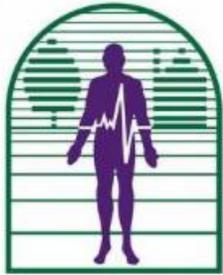


Having trouble viewing this email? [Click here](#)

Please use the social media buttons below to share this email.

You may [unsubscribe](#) if you no longer wish to receive our emails.



Cerro Gordo County Department of Public Health

Communicator

March winds and April Showers bring forth May flowers.

It's finally March and spring is in the air! The children are getting antsy to run and play outside, the pets are itching for longer and warmer walks, and most of us are just happy the snow is beginning to melt!

Spring brings a renewed motivation to clean up and catch up on things that we have been putting off throughout the winter. Some of us may immediately think of "spring cleaning", while others may think of the things they've put off simply because they don't want to be out in the cold any longer than they absolutely have to.

In March, the Health Department wants to draw your attention to a few things you may have been putting off.

- Colorectal cancer screening? Did you know colorectal cancer is the second leading cause of cancer-related deaths in the U.S.? Schedule your colonoscopy NOW!
- 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!



Department Quick Links



Visit us on
Facebook!

- 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!

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:

- March is National Colo-rectal Cancer Awareness Month
- March is National Nutrition Month
- March 18-24: National Poison Prevention Week
- March 20: National Native American HIV/AIDS Awareness Day
- March 24: World Tuberculosis Day
- March 27: American Diabetes Alert Day
- 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

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, CPH, IOM
Marketing & Public Information Officer
Cerro Gordo County Department of Public Health

Health Department Awarded National Accreditation through the Public Health Accreditation Board!

The Cerro Gordo County Department of Public Health has achieved national accreditation through the Public Health Accreditation Board (PHAB). The national accreditation program works to improve and protect the health of the public by advancing and ultimately transforming the quality and performance of the nation's state, local, Tribal, and territorial public health departments. The Cerro Gordo County Department of Public Health is the second health department in the state of Iowa to be accredited, and one of fewer than 200 of the nearly 3,000 local health departments in the country to have achieved accreditation through PHAB since the organization launched in 2011.



Follow us
on
Twitter!



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

MARCH 26 - Clear Lake @ United Methodist Church

MARCH 28 - Mason City @ Pilgrim Place

"Achieving accreditation through the Public Health Accreditation Board is an honor, and confirms the Cerro Gordo County Department of Public Health's quality of service meets a national set of standards," said Ron Osterholm, Health Director for the Cerro Gordo County Department of Public Health. "Achieving PHAB accreditation verifies the commitment and dedication of the board of supervisors, board of health, and health department staff to providing the highest level of public health to our community."



The national accreditation program, jointly supported by the Centers for Disease Control and Prevention and the Robert Wood Johnson Foundation, sets standards against which the nation's nearly 3,000 governmental public health departments can continuously improve the quality of their services and performance. To receive accreditation, a health department must undergo a rigorous, multi-faceted, peer-reviewed assessment process to ensure it meets or exceeds a set of quality standards and measures.

"We committed to this process to determine what our Department's strengths and areas for improvement were and to strengthen our community partnerships," said Kara Vogelson, Accreditation Coordinator for the Cerro Gordo County Department of Public Health. "We used this opportunity to learn new processes and consider innovative ways to deliver services which has led to additional benefits for our community."

"This accomplishment was truly a department-wide effort," said Alyse DeVries, Assistant Accreditation Coordinator for the Cerro Gordo County Department of Public Health stated. "Staff throughout the Department dedicated much time and effort over the past 2.5 years to organize and collect all of the necessary evidence and documentation to show the Accreditation Board that our Department meets their high standards and delivers the best quality public health services to the communities we serve."

The national accreditation program was created collaboratively over a 10-year period by hundreds of public health practitioners working at the national, Tribal, state, and local levels. Since the program's launch in September 2011, hundreds of public health departments have applied to PHAB for accreditation, and hundreds of public health practitioners from across the nation have been trained to serve as volunteer peer site visitors for the program.

