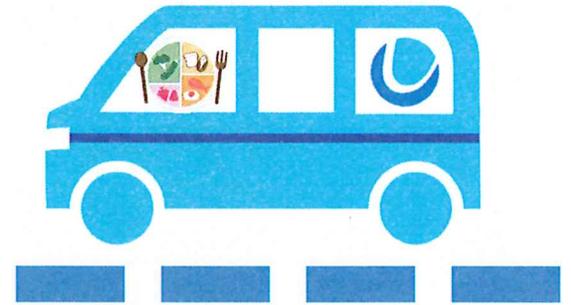


MARCH is National Nutrition Month

What is MyPlate and why is it important?

MyPlate is a visual representation of a healthy way to fill your plate at each meal. The MyPlate image is a plate that is divided into four sections, with each section representing how much of each food group you should eat. Fruits and vegetables fill half the plate while proteins and grains fill the other half.

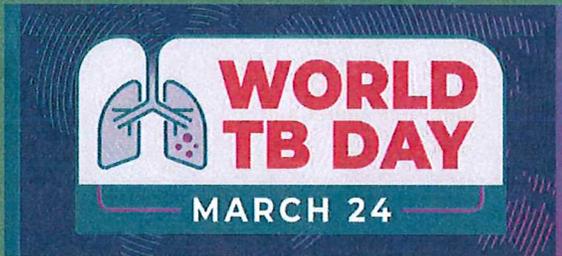
Check out our crossword puzzle to learn more about MyPlate.



MARCH 2025

PUBLIC HEALTH IN YOUR COMMUNITY

Did you know that your local health department does TB case management?



Each year, we commemorate World Tuberculosis (TB) Day on March 24 to raise public awareness about the devastating health, social and economic consequences of TB, and to step up efforts to end the global TB epidemic. The date marks the day in 1882 when Dr Robert Koch announced that he had discovered the bacterium that causes TB, which opened the way towards

diagnosing and curing the disease. But TB still remains one of the world's deadliest infectious diseases. Throughout the year, your local health departments and public health nurses work diligently towards eliminating tuberculosis (TB) in our community. We employ crucial strategies like surveillance, timely case detection, and effective contact tracing to substantially decrease TB incidence rates. Through providing essential services including testing, treatment, and case management, local health departments are able to improve outcomes for individuals affected by TB.

Uncas Health District serves the communities of Bozrah, Franklin, Griswold, Lebanon, Lisbon, Montville, Norwich, Preston, Salem, Sprague and Voluntown.

Stop by the Uncas Health District office to pick up your
FREE COVID-19 test kits. 2 per family.

401 West Thames St. - Suite 106, Norwich, CT



Scan to
learn more



uncashd.org
860-823-1189

MARCH 2025

Mobile Health Team



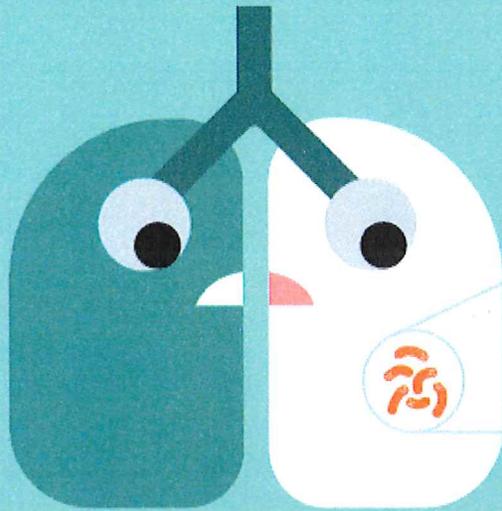
For more information, call [860-823-1189](tel:860-823-1189) or scan the QR to visit us at uncashd.org.

