

Health Services Department



March is **National Nutrition Month**, a time to highlight the **vital** role nutrition plays in health and well-being.

-Office of Disease Prevention and Health Promotion



Welcome to the latest edition of the **Health Services Department Newsletter**! This month we are discussing everything nutrition, oral health, diabetes and prevention. **Let's dive in!**

Diabetes 101

Diabetes is a **metabolic disorder** that affects how the body processes glucose (sugar) in the blood. It occurs when the body does not produce enough insulin or has difficulty using insulin effectively.

What is Insulin?

Insulin is a hormone produced by the pancreas that helps glucose enter cells in the muscles, fat, and liver to be used for energy. Without insulin, blood sugar levels can become too high, leading to serious health complications.

Some types of Diabetes include:

1. Type 1 Diabetes

- The body does not produce insulin.
- Typically diagnosed early in life (often in childhood or adolescence).
- Requires lifelong insulin therapy for blood sugar management.

2. Type 2 Diabetes

- The body becomes resistant to insulin or does not use it effectively.
- Largely associated with obesity, poor diet, and lack of exercise.
- Can often be managed through lifestyle changes, medication, and sometimes insulin.

3. Prediabetes

- Blood sugar levels are higher than normal but not high enough for a type 2 diabetes diagnosis.
- A warning sign that requires diet, exercise, and lifestyle changes to prevent progression to type 2 diabetes.



Prevention & Management

While some forms of diabetes, such as type 1, cannot be prevented, **lifestyle choices** play a significant role in reducing the risk of developing type 2 diabetes and prediabetes. For those already diagnosed, proper management can help maintain stable blood sugar levels and prevent complications.

- **Healthy eating:** Balanced meals with whole grains, lean proteins, and healthy fats.
- **Regular exercise:** At least 150 minutes of moderate activity per week.
- **Weight management:** Maintaining a healthy weight reduces the risk.
- **Regular check-ups:** Monitoring blood sugar levels and seeing a doctor regularly. (Source: CDPH, 2019)

Local Statistics

San Joaquin County has high rates of Diabetes. In 2023, 60% of Stockton adults were living with diabetes or prediabetic.

U.S. Rates:

- 1 in 5 children ages 12-18 year old were prediabetic (CDC, 2024).
- From 2001-2017, the U.S. saw a **95.3% increase in Type 2 Diabetes** among youth less than 20 years of age (Ouyang, 2024).
- In 2017, **39.6%** of students in the San Joaquin County are overweight or obese and **85%** of children with type 2 diabetes were overweight or obese at the time of diagnosis (Let's Get Healthy California).



1 OUT OF 3 YOUNG ADULTS has prediabetes



- **Complications of Diabetes** include, but are not limited to: loss or changes in vision, high blood pressure & heart disease, high cholesterol, kidney disease, nerve damage, and depression (John Hopkins Medicine, 2025).

UPCOMING EVENTS:

- **March 3-7: National School Breakfast Week** - celebrates the importance of a nutritious school breakfast in fueling students for success.
- **March 3-9: Food Waste Action Week**
- **March 5th: Nutrition & Prediabetes Education** - brought to you by St. Joseph's Medical Center & the Emergency Food Bank - at Rio Elementary Parent Coffee Hour (Bush & Peyton families also welcome)
- **March 25th: Diabetes Alert Day** - a day to **sound the alarm** about the prevalence of Type II Diabetes.
 - Take the 60 second Type II Diabetes Risk Test
 - Scanning the QR code - American Diabetes Association



- **March 26th: WhiteOUT Tobacco Day** (Wear White)
- **May 8th: SUSD Health Fair** - at Edison High School 2-6pm - open to the community
- **May 31st: Kindergarten Oral Health Assessment Due Date** - California law requires those entering kindergarten or first grade public school receive this assessment.

Please visit our **Health Services Website** for more resources:

From the CDPH:

- **Diabetes Prevention**
- **Nutrition and Physical Activity Initiative**
- **Rethink Your Drink**
 - Sugary drinks are the leading source and added sugars in the U.S.

Scan the **QR code** located in the bottom **left** corner to access the Health Services webpage.

Nutrition Facts

Serving Size 1 Tbsp. (14g)
Servings Per Container about 32

Amount Per Serving

Calories 100 Calories from Fat 100

% Daily Value*

Total Fat 11g **17%**

Saturated Fat 7g **37%**

Trans Fat 0g

Cholesterol 30mg **10%**

Sodium 0mg

Total Carbohydrate

Protein 0g

Vitamin A 8%

Not a significant source of dietary sugars, vitamin C, calcium and iron.

*Percent Daily Values are based on a calorie diet.



