

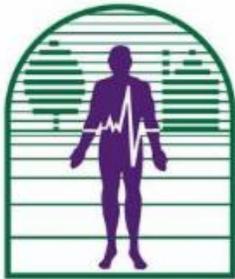
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April 2018



Cerro Gordo County Department of Public Health

Communicator

"April hath put a spirit of youth in everything."

- William Shakespeare

Hello April! I think it's fair to say we are ready for some warmer weather! This month at the Health Department we are focusing on preparing for a great summer! We wanted to highlight a few things for you to ensure you to ensure your summer is kicked off right!

- Pool inspections will be starting as soon as the weather is warm enough for the pools to begin to open. We wanted to remind you of ways to practice proper pool safety to ensure the pool remains a clean and fun place for families! [Click Here!](#) for more information!
- If you have a mobile food unit or stand at a summer event, [Click Here!](#) and complete your paperwork!
- Private water well? If you have a private water well when was the last time you had it tested for bacteria, nitrates, or arsenic? Did you know it's FREE to have it tested? [Click Here!](#) for more information!
- Healthy eating? Spring is the perfect time to begin laying out your garden for the summer! We provide nutrition consultations for as little as \$25! [Click Here!](#) for more information!



**Department
Quick Links**



**Visit us on
Facebook!**

Our department is here to assist and/or provide you information to accomplish all of the above. Let us help you live a happier, healthier life!

Upcoming Happenings:

- April is Oral Cancer Awareness Month
- April is STI Awareness Month
- April 3-9: National Public Health Week
- April 7: World Health Week
- April 10: National Youth HIV and AIDS Awareness Day
- April 22-29: National Infant Immunization Week
- April 23-29: World Immunization Week
- April 24: World Meningitis Day
- May is Hepatitis Awareness Month
- May is National Teen Pregnancy Prevention Month
- May 5: Hand Hygiene Day
- May 9: Walk and Bike to School Day
- May 13-19: National Women's Health Week
- May 18: HIV Vaccine Awareness Day
- May 21-25: Healthy and Safe Swimming Week
- May 25: Heat Safety Awareness Day
- May 31: National Senior Health and Fitness Day
- May 31: World No Tobacco Day

Like us on Facebook or follow us on Twitter to stay up-to-date on all Cerro Gordo County Department of Public Health information. Visit our website at www.cghealth.com

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

Take care,



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

April is Sexually Transmitted Disease (STD) Awareness Month!

STD's are on the rise in Iowa!

By: Samantha Smith, RN, Disease Prevention Specialist, Cerro Gordo County Department of Public Health

Sexually Transmitted Diseases are often focused on in health education classes or when talking to youth about sex. April is Sexually Transmitted Disease (STD) Awareness Month and the Cerro Gordo County Department of Public Health wants to educate the public about the importance of getting tested and treated for STD's.

STD's can be transmitted by vaginal, anal, or oral sex. Many STDs do not show symptoms, so people may not know they have an STD. STDs can cause serious



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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

APRIL 23 - Clear Lake @ Zion Lutheran Church

MAY 9 - Mason City @ St. John's Episcopal Church

health concerns if they go untreated. This is why testing is so important. According to the Centers for Disease Control and Prevention (CDC) untreated STD's in women can cause pelvic inflammatory disease and even infertility. Some STDs such as gonorrhea, chlamydia, and syphilis can be treated and cured with antibiotics.

STDs are also a growing problem amongst those ages 15-24. Studies show that 1 in 2 sexually active people will get an STD by the age of 25, yet less than 12% of people age 15-25 say they've been tested for STDs in the past year. Therefore, the CDC recommends that people ages 18-24 be tested annually for chlamydia and gonorrhea.

Young people stigmatize STDs, so many of them ignore the idea of getting tested because they're embarrassed or afraid of what people will think if they test positive for one. Choosing to get tested for STDs should carry the same weight as choosing to have sex.

The Iowa Department of Public health released preliminary data in January stating that last year Iowa saw nearly 1,000 more cases of gonorrhea than in the previous year totaling 2,600 cases. This is a 142% increase in gonorrhea cases since 2013. This increase could be due to the increase in public awareness to get tested and also the increase in availability of free STD testing services. The Cerro Gordo County Department of Public Health wants to remind you that they offer quick, easy, confidential, and FREE testing to anyone older than 14 years of age.



Public Health: It Affects Everyone!

By: Kara Ruge, Marketing and Public Information Officer

National Public Health Week was celebrated April 2-8, 2018! By definition, Public Health is the science of protecting and improving the health of families and communities through promotion of healthy lifestyles, research for disease and injury prevention and detection, and control of infectious diseases. Overall, public health is concerned with protecting the health of entire populations. Often people have misconceptions about what public health is and does. The Cerro Gordo County Department of Public Health would like to address some of those gathered from a recent survey:

- **I focus on prevention to stay healthy. I'm not sick. I don't need Public Health.**

That's great! Our Department focuses on proactive (preventative) health care vs. reactive health care. Our department encourages this so much so that we have an entire division devoted to it: Chronic Disease Prevention & Health Promotion.

