water to limit the spread of germs
- 5) **Clean up**-use disinfecting cleaner on changing surface
- 6) **Wash your hands**-thoroughly with soap and water to limit the spread of germs



Kewaunee Public Health Newsletter (cont.)

Spring Activities



- + Have an egg hunt
- + Play frisbee
- + Play hopscotch
- + Get out the hula hoop
- + Walk on a thawed trail
- + Rake Leaves
- + Pick up sticks
- + Go rollerblading
- + Play soccer
- + Chase bubbles
- + Plant a garden
- + Wash the car
- + Ride a bike
- + Walk the dog
- + Visit a playground
- + Enjoy basketball
- + Walk the beach

April is Alcohol Awareness Month

Did you know that drinking too much can harm your health? Excessive alcohol use, including underage drinking and binge drinking, can lead to an increased risk of health problems. According to the Center for Disease Control and Prevention (CDC), binge drinking is the most common pattern of excessive alcohol use in the United States and refers to when men consume about five or more drinks, and when women consume four or more drinks during one occasion. In fact, more than half of the alcohol consumed by adults in the United States is in the form of binge drinking.

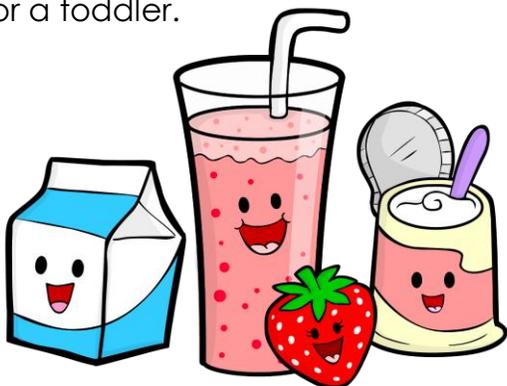
Binge drinking is associated with a variety of health problems such as: intentional and unintentional injuries, mental health issues, alcohol poisoning, sexually transmitted disease, unintended pregnancies, children born with fetal alcohol disorders, high blood pressure, stroke, cardiovascular disease, liver disease and poor control of diabetes.

Everyone can contribute to the prevention of excessive alcohol use. Choose not to drink too much yourself and encourage others to do the same. Talk with your health care provider about your drinking behavior and request counseling if you drink too much. If you do plan to have a drink, follow the U.S. Dietary Guidelines on moderate alcohol consumption, no more than one drink per day for women and no more than two drinks per day for men. And those who are driving, planning to drive, pregnant or trying to get pregnant should not drink any alcohol.

Antioxidant Smoothie

- 1 Med. Banana
- ½ c. Blueberries- can use frozen
- 1 c. Baby Spinach Leaves
- ½ c. Frozen Strawberries
- 8 oz Vanilla Yogurt
- 8 oz Orange Juice

Place all ingredients in the blender starting with the frozen strawberries. Puree until well blended and no chunks are present. Pour in a glass and enjoy. 8 ounces is one serving, or 4 oz for a toddler.



Why Should I Breastfeed?



- Breastmilk contains over 200 nutrients.
- Breastmilk is always ready- never too hot or too cold.
- Breastmilk protects your baby from illness
- Breastmilk costs less than formula

Breastfed Babies Have....

- Less asthma and pneumonia
- Less tummy troubles (gas, constipation and diarrhea)
- Less risk for Sudden Infant Death Syndrome (SIDS)
- Less risk of certain chronic diseases as an adult.