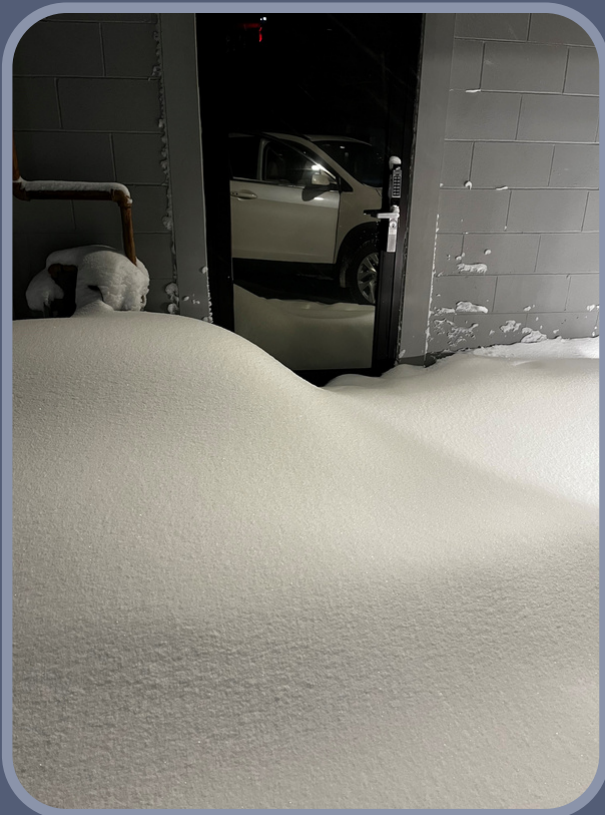




January

2024





Take Steps to Prevention



2024



It's that time of year again. By now, about 40% of the population has given up on their New Year's health resolutions. Renewing your health goals can be a great way to jumpstart a healthier lifestyle and it is important to remember that small steps to improve your health matter.

Consider starting small by committing to a daily walk or swapping out processed snacks for fresh fruits and vegetables. It's important to track your progress and celebrate your successes along the way. With dedication and consistency, renewing your health goals can lead to positive changes in your overall well-being.

Employee Highlights!



Nikol Barroso, is a Family Support Specialist with Healthy Families of America with Two Rivers Public Health Department. She has been part of the team for four months and she enjoys being able to be a part of the program where she gets to meet and build meaningful relationships with families, at the same time being support to them according to their needs.

Prior to working with TRPHD, Nikol worked with the Migrant Education Program as a Service Provider and an ESL Tutor. She also worked as an Interpreter for Community Actions and helped make connections with Spanish speaking families. Nikol is currently working on getting a Bachelor's degree in Business Administration and Modern Languages.



Left: Nikol Barroso , Right: Ashley Green

Joining the Two Rives Public Health Department team is Ashley Green. She is the new Environmental Health Specialist here at TRPHD. Ashley is joining TRPHD after having graduated this past December from the University of Arizona with a degree in the Science of Public Health. She is originally from Kansas City Missouri where she worked as a Veterinary Technician.

Ashley looks forward to all the things she'll get to do at TRPHD including learning more about insect/water-borne disease, chemical/radiation exposures, and food safety. When she isn't working Ashley enjoys traveling, painting, thrifting, spending time with her cat and family.





Vaccines for Adults!

New Vaccines for Adults program!

TRPHD's newly established Vaccines for Adults program was formerly known as Adult Immunization Program. It is a federally funded program that ensures vaccine availability for adults 19 years old and older who are uninsured or underinsured.



Why VFA is important?

8.4% of American adults are uninsured. Healthcare sharing plans are becoming popular and many do not cover vaccines (this is considered underinsured). Many adults fall behind on vaccinations after they turn 18, and immigrants are required to receive certain vaccinations upon entry into the US.



Adult vaccinations offered by TRPHD

- Hepatitis A
- Hepatitis B
- HPV
- Meningococcal ACWY
- Meningococcal B
- MMR
- Pneumococcal Disease
- Shingles

Healthy Families Open House!

Healthy Families Nebraska Two Rivers, had it's first open house! This event was to educate the community on the program work and to engage both potential and current families being served in the program. Healthy Families is hoping to create a community of trust and openness that allows them to accept support when it is needed in the different seasons of life.



Don't forget about the open house this Friday 4-6 PM at our office!

Participating families were entered to win some prizes as seen in photos.



All TRPHD programs provided educational materials on what they do and how they can help. TRPHD's Family support specialists also provided education on Medicaid determination and are able to answer any questions regarding that.



Radon Action Month



What is Radon Action Month?

January is National Radon Action Month and the American Lung Association is urging everyone to help save lives by testing their home for radon and mitigate if high levels are detected.

What TRPHD is doing.

TRPHD has procured and is now disseminating 300 radon test kits. Thus far TRPHD has given out more than 100 test kits and will continue to actively hand kits out until we run out!



Why is Radon dangerous?

You can't see, smell or taste radon, but it could be present in your home. Radon is the leading cause of lung cancer deaths among nonsmokers in America and claims the lives of about 21,000 Americans each year. In fact, the EPA and the U.S. Surgeon General urge all Americans to protect their health by testing their homes, schools and other buildings for radon.

PHEP gets busy this time of year!

NO WIND

98.6°F
Average temperature of the human body

When people lose heat through convection— there's still a layer of heat between our skin and our cold surroundings.

The Science of Wind Chill

WINDY

95°F
Hypothermia begins when our body temperature drops two to four degrees

But when it's windy, the moving air breaks up this insulating layer. It speeds up heat loss by whisking away the warmth from our skin.

Heat is moved away from our bodies.

NOAA
weather.gov/winter

TRPHD's Emergency Response Coordinator, Erica Carpenter, was kept busy This last month with all the snow, sub-zero temperatures, and wind chill!

Erica is in charge of TRPHD's Public Health Emergency Preparedness (PHEP) program. One of her many duties is to keep an eye on extreme weather.

To the left we see one of the many social media posts created to educate the public on the dangers of wind chill.

Fun Health Fact of the Month.



If you've ever wondered why your stomach makes noises, the grumbling is likely a result of your intestines moving ...

