

# PUBLIC HEALTH CONNECTION



## National Blood Donor Month

Every two seconds in America, someone needs blood—more than 40,000 donations needed per day. January is a period of critical blood shortages. People stop donating blood during the holidays, during the cold weather they get sick with colds and flu, and COVID is also an issue. Blood drives also get cancelled due to inclement weather.

In 1969 — the president of the United States signed a [proclamation](#) designating January as National Blood Donor Month. This was to honor voluntary blood donors and to encourage more people to give blood at a time when more blood is urgently needed to support all aspects of high-quality medical care. It is also a time to encourage those who do not donate, to become blood donors.

As important as blood is to so many of us, [just three percent](#) of all Americans donate blood today. That's despite the fact that 65 percent of the U.S. population is eligible to do so. Less than 20 percent of all blood donations each year come from individuals in communities of color and donations from individuals 19 and under have dropped nearly 50 percent over the last three years. We have an urgent need for younger, more diverse donors.

Transfusion is the most common medical procedure in U.S. hospitals. One in seven patients entering a hospital requires the availability of blood. Blood transfusions are regularly needed to treat patients with injuries, premature babies in intensive care, those facing everything from cancer to heart and orthopedic surgeries to organ and bone marrow transplants.

A lot has changed over the more than 46 years I have practiced medicine, but the need for blood – and the selflessness of those who answer the call to give it – is a constant. Our ImpactLife team of more than one thousand employees and volunteers in four states thank all those who donate the blood we turn into a quarter of a million transfusable products. Your decision to give today will help save lives and gives thousands of people their tomorrow in the more than 120 hospitals we serve from Madison to St. Louis and Danville, IL to Ottumwa (and across the country).

January 2023 is our chance to spread awareness about the need for more blood donors while taking time to celebrate those who already donate and help save lives.

The need is great. Every two seconds in this country, someone needs blood—that is more than 40,000 transfusions every day. Please consider coming in during January and becoming a regular blood donor. It is simple to do and the lives you will save may include someone in your family, your neighborhood or anywhere in the country supported by ImpactLife. Schedule an appointment at the ImpactLife [online appointments page](#).

Thanks, Louis M. Katz, MD

Medical Director, SCHD and Chief Medical Officer (Emeritus), ImpactLife Blood Services



### 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

- *SCHD will be closed Monday, January 2, 2023 in observation of New Year's Day and on Monday, January 16, 2023 in observation of Martin Luther King, Jr. Day*
- *Scott County Board of Health Meeting, Scott County Administrative Center, 1st Floor Boardroom, 12:00 PM, Thursday, January 19, 2023*

## Links

- **ImpactLife:** [https://login.bloodcenter.org/donor/auth/signin\\_landing](https://login.bloodcenter.org/donor/auth/signin_landing)
- **Cancer Screenings by age:** <https://www.cancer.org/healthy/find-cancer-early/american-cancer-society-guidelines-for-the-early-detection-of-cancer.html>



## Take Care of Yourself in 2023

### New Year—Healthier You!

The COVID-19 pandemic halted many annual wellness appointments. Annual health screenings and check-ups are an essential part of preventative care and skipping them can delay detecting disease. Diagnostic blood work should be taken yearly to screen for signs of disease or abnormalities. Women ages 21 years and older should complete cervical cancer screenings and breast exams yearly, while men ages 50 years and older should have an annual prostate exam. Colorectal cancer screenings should begin at age 45 for all adults. Adults ages 65 and older should consider a fall prevention screening. Make your appointment today!

### Stay Up To Date on Vaccines

Another part of preventative care includes staying up to date on vaccines, including COVID-19 boosters, tetanus, and flu. Staying up to date on vaccines can kick off a healthy 2023!



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