

PUBLIC HEALTH CONNECTION



Public Health Careers

Rewarding Work

Working in the field of public health can be rewarding. It is a worthwhile quest to find ways to improve the health of groups of people. Public health is a broad field that touches many parts of daily life. When all is well, you may not notice all that public health is doing. Even so, local public health experts are hard at work to:

- Prepare for disasters.
- Give vaccines to prevent infectious disease.
- Link people to health and dental care.
- Make sure restaurants have the right set up and knowledge to prevent sickness.
- Keep rural wells and septic systems safe.
- Watch for emerging health issues.
- And so much more!



Local public health workers have the satisfaction of protecting and promoting the health of those around them, often supporting their own friends and neighbors. All around, you will find public health at work!

Adapting to a Changing Landscape

The public health system is changing quickly and public health professionals need to adapt to new health policies, changing demographics, new diseases, disasters, and global health issues that find their way into our own backyards. The next generation of experts will need to apply public health's legacy of "prevent-promote-protect" to an ever-changing world.

Wanted: A Few Good Men and Women

Would you like to learn more about careers in public health? The community needs talented people with bright ideas and a passion for health in the community to carry on the legacy of local public health work.

To learn more about public health careers, visit:

<http://www.apha.org/what-is-public-health>

GOOD DENTAL
HYGIENE MAY
BE GOOD FOR
YOUR BRAIN

#LOVEYOURBRAINTIPS

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 Board of Health Meeting, Scott County Administrative Center, 1st Floor Boardroom, 12:00 PM, Thursday, May 19, 2016.*
- *Scott County Health Department will be closed Monday, May 30, 2016 in observation of Memorial Day.*

Links

Mouth Healthy™ by the American Dental Association

<http://www.mouthhealthy.org/en/adults-over-60>

WebMD

<http://www.webmd.com/oral-health/dental-care-heart-disease>

Delta Dental

<http://oralhealth.deltadental.com/22,HD21>

Dentistry IQ

<http://www.dentistryiq.com/articles/2014/11/dental-hygienists-can-make-a-difference-in-people-s-heart-health.html>

Dimensions of Dental Hygiene

<http://www.dimensionsofdentalhygiene.com/ddhright>



Brush Your Teeth!

A healthy mouth allows us to eat nutritiously, speak confidently and smile with ease. An unhealthy mouth can complicate serious medical conditions like heart disease, arthritis, diabetes and stroke.

Research has shown oral bacteria contributes to thicker carotid arteries, damage to artery walls and fatty plaque build up on artery walls putting a person at risk for blood clot formation. Oral bacteria also causes an inflammatory response from the body, increasing levels of white blood cells and C-reactive protein, both of which are also associated with cardiovascular disease.

A recent study looked at more than 100,000 people who had their teeth cleaned by a dentist or dental hygienist to reduce inflammation-causing bacteria. The study participants were followed for approximately seven years and found to be at 24 percent lower risk for heart attack and 13 percent lower risk for stroke compared to people that had not had their teeth cleaned.

Thorough daily brushing and flossing, routine dental and medical visits, eating healthy and staying active will keep your mouth and body health for life! Talk with your dentist about your medical history and talk with your physician about your dental health. Your health team can work together to help you prevent illnesses like heart disease and stroke.

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