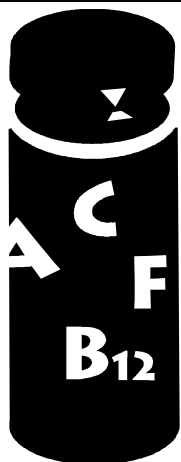


Test Your Home For Radon

Did you know that January is National Radon Awareness Month? Radon is a radioactive gas, which you cannot see, taste, or smell, and is the second leading cause of lung cancer in the United States. The Scott County Health Department urges you to test the radon level in your home. A limited supply of **free** test kits are available to Scott County residents (maximum 2 per person) at the Scott County Health Department located at 428 Western Avenue in Davenport. Testing for radon is the only way to know if you or your family are at risk. For more information contact the Scott County Health Department at 563-326-8618 or visit our website at www.scottcountyiowa.com/health.



National Folic Acid Awareness Week—January 9th-15th



Folic acid, a B-vitamin, is necessary for proper cell growth. Folic acid can prevent 50-70% of some forms of birth defects called neural tube defects, such as spina bifida and anencephaly, if taken before and during early pregnancy. Current research suggests that folic acid may prevent other birth defects including cleft lip and cleft palate. Other benefits include reductions in colon, cervical, and breast cancers, as well as cardiovascular disease, Alzheimer's disease, and Parkinson's disease.

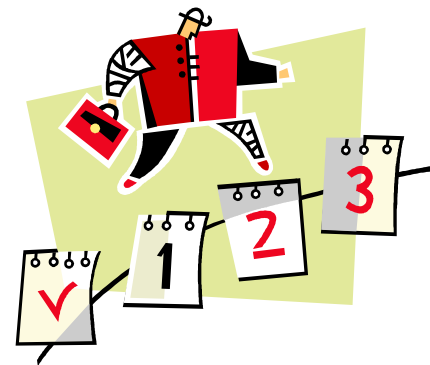
Many experts agree that women of childbearing years should take 400 micrograms of synthetic folic acid daily. This can come from fortified foods, or the easiest way is to take a daily multi-vitamin. For more information visit the National Council on Folic Acid at <http://folicacidinfo.org/>.

Goal Setting

It is important to set realistic goals year round, not just at New Year's. Goals can lead to an improved self-esteem, healthier lifestyle, and increased confidence.

Follow the tips below to successfully set and achieve your goals:

1. Be specific.
2. Put it in writing.
3. Set realistic goals.
4. Develop an action plan.
5. Believe in yourself.
6. Be flexible.
7. Reward yourself.



For more goal setting information visit the U.S. Department of Health and Human Services Substance Abuse and Mental Health Services Administrative Center for Substance Abuse Prevention website at <http://family.samhsa.gov/be/goals.aspx>.

Ten Essential Services of Public Health

Your Health Department is dedicated to providing public health services to address everyday and emerging health issues. Staff at the health department work hard to provide the following ten essential public health services:

1. Monitor health status to identify community health problems.
2. Diagnose and investigate health problems and health hazards in the community.
3. Inform, educate, and empower people about health issues.
4. Mobilize community partnerships to identify and solve health problems.
5. Develop policies and plans that support individual and community health efforts.
6. Enforce laws and regulations that protect health and ensure safety.
7. Link people to needed personal health services and assure the provision of health care when otherwise unavailable.
8. Assure a competent public health and personal healthcare workforce.
9. Evaluate effectiveness, accessibility, and quality of personal and population-based health services.
10. Research for new insights and innovative solutions to health problems.



For more information about the ten essential services, visit the American Public Health Association's website at <http://www.apha.org/ppp/phpmain1/index.html>.

Winter Storm Food Safety

In the event of a winter storm that results in power failure, it is important to remember food safety. Below are suggested tips to keep you and your family safe.

- It is not recommended to store food outside.
- Keep the doors to the refrigerator and freezer closed while the power is off.
- Keep an appliance thermometer in the refrigerator and freezer to remove the guesswork of how cold food is.
- Food in the refrigerator is safe to eat if it is at 40°F or below.
- Discard refrigerated food that is warmer than 40°F when the power returns.
- If frozen food thaws but stays at 40°F or colder, cook or refreeze them as soon as possible.
- Throw food away based on temperature, not the way it looks or smells.
- Do not taste food that you think might be bad.
- When in doubt, throw the food away.
- Thoroughly clean the inside of the refrigerator and/or freezer after spoiled or thawed foods are taken out with soap and water and then with a bleach solution.



For more food safety information, visit the Scott County Health Department's website at www.scottcountyiowa.com/health.

Visit www.scottcountyiowa.com/health or call 563.326.8618 for more information from the Scott County Health Department