

TORRINGTON AREA HEALTH DISTRICT

350 Main Street, Suite A Torrington, CT 06790

Phone (860) 489-0436 Fax (860) 496-8243

Providing local public health services for the Borough of Bantam, Bethlehem, Canaan, Cornwall, Goshen, Harwinton, Kent, Borough of Litchfield, Litchfield, Middlebury, Morris, Norfolk, North Canaan, Plymouth, Salisbury, Thomaston, Torrington, Warren, Watertown & Winsted.

March 2024 Newsletter

National Nutrition Month

Making Healthy Eating Easier



A leader in our nation's efforts to keep Americans safe and healthy where they live, work, learn, and play.

Good nutrition is essential in keeping current and future generations of Americans healthy across the lifespan. Breastfeeding helps protect against childhood illnesses, including ear and respiratory infections, asthma, and sudden infant death syndrome (SIDS). People with healthy eating patterns live longer and are at lower risk for serious health problems such as heart disease, type 2 diabetes, and obesity. For people with chronic diseases, healthy eating can help manage these conditions and prevent complications.

CDC's Division of Nutrition, Physical Activity, and Obesity (DNPAO) works with national, state, and local partners to make healthy living easier for people to achieve. We educate the public about the benefits of good nutrition on their health. We focus on increasing breastfeeding support and promoting the availability of healthy, affordable foods where people live, learn, work, and play.



Hours

Monday, Tuesday, Thursday: 8:00am to 4:00pm.

Wednesday: 8:00am to 6:00pm, Friday: 8:00am to 1:00pm.

Follow us on social media and www.tahtd.org



Poor Nutrition Is Making Our Nation Sick

Many Americans' diets lack adequate sources of good nutrition.



Fewer than **1 in 10 children and adults** eat the recommended daily amount of vegetables.



Only **4 in 10 children** and fewer than **1 in 7 adults** eat enough fruit.

Vitamin and mineral malnutrition impacts our health and economy.



Low levels of vitamins and minerals can result in mental impairment and central nervous system defects in infants.



Poor nutrition contributes to **many costly diseases**, including obesity, heart disease, and some cancers.

Mothers stop breastfeeding earlier than intended.



About 80% of mothers start out breastfeeding, but **more than 50% stop sooner** than they planned.



Low rates of breastfeeding add more than **\$2 billion a year** to direct medical costs.

Help us keep America healthy and strong. Learn how at: <https://www.cdc.gov/nccdphp/dnpao/index.html>

Partnering For a Healthier America

DNPAO partners with **national groups, states, and communities** to advance the following priorities:



Early Childcare and Education (ECE) Obesity Prevention

We partner with states to: 1) make state-wide improvements in their ECE system by incorporating obesity prevention standards and practices; and 2) support a targeted group of ECE providers to make facility-wide improvements using a learning collaborative intervention. These activities help providers support breastfeeding, healthy eating, and physical activity for children in their facilities.



High Obesity County Program

We fund 15 land grant universities in states with county obesity rates greater than 40%. Residents of these communities tend to have less access to healthy foods. To address this, many of the recipients work with local cooperative extensions to help increase the availability of healthy, affordable foods in their communities.



International Micronutrient Malnutrition Prevention and Control Program (IMMPaCt)

We help improve vitamin and mineral malnutrition in the United States and globally, focusing on iron, vitamin A, iodine, folate, zinc, and vitamin D.



Racial and Ethnic Approaches to Community Health (REACH)

We fund and support local groups in developing culturally-tailored community programs to reduce chronic diseases and risk behaviors. One focus of the program is assuring good nutrition is attainable for all people.



State Physical Activity and Nutrition (SPAN)

We fund 16 state recipients to implement evidence-based strategies at state and local levels to improve nutrition and physical activity. Exploring and implementing strategies to increase access to healthy foods is a common strategy. Many recipients help hospitals improve maternity practices and community support for breastfeeding.

Together, We Are Making a Difference!



Iodine is added to more prenatal vitamins for pregnant and breastfeeding women to support the infant's growth and cognitive development.



