



# Health Promotion Branch

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**MARCH 2010**

## Monthly Health Observances:

- . Colorectal Cancer Awareness Month
- . Nutrition Month

## Schedule of Events:

16 Mar: 1000-1300, Display Table at MCX, to promote monthly health observances

19 Mar: 1000-1300, Display Table at Base Commissary, for Nutrition Month

27 Mar: 0800-1200, DEFY Meeting

## National Nutrition Month

A healthy diet is high in fruits and vegetables, and evidence indicates that eating more fruits and vegetables can lower a person's risk for chronic diseases such as certain cancers and cardiovascular disease.

The food and physical activity choices made today can affect your health and how you feel in the future. Regular physical activity is important for your overall health and fitness, plus it helps control body weight, promotes a feeling of well-being, and reduces the risk of chronic diseases.

Tips to pump up your produce:

- Every time you eat, have a fruit or vegetable.
- Add fruit to yogurt and cereals.
- Make a big salad with multiple fruits and vegetables.
- Add an extra vegetable to canned soup, pizza and pasta dishes.
- Keep fruit on your desk instead of other snacks.
- Make smoothies using frozen fruits.
- Buy a new fruit or vegetable each time you shop.

(CDC, 2010).

## National Colorectal Cancer Awareness

Among cancers that affect both men and women, colorectal cancer – cancer of the colon or rectum – is the second leading cause of cancer-related deaths in the United States. The risk of developing colorectal cancer increases with advancing age. More than 90% of cases occur in people aged 50 or older.

It is estimated that as many as 60% of colorectal cancer deaths could be prevented if all men and women aged 50 years or older were screened routinely. Some studies show that increased physical activity and maintaining a healthy weight may decrease the risk for colorectal cancer. Currently, there is no consensus on the role of diet in preventing colorectal cancer, but medical experts recommend a diet low in animal fats and high in fruits, vegetables, and whole grain products to reduce the risk of other chronic diseases.

In addition, researchers are examining the role of certain medications and supplements, including aspirin, calcium, Vitamin D, and selenium, in preventing colorectal cancer. While these supplements may reduce the risk of colorectal cancer, the most effective way to reduce your risk is by having regular colorectal cancer screening tests beginning at age 50. (CDC, 2010).

**For more information, please contact our office at 451-2865.**