



Cowlitz County Health Department

County Health Department
1952 9th Avenue
Longview, WA 98632-4045
TEL (360) 414-5599
FAX (360)425-7531
www.co.cowlitz.wa.us/health

News Release

For Immediate Release on September 1st, 2010
Longview, WA 98632

Contacts:
Jerusha Kasch LERC, PIO 501-1219

“Add More Color to Your Life!”

September is nationally celebrated as “Fruits and Veggies: More Matters” month. Research shows that fruit and vegetables are important to maintain good health, yet most of us aren’t eating enough fruit and vegetables. This September, Cowlitz County Health Department is proud to promote and participate in “Fruit and Veggies-More Matters” Month. Celebrate with us by adding color to your life!

Eating the recommended servings of fruit and vegetables can help protect you from heart disease, bone loss, type-2 diabetes, and certain types of cancers. Fruits and vegetables provide the vitamins, minerals and fiber our bodies need to function well. If we don’t eat them, our bodies don’t get the nutrients they need. A diet rich in fruits and vegetables can also help you feel great, stay healthy, and lose weight

- Cowlitz County Employees are currently participating in a fruit and vegetable challenge to boost their daily fruit and vegetable consumption. In addition to the challenge, the employees are gathering canned fruit and vegetables to donate to the local food bank and submitting healthy recipes to create a cookbook.
- The Cowlitz County Health Department has a community bulletin board highlighting health topics each month. This month the board will be loaded with fruit and vegetable nutrition information and tasty recipes available free to the public.

According to the Cowlitz County Epidemiologist, Monica Monteon, only 18% of adults in Cowlitz County get 5 servings of fruits and vegetables a day, compared to 26% of adults in all of Washington State. (2007 Behavioral Risk Factor Surveillance Survey). Nationally, only 23% of adults get 5 or more servings a day (2009 BRFSS). To help reach your fruit and vegetable recommendation, try keeping fruit and vegetables handy for snacks and enjoy the variety of colors with every meal.

Check out MyPyramid.gov (<http://www.mypyramid.gov/pyramid/index.html>) or Fruits and Veggies More Matters (<http://www.fruitsandveggiesmorematters.gov/>) to find out how many cups of fruit and veggies you need based on your age, gender, weight and level of physical activity.

For more information, visit the Health Department Nutrition Webpage at <http://www.co.cowlitz.wa.us/health/Healthcard/HealthEducation/nutrition.htm> or contact April Isaacson at 414-5586.

Public Health Always Working for a Safer and Healthier Cowlitz County
#