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MCHD HEALTH BLOG

The greatest wealth of a community is the health of the people.



Public Health
Prevent. Promote. Protect.
MORGAN COUNTY HEALTH DEPT.



NATIONAL WOMEN'S HEALTH WEEK

Did you know it is National Women's Health Week? We would like to encourage all women to take the time to make their health a priority. When was the last time you had a checkup with your healthcare provider? By scheduling a yearly well-woman visit, you and your provider can focus on preventative care such as vaccines to prevent disease and screening tests to check for diseases early when they may be easier to treat. These visits can also give you the opportunity to talk to your healthcare provider about any health concerns you may have. Are you or is someone close to you struggling with alcohol, drug use or domestic violence? If so, your healthcare provider can provide guidance on these issues as well.

Wellness visits are a great time to set health goals for yourself. These goals are different for everyone. Take time this week to start thinking about the type of health goals you would like to set for yourself in the next year. For some, this may be as simple as drink more water or get more sleep. These are great first steps. Maybe you want to focus on healthy eating. Summer garden season is beginning here in Ohio. What a great time to add more fresh fruits or vegetables to your diet. Maybe you want to focus on getting more active. With the cold days behind us now, maybe a visit to one of our local state parks sounds refreshing or simply taking a walk around the neighborhood can help you get started. Maybe quitting smoking is a health goal for you this year. If it is, did you know there is free help available here in Ohio for those who want to quit smoking or quit the use of another tobacco product? The Ohio Tobacco Quit Line (1-800-Quit-Now) can provide FREE help to all Ohioans regardless of income and insurance. And Quit Line callers are FIVE times more likely to quit. Want to learn more? Call our office at 740-962-4572 to speak with our tobacco cessation coordinator.

Whatever your health goals, please take the time today to make them a priority. Address any health concerns you have and start working toward those goals today. Schedule that wellness checkup. At MCHD we believe the greatest wealth of the community is the health of the people. Let's all make our health a priority this spring.