



MYSTIC VALLEY
Public Health Coalition

March 2024 Newsletter

The Mystic Valley Public Health Coalition works to build the collective responsibility of creating and sustaining environments where communities can thrive in supportive and healthy spaces.

MVPHC Youth Leadership Group

Each issue, our Public Health Youth Leadership students put together information on topics that are important to them. This is their platform to share their knowledge with our communities!

Continue reading below for Rebecca and Riya's piece on nutrition!

March is National Nutrition Month!

By Rebecca Mallozzi and Riya Patel

March is not just a month to bid farewell to winter and welcome spring; it is also a time to celebrate National Nutrition Month! This annual campaign sponsored by the Academy of Nutrition and Dietetics aims to raise awareness to the importance of making informed food choices and developing healthy habits. So how should you

celebrate? As we step into March, let's explore some ways to prioritize our well-being through mindful nutrition.

Originally known as National Nutrition Week, National Nutrition Month® was established in 1973 and extended to a full month in 1980 due to increasing public interest in nutrition. The theme for 2024 is "Beyond the Table." This campaign encourages us to be more mindful about what we consume. The food we eat goes beyond what's on our plates. It involves where we get our food, like the grocery store or farmers' markets, and how we store and keep it safe. All of this contributes to our health, whether we're cooking for our family, making lunch for ourselves, or grabbing a quick snack. By taking some time to consider our nutrition, we can eat well, reduce waste, and live healthier lives.

Here are some of our tips to stay healthy this March!

- **Diversify Your Plate!**

Try to incorporate food from different food groups into all of your meals. As a rule of thumb, a third of your plate should be vegetables and fruits, a third should be protein, and the rest should be grains and starches. A diverse plate ensures that you receive a broad spectrum of essential vitamins and minerals. You can also think about colors! A more colorful plate is generally a more healthy one.

- **Mindful Eating**

When eating, slow down and savor your meals! Pay attention to hunger and fullness cues, and avoid distractions such as screens during meals. Intuitive eating builds a better connection with your body and helps prevent overeating.

- **Stay Hydrated**

Water is an essential part of our diet. Ideally, you should be drinking half your body weight in ounces daily. To reach this goal, you should try to minimize sugary drinks (you don't have to cut them out completely; moderation is key!) and replace them with water and herbal teas to stay hydrated. Adequate hydration supports proper digestion, boosts energy levels, and helps maintain clear skin.

- **Prep Meals in Advance**

One of the biggest challenges that comes with eating healthy is that it can be time-consuming. To combat time constraints and ensure a consistent commitment to eating healthy, consider meal prepping. Find meals that work for you and find time during the week to prepare it in advance. Preparing nutritious snacks in advance

reduces the temptation to opt for convenient, less healthy options when hunger strikes.

Moving forward, as we reach "Beyond the Table," let's remember that our food choices extend far beyond what's on our plates. By practicing some of these tips, we not only nourish our bodies but also cultivate healthier lifestyles for ourselves and our communities. Let's celebrate this month by committing to informed food choices and fostering a deeper connection with our well-being through nutrition!

Melrose Events

40 Developmental Assets Training

Free for All Parents & Grandparents!

The developmental assets framework identifies 40 research-based, positive experiences and qualities that contribute to the healthy development of our youth. When we build a community focused on building assets, we are building a community our youth can thrive in.

Session Details:

Thu, April 25th
6pm-8pm
Milano Center

**Register at:
www.cityofmelrose.org/recreation**



Mental Health 101

May is Mental Health Month!
Learn more about signs and symptoms, stigma, self-care, and how to help a loved one or friend.
Free and open to all.

Session Details:

Thu, May 9 **OR**
Thu, May 23
6pm-8pm
Milano Center

Register at:
www.cityofmelrose.org/recreation



TuftsMedicine
MelroseWakefield Hospital

Medford Events

BLACK

HEALTH

SERIES

EVENT 2: ALZHEIMER'S IN THE BLACK COMMUNITY

March 27, 2024
6pm-8pm

In-person: West Medford Community Center
111 Arlington St, Medford, MA

Virtual: Zoom Registration:
<https://us06web.zoom.us/join/9876543210>
-Ctrz4iGtQJYBI8fsJcEk5xUJ2NlfZU



The Black Health series looks at how health disparities have harmed Black Americans. The series will explore health issues affecting the Black community.

In partnership with healthcare professionals, community leaders, and subject matter experts.

Featuring guest speaker *Michael Kincade Sr.*, Director of Diversity Recruitment for the Massachusetts Alzheimer's Disease and Research Center.



Contact Sophie Antoine with questions
at santoine@medford-ma.gov



BLACK HEALTH SERIES

EVENTS

EVENT 1
FEBRUARY 21, 2024
Cardiovascular health

EVENT 2
MARCH 27, 2024
Alzheimer's in the Black community

EVENT 3
APRIL 24, 2024
Black maternal health

EVENT 4
MAY 29, 2024
Asthma among Black children and climate justice

EVENT 5
JUNE 26, 2024
Men's health and mental wellbeing

The Black Health series looks at how health disparities have harmed Black Americans. The series will explore health issues affecting the Black community:

- Maternal health
- Heart health
- Men's and Mental Wellbeing
- Alzheimer's
- Asthma in children

In partnership with healthcare professionals, community leaders, and subject matter experts.

Location: Medford Public Library
111 High St, Medford, MA

Time: 5-7 PM
Check medfordma.org/events for more information.

Contact Sophie Antoine with questions at santoine@medford-ma.gov

CHA COMMUNITY HEALTH ADVISORY BOARD
CARE TO THE PEOPLE

MEDFORD CONNECTS

Winchester Events



A FREE class for family and friends of individuals living with a mental health condition

The experience offers the invaluable opportunity of open conversation and mutual support in a stigma-free environment.

Learn about: diagnoses, treatments & therapies, mental health resources, communication techniques, problem solving, managing crisis & relapse, coping skills, self care, and more.

namicentralmiddlesex.org



In person course in
Winchester MA
Saturdays, 9:00-11:30,
from 3/23-5/18

REGISTER NOW



MAKING PLANS FOR COLLEGE WHILE LIVING WITH A MENTAL HEALTH CONDITION?

Let's talk about the transition!

Join NAMI, a student whose been there,
and Boston area college admins for a
March 18th webinar



Check out the agenda &
registration details at
namicentralmiddlesex.org



Local Events

Are you hosting an event that serves our students or families? Could folks benefit from the work that you're doing? Would you like to get the word out to collaborators in the region?

Submit your upcoming events here and we will feature them in the future editions of our newsletter. Use the button directly below.

[Submit Events for a Future Feature!](#)

Mystic Valley Public Health Coalition

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