

# DOUGLAS COUNTY HEALTH DEPARTMENT *Newsletter*

**Volume 22**

**April—June 2022**

**Edition 2**

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## Health Observances

### **April**

- National Autism Awareness Month
- National Child Abuse Prevention Month
  - Parkinson's Awareness Month
- National Public Health Week: April 4-10

### **May**

- Arthritis Awareness Month
  - Mental Health Month
- National Physical Fitness and Sports Month
  - National Stroke Awareness Month
    - Older Americans Month
  - Skin Cancer Prevention Month

### **June**

- Alzheimer's & Brain Awareness Month
  - Cataract Awareness Month
    - Men's Health Month
- National Migraine & Headache Awareness Month

## ***Mental Health***

During the COVID pandemic, many of us were afraid to let others know we had a sore throat or headache. Why? Because of the stigma associated with being positive for COVID. But for many people, this kind of stigma has been affecting their lives for years.

Stigma causes people to feel ashamed for something that is out of their control, like being positive for COVID, or living with a mental health condition. Stigma also prevents people from seeking help. Just like some of us were hesitant to go to the doctor and get tested for COVID for fear of what our friends and neighbors might think, some people with mental health concerns are afraid to go to the doctor or to talk about their mental health needs.

One way to begin eliminating stigma against mental health is to talk about it as equal to physical health. You wouldn't make fun or look down on someone with diabetes or heart disease or cancer. So don't look down on or make fun of a person with a mental health condition. The brain is part of the body just like the heart, lungs, and blood. Support people who are seeking mental health treatment just as you would support someone who is seeking treatment for cancer, or is learning to manage their diabetes. Your friends and family should feel just as safe to say they have an appointment with their counselor or psychiatrist as they would saying they have an appointment with their doctor or nurse practitioner.

Another way to eliminate stigma around mental health is to be sure you aren't stigmatizing yourself. The National Association

## ***Makeover Fruit Pizza***

### **Ingredients:**

- 1 cup flour
- ¼ cup powdered sugar
- ½ cup cold butter
- 1 pkg. (8 oz.) reduced-fat cream cheese
- 1/3 cup sugar
- 1 tsp. vanilla
- 2 cups halved fresh strawberries
- 1 can (11 oz.) mandarin oranges, drained
- 1 cup fresh blueberries

### **GLAZE:**

- 5 tsp. cornstarch
- 1¼ cups unsweetened pineapple juice
- 1 tsp. lemon juice

- Combine flour and powdered sugar. Cut in butter until crumbly. Press onto a non-greased 12-inch pizza pan. Bake at 350° for 10-12 minutes or until very lightly browned. Cool on a wire rack.
- Beat cream cheese, sugar and vanilla until smooth. Spread over crust. Arrange the strawberries, oranges and blueberries on top.
- For glaze: In a small saucepan, combine the cornstarch, pineapple juice and lemon juice until smooth. Bring to a boil. Cook and stir for 2 minutes or until thickened. Cool slightly then drizzle over fruit. Refrigerate until chilled.



## Go Blue

April is National Child Abuse Prevention Month. This month and throughout the year, Go Blue: Child Abuse Awareness Committee, together with the Douglas County Health Department, Douglas County Children's Division, CHART and other area businesses encourages all individuals and organizations to play a role in making Douglas County a better place for children and families. By ensuring that parents have the knowledge, skills, and resources they need to care for their children, we can help promote children's social and emotional well-being and prevent child maltreatment within families and communities.

