



Triple-H News



HOKE HEALTH HIGHLIGHTS

SPECIAL POINTS OF INTEREST:

- **Teen-Time:** Health Clinic for teens; available the 1st & 3rd Mondays of the month from 4:30PM-7:00PM.
- **Child Birth Education Classes:** Four week series starts on Thursday's, from 6-8PM contact Cornelia @ (910) 875-3717 Ext: 2104.
- **CPR & First -Aid Classes:** Contact Ulva for more information @ (910) 875-3717 Ext:2106.
- **Diabetes Support Group:** Every 2nd Tuesday of the month from 5:30-6:30 PM. Contact Ulva for more information @ (910) 875-3717 Ext:2106.
- **Board Of Health Meetings:** held on the 2nd Monday of every month @ the Health Department 7PM.
- **Public Health Advisory Council:** meets every 3rd Tuesday @ 1:00PM. at the health department. Contact Ulva @ (910) 875-3717 Ext: 2106.
- **Go Blue To Knock Out Colon Cancer -Friday, March 6th**

American Heart Month — February 2015



February is American Heart Month. The leading cause of death in the United States continues to be cardiovascular disease (CVD), which includes heart disease, hypertension (high blood pressure), and stroke. Although the rate of death attributable to CVD is decreasing (1,2), too few U.S. adults exhibit measures of good cardiovascular health, including adequate physical activity, a healthy diet, and ideal blood pressure. Additionally, more than one in three U.S. adults have at least one type of CVD, and nearly one in three deaths are attributed to CVD (1). CVD and its risk factors are not distributed evenly across the U.S. population. Certain groups, defined by age, sex, race, ethnicity, or geography, have higher levels than others (1). Disproportionately high rates of avoidable CVD deaths

are found among black men and among adults aged 30-74 years living in the Southeast (3), highlighting the need for targeted efforts to alleviate disparities and improve health (4). Black men experience a death rate attributable to CVD that is about 2.7 times higher than that of the lowest rate, found among white women (4). The reduction of CVD disparities and CVD overall are goals CDC aims to achieve through increased use of clinical protocols (5), partnerships with national, state, and local organizations, and educating persons at risk for CVD. In observance of American Heart Month 2015, CDC is focusing on increased targeted consumer and health care provider messaging, as well as providing resources specifically for black men.

Additional information is available at http://www.cdc.gov/dhdsp/american_heart_month.htm and <http://millionhearts.hhs.gov>.

January Employee Of The Month



Ulva Little,
Health Educator

Go Blue To Knock Out Colon Cancer —March 6th

Did you know colon cancer is the second leading cause of overall cancer deaths in the United States? But it doesn't have to stay this way. Early detection through screening can dramatically reduce your risk. This means having your colon checked regularly starting at age 50, or

sooner if you are at higher risk due to family history. March is Colon Cancer Awareness Month and Friday, March 6 is National Dress in Blue Day. Help slash these stats by joining the Colon Cancer Alliance's Dress in Blue Day movement. Through this national campaign and

their screening, research and patient support initiatives, we can knock colon cancer out of the top three cancer killers for good. Visit www.ccalliance.org to learn more about colon cancer and how you can get involved. And don't forget, screening saves!

Flu vaccination: A growing trend among pregnant women

According to the Centers for Disease Control and Prevention (CDC), pregnant moms are getting their flu vaccination. Flu shots help to protect pregnant women and their babies from potentially serious illness both during and after pregnancy (Centers for Disease Control and Prevention, 2014).

The results of the CDC's 2013-2014 internet panel survey of pregnant women indicate that an estimated 52% of pregnant women in the United States protected themselves and their babies from flu by getting the flu shot (Centers for Disease Control and Prevention, 2014).

The fact is that the flu can cause serious illness in pregnant women.

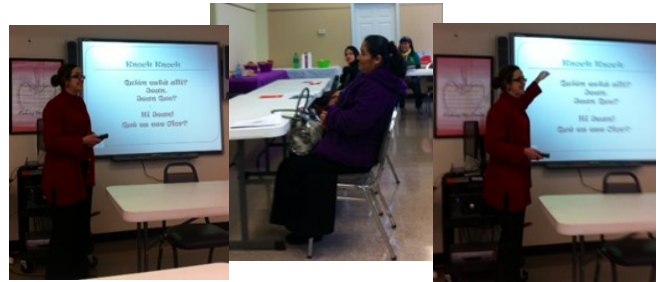
The flu shot is the best protection for you and for your baby. So, getting a flu shot is the first and the most important step in protecting yourself against the flu. The flu shot is safe for you and for your unborn child, as well as for breastfeeding women and their infants. The side effects of the flu vaccine are mild when compared to the disease itself (Centers for Disease Control and Prevention, 2014).

Talk to your healthcare provider about getting a flu shot. For more information about the flu or the vaccine, call 1-800-CDC-INFO or visit <http://www.cdc.gov/flu/>.

Keeping Sharp Through Education HD Staff Meeting



February 6th...Keeping Healthy Through Cleanliness Hoke County School's ELS Parent Meeting



Myths May Be Keeping Parents From Protecting Their Children From Dangerous Diseases...

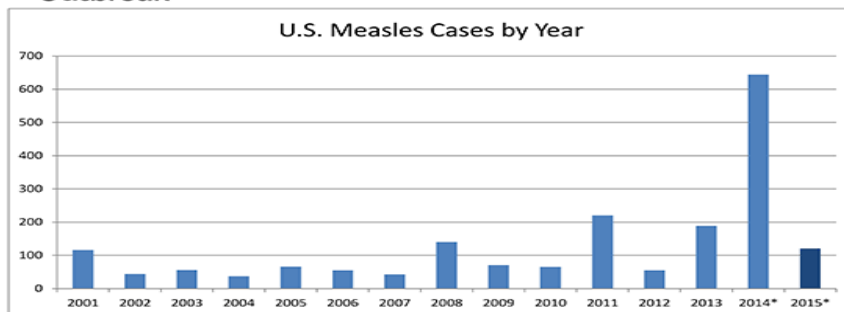
Measles Cases and Outbreaks January 1 to February 6, 2015*

121
Cases

reported in 17 states and Washington DC: Arizona, California, Colorado, Delaware, Illinois, Michigan, Minnesota, Nebraska, Nevada, New Jersey, New York, Oregon, Pennsylvania, South Dakota, Texas, Utah, Washington

1
Outbreak

representing 85% of reported cases this year



*Provisional data reported to CDC's National Center for Immunization and Respiratory Diseases



Myths may be keeping parents from protecting their children from dangerous diseases, when there's every reason to get them vaccinated.

Vaccines prevents six million deaths worldwide every year, CNN's Dr. Sanjay Gupta writes.

And there's basically no reason not to get them. Only one in a million children has a serious adverse reaction.

Those are great odds. You're 100 times more likely to get struck by lightning than have an allergic reaction to a vaccine, Gupta says. Taking aspirin, for example, is much more likely to cause brain bleeding.