



In Good Health

A quarterly publication of the Jackson County Department of Public Health

538 SCOTTS CREEK ROAD SUITE 100 SYLVA | 828-586-8994 | [HTTP://HEALTH.JACKSONNC.ORG/](http://health.jacksonnc.org/)

APRIL- JUNE 2017

CELEBRATING NATIONAL PUBLIC HEALTH WEEK

Take a moment to join the Jackson County Department of Public Health in celebrating National Public Health Week 2017 on April 3-9 as we work to create the healthiest nation in one generation. Public health works to prevent the preventable, correct the correctable, and cure the curable. The mission of our local health department is to ensure, promote, and protect the health of all Jackson County residents with an overall effort to enhance their health status through prevention and education.

The 10 great public health achievements of the 20th century are immunizations, motor vehicle safety, workplace safety, control of infectious disease, declines in deaths from heart disease and stroke, safer and healthier foods, healthier mothers and babies, family planning, fluoridation of water, tobacco as a health hazard.

Joseph Spadafino once said, "Even when operating on limited resources, public health provides a considerable bang for your buck. Even so, the benefits we as a society are afforded as a result of public health measures are not always visible (which usually means that public health is doing its job)."

THANK YOU, to our Health Department Staff, for your commitment to service and to our community.

National Public Health Week Facts

Build a nation of safe, healthy communities: We must make health a priority in designing our communities—from healthy housing to parks and playgrounds. Walking and biking must coexist with cars and public transit.

Give everyone a choice of safe, healthy food: We want to give everyone a choice of safe, healthy food. Our food system should provide affordable food with nutritious ingredients, free from harmful contaminants.

Encourage healthy behaviors and choices: Let's work to encourage healthy behaviors and choices. Avoid using tobacco, alcohol, and other drugs. Eat healthy foods and exercise.

Provide quality health care for everyone: We must work to provide quality health care for everyone. By expanding access and shifting the main focus of our health system from one that treats illness to one that equally emphasizes prevention, we will build a community that is stronger and healthier.



AN INITIATIVE OF THE AMERICAN PUBLIC HEALTH ASSOCIATION

JCDPH in the Community

A large part of public health is just that—work with the public, with our people, in our community. The Jackson County Department of Public Health has a great outreach team who works to be present at many community events, sharing information about our agency and helping our community receive the services they need. Below are some highlights of just a few of our most recent outreach events:

Did you know that radon is the second leading cause of lung cancer? In honor of Radon Action Month, staff from the Environmental Health Section presented **information on the risks of radon exposure** on January 18th at the Department on Aging. Attendees learned about the risks, mitigation options, and how to order a free at home test kit.

The Health Education Section teamed up with the Nutrition Section to offer a seminar at the Community Table on February 7th called **"Nutrition for Heart**

Health" in honor on American Heart Month. Seven attendees learned tips and tricks to keep their hearts healthy through nutritious eating habits.

Safe Kids Jackson County hosted a **Child Passenger Safety Technician Training** on March 13-16 at the Emergency Operations Center, thanks to funding from the Great Smokies Health Foundation. Twenty-one technicians were trained. Now, technicians are available at the Health Department, Department of Social Services, Fire Departments, Law Enforcement, and more to check and safely install car seats for the community at large.

On March 25th, Safe Kids Jackson County and others partnered with Mark's Pharmacy to hold an **Operation Medicine Drop** event. Unused or unwanted medication was collected and properly disposed of. Additionally, educational material was passed out to the community at large.



Don't forget to check out JCDPH's Community Calendar! Just visit <http://health.jacksonnc.org> and click on "Community Events."

Like us on Facebook! <https://www.facebook.com/JacksonCountyDepartmentofPublicHealth/>

Epi-News—STI Prevention

April is Sexually Transmitted Infection (STI) Awareness Month. During this month, and all months, take three simple actions to protect your health: *Talk. Test. Treat.*

Every year, there are an estimated 20 million new sexually transmitted infections in the United States. Anyone who is sexually active can get an STI. The good news is that STIs are preventable and there are steps you can take to keep yourself and your partner(s) healthy.

Practice abstinence: The surest way to avoid STIs is to not have sex. If you

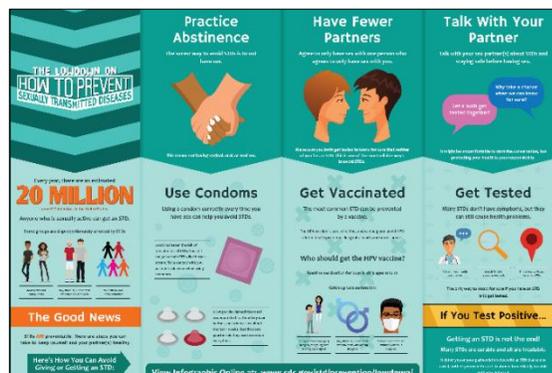
choose to have sex, take measures to practice safe sex. **Use condoms:** Using a condom correctly every time you have sex can help you avoid an STI.