Tuesday, March 4 11:00 AM - 1:00 PM/ 2:00 - 3:00 PM	Lebanon Senior Center, Lebanon/ Griswold Town Hall or Veterans Park, Jewett City
Wednesday, March 5 10:30 AM - 1:00 PM/ 2:00 - 3:00 PM	St Vincent DePaul Place 120 Cliff St., Norwich/ Mohegan Fire Department, Montville
Thursday, March 6 9:30 - 10:30 AM	Lisbon Senior Center, Lisbon 
Friday, March 7 10:00 AM-11:00 AM/ 11:30 AM - 12:30 PM	MOBILE FOOD PANTRY at Preston Senior Center 42 Long Society Rd, Preston/ Preston Library, Preston
Monday, March 10 12:45 - 1:45 PM	Preston Senior Center, Preston
Tuesday, March 11 11:30 AM- 12:30 PM/ 2:00 - 3:00 PM	Salem Senior Center at Gardiner Lake Firehouse/ Griswold Town Hall, Jewett City
Wednesday, March 12 2:00 -3:00 PM/ 4:00 -5:00PM	Montville Town Hall, Montville/ MOBILE FOOD PANTRY at Three Rivers Community College 574 New London Tpke, Norwich
Friday, March 14 10:30 - 11:30 AM	Bozrah Senior Center, Bozrah
Tuesday, March 18 10:30-11:30AM/12:30-1:30PM /2:00-3:00 PM	Franklin Senior Center, Franklin/ St. Jude Commons, Norwich/ Griswold Town Hall or Veterans Park, Jewett City
Wednesday, March 19 10:30 AM - 1:00 PM/ 2:00 - 3:00 PM	St Vincent DePaul Place 120 Cliff St., Norwich/ Community Center-Fair Oaks, Montville
Thursday, March 20 4:00 - 5:30 PM	MOBILE FOOD PANTRY at Griswold Public Works 1148 Voluntown Rd, Griswold
Tuesday, March 25 11:30 AM - 1:00 PM/ 2:00 - 3:00 PM	Salem Seniors at Gardiner Lake Firehouse/ Griswold Town Hall, Jewett City
Wednesday, March 26 1:00 - 2:00 PM / 2:00-3:00 PM	MOBILE FOOD PANTRY at Dodd Stadium 14 Stott Ave., Norwich Community Center-Fair Oaks, Montville
Thursday, March 27 11:30 AM - 12:30 PM	Sprague Senior Center, Sprague/

We offer the following services at all of our events:

blood pressure screening, flu vaccination, illness prevention, smoking cessation information, harm reduction services, Hepatitis C / HIV screening, syringe services, wound care education, STI prevention, and seasonal health education.

WHAT IS TUBERCULOSIS?



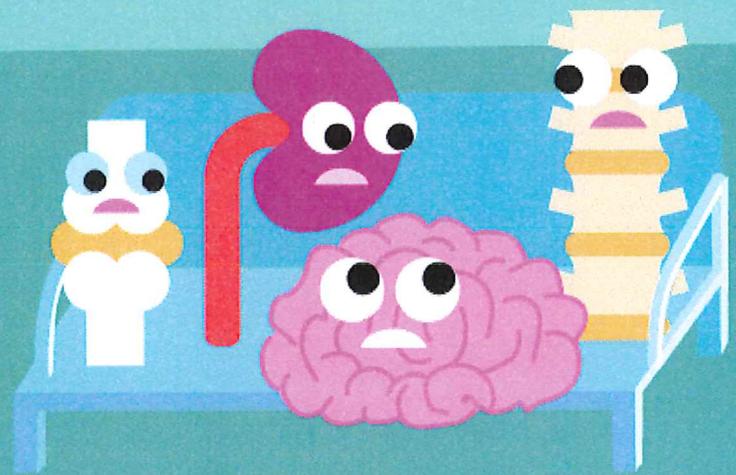
Tuberculosis (TB) is caused by a type of bacteria



It spreads through the air when infected people cough, sneeze or spit

TUBERCULOSIS MAINLY AFFECTS THE LUNGS

but can also impact other parts of the body



SYMPTOMS INCLUDE

cough, fever, and weight loss



TUBERCULOSIS IS CURABLE!



Contact your healthcare provider if you:

show symptoms

belong to a high-risk group (Immunocompromised, undernourished, children)

are a close contact of a TB patient

**YES!
WE CAN**



World Health Organization



STAY HEALTHY.

Early Detection Saves Lives.

Connecticut Early Detection and Prevention Program (CEDPP) Helping you stay Healthy!

Prioritize your well-being with FREE comprehensive health screenings (for breast, cervical and colon cancer) through the Connecticut Department of Public Health Early Detection and Prevention Program.

Insurance?

Do you have **NO** health insurance or does your insurance have a deductible over \$1000? Is your income limited? You may be eligible for FREE screenings!

