

MARCH 2025



National Endometriosis Awareness Month



**Colorectal Awareness Month
National Women and Girls
HIV/AIDS Awareness Month**



National Nutrition Month

ATTENTION

We are currently accepting submissions for our next newsletter! Please send in your submissions no later than the 15th of each month. For more information, please e-mail: Mary.Aquino@flhealth.gov

March is Endometriosis Awareness Month



March is dedicated to raising awareness about endometriosis. Endometriosis is a chronic condition that affects 1 in 10 women, causing tissue similar to the lining of the uterus grow outside of it. Despite its widespread impact, endometriosis often goes undiagnosed for years, making awareness critical in helping individuals seek timely care and treatment. This month serves as an opportunity to educate communities, raise support for research, and empower those affected by endometriosis to advocate for their health. To learn more, visit CDC [here](#).



ENDOMETRIOSIS AWARENESS MONTH

Ways to handle Endometriosis

Since there is no definite way to prevent endometriosis, here are some tips to lessen the chronic pain and symptoms.

- Exercise
- Get enough sleep
- Reduce stress
- Adding healthier food choices into daily diet.

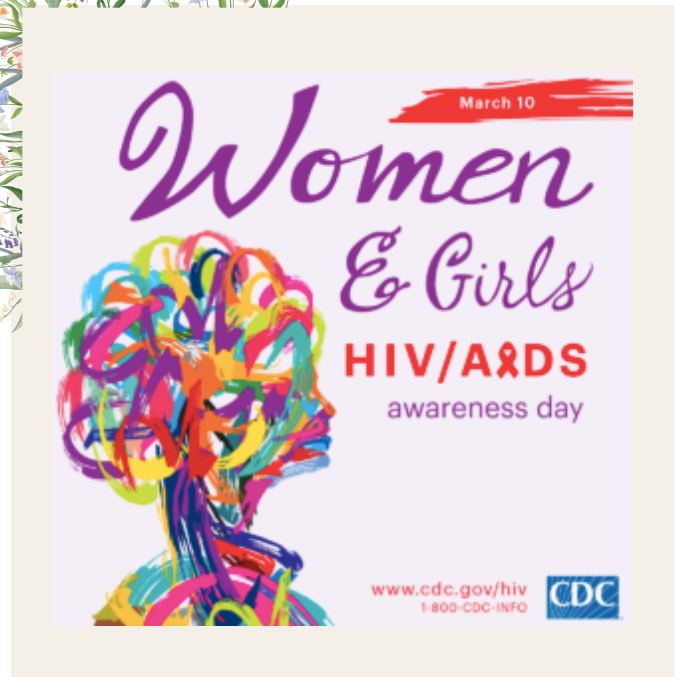


Colorectal Cancer Awareness Month

March is a time to raise awareness about the third most common cancer in both men and women. Colorectal cancer affects the colon. Despite its prevalence, many people remain unaware of the risks, symptoms, and the importance of preventive measures. This month encourages individuals to talk openly about colorectal health, promote screening guidelines, and empower those at risk to take proactive steps in maintaining their health. To learn more, visit [here](#).

Prevention Tips:

- Get Screened Regularly
- Maintain a Healthy Diet
- Exercise Regularly
- Limit Alcohol and Tobacco Use
- Know your family history



NATIONAL WOMEN AND GIRLS HIV/AIDS AWARENESS MONTH

On **March 10**, the Office on Women's Health (OWH) in the U.S. Department of Health and Human Services observes National Women and Girls HIV/AIDS Awareness Day (#NWGHAAD). This important day raises awareness about the impact of HIV on women and girls. In the United States, approximately 23% of individuals living with HIV are women, and in 2021, women accounted for 20% of new HIV diagnoses, according to the [CDC](#). This day serves as a reminder to prioritize HIV prevention, testing, and care for women and girls, and to continue efforts to reduce stigma and improve access to treatment.

Source: [HIV](#)

Prevention Methods for HIV/AIDS

- Use condoms
- PrEP (Pre - Exposure Prophylaxis)
- PEP (Post - Exposure Prophylaxis)
- Get tested regularly
- Limit sharing of needles

There is no cure for HIV or AIDS, but many treatments can help patients manage HIV. If you think that you have HIV, you should speak with your doctor or a healthcare professional as soon as possible.

March 2025 theme: “Food Connects Us”

Every March, the Academy of Nutrition and Dietetics encourages everyone to engage in learning about making informed food choices while cultivating healthy eating and physical activity habits.



The human body relies mainly on protein to function. **Fiction.**

The serving size listed on a Nutrition Facts label reflects how much people tend to consume. It's not a recommended serving size. **Fiction.**

To learn more about different facts and fictions, visit the Academy of Nutrition and Dietetics list.

National Nutrition Month

Tips:

- Try out new fruits and veggies each week during the month of March.
- Plan family meals with different recipes to try.
- Cook more, eat out less.
- Use MyPlate.gov to create a grocery plan.
- Shop for food in season as they may be more affordable.
- Find quick and easy healthy snack recipes online.
- Learn and follow food safety guidelines.

<https://www.eatright.org/>

Celebrate
National Nutrition Month
in March!
#NationalNutritionMonth

Food Connects Us
2025 NATIONAL NUTRITION MONTH
A Campaign by the Academy of Nutrition and Dietetics

Throughout #NationalNutritionMonth, celebrate Registered Dietician Nutritionists (RDNs) and Nutrition and dietetics technicians registered (NDTRs) for their expertise and contributions to the field of nutrition and dietetics!

Dive into ways to promote healthful habits wherever you are:

<https://www.eatright.org/national-nutrition-month/resources>.

<https://socialpresskit.com/nnm2025>