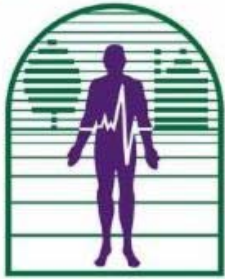


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Cerro Gordo County Department of Public Health

Communicator

December: a month of lights, snow and feasts; time to make amends and tie loose ends; finish off what you started and hope your wishes come true.

It's that time of year again! People are taking the time to see loved ones, share gifts, and appreciate the magic of the Christmas season. There is nothing better than watching a young child wait for Santa, see Christmas lights, and be surprised at the perfect Christmas gift!

This holiday season, as we visit with family and friends, remember that prevention and screenings are the best way to ensure you will be with those special people for many more years to come. The Cerro Gordo County Department of Public Health has financial assistance programs available to ensure all residents are given the opportunity to receive these services.

Programs and services available:

- *Care for Yourself*: Mammograms, breast screenings, pap smears, pelvic exams

Department Quick Links



Visit us on Facebook!



Follow us on Twitter!

- Senior health clinics (FREE)
- Blood pressure clinics (FREE)
- Healthy homes assessments
- Radon test kits
- Immunizations for all ages
- HIV/STI (FREE for those who are eligible)
- Biometric screening

Upcoming Happenings:

- December is Colorectal Cancer Awareness Month
- December 24: Christmas Eve - Health Department Closed
- December 25: Christmas Day - Health Department Closed
- December 31: New Year's Eve
- January is National Radon Action Month
- January is Cervical Health Awareness Month
- January 1: New Year's Day - Health Department Closed

*Merry Christmas from all of us at the
Cerro Gordo County Department of Public Health!*

Like us on Facebook or follow us on Twitter to stay up-to-date on all CGC Department of Public Health information. Make sure to check out the right side of our newsletter, which features our Quick Response (QR) Code. Scan with your smartphone to get directly to our website.

For more information about our services, visit our website at www.cghealth.com.

Take care,



Kara Ruge
Marketing & Public Information Officer
Cerro Gordo County Department of Public Health

Best Resolution to Improve Your Life

It's time to make that New Year's resolution and give your family the best possible Christmas present this year: YOU!



Scan this QR code with your smartphone for a direct link to our website.

Senior Health & Blood Pressure Clinics

The Health Department offers Senior Health Clinics to county residents aged 55 and older. There is no charge; however, contributions are accepted.

**The clinic is an annual health screening and does not replace a physician's care.*

To make an appointment, call the Health Department at 641-421-9316. Below is the schedule of upcoming Senior Health Clinics.

SENIOR HEALTH CLINICS

DECEMBER 21 - Mason City @ Mason City Senior Center

JANUARY 11 - Mason City @ Wesley United Methodist Church

JANUARY 20 - Clear Lake @ Zion Lutheran Church

Tobacco Free North Iowa is offering Freedom From Smoking clinics starting Tuesday, January 12th, 2016 and running every Tuesday through February.



The Freedom From Smoking clinics include eight sessions, and feature a step-by-step plan for quitting smoking. Each session is designed to help smokers gain control over their habit, and work toward an official quit date. Studies have shown that Freedom From Smoking participants are six times more likely to be smoke free one year later than those who quit on their own.

The cost of the clinics is FREE for participants thanks to Cerro Gordo County Department of Public Health, Prairie Ridge Integrative Behavioral Services, and Mercy Medical Center North Iowa.

For more information regarding Freedom From Smoking, please call the Cerro Gordo County Department of Public Health at (641) 421-9329 or visit our [website](#).

FREE Diabetes Prevention Program Offered Beginning January 13 & 14

The Cerro Gordo County Department of Public Health is offering a program to help individuals at risk for diabetes prevent the disease. The Diabetes Prevention Program is a nationally recognized program from the Centers for Disease Control and Prevention, proven to prevent or delay the onset of type 2 diabetes through modest lifestyle changes made with the support of a coach and one's peers.

People with prediabetes - higher-than-normal blood glucose (sugar) levels - are 5 to 15 times more likely to develop type 2 diabetes than those with normal blood glucose levels. In fact, many people with prediabetes will develop type 2 diabetes within three years if they do not take steps to prevent it. According to the CDC, medical costs for individuals with diabetes are twice as high as those without diabetes. To see if you are at risk for prediabetes, take our prediabetes screening test on our website, www.cghealth.com.



