

Three Rivers Health District Newsletter



National Kidney Month

March is National Kidney Month! Did you know your kidneys filter all of your blood up to 25 times a day? No matter your age it is important to learn about those two fist sized, bean-shaped organ work 24 hours a day to help you.

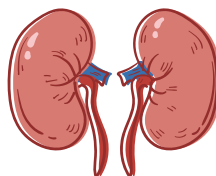
You are more likely to develop kidney disease if you have diabetes, high blood pressure, heart disease, or a family history of kidney disease. You can protect your kidneys by managing health conditions that cause kidney damage.

Early kidney disease may not have any symptoms, so getting tested might be the only way for you to know if your kidneys are healthy.

Other things you can do to prevent kidney disease are:

- Make healthy food choices--limit your sodium intake to no more than 2300 milligrams daily and choose fruits and vegetables, whole grains and low-fat dairy.
- Get active--aim for 30 minutes of physical activity most days. Watch the scale--if you are overweight work with your health care provider or dietitian to create a realistic weight-loss plan.
- Get enough rest--aim for 7-8 hours of sleep every night.
- Stop Smoking--if you smoke, consider quitting. Visit [QuitNowVirginia.org](https://www.quitnow.org) or call 1-800-QUITNOW for help. To learn more ways to prevent kidney disease visit:

<https://www.niddk.nih.gov/health-information/community-health-outreach/national-kidney-month>



Colorectal Cancer Awareness Month

If you are 45 or older, now is the time to begin regular screenings for colon cancer. Regular screenings are the key to preventing colon cancer. Colon cancer is one of the most preventable cancers, but only if caught in the early stages. Lifestyle plays a part in prevention, and while you cannot change the past, you can start making smarter choices today.

- If you smoke, consider quitting. Visit [QuitNowVirginia.org](https://www.quitnow.org) or call 1-800-QUITNOW for help.
- Limit red meat to 3 servings weekly
- Limit alcohol consumption
- Exercise for 30 minutes at least five times a week



Visit <https://www.cdc.gov/cancer/features/colorectal-cancer.html> to learn more about colon cancer screenings.

Clinic Schedule

FAMILY PLANNING

- ESSEX - 3/27
- GLOUCESTER - 3/6 AND 3/19
- KING & QUEEN - 3/5 AND 3/18
- KING WILLIAM - 3/5 AND 3/18
- LANCASTER - 3/4 AND 3/10
- MATHEWS - 3/25
- MIDDLESEX - 3/25
- NORTHUMBERLAND - 3/11
- RICHMOND CO - 3/11 AND 3/26
- WESTMORELAND - 3/12 AND 3/26

IMMUNIZATION

- ESSEX - 3/3 AND 3/17
- GLOUCESTER - 3/7, 3/13 AND 3/28
- KING WILLIAM - 3/11
- LANCASTER - 3/3
- MATHEWS - 3/3 AND 3/17
- MIDDLESEX - 3/10
- NORTHUMBERLAND - 3/11 AND 3/25
- RICHMOND CO - 3/11 AND 3/26
- WESTMORELAND - 3/10 AND 3/24

WOMEN, INFANT AND CHILDREN (WIC)

IN-PERSON CLINICS

- ESSEX - 3/4, 3/7, 3/11, 3/14, 3/18, 3/21, 3/25, 3/28
- GLOUCESTER - 3/3, 3/4, 3/7, 3/10, 3/11, 3/14, 3/17, 3/18, 3/21, 3/24, 3/25, 3/28, 3/31
- KING WILLIAM - 3/6, 3/13, 3/20, 3/27
- LANCASTER - 3/5, 3/12, 3/19, 3/26
- MIDDLESEX - 3/6, 3/13, 3/20, 3/27
- NORTHUMBERLAND - 3/3, 3/10, 3/17, 3/24, 3/31
- RICHMOND CO - 3/5, 3/12, 3/19, 3/26
- WESTMORELAND - 3/3, 3/4, 3/10, 3/11, 3/17, 3/18, 3/24, 3/25, 3/31

Brain Injury Awareness

A traumatic brain injury, or TBI, is an injury that affects how the brain works. TBI is a major cause of death and disability in the United States. Anyone can experience a TBI, but data suggest that some groups are at greater risk for getting a TBI or having worse health outcomes after the injury.

- In 2019, about 15% of all U.S. high-school students self-reported one or more sports or recreation related concussions within the preceding 12 months.
- There were more than 214,000 TBI-related hospitalizations in 2020.
- About 190 Americans died from TBI-related injury each day in 2021.

There are many organizations who can help you and your family as you recover from a brain injury. For more information about traumatic brain injuries, please visit <https://www.cdc.gov/traumatic-brain-injury/index.html>.



National Nutrition Month

March is National Nutrition Month® National Nutrition Month® started in 1973 as National Nutrition Week, and it became a month-long observance in 1980 in response to growing interest in nutrition. National Nutrition Month is a great time to focus on healthy goals! Sometimes we think eating healthy might cost more money, but here are some money saving tips to add healthier options into your meals:

- Plan before you shop—whether doing grocery pick up or going into a store, meal planning can help you stay within a food budget.
- Think beyond fresh—using fresh fruits and vegetables can save you money when they are in season, but what about when they aren't in season? Try frozen or canned fruits and vegetables! Quick frozen produce is usually just as nutritious and it's available year-round.
- Pack your lunch—Eating out can be expensive, especially if you do it often. Packing your lunch and snack can help your wallet, plus you will have control over the foods you eat.

For more helpful nutrition tips, visit <https://www.cdc.gov/nutrition/php/about/index.html>

Come Work With Us!

Please join the Three Rivers Health District in working to make Virginia the healthiest state in the nation and to protect the environment of the Middle Peninsula and Northern Neck. To view jobs with the Three Rivers Health District & Virginia Department of Health, please see [Virginia Department of Health Jobs](#).



Contact Us



Three Rivers Health District
www.vdh.virginia.gov/three-rivers/
(804) 758-2381

<https://www.vdh.virginia.gov/three-rivers/health-departments/>