



Tioga County Public Health Department

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Public Health
Prevent. Promote. Protect.
Tioga County

PRESS RELEASE

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Tioga County Weekly Update for March 9, 2022 – March 15, 2022

Did you know that March is National Nutrition Month? Every year during the month of March, National Nutrition Month is recognized through an educational campaign that focuses on making informed food choices and developing healthful eating and physical activity habits. Good nutrition is essential to our overall health! According to the CDC, those with healthy eating patterns may live longer and are at lower risk of developing serious health problems like heart disease, type 2 diabetes, and obesity.

Good nutrition is also vital in helping our immune system function. A balanced diet consisting of different vitamins and minerals, along with other healthy lifestyle factors like adequate sleep and low stress, can help our body better fight infection and disease. Boosting our immune system is especially important when illnesses, like COVID-19, are circulating around our community.

Check out these simple tips and focus on making healthy food choices!

1. Make half your plate fruits and veggies
2. Include whole grains
3. Don't forget the dairy
4. Add lean protein
5. Avoid extra sugar and fat
6. Get creative in the kitchen and try new recipes
7. If you get off track, make sure you get right back on track the next day
8. Try new foods
9. Satisfy your sweet tooth in a healthy way
10. Remember, everything you eat and drink matters

It is easy for us to get off track with healthy eating habits, especially with the added stress in our lives over the last two years from the pandemic. National Nutrition Month is the perfect time to prioritize your own health by making healthy food choices and adopting everyday healthy habits!

COVID-19 case breakdown in Tioga County from March 9, 2022 – March 15, 2022

(Please Note: Data does not include positive at-home tests)

- **New Cases:** 49
- **Hospitalizations:** 4
- **(Known) Deaths:** 0
- **Current Active Cases:** 23

COVID-19 Resources:

- COVID-19 Vaccine Locations: <https://www.vaccines.gov/>
- Find a COVID-19 Test Site Near You: <https://coronavirus.health.ny.gov/find-test-site-near-you>
- COVID-19 State Run Testing Locations: <https://coronavirus.health.ny.gov/covid-19-testing>
- New York State Data Dashboard: <https://coronavirus.health.ny.gov/covid-19-testing-tracker>
- Tioga County Public Health Website: ph.tiogacountyny.gov
- Tioga County Public Health Facebook Page: <https://www.facebook.com/tiogacountypublichealth>