

# PENNINGTON & RED LAKE COUNTIES WELLNESS NEWSLETTER March 2021



The U.S. Departments of Agriculture (USDA) and Health and Human Services (HHS) released the Dietary Guidelines for Americans, 2020-2025. The guidelines provide science-based recommendations designed to foster healthy dietary patterns for Americans of all ages – from birth through older adults. Importantly, this edition expands the guidance, for the first time including recommended healthy dietary patterns for infants and toddlers. The four overarching guidelines, encourage Americans to “Make Every Bite Count” by:

- Following a healthy dietary pattern at every life stage.
- Customizing and enjoying nutrient-dense food and beverage choices to reflect personal preferences, cultural traditions, and budgetary considerations.
- Focusing on meeting food group needs with nutrient-dense foods and beverages from five food groups – vegetables, fruits, grains, dairy and fortified soy alternatives, and proteins – and staying within calorie limits.
- Limiting foods and beverages higher in added sugars, saturated fat, and sodium, and limiting alcoholic beverages.

USDA’s MyPlate translates and packages these principles of dietary guidance for Americans in a way that is handy and accessible. USDA offers the [Start Simple with MyPlate campaign](#) and a new MyPlate website to help individuals, families, and communities make healthy food choices that are easy, accessible, and affordable, in addition to helping prevent chronic disease. For more information, visit [www.myplate.gov](http://www.myplate.gov).

## INTER-COUNTY NURSING SERVICE



### Vaccine Connector

#### Sign up for Vaccine Connector:

This tool is for all Minnesotans who have not yet been vaccinated!

Whether you are eligible for a vaccine now or later – the Vaccine Connector will notify you when it’s your turn for a shot.

The Minnesota COVID-19 Vaccine Connector is a tool that helps Minnesotans find out when, where, and how to get a COVID-19 vaccine. After you fill out a simple form, the Vaccine Connector will:

- alert you when you are eligible to receive a vaccine;
- connect you to resources to schedule a vaccine appointment; and
- notify you if there are vaccine opportunities in your area.

To Launch the Vaccine Connector go to:

<https://vaccineconnector.mn.gov/>

<https://mn.gov/covid19/vaccine/connector/index.jsp>

### From: Teens and Tobacco in Minnesota: Highlights from the 2020 Youth Tobacco Survey 02/23/2021

The 2020 Minnesota Youth Tobacco Survey (MYTS) included for the first time a four-item e-cigarette dependence scale.

**Percent of students who currently use e-cigarettes and reported having experienced a sign of dependence.**

60.2% answered: I vape more before going into a situation where vaping is not allowed

54.3% answered: I find myself reaching for my e-cigarette without thinking about it

30.8% answered: When I haven't been able to vape for a few hours, the craving gets intolerable

27.6% answered: I drop everything to go out and buy e-cigarettes or e-juice

70.4% answered: One or more of the above

**Nicotine Dependence**

Nicotine is highly addictive. Adolescents and young adults are particularly susceptible to addiction, because their brains are still developing. One sign of nicotine dependence is frequent use, defined as use on 20 or more of the past 30 days. In 2020, 33.6% of students who currently use e-cigarettes frequently used the product, an 80 percent increase from 2017 (18.7%). In contrast, the percent of students who frequently smoke cigarettes declined 47 percent from 28.8% in 2017 to 15.2% in 2020.

Studies on youth smoking cessation suggest that social and environmental factors affect youth quitting. For example, perceptions that tobacco use is unacceptable, smoking restrictions, and household bans can increase cessation. Studies also suggest that young adults who recognize the negative health effects, have access to and make use of cessation resources, have tried to quit before, and have lower addiction levels tend to be more successful at quitting for good.



In April 2020, after data were collected for the 2020 MYTS, MDH launched the state's first free youth cessation program, My Life, My Quit, a free service for teens to access help online and quit coaching by texting, chat, or phone.

Text "Start My Quit" to 36072

<https://www.health.state.mn.us/communities/tobacco/data/docs/2020mytsreport.pdf>

**Parenting Tips**

**Some of the top parenting tips.**

Just remember these are not going to work for every child -parent relationship. You know your child best. Remember that its ok to be vulnerable. As parents we aren't always right. We do make mistakes and sometimes say or do things out of anger or frustration. Remember to say I am sorry and admit your faults.

- Have dinner with your kids
- Talk about your emotions with them
- Make mistakes and keep trying
- Find a support network
- Take time for yourself
- Let your kids take risks
- Figure out what makes your child feel loved, and prioritize that
- Do what feels right for your child



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