



MARCH 2024

NATIONAL KIDNEY MONTH

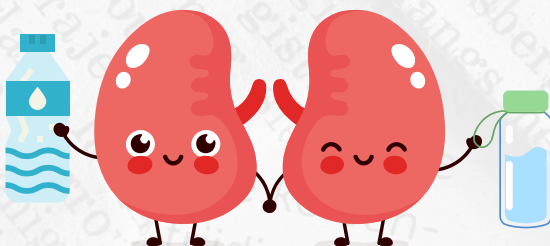
Everyone says “take care of your heart,” but what about your kidneys?
1 in 3 people in the United States are at risk for kidney disease.

Promoting Kidney Health

- Stay hydrated
 - Drink ~3-4 liters of water daily.
- Exercise regularly
- Monitor salt & cholesterol intake
- Quit smoking
- Know your risk factors & family medical history
- Get an annual physical

Visit

<https://www.kidney.org/atoz/content/sixstepshealthprimer>
to read a **6-step guide to protect your kidney health!**



The Kidney Stone & Soda Connection

The most common cause of kidney stones is **dehydration**.

Soda drinkers generally don't drink enough water, and soda is not effective in keeping people hydrated.

Researchers also found that **phosphorus** can increase the risk of kidney stones. Many sodas contain **phosphoric acid**.

A study found that people who agreed to stop drinking soda decreased their chance of developing more kidney stones by **15 percent**.

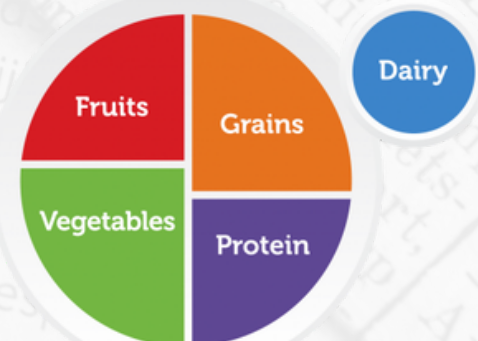
Source

<https://compurocare.com/the-kidney-stone-soda-connection/>

NATIONAL NUTRITION MONTH

Smart Snacking Tips for Adults & Teens

- Snacking only when you're hungry.
 - Avoid snacking when you're bored or stressed.
- Keep portion control in mind.
 - Put a single serving of snacks in a bowl instead of having an open bag/box.
- Plan your snacks ahead of time.
 - Pick snacks like washed and chopped fruits and vegetables, air-popped popcorn, and low-fat cheese



MORE INFORMATION

[HTTPS://EXTENSION.PURDUE.EDU/COUNTY/JENNINGS/HHS-JENNINGS-COUNTY/SMART-SNACKING-TIPS-FOR-ADULTS-AND-TEENS_NNM22_ENGLISH-1.PDF](https://extension.purdue.edu/county/jennings/hhs-jennings-county/smart-snacking-tips-for-adults-and-teens_nnm22_english-1.pdf)

Reminder

SISC Wellness Clinics - New Clinic Added!

Cesar Chavez High School – Monday 4/22/24
800 Browning Road Delano CA 93215
2-5pm

Valley High School-Wednesday 4/24/2024
1927 Randolph St. Delano CA. 93215
2-5pm

District Office -Wednesday 5/1/24
1720 Norwalk St. Delano CA. 93215
7:30-10am

Delano High School - Friday 5/3/2024
1331 Cecil Avenue Delano CA 93215
2-5pm

Robert F. Kennedy High School -Monday 5/6/2024
1401 Hiett Avenue Delano CA 93215
2-5pm

Remember with this partnership we need a minimum of 30 participants per clinic or the Clinics will be **CANCELED!**

Appointments are required for participation in our onsite clinic, **no walk-ins available.**

*Refer to Ana Hernandez's email "SISC Wellness Clinic new clinic added" for more information & how to sign up.

Thanks!

Got it!



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