Programs are supported by funds made available from the State of CT and the Centers of Disease Control and Prevention (CDC) DP22-2202 and DP23-0003

uncashd.org/early-detection/
email health@uncashd.org
(860) 639-5138



Have you heard about our
WISEWOMAN Program?

You are eligible if you ...

- are enrolled in the Connecticut Breast and Cervical Cancer Program &
- received a Breast exam, Pap test or Mammogram &
- are 35 to 64 years old

 **UNCAS**
HEALTH DISTRICT
Your Local Health Department

Eat and Drink to Lower Blood Pressure

TAKING EVEN ONE OF THESE STEPS CAN MAKE A DIFFERENCE

 If You...	 Try This Instead...
 Are overweight	 Eat less/smaller portions. Losing weight can lower your blood pressure. Tip: In general, keep portions about the size of your fist. Check serving sizes (packages often have several servings).
 Eat foods high in salt (sodium)	 Choose reduced-sodium or no-salt-added foods. Always check packaged foods for sodium content and choose foods with less than 5% sodium per serving. Don't add salt to foods!
 Always put salt on your food before eating	 Get the salt shaker off the table! Use a salt substitute. Or try other spices instead of salt.
 Drink soda and other drinks	 Drink water, club soda, or low-fat milk. Even diet soda may have a lot of salt. Always check the label.
 Eat too few fruits and vegetables	 Eat fresh fruits and vegetables at every meal. If only frozen or canned fruits and vegetables are available, choose ones without added salt.
 Often eat unhealthy snacks (chips, candy, and cookies)	 Snack on healthier foods. Eat less junk food and sweets. Try fruit, vegetable sticks, unbuttered and unsalted popcorn, or nuts.
 Add salt when cooking (rice, pasta, cereals)	 Use other spices instead of salt, such as onion or garlic powder. Don't add salt to food or boiling water. Cut back on "instant" products (they usually have added salt).
 Often eat red meat	 Eat fresh chicken, turkey, fish, or leaner meats. Avoid canned, smoked, and processed meats (they have a lot of salt).
 Eat a lot of high-fat dairy products (whole milk, ice cream)	 Switch to low-fat or non-fat milk, yogurt, cheese, and frozen yogurt.
 Eat fast food	 Eat less fast food – no more than once a week. Avoid large and "super-size" portions. Fast food is high in calories and salt. Cooking at home allows you to control the amount of salt in your food.
 Eat a lot of "convenience" foods (frozen dinners, packaged mixes, canned soups/broths)	 Cook at home whenever you can, without adding salt. Eat fewer convenience foods and only those that are low in sodium.

MyPlate Crossword Puzzle

Use the words from MyPlate to help you complete this puzzle.

Across

- Use the My _____ as a guide.
- Apples, oranges, and bananas fit into this food group.
- This sweet, smooth food comes in many different flavors and is a great way to get calcium for your bones.
- _____ are an orange vegetable.
- Try fat-free or low _____ foods when you can.
- Use whole-grain _____ for your sandwiches.
- Cheddar, swiss, mozzarella, monterey jack are examples.
- Fits into the grains group of MyPlate. Goes great with stir-fry.
- MyPlate is a _____ to help you eat a variety of foods for a healthy body.
- Spaghetti is a type of _____.

Down

- Chicken and turkey are examples of _____.
- Eat a variety of _____ from all of the groups.
- Broccoli and green beans are examples of a _____.
- These are a great source of protein and can be mixed with cereal and dried fruit for an "on-the-go" snack.
- Pinto, kidney, black, refried - there are lots of different kinds and they can be eaten lots of different ways.
- Vegetable or olive _____ are often used for cooking and are part of a healthful diet.
- This makes a quick and easy "ready-to-eat" breakfast with fruit and milk.
- You can hard-boil, scramble, fry, or poach these, or eat them as an omelet. How do you like your _____?
- Salmon and trout are examples of _____.
- Lean _____ is an excellent source of protein, iron, and zinc.



Word Bank: PLATE, FRUIT, YOGURT, CARROTS, FAT, BREADS, CHEESE, GUIDE, RICE, PASTA, FOOD, POULTRY, VEGETABLE, NUTS, BEANS, OILS, CEREAL, MEAT, EGGS, FISH