MAY 14 - Swaledale @ United Methodist Church

MAY 21 - Clear Lake @ First Congregational Church

MAY 23 - Mason City @ Wesley United Methodist Church

BLOOD PRESSURE CLINIC

APRIL 24 (10:30-11:30AM) @ Clear Lake Senior Center, 105 S 4th St, Clear Lake

MAY 8 (8:15-9AM) @ First Citizens Bank Heritage Club Movie, Cinema West, 4710 4th St SW, Mason City

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

Prepare for Severe Spring Weather!



Spring weather can be unpredictable. When severe weather hits unexpectedly, the risk of injury and death increases, so planning ahead makes sense. Prepare for storms, floods, and tornadoes as if you know in advance they are coming, because in the spring, they very likely will.

Spring is the time of year when many things change-

- **Most services don't fit the needs of our young family.**

We offer many services to keep you and your children safe from many illnesses and dangers.

- Do your children like to go swimming? We conduct routine inspections at all of the public pools in Cerro Gordo County to ensure they are safe for the public to be in.
- Are your children vaccinated? If not, our walk-in immunization clinic is open Monday through Friday from 10AM-Noon and 12:30-4PM. This is a no-appointment necessary clinic; therefore you can come when it's convenient for you. If your child has no health insurance or is under-insured, we participate in the Vaccines for Children Program that provides vaccines to children up to 18 years old FREE of charge!
- Has your home been tested for radon or lead? Cerro Gordo County has above average levels of radon in the majority of homes, old or new. Radon is a radioactive gas and the second leading cause of lung cancer behind tobacco. Our department offers test kits and other testing options for your home. No one wants their children playing, or sleeping in a home with radioactive gas! Same goes for lead. We conduct in-home inspections to ensure children do not have future exposure to lead. Our Lead Hazard Control Program is available to help remove those hazards and provide home repairs such as windows, siding, etc. at little or NO cost to you!
- These are just a few of the young family services we offer. Visit our website for more!

- **I don't need public health services. I have health insurance, a good job, and a primary doctor.**

- The Cerro Gordo County Department of Public Health is your health department serving all income levels, and accepting most health insurance providers. Receiving immunizations, home care services, sexually transmitted disease and HIV testing, etc. from our department is the same as receiving them from a medical clinic setting. The upside: no "office or appointment fee". For those who are under-insured or do not have insurance, we work diligently to provide programs ensuring they receive the same services as those with insurance.

- **I have no use for any of public health's services.**

- You may not realize it, but Public Health affects you in at least one way each day.
 - Eating at a restaurant? Our department inspected it.
 - Have a tattoo? Our department inspected the parlor you received it from.
 - Drink from a private water well? Our department can/should test the water to ensure its safe to drink.
 - Have a septic system? Our department inspects and permits them.
 - Hear about a case of pertussis or influenza at your child's daycare or school? Our department conducts surveillance and



including the weather.

Temperatures can swing back and forth between balmy and frigid. Sunny days may be followed by a week of stormy weather. Sometimes extreme weather changes can occur even within the same day. Mark Twain once said, "In the spring I have counted one hundred and thirty-six kinds of weather inside of four and twenty hours."

[Click Here!](#) for more information from the Centers for Disease Control on how to prepare for severe spring weather.

Health Department Immunization Nurse Receives CDC Award



Bethany Bjorklund, RN, BSN, Immunization Nurse with the Cerro Gordo County Department of Public was named one of the Centers for Disease Control and Prevention's (CDC) 2018 Childhood Immunization Champion Award recipients. Each state selects one nominee and Bethany is the

investigations to identify increases in cases, root causes, potential exposures, etc. We work to educate staff at these facilities on how to prevent the spread of the illnesses, and keep case numbers to a minimum.

- These are only a few examples. There are so many more!

Every day, Public Health professionals work to protect the health of the entire population. The Cerro Gordo County Department of Public Health is one of the top five largest public health departments in Iowa. In February we became only the second health department in Iowa to earn accreditation from the National Public Health Accreditation Board. We are a leader in statewide public health change, and are proud to serve Cerro Gordo County.

The Cerro Gordo County Department of Public Health has been serving county residents for over 25 years. We provide over 50 programs and services to the public to ensure they are kept safe and healthy. It is our mission to optimize the health of all people in Cerro Gordo County - that means YOU! We are here to be a resource for you. Know us before you need us!