Have fewer partners: Agree to have sex with one person who agrees to only have sex with you.

Get vaccinated for HPV: This common STI can be prevented by vaccine.

Talk with your partner about STIs and staying safe before having sex.

Get tested: Many STIs don't have symptoms. Get tested frequently.



Upcoming Programs and Events

REGULARLY AVAILABLE SERVICES

Adult Health

By appointment only

Car Seat Checks

Tuesdays, Thursdays: By appointment only

Cashiers Clinic

WIC: 3rd Thursday of the month: 9AM-12 PM & 1PM- 4 PM

Other: By appointment only

Communicable Disease

Monday-Friday, 8 AM-5 PM, Walk-ins welcome

Cullowhee Community Garden Workdays

Wednesdays: 3 PM- dark

Saturdays: 8 AM- 12 PM

Employee Health Clinic

Monday-Friday, 8-11:30 AM, 1-4:30 PM

Appointments strongly recommended

Free Community Blood Pressure Clinics

Community Table: 2nd & 4th Tues, 4-6 PM

Sylva Senior Center; 2nd Tues, 9-11:30 AM

Thrift Shop: 3rd Tues, 10-12 PM

Cashiers Senior Center: 4th Tues, 10-11:30 AM

General Clinic

Mondays, Wednesdays, Fridays, 8 AM-4:30 PM

Immunizations/Vaccinations

Monday-Friday, 8 AM-4:30 PM, Walk-ins welcome

Injury & Substance Abuse Prevention Action Team Meeting

4th Wednesday of the month: 3:30 PM

Laboratory Services

Monday-Friday, 8 AM-4:30 PM, Walk-ins welcome

Sexual Health

Monday-Friday, 8 AM-4:30 PM, Walk-ins welcome

Teen Health

Monday-Friday, 8 AM-4:30 PM, Walk-ins welcome

Regular WIC Hours

Monday-Friday, 8 AM-5 PM

WIC Late Clinic

2nd & 4th Thursday of the month: 5 PM

Women's Health, Family Planning & Maternal Health

By appointment only

PROGRAM SPOTLIGHT

The Jackson County Department of Public Health promotes breastfeeding as the primary method of feeding babies through the WIC Program. The Health Department employs a Breastfeeding Peer Counselor who works to talk with women about breastfeeding, offer support, and provide assistance once the baby has arrived. We are excited to share that we have been recognized as a Breastfeeding Friendly Business and Workplace by the North Carolina Breastfeeding Coalition. This recognition signifies that the Health Department welcomes breastfeeding mothers as customers and supports breastfeeding mothers as employees. Do you know of a business that would like to pursue this recognition? Contact Brandi Nations at 828-587-8214.

Tuesdays to Thrive is a health and wellness series offered in collaboration with the Health Department, Harris Regional Hospital, and Western Carolina University. Six programs will be offered throughout 2016-17 at various locations in Jackson County. Join us for the next program on **March 21, 2017 at 5:30 PM** at the **Harris Regional Hospital**. Learn about **Nutrition** in honor of National Nutrition Month. Learn more by calling 828-631-8825.

The **Healthy Living Festival** will be held on **April 8, 2017 from 9 AM-12 PM** at the **Recreation Center in Cullowhee**. Over 25 vendors have signed up to participate. Free screenings are available as well. Call 828-587-8292 for more information.

The Health Department offers **monthly seminars** at the Department on Aging that touch on a variety of topics—emergency preparedness, diabetes education, immunizations, blood pressure, cyber safety and more. All seminars

are held the **3rd Wednesday of the month** from **12-1 PM** in the Heritage Room to coincide with the congregate meal program. Enjoy your lunch while learning something new! Learn more by calling 828-586-5494.

The **Jackson County Bike Rodeo** will take place on **May 13** from **9 AM- 12 PM** at the **Recreation Center in Cullowhee**. Children will be invited to participate in various stations—helmet inspections, learning to ride, beginner bike skills course, and advanced bike skills course. For more information, call 828-587-8226.



Annually, JCDPH staff are required to complete trainings to ensure that we are able to serve you to the best of our abilities.

On Tuesday, April 4th, the Health Department will be closed so that staff can completed these required trainings.

Thank you as we work to improve our skills, increase our knowledge, and provide the best service and care to our local community.

All services will resume on Wednesday, April 5th at 8 AM. Please call 828-586-8994 for questions.

Employee Recognition

On April 23-29, we honor our Laboratory Staff as a part of Medical Laboratory Professionals Week. This week is a time to increase the public's understanding and appreciation for laboratory personnel. The Jackson County Department of Public Health has three laboratory staff, Julie Creason, Libbie Shelton, & Scott Fisher, who are dedicated to serving the community by assisting with medical diagnoses and treatment decisions through providing timely and accurate test results. Our staff are well-educated and highly trained specialists who perform and evaluate laboratory tests, use state-of-the-art technology, and provide answers to guide cures. Thank you to all of our Laboratory Staff today and every day!



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