



COUNTY LINES MAGAZINE



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For over 48 years, *County Lines Magazine* has provided advertisers a unique opportunity to connect with **80,000+ affluent, educated readers** who care about healthy lifestyles and up-to-date health information. We provide reliable coverage from authors who are **local medical professionals**.

Be part of our monthly issues that focus on important Health Topics, including

- January – Nutrition
- March – Women’s Health
- April – Dental Health
- August – Kids Health
- Plus Being Well columns on other topics

Other Recent Health & Medical Topics

- Autism in Girls
- Migranes and Women
- How Women Can Stay Heart-Healthy

Prior Health & Medical Topics, including

- Dining Out Healthy (Jan.)
- Pilates 101 (Feb.)
- Laser Dentistry (Apr.)
- Being Well columns throughout the year



GOOD NUTRITION IS ONE OF THE KEYS TO good health. But did you know that the choices we make about the food we eat can also impact our environment — and even the health of our neighbors around the globe?

The medical journal *The Lancet* has called climate change “the greatest global health threat facing the world in the 21st century.” And the related health impacts are many and varied. For example, climate change has been linked to increased risk for people with asthma, and it’s also having an impact on the spread of infectious disease such as malaria.

A direct link exists between climate change and human consumption of food. More specifically, about one-third of all human-caused greenhouse gas emissions, according to the United Nations, is linked to food. This includes everything — growing, processing, transporting, distributing and preparing food — before it lands on your dinner plate.

Although the bulk share of food-related greenhouse gases come from agriculture and land use, you can take some easy steps to improve your own practices while simultaneously reducing your impact on the environment.

Here are some essential eating tips you can make in 2023 to improve both your and the Earth’s health.

TIP NO. 1: CONSUME LESS MEAT.

Meat production is a significant contributor to climate change, including deforestation to create land for grazing animals, as well as animal waste that contributes to greenhouse gas emissions. While meats — chicken, beef, pork and the like — are a good source of protein, they are also high in saturated fat and cholesterol. The high sources of saturated fat and cholesterol can lead to obesity, heart disease, stroke and diabetes.

To decrease your meat consumption, consider having Meatless Mondays, when you choose plant-forward meals that are high in fiber, vitamins and minerals.

TIP NO. 2: CHOOSE SUSTAINABLE SEAFOOD.

Ask your seafood supplier where their seafood is harvested. By asking this question, you’ll avoid better information to make smarter choices to save our planet. When choosing wild-caught seafood, look for seafood harvested from fisheries using sustainable

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