Over 1 million babies are born each year in US hospitals that use global standards to help mothers who want to breastfeed. This has increased from 1.7% in 2007 to 29.1% in 2020.



Between 2012 and 2019, more than 5,900 schools obtained and offered salad bars to more than 3 million children and school staff to increase healthy fruit and vegetable options.



Twenty-three states require licensed childcare programs to follow science-based infant feeding and nutrition standards. This affects the meals and snacks of millions of young children.

National Center for Chronic Disease Prevention and Health Promotion
Division of Nutrition, Physical Activity, and Obesity

<https://www.cdc.gov/nutrition/about-nutrition/index.html>



For more information about Nutrition and other related recourses please visit:
<https://www.cdc.gov/nutrition/index.html>

Groundwater Awareness Week March 10-16

Much of the water we use comes from the ground. Learn more about the importance of groundwater, the threats to its safety, and how to protect its sources during Groundwater Awareness Week.

Water is one of the world's most precious resources. People use water every day for many activities, such as drinking, bathing, recreation, agriculture, cooling, manufacturing, and medical uses. Although water plays an essential role in everyday life, many people don't realize that much of their water comes from the ground.



Groundwater is water found below the earth's surface in spaces between rock and soil. Surface water is water that collects above the earth's surface, such as streams, rivers, lakes, or oceans. Thirty percent of all the fresh water on Earth is groundwater, while the other 70% is surface water. Groundwater supplies water to wells and springs and is an important source of water for public water systems and private wells in the United States.

An estimated 145 million Americans get their tap water from a groundwater source.

GROUNDWATER CONTAMINATION



IS YOUR WATER FROM A GROUNDWATER SOURCE?



FOR MORE INFORMATION ABOUT GROUNDWATER PLEASE VISIT: [HTTPS://WWW.CDC.GOV/HEALTHYWATER/DRINKING/GROUNDWATER-AWARENESS-WEEK.HTML](https://www.cdc.gov/healthywater/drinking/groundwater-awareness-week.html)



World Hearing Day is held on 3 March each year to raise awareness on how to prevent deafness and hearing loss and promote ear and hearing care across the world. Each year, WHO decides the theme and develops evidence-based advocacy materials such as brochures, flyers, posters, banners, infographics and presentations, among others. These materials are shared with partners in government and civil society around the world as well as WHO regional and country offices. At its headquarters in Geneva, WHO organizes an annual World Hearing Day event. In recent years, an increasing number of Member States and other partner agencies have joined World Hearing Day by hosting a range of activities and events in their countries. WHO invites all stakeholders to join this global initiative.

<https://www.who.int/campaigns/world-hearing-day/2024>



Water is one of the planet's most precious resources. [World Water Day](#) is observed each year on March 22 to promote the responsible use of water and access to safe water for everyone.

Every day, people use water for [drinking](#), [agriculture](#), [industry](#), [recreation](#), [hygiene](#), [sanitation](#), and health care. Water resources are precious and finite. Warming temperatures and other natural and human-made stressors threaten to impact the quantity and quality of our water on a large scale. World Water Day highlights the essential role water plays in our lives and how we can better protect it.

For more information visit: <https://www.cdc.gov/healthywater/drinking/world-water-day.html>

SOMETHING YUMMY



Cheesy Chickpea and Broccoli Bake Recipe

Ingredients

1 large bunch (about 1 pound) fresh broccoli, rinsed and cut into medium pieces (include tender parts of stems and leaves) or a 1-pound bag frozen broccoli florets (thawed)
1 15½-ounce can chickpeas, drained and rinsed
1 tablespoon olive oil
Salt and black pepper to taste
1 cup shredded Gruyere, cheddar or vegan cheese
½ cup whole-wheat breadcrumbs

Directions

Before you begin: Wash your hands.

