



# OMC QUARTERLY NEWS

Health Education, Promotion, and Outreach

April 01, 2026 | Issue 2

Contact Center: 888-811-8081

**TEEN PREGNANCY** Teen pregnancy poses significant health risks for both the mother and the child, including complications during pregnancy, delivery, and long-term socioeconomic impacts. Teen birth rates in the state of Louisiana are high and Tallulah is one of the highest areas that continues to increase. Prevention can occur through education and access to care.

## BROCCOLI SALAD



- 8 cups bite-size broccoli florets (about 3 heads), 1 package real chopped bacon (about 1 cup cooked and crumbled)
- 1/2 cup dry roasted sunflower kernels, 1 cup dried cranberries, 1/2 cup diced red onion, 1 cup thick-cut shredded sharp cheddar cheese, 1 cup mayonnaise
- 2 tablespoons white wine vinegar or apple cider vinegar, 2 tablespoons sugar

- **Prepare the Salad:** In a very large bowl, combine the broccoli, bacon, sunflower kernels, cranberries, onion, and cheese. Set aside.
- **Prepare the Dressing:** In a small bowl, make the dressing by whisking together the mayonnaise, vinegar, and sugar
- **Combine and Refrigerate:** Pour the dressing over the broccoli mixture and toss to combine. Cover and refrigerate for about 1 hour. Toss again before serving.

## SUNLIGHT & MENTAL WELLNESS

Getting regular sunlight can help boost your mood, support better sleep, and improve overall mental well-being. A few minutes outdoors can make a difference during darker months. If you're struggling or need someone to talk to, OMC counselors are available at 888-811-8081.

## OMC WELLNESS TIP

Small habits can lead to big problems. Whether it's vaping, drugs, sex, or even constant phone use, addictive behaviors can take over your time, health, and relationships.

For more help, call OMC at 888-811-8081

## DENTAL TIPS

As you prepare for Easter, it's helpful to remember that sugary treats can take a toll on your teeth. Sticky and chewy candies cling to enamel and feed bacteria that cause plaque and cavities. Even chocolate leaves behind sugars that weaken your smile.

Enjoy your treats in moderation, and rinse or brush afterward. To learn more or schedule a dental appointment, call OMC at 888-811-8081.

## TEAMWORK MAKES THE DREAM WORK





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### • LP Vaughn School- Based Clinic

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## HEALTH PROMOTION CALENDAR

### April:

- Teen Health Week (April 1-7)
- National Youth HIV/AIDS Awareness Day (April 10)
- Sexually Transmitted Diseases (STD) Awareness Week (April 12-18)

### May:

- National Teen Pregnancy Prevention Month
- Arthritis Awareness Month
- National Prevention Week (May 11-15)

### June:

- Men's Health Month
- National Employee Wellness Month
- National HIV Testing Day (June 27)

