

PUBLIC HEALTH CONNECTION



Workplace Wellness

Scott County Health Department Can Help!

Let the Scott County Health Department (SCHD) help you begin or enhance your workplace wellness program! The SCHD is pleased to offer a Community Health Assessment and Group Evaluation (CHANGE) Tool to local worksites in Scott County. The CHANGE Tool looks at factors such as: physical activity; nutrition; tobacco-free; chronic disease management; and leadership policies and environments to create a healthier workplace.

We can also assist your workplace with technical assistance in developing or strengthening wellness policies and environmental changes to promote physical activity, healthy eating, and chronic disease prevention. Please contact health@scottcountyiowa.com if you would like to receive more information about becoming a healthier workplace!

Be Recognized!

The Be Healthy QC Worksite Wellness Workgroup of the Quad City Health Initiative has developed the Be Healthy QC Workplace Recognition Program to identify businesses that have taken the commitment to creating a culture of health within the workplace. This program is a way to bring awareness to workplace wellness and gauge current workplace wellness initiatives throughout the community. The 20 question assessment was developed using information from the Centers for Disease Control and Prevention's evidence-based CHANGE Tool and other reputable sources that have shared best practices and can be found at <http://www.qchealthinitiative.org/app/files/public/18659/BHQC-Workplace-Assessment.pdf>. The completed assessment tool should be emailed to quadcityhealthinitiative@gmail.com for Be Healthy QC staff to review and if your agency agrees with half of the statements, then a recognition package including a window cling, certificate, and letter will be issued for the worksite to proudly display!



OUR MISSION:

The Scott County Health Department promotes, protects, and preserves health through leadership, services, education, and partnerships.

OUR VISION:

Scott County—
A safe and healthy
community.



Public Health
Prevent. Promote. Protect.

SPECIAL EVENTS

- *Scott County Health Department will be closed Friday, January 1, 2016 in observation of New Year's Day.*
- *Scott County Health Department will be closed Monday, January 18, 2016 in observation of Martin Luther King Day.*

Links

Scott County Health Department Community Transformation:
scottcountyiowa.com/health/community-transformation

Be Healthy QC:
qchealthinitiative.org/qchi/projects/be-healthy-qc/

Centers for Disease Control and Prevention:
cdc.gov/features/workingwellness/

Cold and Flu Season:
cdc.gov/flu/protect/stopgerms.htm
cdc.gov/flu/protect/covercough.htm

Healthy New Year:
cdc.gov/features/healthynewyear/
mayoclinic.org/healthy-lifestyle

Cover Your Cough

Influenza (flu) and other respiratory illnesses, like respiratory syncytial virus (RSV), and whooping cough, are spread by cough, sneezing, or unclean hands. The single best way to prevent the flu is to get a flu vaccine each season. It is also very important to practice good health habits in order to help stop the spread of germs. Good health habits include avoiding close contact with people who are sick, staying home when you are sick, covering your mouth and nose with a tissue when coughing or sneezing, and washing your hands frequently. When washing your hands, use soap and water for 20 seconds. If soap and water are not readily available, use an alcohol-based hand sanitizer. Be sure to clean and disinfect surfaces that are frequently touched at home, work and school and avoid touching your eyes, nose and mouth. Keep yourself healthy this winter by getting plenty of rest, continuing to be physically active, eating nutritious food and drinking plenty of fluids.

Scott County Health Department

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