1. Preheat oven to 400°F.
2. If using fresh broccoli, lightly steam it first: Place raw broccoli pieces in a steamer basket inside a saucepan filled with 1 inch of water. Steam on medium heat for 5 minutes or until broccoli is just tender and bright green. Or, steam fresh broccoli in the microwave: Place raw broccoli pieces in a large microwave-safe dish or bowl with ½-inch water at bottom. Cover with a microwave-safe plate and microwave on high for 3 minutes or until just tender and bright green. Drain water.
3. Toss steamed broccoli and chickpeas with olive oil. Place in a 9-by-9-inch baking pan.
4. Add salt and black pepper to taste. Top evenly with grated cheese, then top evenly with breadcrumbs.

Bake 10 to 15 minutes, or until cheese is melted and breadcrumbs are lightly browned. Remove from oven and serve immediately.

Nutrition Information

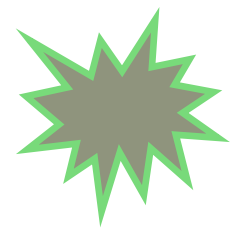
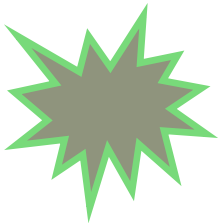
Serving size: 1½ cups

Serves 6

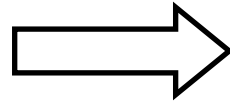
Calories: 340; Total Fat: 15g; Saturated Fat: 6g; Cholesterol: 30mg; Sodium: 456mg; Total Carbohydrate: 34g; Dietary Fiber: 9g; Sugars: 6g; Protein: 19g; Potassium: N/A; Phosphorus: N/A

<https://www.eatright.org/recipes/entrees/cheesy-chickpea-and-broccoli-bake-recipe>

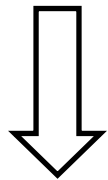
It's Your Best Shot!



The CT WiZ Public Portal allows individuals who were vaccinated in Connecticut to access their own immunization records, while parents and guardians can also access their child's records. You have the option of getting a PDF copy of your full immunization record, or your COVID-19 vaccine record that contains your SMART Health card, which is a digital copy of your COVID-19 vaccine record that can be stored on your phone as a QR code. (Note: CT DPH does not issue replacement 'CDC COVID-19 Vaccination Cards' to the public.)



What to join the Litchfield County Opiate Task Force (LCOTF)?



EXECUTIVE COMMITTEE OF LCOTF

TAHD IN ACTION



Torrington Area Health District recently hosted a screening of the documentary "Shot in The Arm" on vaccine hesitancy at The Warner Theatre's Nancy Marine Studio Theatre on February 7th, 2024.

Before anyone had heard of COVID-19, filmmaker Scott Hamilton Kennedy known for works like *THE GARDEN* and *FOOD EVOLUTION* began investigating the global measles epidemic, filming with top public health officials—including Anthony Fauci—as well as rare interviews with anti-vaccine activists - like Robert Kennedy, Jr. - who influenced many parents to reject vaccinations for their children.

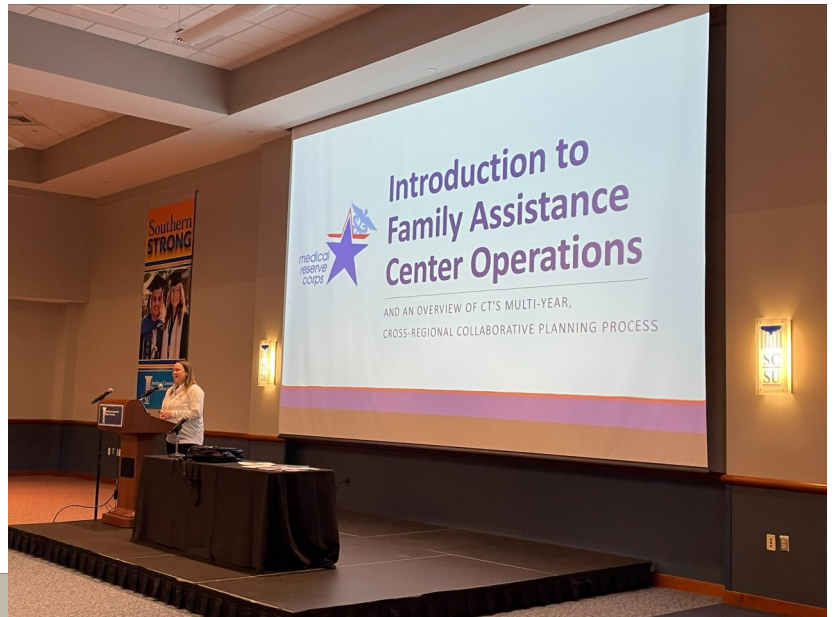
Acting quickly, Kennedy shifted his directorial eye to this historic crisis. "Shot in The Arm" takes a balanced approach, examining vaccine hesitancy both historically and in the context of the current pandemic. It delves into how misinformation and disinformation contribute to this issue, questioning whether we can foster curiosity over cynicism and bridge the political gaps that impact public health.