"The Cerro Gordo County Department of Public Health joins the growing ranks of accredited health departments in a strong commitment to their public health mission," said PHAB President and CEO Kaye Bender, PhD, RN, FAAN. "The peer-review process provides valuable feedback to inform health departments of their strengths and areas for improvement, so that they can better protect and promote the health of the people they serve in their communities. Residents of a community served by a nationally accredited health department can be assured that their health department has demonstrated the capacity to protect and promote the health of that community."

APRIL 4 - Mason City @
Regency Apartments

APRIL 9 - Mason City @ Mason
City Senior Center

APRIL 18 - Rockwell @
Rockwell Community Center

APRIL 23 - Clear Lake @ Zion
Lutheran Church

BLOOD PRESSURE CLINIC

APRIL 10 (8:15-9AM) @ First
Citizens Bank Heritage Club
Movie, Cinema West, 4710 4th
St. SW, Mason City

APRIL 12 (10:30-11:30AM) @
Mason City Senior Center, 326
4th St NE, Mason City

APRIL 16 (11:15AM-Noon) @
Rockwell Community Center,
114 2nd St. N Rockwell

APRIL 17 (9:15-10AM) @
Plymouth City Hall, 616 Broad
Street, Plymouth

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

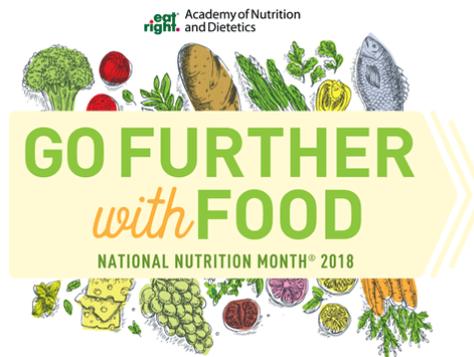
March is Colorectal Cancer Awareness Month



March is National Nutrition Month

Be patient. Lifestyle and diet change takes time.

During the month of March, the Cerro Gordo County Department of Public Health encourage individuals all around the country to celebrate National Nutrition Month. March is an excellent reminder to try your best and to expect progress, not perfection with diet and lifestyle change.



It is estimated that when people focus on changing a single behavior at a time, the likelihood that they'll retain their new habit for a year or more is around 80 percent. But what about those who try to change two or more behaviors at once? When people go this route, rates drop as low as 20 percent.

Of course, there's nothing new in the idea that focusing on less helps you achieve more.

"Habits are highly ingrained behaviors. They are almost automatic. Changing one habit is hard enough. Trying to change more than one at a time is often a recipe for disaster. So, despite the occasional example to the contrary, my advice is to focus on one habit at a time." - Ian Newby-Clark, Guelph University Psychology Professor.

To schedule a nutrition consultation or for more nutrition tips, visit us on Facebook and Twitter, or at our [website](#).

Colorectal cancer is the third most common cancer in the United States and the second leading cause of death from cancer. Colorectal cancer affects all racial and ethnic groups and is most often found in people ages 50 and older.

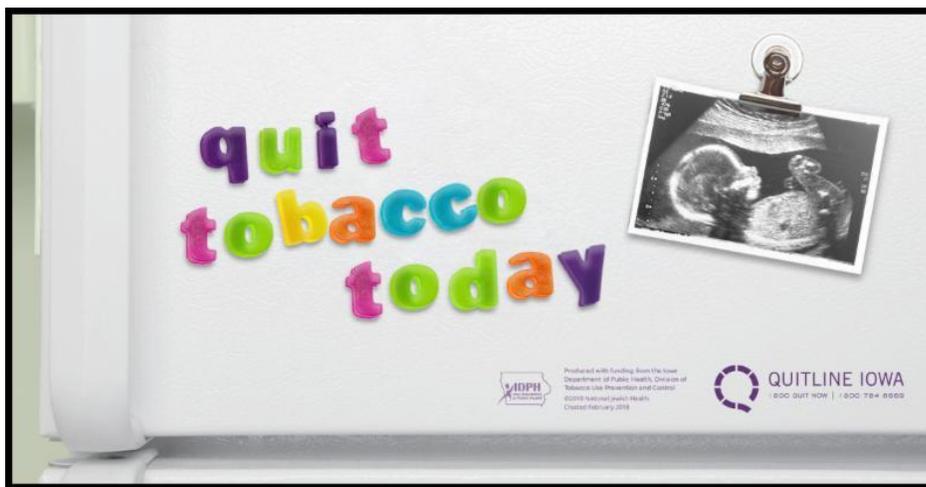
The best way to prevent colorectal cancer is to get screened regularly starting at age 50. There are often no signs or symptoms of colorectal cancer - that's why it's so important to get screened.