"One in three American adults has prediabetes, so the need for prevention has never been greater," said Karen Crimmings, Chronic Disease and Health Promotion Service Manager, Cerro Gordo County

JANUARY 25 - Mason City @
Mason City Senior Center

BLOOD PRESSURE CLINICS

JANUARY 12 - (10:30-11:30AM) @ Ventura Community Center (4 N Weimer St., Ventura)

JANUARY 14 - (10:30-11:30 AM) @ Mason City Senior Center (326 4th St. NE, Mason City)

JANUARY 18 - (11:15AM-Noon) @ Rockwell Community Center (114 3rd St. N, Rockwell)

JANUARY 19 - (9:15-10:00AM) @ Plymouth City Hall (616 Broad St., Plymouth)

JANUARY 26 - (10:30-11:30AM) @ Clear Lake Senior Center (105 S 4th St, Clear Lake)

We need your help!



We have collected health data from many sources and created reports for Cerro Gordo County. Please take the time to review these and give us feedback.

Department of Public Health.

Guided by a trained lifestyle coach, groups of participants will learn the skills they need to make lasting changes such as losing a modest amount of weight, being more physically active, and managing stress. In addition, they will learn how to eat healthy, stay motivated, and solve problems that can get in the way of healthy changes. The Diabetes Prevention Program groups meet weekly for six months, followed by six monthly maintenance sessions to assist with maintaining the healthy lifestyle changes they learn. The course is a one year commitment.

"I love the visuals that are used to understand concepts. Pouring the cereal in the bowl helped me understand serving sizes. I love the program!" said one of the programs participants. "This program is making me accountable. It also helps that my husband is going through the program too!", said another participant.

The local course will be offered at two different times. Wednesday morning sessions will begin January 13th from 10-11AM and Thursday evening sessions will begin January 14th from 5-6PM. Both classes will be held in the Liberty Room, located in Mohawk Square, Mason City. The course is FREE to at-risk participants and includes a pre and post health screening. To take our prediabetes screening test, or to enroll in the course visit [our website](#) or call 641-421-9303.

WELLNESS CORNER

10 Ways to Stay Healthy Through the Holidays

1. Disinfect: Use a disinfectant wipe* to wash germs from computer, office door knobs, cell phone, arm chairs, printer key pads, etc.

2. Stay Hydrated: Keep your mucous membranes moist (makes for a difficult environment for germs to thrive).

3. Move Around: Take 5 minute walking breaks every 1-2 hours at your desk to keep your metabolism up and blood pumping.

4. Wash Your Hands: One of the biggest germ spreaders, hands should be washed often and with soap and warm water.

5. De-stress: Schedule a massage to help you unwind from holiday stresses.

6. Learn to Say "No": You don't have to try every dessert at the party; pick your favorite and move on.



What do you think the biggest health concerns are for Cerro Gordo County residents? **Click Here!** for the report.

Flu Season is Here!



What is the flu?

Influenza (the flu) is an infection of the nose, throat, and lungs caused by influenza viruses. Each year about 20,000 children younger than 5 years old are hospitalized from flu complications, like pneumonia.

How serious is the flu? Flu illness can vary from mild to severe. While the flu can be serious even in people who are otherwise healthy, it can be especially dangerous for young children and children of any age who have certain long-term health conditions, and weakened immune systems due to disease or medication.

How can I protect my child against the flu?

To protect against the flu, the first and most important thing you can do is to get a flu vaccine for yourself and your child. Vaccination is recommended for everyone 6 months and older.

- 7. **Snack Wisely:** In between your favorite holiday meals, it's helpful to choose "healthier" snacks to offset our heavy meals.
- 8. **Rest Up:** December is a month to schedule "At-Home" dates, stay home, relax, and get a good night's sleep.
- 9. **Prevent Overeating:** Pop in a stick of gum or mint after eating.
- 10. **Have A Drink:** Limit your drink choices to ONE a day.

Stop by our walk-in immunization clinic today to get your flu shot! Get protected NOW! For more information visit our [website](#).

[Join Our Mailing List!](#)

Help Us Promote Public Health Services

Forward this electronic newsletter to your friends, family, co-workers, and associates.
Have them click the "Join Our Mailing List" button!

Our Mission Statement:

The Cerro Gordo County Department of Public Health works to optimize the health of all people in Cerro Gordo County.

Our Vision Statement:

We will be the leader in making Cerro Gordo County the healthiest county in Iowa.

Our Value Statement:

We believe in human dignity, respect for individual choices, promotion for wellness and personal safety, protection of the environment, prevention of disease and access to quality health services.



22 N. Georgia Ave., Suite 300, Mason City, IA 50401

Phone: 641-421-9300 www.cghealth.com

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