

PUBLIC HEALTH CONNECTION



Choosing Healthy New Year's Resolutions

Healthy Living in the New Year

Sometimes making a new year's resolution can feel like a daunting task. But there is never a better time to begin fresh than on the first day of a brand new year! For those considering healthy living as a goal, you're not alone. The Scott County Health Department and its partners recently completed the *2018 Quad Cities Community Health Assessment (CHA)* and nutrition, physical activity, and weight was determined to be one of the top three priorities in the community. How so? 72.7% of Scott County residents surveyed reported they were overweight or obese and only 22% of those surveyed reported they get the recommended amount of physical activity. Throw healthy eating in there and less than one-third of us eat the recommended servings of fruits and vegetables. The good news? If you fall into these categories, you're not alone and you'll be in good company when you start your gym membership and/or visit to the healthy foods section of the grocery store starting January 1! We'll be there too! Check out page 2 for resources and motivation to get you started.

Prioritize Your Mental Health

The top priority identified in the 2018 CHA was mental health. Since the last assessment in 2015, there was an increase in the number of people who reported having fair/poor mental health, especially those who were younger adults and lower-income. The increase is coupled by those experiencing symptoms of chronic depression. If this includes you or someone you care about, it's always a good time to make mental health a top priority. After the stress of the holidays and as the year closes, make mental health—and yourself—a priority. Whether its meditation, talking to a professional, or seeking a support group, better mental health is waiting for you!



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.



SPECIAL EVENTS

- *Scott County Board of Health Meeting, Scott County Administrative Center, room 605, 12:00 PM, Thursday, January 17, 2019.*
- *Scott County Health Department will be closed Tuesday, January 1, 2019 in observance of the New Year's holiday, and January 21, 2019 in observance of Martin Luther King Day.*

Links

2018 QC Community Health Assessment:

- <https://www.scottcountyiowa.com/health/data-assessments/community-health-assessment>

Mental Health Resources:

- <https://www.mentalhealth.gov/>
- <https://www.nami.org/>
- <https://www.namigmv.org/>
- <https://www.scottcountyiowa.com/community/crisis-line>

Winter Driving Safety:

- <https://www.nhtsa.gov/winter-driving-safety>

Be Safe on the Roads this Winter

Driving in the winter can be hazardous. By taking a few precautions, you can ensure a safer trip. Remember the three P's of safe winter driving: prepare, protect and prevent.

Prepare for winter weather by maintaining your car. Be sure to check your battery, tire tread, and windshield wipers. Keep your windows clear, washer fluid full, and check your antifreeze. Have the following items on hand: flashlight, jumper cables, abrasive material (sand, kitty litter or floor mats), shovel, snow brush/ice scraper, and blankets. Plan your route ahead of time and practice cold weather driving techniques.

Protect yourself! Buckle-up and use child safety seats properly. Never place a rear-facing infant seat in front of an air bag. Children 12 and under are much safer in the back seat.

Prevent crashes by never mixing drugs or alcohol with driving. Slow down, increase distances between cars, keep your eyes open for pedestrians, and avoid fatigue while driving. Be safe this winter!



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