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LOCAL RESOURCES:

SUSD Family Resource Center - FREE Grocery Distribution - Drive-Thru only

- Next Dates: March 12th & 26th
- Address: Family Resource Center Parking Lot 1661 Pacific Ave. Stockton, CA 95204
- Phone: 209-933-7470

SUSD & Big Smiles - FREE In-school Dental Program

- Permission slips are available in the back-to-school packet and at your child's school
- Online consent form available on the Health Services website

Dignity Health St. Joseph's Medical Center - Community Health Department - for FREE Diabetes & Prediabetes education classes:

- Address: The Nest at United Way of SJC - 777 N Pershing Ave Ste 1B Stockton, CA
- Phone: 209-944-8355
- Email: sjmccommunityhealth@commonspirit.org

Emergency Food Bank - Stockton:

- Address: 7 W Scotts Avenue Stockton, CA 95203
- Phone: 209-464-7369

Medi-Cal Dental - "Find A Dentist" tool:

- Website: SmileCalifornia.org/Find-A-Dentist
- Phone: 1-800-322-6384
- Members can access preventative services such as routine oral exams, X-rays, cleanings, scaling and root planing, flossing, sealants, and fluoride treatments.

Employee of the Month:

We are proud to recognize Lucy Yang, Healthcare Assistant, as our Employee of the Month of **February** and Diana Rennard, Healthcare Assistant, as our Employee of the Month of **March**. For their outstanding work and dedication to our students and families, Thank you!

For more details about the topics mentioned in this newsletter, visit the SUSD Health Services Department website. Simply scan the QR code located in the bottom left corner of this newsletter to access it.



..... Oral Health

Keeping your teeth healthy is one of the best things you can do for your overall health. A healthy smile can also boost your confidence.

Tips for Teeth & Gum Care:

- **Go to the Dentist** - maintaining regular dental visits at least every 6 months is important for your oral health.
- **If you're Pregnant** - it is safe and still recommended to see a dentist.
- **Care for Baby's Teeth** - Healthy gums = Healthy Teeth. Keep your baby's gums healthy by gently wiping them with a washcloth daily. Schedule your baby's first dental visit when their first tooth appears or by their 1st birthday.

- **Molar Sealants** - A clear, protective coating placed on permanent first and second molars to help protect them from cavities.
- **How Much Toothpaste is enough?**
 - Ages 0-3: a grain of rice-sized amount
 - Ages 3+: a pea-sized amount.
- **Eat Well** - Eating sugary foods and drinks puts you at higher risk of gum disease and tooth decay. Eat a well balanced diet to promote your oral health.
- **Avoid Bad Habits** - Smoking and chewing tobacco stains your teeth, gives you bad breath, and can cause cancer.
- **Seek Care Right Away** - If you have dental problems or concerns, such as **pain**, schedule an appointment with your dentist right away. (Smile California, 2025)

..... SUSD Child Nutrition/Food Services

Throughout the school year and in March, during **National Nutrition Month** and **National School Breakfast Week** (March 3-7), the SUSD Child Nutrition and Food Services Department highlights its commitment to healthy eating through USDA-supported programs. The **Fresh Fruit and Vegetable Program (FFVP)** and the **School Breakfast Program (SBP)**. Launched on **January 27, 2025**, FFVP provides students at Huerta and King Elementary Schools with free, fresh produce, including unique items like Asian Pears and Blood Oranges, along with educational brochures to inspire lasting healthy habits. Meanwhile, the **SBP** ensures students start their day with nutritious breakfasts that include **three required components**: whole grain-rich foods (such as breads, cereals, or toast), fresh fruits or vegetables, and low-fat or fat-free milk. The program also limits sodium, calories, saturated fats, and trans fats to promote balanced meals that support students' overall well-being and academic success (USDA, 2024). These initiatives make healthy eating both fun and accessible, helping students thrive throughout the day. **For more information** on our department and breakfast menus, parents and guardians are encouraged to visit the Child Nutrition & Food Services Department Homepage.



..... Healthy, Fun, & Fast Recipe



Skillet Pork Chops with Apples & Onion

Total Time - 20min

Serves 4 people

Directions:

1. Brown the chops in a large skillet, roughly 4min per side
2. Simmer with apples and onions - add apples, onions and water to the skillet. Place the pork chops over the mixture; drizzle chops with vinaigrette.
3. Sprinkle with a dash of salt and pepper, cover the skillet, reduce the heat, and allow to simmer for 3-5min

Ingredients:

4 boneless pork loin chops, 3 medium apples cut into wedges, 1 large onion, cut into thin wedges, 1/4 cup water, 1/3 cup balsamic vinaigrette, 1/2 teaspoon salt, 1/4 teaspoon pepper

Source: <https://www.tasteofhome.com/recipes/skillet-pork-chops-with-apples-onion/>



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