The event featured a panel of local experts, including Robert Rubbo, Director of Health, Patricia Miglowiec, Public Health Nurse, Dr. Jessica Magda, Local Pediatrician, and Dr. Paul Scalise, Vice President of Medical Affairs at Charlotte Hungerford Hospital Hartford Health Care. Dale Jones from WZBG 97.3 moderated the discussion.



TAHD IN ACTION

The TAHD Emergency Preparedness Coordinator and fellow Region 5 MRC Coordinators participated in a Region 2 MRC Exercise/Training Event hosted at Southern Connecticut State University in New Haven. During the event, MRC Unit Leaders and Coordinators engaged in conversations about various topics including medical countermeasure distribution (MCMs), Family Assistance Centers (FACs), Harm Reduction/Opioid Awareness, and Community Preparedness. Additionally, volunteers had the opportunity to participate in a tabletop exercise aimed at familiarizing them with their roles during MRC activation. The volunteers left the event with generous MRC goodies and satisfied bellies after enjoying a delicious lunch.



TAHD IN ACTION

The Emergency Preparedness Coordinator from TAHD paid a visit to the Bethlehem Senior Center with the aim of educating seniors on personal emergency preparedness. The session covered various topics such as assembling To-Go Kits, staying vigilant ahead of severe weather, maintaining up-to-date medical records, updating contact information, and registering for emergency alerts, among other essential notifications. Seniors were provided with CT Ready guidebooks, File of Life documents, pet preparedness flyers, and other necessary supplies to assist them in preparing their personal To-Go Kits.



The TAHD Emergency Preparedness Coordinator is hosting the first ever BLS CPR course! Seats are limited.

COMMUNITY UPDATES



START HERE



for community health

Our CareVan Clinics Offer the Following Services:

Address Various Urgent Needs (not limited to):

- Common cold/flu
- Stomach aches
- Ear aches/infections and foreign body removal
- Abscess incision and drainage
- Minor burns, lacerations, sprains and small fractures
- Rashes and insect bites
- Corneal abrasions
- Family planning

Medical Screenings:

- Blood pressure, blood sugar, urinalysis, urine pregnancy

Lab Tests:

- A1C, Cholesterol, Hepatitis C, Hemoglobin, HIV, Flu, RSV, Symptomatic COVID-19, Complete Metabolic Panel (Electrolytes, Liver and Kidney function)

Referrals and Follow-up Care:

- Social Services, Behavioral Health, Primary Care and Specialists

Immunizations:

- Tetanus (Tdap), Pneumonia, Shingles, Hepatitis B, Meningitis, Gardasil (HPV), Polio, MMR (Measles, Mumps, and Rubella), Flu (**Seasonal**)
- COVID-19 Pfizer Vaccine (Ages 12+)

WALK-INS WELCOME

-Open to all ages. Insurance accepted but not required.