For more information on how the Cerro Gordo County Department of Public Health can be of assistance to you, contact us at 641-421-9300 or visit our [website!](#)

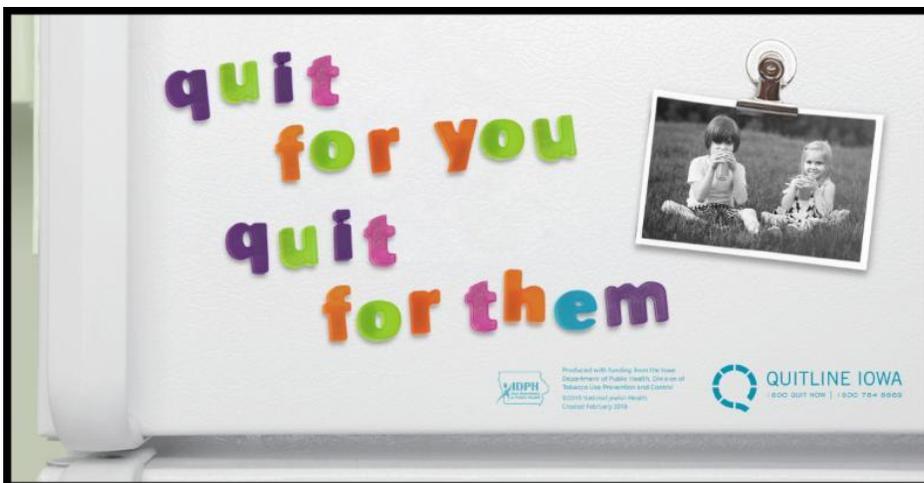
award recipient for the state of Iowa.

The CDC Childhood Immunization Champion Award is an annual award given jointly by the CDC Foundation and CDC that recognizes individuals who make a significant contribution toward improving public health through their work in childhood immunization. It honors those who are doing an exemplary job or going above and beyond to promote or foster childhood immunizations in their communities.

Bethany was nominated for her collaborative work with area agencies on such initiatives as increasing childhood vaccination rates (Cerro Gordo County ranks FIRST in the state for childhood vaccinate rates), ADD MORE FROM YOUR NOMINATION (work with area clinics, audits, etc).

"Bethany is very passionate about her work in childhood vaccination," said Jodi Willemssen, Acute Infectious Disease, Epidemiology, and Preparedness Service Manager at the Cerro Gordo County Department of Public Health. "She has developed partnerships with area clinics, and advocates daily to ensure children are properly protected from vaccine-preventable diseases."

Bethany has been the Immunization Nurse at the Cerro Gordo County Department of Public Health for four years. Bethany joins the ranks of many other immunization advocates who have received this prestigious award.



WELLNESS CORNER

The Set Point

Why do the pounds I lost keep coming back?

In the absence of an ongoing weight maintenance program, half of all people who lose 10% or more of body weight gain it all back within 5 years or so. We typically blame this phenomenon on laziness or lack of dietary discipline. But that explanation doesn't hold true for everyone. More and more evidence is emerging that our bodies have a relentless drive to "correct" excessive weight loss and return to a "set point" weight.

The human body naturally strives for a stable temperature of 98.6 degrees. Scientists now believe it does much the same with body weight. Once a person reaches a set-point weight - also called a "customary" or "defended" weight - the

body tweaks its metabolic rate to maintain that weight despite dietary fluctuations. When we restrict calorie intake, the quest for set-point weight makes hunger rise and our resting metabolism fall.

How strong is the Set Point drive?

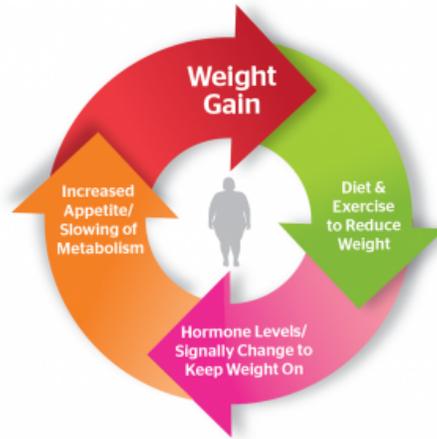
Research shows that people who lose weight have a 3%-5% lower resting metabolic rate than their counterparts who do not attempt weight changes. So to keep off the weight, some dieters will continually have to consume less calories - which is not sustainable or entirely healthy.

Don't Despair...

Research still shows that weight loss of 10% or more is sustainable, particularly in those who maintain a portion-controlled, low sugar diet and exercise for at least 60 minutes each day.

Focus on other motivators for weight loss-not the weight itself: better eating habits and regular physical activity for overall lifestyle health and well-being. You may need to shift your focus away from weight loss and toward healthier living and weight maintenance over time! Maybe losing those 10 extra pounds just isn't in the cards for you.

**Muth, Natalie. Understanding Set-Point Weight. IDEA Fitness Journal. March 2018.*



Bethany will be recognized during National Infant Immunization Week, April 21-28, 2018.

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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.



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