

The Noble County Health Monitor

A monthly publication sponsored by the Noble County Health Department

Discover the Power of Nutrition

March is **National Nutrition Month**, a time to learn how healthy food helps our bodies grow strong and stay active. This yearly event is created by the Academy of Nutrition and Dietetics. The theme this year is **“Discover the Power of Nutrition.”** That means learning how the foods we eat give us energy, help us think clearly, and keep us healthy now and in the future. According to the Academy of Nutrition and Dietetics, National Nutrition Month encourages people to make informed food choices and develop healthy habits.

What Does “Discover the Power of Nutrition” Mean?

Food is like fuel for your body. Just like a car needs gas, your body needs nutrients. Healthy foods help your brain to focus in school, your muscles grow strong, your bones to stay healthy, helps your body fight germs and gives your body energy to play and learn.

Here are easy and actionable ways to discover nutrition power you can start doing today:

1. Make Your Plate Colorful

Add different colored fruits and vegetables to your meals. The U.S. Department of Agriculture recommends filling half your plate with fruits and vegetables. Try red strawberries, orange carrots, yellow peppers, green broccoli, and blueberries. Each color gives your body different vitamins.

2. Choose Whole Grains

Whole grains like brown rice and whole-wheat bread give longer-lasting energy than white bread or sugary snacks.

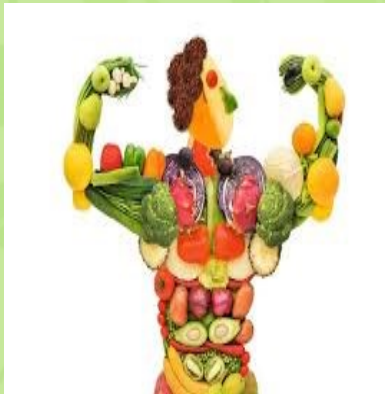
3. Drink Water First

Water helps your body stay hydrated without added sugar. The Centers for Disease Control and Prevention encourages choosing water instead of sugary drinks.

4. Try One New Healthy Food

During March, pick one new fruit or vegetable to try each week.

National Nutrition Month reminds us that healthy eating is not about being perfect. It's about making small, smart choices every day.



Upcoming Blood Drives

The American Red Cross Bloodmobile will be at the Community Center Wednesday, March 18 from 11am-4pm. They will also be at the Summerfield VFD, 605 East Coss Street on Friday, March 20 from 8am-2pm. Donations are always needed and greatly appreciated. Please consider donating.

Purple Day for Epilepsy

Epilepsy awareness day is observed each year on March 26. On this day, people wear purple to show support for those with epilepsy. Epilepsy is a brain condition that causes repeated seizures, which can happen when there is a sudden burst of electrical activity in the brain. According to the Centers for Disease Control & Prevention, about 3 million adults and 470,000 children in the United States have epilepsy. The World Health Organization says epilepsy is one of the most common brain conditions worldwide, and many people can control seizures with treatment. You can take action by wearing purple on March 26, learning basic seizure first aid, and sharing facts to stop myths and bullying.



March 2026

March 17th –
St. Patrick's Day

March 20th –
First Day of Spring

Progress in
wellness
happens one
habit at a
time.

In this Issue:

Nutrition Month	1
Blood Drive	1
Epilepsy	1
Endometriosis	2
Developmental Disabilities	2
Lung Screening	3
Public Survey	3
Daylight Saving	3

For more health
information contact:
NOBLE COUNTY
HEALTH
DEPARTMENT
740-732-4958
www.noblecohd.org

Endometriosis Awareness

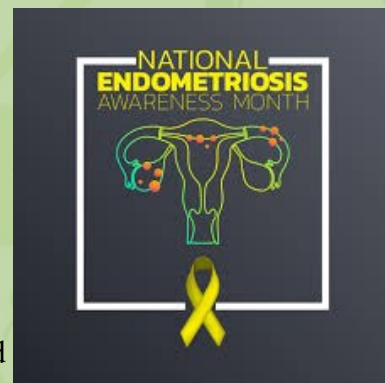
March is Endometriosis Awareness Month. Endometriosis is a common health problem in women. It gets its name from the word endometrium, the tissue that normally lines the uterus or womb. Endometriosis happens when tissue similar to the lining of the uterus grows outside of your uterus and on other areas where it doesn't belong. Most often, endometriosis is found on the ovaries, fallopian tubes, tissues that hold the uterus in place and the outer surface of the uterus, according to the Office on Women's Health (OWH) part of the U.S. Department of Health and Human Services. Endometriosis can cause pain in the lower stomach, heavy periods, and pain during or after sex. Some people may also feel very tired or have trouble getting pregnant.

