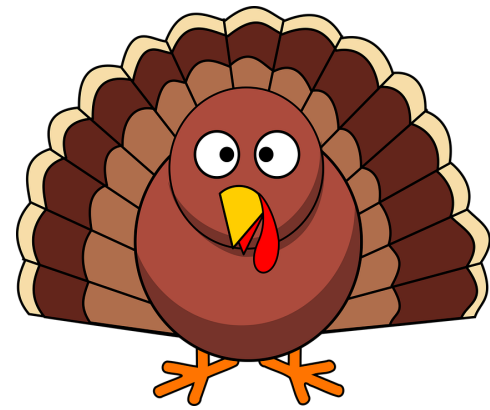


JONES COUNTY PUBLIC HEALTH

NOVEMBER 2022

PUBLIC HEALTH HAPPENINGS



5-2-1-0 Healthy Choices Count!

Iowa HHS announces \$265,000 in grants to 15 counties across Iowa through 5-2-1-0 Healthy Choices Count! — an evidence-based prevention framework for early care and education programs, K-12 schools, out-of-school programs and health care practices to encourage Iowa kids to adopt healthy habits.

Since 2017, the program has used five servings of vegetables, two hours of fun screen time, 1 hour of physical activity, and zero sugary drinks as a guide to encourage communities to find ways to eat healthy foods and increase physical activity.

Jones County was awarded the first year \$30,000 award for Olin/Anamosa communities to continue our efforts to encourage kids and all to adopt healthy habits.

National Diabetes Awareness Month

November is National Diabetes Awareness Month. What is Diabetes? Diabetes occurs when your blood glucose is too high, and your body for whatever reason can't get it back down on it's own. There are type 1, type 2, and gestational diabetes types. Some symptoms of diabetes are increased thirst and urination, feeling tired, unexplained weight loss, and blurred vision. You can prevent or delay type 2 diabetes by losing weight if you are overweight, being active for 30 minutes most days of the week, and have a healthy diet. Diabetes treatment may include insulin, diabetes pills, some types of surgery for severe cases such as weight loss surgery or eye surgery. There are many risk factors for diabetes including family history of diabetes, if you are overweight or have obesity, 35 years or older, physical inactivity, race, ethnicity, a history of gestational diabetes, and certain health problems. Join us this month as we raise awareness about diabetes and how to help those who have it.



Public Health
Prevent. Promote. Protect.

JONES COUNTY PUBLIC HEALTH

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WORKING WITH THE COMMUNITY TO
ENHANCE, PROTECT, AND PROMOTE HEALTH
AND WELL-BEING.

EVENTS

Nov 7: HACAP mobile food
pantry at Olin Elementary 3:30-
4:30pm

Nov 8: HACAP mobile food
pantry at Onslow City Hall 1-2pm

Nov 8: Points Store open 1-4pm

Nov 15: Points Store open 1-4pm

Nov 17: HACAP MFP at Anamosa
St. Paul's Lutheran Church 3-4pm

Nov 22: Points Store open 1-4pm

Nov 28: HACAP MFP at
Monticello Fairground 3:30-

PROTECT, PREVENT, PROMOTE

November is Lung Cancer Awareness Month

Lung cancer is the number one cause of cancer death each year. The number one cause of lung cancer is cigarette smoking.

Even occasional and social smoking can lead to lung cancer and many other health risks like cardiovascular disease. There is no safe amount of smoking. On average, every cigarette you smoke shortens your life by 11 minutes. There is a mix of over 7,000 harmful chemicals inhaled from a burning cigarette. Over 70 of these have been linked to cancer.

Smoking causes more than 480,000 deaths per year in the United States. That is nearly one in five deaths. Smoking causes about 90% of all lung cancer deaths.

<https://teen.smokefree.gov/the-risks-of-tobacco/occasional-social-smoking>

https://www.cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/effects_cig_smoking/index.htm



Burnout and Stress Awareness

Burnout is defined as a state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress that makes you feel overwhelmed, emotionally drained, and unable to meet constant demands. Some signs of burnout are feeling negative and cynical about work, reduced productivity, having trouble concentrating, lack of energy and/or trouble sleeping, and unexplained physical pain and headaches. Take today to check in on yourself, your colleagues, and your family/friends. Setting boundaries for your work hours and when you need to be available can help. Make plans for things you enjoy to do outside of work that will give you something to look forward to. Take frequent short breaks throughout the day with some movement and stretching included. Lastly, know that you are not alone in feeling burnt out.

Source: <https://mondays.com/blogs/mondays-mindset/stress-awareness-month-a-guide-to-burnout>

