



Health Tribune

Thinking about your Health in Portage County
Provided by the Portage County Health Department



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March 2011: National Nutrition Month

March is... National Nutrition Month

The American Dietetic Association has declared March National Nutrition Month. Making informed food choices and developing good eating and physical activity habits is the focus of National Nutrition Month. This year's theme is Eat Right with Color.



Check out www.eatright.org/NNM/content.aspx?id=5342 for tips on ways to eat more fruits, vegetables, dairy, and grain, smart snacking for adults and teens, eating right for a healthy weight, healthy eating on the run, eating right for older adults, and much more.

A community assessment was done in 2010 in Portage County. The data showed that about 60% of the county residents are overweight or obese. During the survey, participants were asked to identify things that got in the way of eating a healthy diet. The main reason given was cravings for sweet or sugary items and cravings for salty foods. Having little or no time to prepare foods as well as the inability to afford healthy foods was also given as reasons for not eating healthy.

Major barriers reported for physical activity include lack of time and motivation. Many residents feel that they are not healthy enough to exercise or they simply do not know where to go.

Questions or Comments?

Contact Us!

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Ravenna, Ohio 44266
Phone: (330) 296-9919

Email: pchd@portageco.com

<http://www.co.portage.oh.us/healthdepartment.htm>

Did you know...?

Portage County Health Department partners with county-wide services and programs to promote healthy lifestyles that include good nutrition and physical activity.

FLIGHT Program-Family centered nutrition education program offered by PCHD and Kent State University Nutrition Outreach Program to children and their families living in Portage County.

- Cost: FREE
- Age: 3-18 years of age
- Location: 449 South Meridian Street
Ravenna, OH 44266
Nursing Clinic, 1st Floor
Across from WIC
- Call: 330-298-4490 PCHD or 330-672-2063
KSU to schedule an appointment

RAC (Ravenna Athletic Center)-Program by the Ravenna Parks and Recreation Program that promotes health, fitness, and fun.

- Cost: Call for rates, 330-298-1201
- Hours: Monday-Thursday 5:30am-9:00pm
Friday 5:30am-7:00pm
Saturday 8:00am-3:00pm
Sunday 9:00am-2:00pm

Classes offered at the RAC are free with paid membership.

Portage Park District-Provides many opportunities for physical activity in the 10 parks and trails. These parks and trails include different activities such as hiking, biking, and bird watching. Check out their website at www.portageparkdistrict.org/parkactivities.htm for a complete list of activities for each park. The Portage Park District also offers many educational programs and volunteer opportunities.

- Cost: FREE
- Call: 330-297-7728 for more information