The World Health Organization (WHO) says that endometriosis is often underdiagnosed. This means people may not get help as soon as they should. When we learn the signs and talk openly about menstrual health, it becomes easier for people to seek care. Awareness helps reduce shame and silence around periods and pelvic pain. It is important to know what is normal and what is not. Some signs of endometriosis include:

- Severe cramps that stop you from going to school or work
- Pain that does not get better with usual pain medicine
- Heavy bleeding
- Pain during bowel movements or urination during a period
- Trouble getting pregnant

What You Can Do

Talk to a healthcare provider, earlier conversations can lead to earlier care. Visit trusted health websites like the OWH, the Centers for Disease Control and Prevention, or the WHO to read about symptoms and treatment options.



Developmental Disabilities Awareness

Developmental disabilities are a group of conditions that begin during childhood. They can affect how a person learns, moves, speaks, or takes care of themselves. These conditions usually last throughout a person's life. According to the Centers for Disease Control and Prevention (CDC), developmental disabilities include conditions such as autism spectrum disorder, cerebral palsy, intellectual disability, and attention deficit hyperactivity disorder. These conditions may affect daily living, learning, and behavior. March is Developmental Disabilities Awareness Month. This month is a time to learn about developmental disabilities and how we can build kinder, more inclusive communities. The Centers for Disease Control and Prevention also reports that about 1 in 6 children in the United States has a developmental disability. This means many families in every community are affected.

Signs and Early Support

Some signs may include delays in talking, walking, learning, or interacting with others. The CDC encourages parents to track their child's development and talk with a doctor if they have concerns. Early support services can make a big difference in helping children reach their full potential.

What You Can Do

- ⇒ Learn and share facts. Use trusted sources like the CDC or the Administration for Community Living to learn accurate information. Share what you learn with friends and family.
- ⇒ Choose respectful language. Use person first language such as "person with a disability".
- ⇒ Be inclusive. Invite classmates, coworkers, or neighbors with disabilities to join activities. Make sure events are accessible to everyone.
- ⇒ Support families. Caring for a child or adult with a developmental disability can be challenging. Offer help, listen, and show understanding.

March is a time to celebrate abilities, promote understanding, and build inclusive communities. Developmental disabilities are common, but so are talents, strengths, and achievements. To learn more about developmental disability services in Noble County, please visit, <https://www.ncbdd.org>.



Mobile Lung Screening in Noble County

Appointment Required

Call 614-293-6939

Friday, April 17th, 2026

11am-3pm

Noble County Health Department

44069 Marietta Road

Caldwell, OH 43724

People who need screening are...

Age 50 to 77 who currently smoke

OR have quit in the past 15 years,

AND have at least a 20 pack-year smoking history



Low Dose Computed Tomography (CT) Scan

A low-dose CT scan is a special kind of X-ray that takes multiple pictures as you lie on a table that slides in and out of the machine. A computer then combines these images into a detailed picture of your lungs.

The James

 THE OHIO STATE UNIVERSITY
COMPREHENSIVE CANCER CENTER

Daylight Savings

Get ready to lose an hour of sleep, but gain an extra hour of daylight! Daylight Saving Time begins at 2 a.m. on Sunday, March 8, 2026. That's when you'll move your clocks forward by one hour to 3 a.m. It is also a good day to change the batteries in your smoke detectors.

The U.S. Centers for Disease Control and Prevention recommends you go to bed an hour early Saturday and get the kids to bed early too, so implementing the routine Saturday night can help them adjust to a good night's sleep before school on Monday.



Have an upcoming event?

If you would like it in the monthly health monitor please contact Samantha Hesson at 740-732-4958 or Samantha.Hesson@noblecohd.org.

BUCKEYE HILLS regional council Long-Range Transportation Plan

Public Survey

Help shape the future of transportation in the Buckeye Hills region!

Buckeye Hills Regional Council is updating its Long-Range Transportation Plan, which outlines priorities for improving transportation across Athens, Hocking, Meigs, Monroe, Morgan, Noble, Perry, and Washington counties. Please take a few minutes to complete our survey and share your thoughts on transportation needs throughout the region.



Take the Survey!

Scan the QR Code or Use this Link:
<https://arcg.is/14Wi8b0>



Visit the Project Website!

Scan the QR Code or Use this Link:
<https://bhrclrt-p-buckeyehills.hub.arcgis.com/>

