

Three Rivers Health District Newsletter



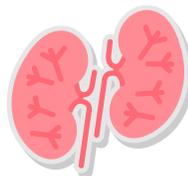
National Kidney Month

March is National Kidney Month! Did You Know? Your kidneys filter about ½ cup of blood every minute. Your kidneys work hard every day to filter waste and excess fluids from your blood, regulate blood pressure, balance important minerals, and support overall health. Yet, kidney disease often develops without noticeable symptoms in its early stages. Millions of Americans are living with kidney disease – and many don’t even know it. A simple blood and urine test can check your kidney function. Early detection can help prevent or delay serious complications.

Protect Your Kidneys

The good news is that kidney disease can often be prevented or managed with early detection and healthy lifestyle choices:

- ✓ Get your blood pressure and blood sugar checked regularly
- ✓ Stay active and maintain a healthy weight
- ✓ Eat a balanced, low-sodium diet
- ✓ Stay hydrated
- ✓ Avoid tobacco products
- ✓ Talk to your healthcare provider about kidney testing if you are at risk



This March, take a moment to learn your risk and encourage your family and friends to do the same. Small steps today can make a big difference for lifelong kidney health.

Colorectal Cancer Awareness Month

Colorectal cancer is one of the most preventable cancers, yet it remains a leading cause of cancer-related deaths in the United States. The good news? Screening saves lives.

Adults at average risk should begin screening at age 45. If you have a family history or increased risk, talk with your healthcare provider about when to start.

This March, talk to your provider about screening options and encourage friends and loved ones to do the same. A simple screening could save a life.

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



Clinic Schedule

FAMILY PLANNING

- ESSEX - 3/12, 3/26
- GLOUCESTER - 3/5, 3/25
- KING & QUEEN - 3/17, 3/31
- KING WILLIAM - 3/17, 3/31
- LANCASTER - 3/3, 3/11
- MATHEWS - 3/3
- MIDDLESEX - 3/3
- NORTHUMBERLAND - 3/10
- RICHMOND CO - 3/10
- WESTMORELAND - 3/4, 3/18

NURSING & IMMUNIZATION

- ESSEX - 3/2, 3/4, 3/6
- GLOUCESTER - 3/13, 3/20
- KING & QUEEN - 3/4, 3/31
- KING WILLIAM - 3/17, 3/31
- LANCASTER - 3/17
- MATHEWS - 3/2, 3/23
- MIDDLESEX - 3/3, 3/25
- NORTHUMBERLAND - 3/10, 3/24
- RICHMOND CO - 3/10, 3/24
- WESTMORELAND - 3/2, 3/16

WOMEN, INFANT AND CHILDREN (WIC)

IN-PERSON CLINICS

- ESSEX - 3/3, 3/6, 3/10, 3/13, 3/17, 3/20, 3/24, 3/27, 3/31
- GLOUCESTER - 3/2, 3/3, 3/6, 3/9, 3/10, 3/13, 3/16, 3/17, 3/20, 3/23, 3/24, 3/27, 3/30, 3/31
- KING WILLIAM - 3/5, 3/12, 3/19, 3/26
- LANCASTER - 3/4, 3/11, 3/25
- MIDDLESEX - 3/5, 3/12, 3/19, 3/26
- NORTHUMBERLAND - 3/2, 3/9, 3/16, 3/23, 3/30
- RICHMOND CO - 3/4, 3/11, 3/18, 3/25
- WESTMORELAND - 3/3, 3/10, 3/17, 3/24, 3/31

March is National Nutrition Month®



National Nutrition Month®, sponsored by the Academy of Nutrition and Dietetics, is an annual campaign that encourages individuals and families to build healthy habits through balanced nutrition and regular physical activity.

Good nutrition plays a vital role in overall health at every stage of life. Eating a variety of colorful fruits and vegetables, choosing whole grains instead of refined grains, incorporating lean proteins, and limiting added sugars, sodium, and saturated fats can help reduce the risk of heart disease, diabetes, certain cancers, and other chronic conditions.

Healthy eating does not have to be complicated. Small, consistent changes can lead to lasting results. Consider:

- Filling half your plate with fruits and vegetables at meals
- Choosing water instead of sugary beverages
- Switching to whole grain bread, pasta, or rice
- Planning weekly meals to reduce last-minute, less-healthy choices
- Cooking at home more often to control ingredients and portion sizes
- Reading nutrition labels to make informed food choices
- Adding at least 30 minutes of moderate physical activity most days of the week

This month, take time to set one or two realistic nutrition goals for your household. Building healthier habits today can lead to a stronger, healthier community tomorrow.



Supplemental Nutrition for Women, Infants, and Children (WIC)

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) supports healthy families by providing nutritious foods, breastfeeding support, nutrition education, and referrals to health care and community services.

WIC serves pregnant women, breastfeeding and postpartum mothers, and infants and children up to age five who meet eligibility guidelines. The Three Rivers Health District WIC program offers services at local health departments throughout the district, with in-person appointments available.

If you or someone you know could benefit from WIC services, we encourage you to contact your local health department.

Three Rivers Health District

Website: www.vdh.virginia.gov/three-rivers/
WIC Information: www.vdh.virginia.gov/three-rivers/health-departments/

Phone: (804) 758-2381

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

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