March is National Nutrition Month

Each March, the Academy of Nutrition and Dietetics, conducts a national nutrition education and awareness campaign called “National Nutrition Month.” The 2012 theme is “Get Your Plate in Shape.” The Academy recommended the following tips:

- Half of the plate should be fruits and vegetables
- At least half of our daily grains should be whole grains
- Select low-fat or fat-free milk
- Have a variety of protein
- Reduce sodium and avoid foods with empty calories like soda
- Eat small portion sizes

Changing your diet is also powerful medicine. By including more fruits and vegetables, lean meats and poultry (without skin) and dairy product that are fat-free, 1%-low-fat you may help to decrease your risk of heart disease and other illnesses.

The following websites provide helpful information on nutrition for children and adults:

- [www.eatright.org](http://www.eatright.org)
- [www.kidsseatright.org](http://www.kidsseatright.org)
- [www.choosemyplate.gov](http://www.choosemyplate.gov)

Reference
Academy of Nutrition and Dietetics (2012)

Take the Risk Test: Diabetes Alert Day, March 27, 2012

**American Diabetes Association.** ALERT! DAY

It is important to know your risk factors for developing diabetes. On March 27, 2012 the American Diabetes Association (ADA) is sponsoring “Alert Day” so that more people can learn about the risk factors of diabetes.

According to the American Diabetes Association, diabetes affects nearly 26 million children and adults in the United States - 7 million of which have not been diagnosed. Approximately one in three American adults have pre-diabetes, often a precursor to diabetes. Recent estimates project that one in three American adults will have diabetes in 2050 unless we take steps to stop this epidemic.1

The ADA has created an improved risk test and is using Facebook as a tool where people can ask questions about diabetes. The goal is to get as many people as possible to take this simple test to learn about and speak to their doctor if they are at risk.


For more information, please call the American Diabetes Association at 1-800-DIABETES (1-800-342-2383) or visit [www.diabetes.org](http://www.diabetes.org). Information from both of these sources is available in English and Spanish.

Reference

Caring for Those with Low Vision

The term low vision means partial sight or visual impairment that
is not correctable with contact lenses or eyeglasses. Low vision can be caused by various eye diseases or eye injuries. It can be a result of a disease you are born with (damage to the retina in the eye) or factors such as eye muscle weakness, caused by a condition that affects the optic nerve. Macular degeneration, glaucoma and cataracts all may cause low vision.

Low vision affects all areas of a person's life and may hinder a person's ability to perform certain daily living activities.

To be as safe as possible in and outside of the home, individuals who have low vision should:

- Ensure rooms and hallways are well lit.
- Use night lights in all rooms.
- Use bright strips of tape along the edge of each step along stairways to prevent falls.
- Paint door frames and light switches a different color than the walls to make them easier to see.
- Decrease clutter.
- Put plates and food service items on placemats that are a contrasting color from the tablecloth.
- Use a pill organizer with raised markings or talking labels for medication.
- Wear special sunglasses to reduce sun glare. The doctor can order the glasses.
- Wear a hat while out in the sun to help decrease sun glare.

National Poison Prevention Week

March 2012 marks the 50th Anniversary of National Poison Prevention Week. The dangers of poisonings and how to prevent them will be highlighted during the week of March 18-24, 2012.

According to the Centers for Disease Control and Prevention (CDC), every day in the United States nearly 82 people die as a result of unintentional poisoning and another 1,941 are treated in emergency rooms. It is estimated that over 50 percent of poisonings involve children under the age of six years old and 90 percent of poisonings occur in the home.

A poison can be any substance, including medications, that is harmful to your body if too much is eaten, inhaled, injected or absorbed through the skin.

The leading causes of poisonings in children are:

- Cosmetics, such as perfume or nail polish
- Personal care products, such as deodorant and soap
- Cleaning products, such as laundry detergent and floor cleaners
- Pain killers, such as acetaminophen and similar medications

The leading causes of poisonings in adults are:

- Pain killers
- Sedatives (drugs used to reduce anxiety), hypnotics (sleeping pills) and antipsychotics (drugs used to treat mental illness)
- Household cleaning products

The New Jersey Poison Information and Education System (NJPIES), also known as the NJ Poison Control Center, is the state's only poison control center. NJPIES serves New Jersey residents through its free, 24-hours a day, 7-days a week emergency and information hotline and is staffed by nurses, pharmacists and physicians.

If you or someone you know may have been poisoned, call NJPIES at 1-800-222-1222. When you call the hotline, a health expert will be available to answer your call. Explain your situation or symptoms and have the name of the product and container ready or the name of the suspected source of exposure.

For more information, visit NJPIES at www.njpies.org/