Research shows that when parents possess six protective factors, the risk for neglect and abuse diminish and optimal outcomes for children, youth, and families are promoted. The six protective factors are:

- Nurturing and attachment
- Knowledge of parenting and of child and youth development
- Parental resilience
- Social connections
- Concrete supports for parents
- Social and emotional developmental well-being

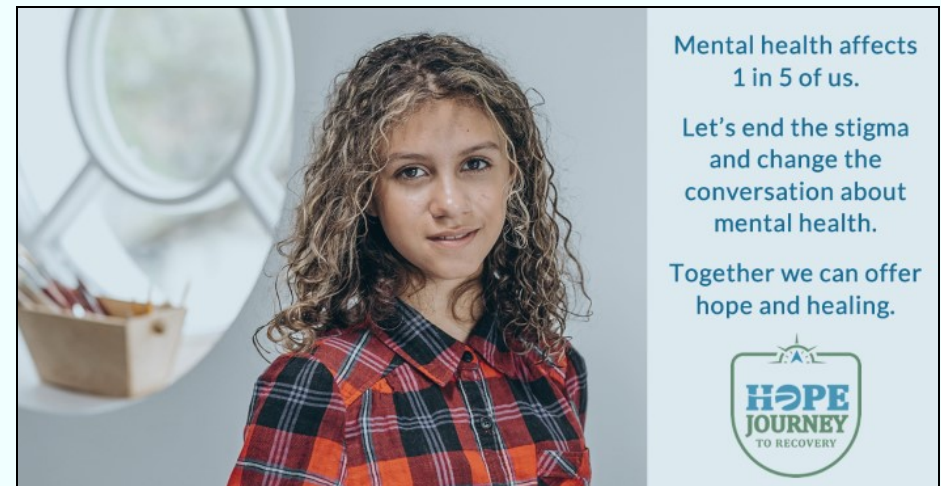


**GO BLUE SUNDAY,  
APRIL 24, 2022**

Please wear blue on Sunday, April 24th in recognition of those who are affected by child abuse.

of Mental Health estimates that 1 in 5 American adults are living with a mental illness. Depression, anxiety, eating disorder, schizophrenia, ADHD – if you are living with a mental health condition, know that you are not alone. Please don't hide in shame. Put aside your own stigma and live a rich and meaningful life.

Together we can change the conversation about mental health, eliminate stigma and support people who are living with mental health conditions. Together we can offer hope on the journey to recovery.



***The Douglas County Health Department has a Community Navigator available to assist individuals with behavioral health and/or substance use issues by connecting them with resources they may need.***

***Please call Josh Browning at 417-683-4174***



## National Public Health Week



The week of April 4-10, 2022, is National Public Health Week, and the theme is “Public Health is Where You Are”. Since 1995, the American Public Health Association, through its sponsorship of National Public Health Week, has educated the public, policymakers and public health professionals about issues important to improving the public’s health. U.S. life expectancy dropped from 2014 to 2017 in the longest sustained decline since the Great Recession and only in 2018 began to increase again; U.S life expectancy then dropped again in 2020 by a full year, which is the largest drop in life expectancy since 1943. There is a significant difference in health status, such as obesity, poor mental health and drug use, among people living in rural areas compared with people living in urban areas and this variance increases because rural residents are often more likely to face social determinants that negatively impact health, such as poverty, transportation barriers and lack of economic opportunity. A person’s health status can differ drastically by zip code due to differences in the built environment, environmental quality, community context, access to healthy food, access to education and access to health care. Public health professionals help communities prevent, prepare for, withstand and recover from the impact of a full range of health threats, including disease outbreaks such as the COVID-19 pandemic, measles, natural disasters and in establishing today’s disease surveillance and control systems.

Source: [www.nphw.org](http://www.nphw.org)

In recognition of Public Health Week, we will be having a free health fair by appointment only .

The poster has a light blue background with a pattern of small blue circles. On the left side, there are three circular icons: a stethoscope, a blood pressure monitor, and a stethoscope over a clipboard. At the bottom left, there is a circular inset showing two healthcare workers in green scrubs attending to a patient. The text is arranged on the right side of the poster.

# HEALTH FAIR

**Tuesday, April 5th, 2022**

**8AM-10AM @ Douglas County  
Health Department**

**GET A FREE HEALTH CHECK-UP:**

- BLOOD PRESSURE CHECK
- CHOLESTEROL CHECK
- BODY MASS INDEX CHECK
- BLOOD SUGAR/A1C CHECK
- AND MORE OFFERED!

**MORE INFO: 417-683-4174**

**CALL TO SCHEDULE AN  
APPOINTMENT!**

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