People over age 50 have the highest risk of colorectal cancer. You may also be at higher risk if you are African American, smoke, or have a family history of colorectal cancer.

Everyone can take these healthy steps to help prevent colorectal cancer:

- Get screened starting at age 50.
- Encourage your family members and friends over age 50 to get screened.
- Quit smoking and stay away from secondhand smoke.
- Get plenty of physical activity and eat healthy.

Call your healthcare provider and schedule your screening today!



WELLNESS CORNER

Walk. Stroll. Roll. Get Moving.
How to begin a fitness walking program.

Are you ready to start walking and don't know where to begin? We'll lead the way. Walking is one of the easiest, most enjoyable, and most profitable forms of exercise. All you need is a good pair of shoes, comfortable clothing, and desire.

National Poison Prevention Week, March 18-24

HOW TO START: First of all, start out slow and easy. Just walk out the door. For most people this means head out the door, walk for 10 minutes, and walk back. That's it? Yes, that's it. Do this every day for a week. If this was easy for you, add five minutes to your walks next week (total walking time 25 minutes). Keep adding 5 minutes until you are walking as long as desired.



If you're new to walking, start off with slow, short sessions and build your way up gradually. Do not worry at all about speed in the beginning. After you have been walking for several weeks you can slowly start picking up your pace. If you have a medical condition or any health concerns be sure to check with your doctor for advice before you begin a routine.

- **WATCH** your posture. Walk tall. Think of elongating your body. Hold your head up and eyes forward. Your shoulders should be down, back and relaxed. Tighten your abdominal muscles and buttocks and fall into a natural stride.
- Be sure to drink plenty of water before, during, and after walking.
- Incorporate a warm up, cool down and stretches into your routine. Start your walk at a slow warm up pace, stop and do a few warm up / flexibility drills. Then walk for the desired length of time. End your walk with the slower cool down pace and stretch well after your walk. Stretching will make you feel great and assist in injury prevention.

The toughest thing about starting a fitness program is developing a habit. Walking daily will help (exercising a minimum of 5 days a week is a good goal). You should walk fast enough to elevate your heart rate, but you should not be gasping for air.

In the beginning don't worry about speed or distance. Just get out the door on a regular basis. After you have formed the habit you will want to evaluate your program and your goals. Here are some general guidelines depending on your goals:

1. If you are walking for general health benefits try to walk a minimum of 30 minutes a day, most days of the week, at a "talking" pace. (Talking pace means you have elevated breathing, but you can still carry a conversation.)
2. To improve cardiovascular fitness you should walk 3 to 4 days a week, 20 to 30 minutes at a very fast pace. At this pace you are breathing harder but not gasping for air. Warm up and cool down in addition to the time spent at the faster pace.
3. If you are walking for weight loss you will probably need to walk a minimum of 45 to 60 minutes five days a week at a moderate to brisk pace. Walking faster will burn more calories in the same amount of time. However, do increase both mileage and pace slowly to prevent injury.

More than 2 million poisonings are reported each year to the Nation's poison centers. According to the American Association of Poison Control Centers, approximately 90 percent of poisonings happen at home, and 51 percent of poisonings involve children under the age of 6. The majority of fatal poisonings occur among adults, especially older adults.

National Poison Prevention Week was established by the U.S. Congress in 1961 to focus national attention on the dangers of poisonings and how to prevent them. To learn more about ways to keep people of all ages safe and help prevent poisonings, visit the Poison Help website at www.PoisonHelp.hrsa.gov (or to view materials in Spanish, visit www.PoisonHelpEspanol.hrsa.gov).

[Join Our Mailing List!](#)

*<http://www.thewalkingsite.com/beginner.html>

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

Cerro Gordo County Dept. of Public Health, 22 N. Georgia Ave. Suite 300, Mason City
, IA 50401

[SafeUnsubscribe™ {recipient's email}](#).

[Forward this email](#) | [Update Profile](#) | [About our service provider](#)

Sent by kruge@cghealth.com in collaboration with

Constant Contact 

Try it free today