For more information visit

www.hartfordhealthcare.org/health-wellness/neighborhood-health



Hartford
HealthCare
Neighborhood Health

COMMUNITY UPDATES

STOP AN OVERDOSE WITH NALOXONE



For Naloxone distribution map locator scan QR code above or visit <https://www.lcotf.org/harm-reduction/>

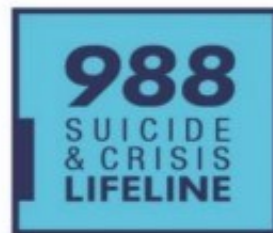
To request Naloxone scan QR code above

Prevent Fatal Overdose

Help Save Lives By Being Prepared



You know CPR. You have a first aid kit. Naloxone is another way to save lives. Keep naloxone at home and work.



1 WORD VOICE LIFE Be the 1 to start the conversation www.preventsuicidect.org CALL 2-1-1



COMMUNITY UPDATES



Get the Flu Shot Not the Flu



IT IS NOT TOO LATE TO GET A FLU SHOT

SAME DATE APPOINTMENTS AVAILABLE

**CONTACT THE PUBLIC HEALTH NURSE TO
SCHEDULE YOUR APPOINTMENT TODAY.
PATTY 860-489-0436 X 325**

**Vaccines Available:
Seasonal Flu Vaccine for adults 19 and over
HIGH DOSE VACCINE for adults 65 and over**

1. BRING INSURANCE CARD(S)
2. BRING YOUR DRIVER'S LICENSE
3. WEAR A LOOSE-FITTING SHORT SLEEVE SHIRT SO YOUR SHOULDER CAN BE EASILY ACCESSED.



INSURANCES ACCEPTED:

**MEDICARE (PART B)
CONNECTICARE
ANTHEM BC/BS
AETNA
CIGNA**

**NO INSURANCE? NO PROBLEM!
ADULT SEASONAL FLU VACCINE \$30
*HIGH DOSE \$70
*65 YEARS AND OLDER**



COMMUNITY UPDATES



American
Heart
Association.

Torrington Area Health District

BLS TRAINING

BLS Course: \$95.00
Recommended for healthcare
professionals

When: March 14th, 2024 at
1:00PM

Payment due at time of class
or entry will not be permitted



Class held at 350 Main Street
Torrington, CT 06790

Training includes:

- Identifying and responding to the signs of a cardiac arrest
- How to provide rescue breaths
- How to give high-quality CPR
- How to use an AED
- Practicing crisis management skills
- How to effectively work as a team during a cardiac arrest

Participants will receive a provider
electronic card valid for two years
upon successful completion of the
course

TO REGISTER, PLEASE VISIT [HTTPS://BIT.LY/3W5OUSG](https://bit.ly/3W5OUSG) OR SCAN
OR CODE

WE ACCEPT CHECKS AND CREDIT CARDS FOR PAYMENT

COMMUNITY UPDATES



**TORRINGTON AREA MRC
PRESENTS**

March MRC Events

**STOP THE BLEED
WEDNESDAY, MARCH 20TH, 2024
FROM 5:00PM - 6:00PM**

SCAN ME



**AHA BLS/CPR CLASS
THURSDAY, MARCH 14, 2024
FROM 1:00PM - 4:00PM**

SCAN ME



See you there!

COMMUNITY UPDATES

WARNING: Recalled Cinnamon Apple Fruit Puree and Applesauce(s)



Consumers Are Advised To:

- Immediately stop using these products.
- Return it to the purchase place for a full refund or discard them.
- Contact their pediatrician to have their child's lead level tested.

For additional questions about specific products, consumers are encouraged to contact the companies:

WanaBana at support@wanabanafruits.com

Schnucks Customer Care team at 314-994-4400 or 1-800-264-4400

Weis Customer Service number at 866-999-9347

COMMUNITY UPDATES

Nurse Practitioners & Physician Assistants
Community Outreach Presents

Comedy Fundraiser

March 22, 2024

7 PM



Rick Roberts



Kareem Blue



Angel Rentas



STAND-UP COMEDY

*Combating Food
Insecurity*

Info:
860-604-890
\$25.00

Torrington ELKS
70 Litchfield Street,
Torrington, CT 06790