

Community Health Coalition, Inc. (CHC)

308 Crutchfield Street P. O. Box 15176

Durham, NC 27704

Tel: (919) 470-8680

www.chealthc.org

healthcoali@gmail.com

www.facebook.com/chealthc

www.twitter.com/chealthc

Community Health Coalition, Inc.



Healthy People
2030

Improving the health of Durham
& NC communities since 1989

March 2020

Nutrition, Oral Health and Colorectal Cancer Awareness

Nutrition and Oral Health

March is National Nutrition Month — a time to focus on making healthy food choices. The [2015–2020 Dietary Guidelines for Americans](#) provides recommendations to help Americans adopt healthy eating patterns to improve their health and help prevent chronic disease.



We encourage you to eat healthy and be active daily! Keep a variety of healthy foods on hand like fruits, vegetables, whole-grain, low-fat dairy products, lean meats and dry beans. We also encourage you to limit your intake of fatty foods and sugar. Drink plenty of water and try to incorporate at least 30 minutes of activity in your daily routine. You've probably heard the expression, "you are what you eat." Put simply, food is fuel, and the kinds of foods and drinks you consume impact how well your mind and body can function. Poor diets, such as those with high levels of saturated fat, refined carbohydrates and processed foods has been linked to

poorer mental health, and good nutrition is healthy for body and brain. Consider a **health app, like NOOM**, or a less expensive app to help you lose and/or monitor your weight and nutritional choices. NOOM is designed to "'trick' your body into building healthy habits, faster.

A healthy lifestyle also includes your oral health which allows you to eat healthy and focus on making healthy food choices. Brushing, flossing, seeing a dentist regularly, eating healthy snacks and avoiding sugar are effective ways to take care of your oral health and ultimately your overall health.

Dr. Desiree Palmer, DMD, PA and CHC Board Member says, "Your mouth is the gateway to your body and healthy food choices promotes good oral health! Eating foods that are high in dietary fiber can even help prevent tooth decay and gum disease. Dietary fiber requires healthy chewing which stimulates your mouth's production of saliva. Saliva has natural antibacterial properties that fight the bacteria that cause tooth decay and gum disease."



Desiree T. Palmer, DMD, PA & CHC Board Member
Dental Offices in Durham, NC

Colorectal Cancer Awareness and Prevention

March is also Colorectal Cancer Awareness Month.

Colon cancer ranks third in cancer deaths and is 90% preventable. Colon Cancer Symptoms include blood in the stool, unexplained weight loss, and/or abdominal pain. Colonoscopies, the screening for colon cancer decreases mortality from the disease by 50%. Screening allows for removal of polyps and early detection of cancer, thus improving both incidence and mortality rates.

Ways to Decrease Risk of Cancer

- ☐ Exercise regularly
- ☐ Don't Smoke
- ☐ Get Regular Check-Ups
- ☐ Control Your Weight
- ☐ Drink Alcohol in Moderation
- ☐ Protect Your Skin from Direct Sun Rays
- ☐ Eat Healthy and add fiber
- ☐ Get Recommended Screenings

Participate in Community CRUSH Colorectal Cancer Duke 5K Run/Walk

Sign up to represent your community organization or participate in the CRUSH Colorectal Cancer DUKE 5K Run/Walk @ www.dukecrc5k.org. The event will take place on Saturday, March 21, 2020 at Northgate Mall, Durham, NC. Exhibitor check-in at 6:30am, Participant Registration at 7:00am and the Run/Walk begins at 8:00am.

ABC's Toward Good Health

Always eat the right nutrition. **A**void drinking sodas and highly acidic sports drinks and always **B**rush and floss to remove the plaque/food debris that accumulates between and around your teeth. **B**e active and exercise regularly. **C**ontrol and limit your sugar intake and get a **C**olonoscopy if you are over 50.

FOR MORE INFORMATION, CLICK ON LINKS BELOW OR GO TO

- The [2015–2020 Dietary Guidelines for Americans](https://www.health.gov/our-work/food-nutrition/2015-2020-dietary-guidelines) or go to: www.health.gov/our-work/food-nutrition/2015-2020-dietary-guidelines
- www.blackdoctor.org
- North Carolina Dental Health Fund www.ncdental.org
- www.cancer.org 1-800-227-2345
- CRUSH Colorectal Cancer Duke 5K – www.dukecrc5k.org

Please Donate: Community Health Coalition provides **FREE** health tips, blood pressure checks, glucose screenings, community health education workshops, and a library of brochures and pamphlets
You can Make a Donation to Community Health Coalition through SECC or PayPal. If you are a state employee or retiree, choose (Code 3770) to send your SECC gift to us!



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<https://www.chealthc.org/donate>



Thank you.

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