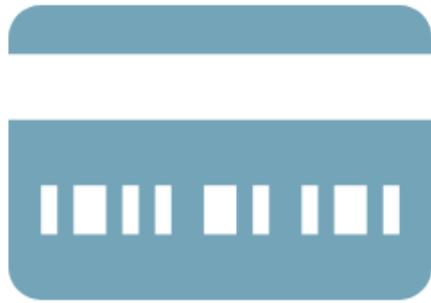


PUBLIC HEALTH CONNECTION



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Wise Health Care Consumer Month

Health Care Consumers and Public Health?

What does being a wise health care consumer have to do with public health? At least one thing: prevention. Public health aims to prevent the spread of disease and promote health and, as an individual, your ability to use your health care to prevent disease and illness (and spreading it to others) helps us to do just that.

How do you do this?

Using your health care for prevention, by getting regular check ups and screenings, helps you to reduce future (expensive!) health care costs by helping you prevent costly diseases and illnesses.

Schedule a yearly checkup. This will include health history and basic screenings such as blood pressure and weight.

Schedule appropriate screenings: Age and gender appropriate screenings such as: colonoscopy (age 50+), mammogram (age 40+), pap smear (every 3 years), prostate cancer screening (age 40+).

Stay on top of immunizations. This includes a yearly flu shot and a tetanus shot every 10 years. Don't forget the pneumococcal and shingles vaccines as you age.

Use the Right Care at the Right Time. When you are sick or injured, use the type of health care provider/clinic that is right for your illness or injury. For example, common illnesses can be taken care of by your regular provider and don't need a more expensive ER visit.

Adding these items to your "stay healthy" checklist (in addition to exercise, choosing healthy food options, and reducing screen time) can help you prevent chronic conditions like diabetes, heart disease, shingles, obesity, and more in the future.



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, 1st Floor Boardroom, 12:00 PM, Thursday, February 20, 2020*

Links

- **Myhealthfinder:** tool for personalized preventive services recommendations: <https://healthfinder.gov/myhealthfinder/default.aspx>
- **National Center for Chronic Disease Prevention and Health Promotion at the CDC:** <https://www.cdc.gov/chronicdisease/>
- **Adult well-care visits, screenings, and immunizations (Kaiser Permanente):** <https://wa.kaiserpermanente.org/html/public/health-wellness/tests/recommendedTests/adultTests>

Grants to Counties

The Grant to Counties (GTC) program was created as part of the Groundwater Protection Act in 1987 to provide assistance to private water well owners in the State of Iowa. This program allows the Scott County Health Department to provide sampling of private water wells at no cost to the homeowner. The standard quality test provide by the Scott County Health Department will include coliform bacteria, E. coli, nitrates and the option for arsenic and manganese. The GTC program also provides financial assistance, in the form of rebates, for the abandonment of older wells which are no longer in use and for the rehabilitation of old wells that are buried or located within pits. For more information regarding this program you can visit our website at <https://www.scottcountyiowa.com/health/wells-septic> or contact us at 563-326-8618.



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