



## Starting Fresh in 2012!

# HAPPY NEW YEAR

People all over the United States view the first day of a new year as a new beginning. Every year, 40-50% of Americans partake in the tradition of making a “fresh start” with a New Year’s resolution. More often than not, our New Year’s resolutions involve a commitment to a healthier lifestyle.

The Scott County Health Department hopes to support your personal commitment to health, by re-affirming our commitment to improving the health of the community through services that prevent disease and injury, protect people from threats to their health, and promote healthy environments and behaviors.

The first step for the Scott County Health Department will include a fresh new look for this newsletter. Beginning with the January 2012 issue, the Public Health Connection will be offered every month to increase opportunities to share important and timely public health messages. Being informed about public health can give you the tools not only to meet your personal health goals, but to learn what you can do

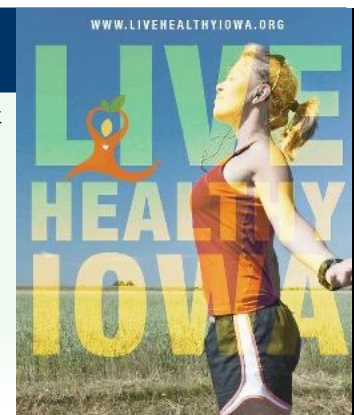
to improve health and safety throughout Scott County. You may also notice a shorter format, so that you may get the information you need at a glance. The Health Department also continues to be conscious of the environment, by printing fewer copies of the newsletter, and instead, promoting it through e-mail and website reading. Subscribing to our monthly e-mail newsletter is an easy step to help you meet personal “go green” resolutions. You can subscribe by visiting [www.scottcountyiowa.com/health/connection](http://www.scottcountyiowa.com/health/connection). Additionally, for those of you who prefer social networks and technology to seek and receive information, the Health Department will begin posting public health information, in-line with the monthly newsletter, on the Scott County Facebook page. Go to [www.facebook.com/scottcountyiowa](http://www.facebook.com/scottcountyiowa) and click the “Like” button to receive updates!

Starting in January, let our fresh start with the newsletter, kick start your healthy resolutions. Keep key public health messages in mind as you focus on the New Year. Here are some ideas:

1. **Know your health department.** Know what public health has to offer in Scott County, like us on Facebook, subscribe to the newsletter, or browse the website.
2. **Make sure hand washing is in your routine** to keep from getting sick.
3. **Get your families’ immunizations up to date.** Have your doctor review records at your next check-up.
4. **Get medical, dental and vision homes.** Having a regular provider, or home for your health care is important to meet your health needs.
5. **Kick the tobacco habit to keep yourself and others healthy.** Not smoking in your car and home is a good start to reducing secondhand smoke.
6. **Go green for public health** and practice activities that are good for you and your surroundings.
7. **Be prepared** in case of a natural or public health disaster.

### PUBLIC HEALTH PROGRAM SPOTLIGHT: LIVE HEALTHY IOWA

Live Healthy Iowa began in 2002 as a friendly competition, encouraging Iowans to “Lighten Up” and adopt healthier lifestyles through increased physical activity and smarter nutrition choices. For the past ten years, Live Healthy Iowa has been making an impact on individuals, families, schools, businesses and communities across the state. On January 23, the Live Healthy Iowa 100 Day Wellness Challenge will once again motivate Iowans to get on the right track to a healthier lifestyle. If your New Year’s resolution involves getting healthy and active, then this challenge is for you! To learn more, log on to [www.livehealthyiowa.org](http://www.livehealthyiowa.org). Registration is \$20 and will provide you with a forum for tracking your progress, unlimited access to recipes, videos, workouts and health information, not to mention a t-shirt too!



**SCOTT COUNTY  
HEALTH DEPARTMENT**

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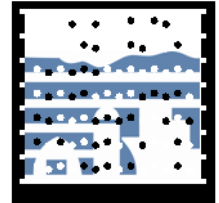
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## MARK YOUR CALENDAR!

- New Year's Day (Observed), January 2, 2012. *County offices will be closed*
- Martin Luther King Day, January 16, 2012. *County offices will be closed*
- Scott County Board of Health Meeting  
Thursday, January 19, 2012; 12:00-1:00 p.m.  
*Open to the Public. Location: Scott County  
Administrative Center, Board Room-1st Floor*

### OUR MISSION:

The Scott County Health Department is committed to promoting, protecting and preserving the health of the community by providing leadership and direction as advocates for the individual, the family, the community and the environment we serve.

### OUR VISION:

As recognized and respected leaders in serving and protecting our citizens, we at the Scott County Health Department are committed to a safer, healthier community and environment. In so doing, we provide a multitude of services with Professionalism, Responsiveness, Involvement, Dedication, and Excellence.



If you would like to receive this newsletter electronically, please subscribe to the Public Health Connection at [www.scottcountyiowa.com/health/connection](http://www.scottcountyiowa.com/health/connection) or e-mail [health@scottcountyiowa.com](mailto:health@scottcountyiowa.com) or call 563-326-8618.



**Public Health**  
Prevent. Promote. Protect.