

FEBRUARY HEALTH BULLETIN

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Over 60 million women (44%) in the United States are living with some form of heart disease. Heart disease is the leading cause of death for women in the United States and can affect women at any age. Knowing the facts about heart disease - as well as the signs, symptoms and risk factors - can help you take steps to protect your health and seek proper treatment if you need it.

Types:

Coronary artery disease: The most common heart disease is caused by plaque in the walls of the arteries that supply blood to your heart and other parts of your body. After menopause, women are at a higher risk of coronary artery disease because of hormonal changes.

Arrhythmia: This condition is when your heart beats too slowly, too fast, or in an irregular way. A common example is atrial fibrillation.

Heart failure: Heart failure is when your heart is too weak to pump enough blood to support other organs in your body. This condition is serious, but it doesn't mean your heart has stopped beating.

Risk Factors and Reducing the Risk Factors:

High blood pressure is a major risk factor for heart disease. More than 58.9 million women in the U.S. (45.7%) have high blood pressure. Having high blood pressure increases the risk of developing heart disease and stroke and can lead to early death. Several other medical conditions and lifestyle choices can put women at higher risk of heart disease.

Know your blood pressure. Having uncontrolled blood pressure can lead to heart disease, stroke, kidney failure, and dementia. High blood pressure has no symptoms. It's important to check your blood pressure regularly and report elevated readings to your health care team.

Talk to your doctor or health care team about whether you should be tested for diabetes. Having uncontrolled diabetes raises your risk of heart disease.



Know your blood pressure



Reduce stress



Reduce Salt Consumption



Choose Healthy Food



Limit Alcohol Consumption



Don't Smoke Cigarettes



Do Daily Exercise



Maintain A Healthy Weight



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Marion County

December 2024 Statistics

Clinics

Blood Pressure	
Persons served: Blood Pressure	0
Paternity Testing Clinics	2
Number of Persons Tested	5

Immunizations

Number of Clinics	6
No. of adults	29
No. of adults immz. adm	27
No. of pediatrics	24
No. of pediatrics immz. adm	59
Total of vaccines administered.....	86

Children's Immunizations

Pediarix.....	8
Pediatric Flu	2
Hib	5
Pneumococcal	9
Rotavirus	4
Hep A.....	8
Dtap	3
MMR.....	6
Tdap.....	1
Hepatitis B.....	1
Varicella.....	7
Kinrix	1
Gardasil	1
Meningitis	2
ProQuad	1
IPV (Polio).....	0
Td.....	0
Men. B.....	0
Nirsevimab/RSV.....	0
COVID-19.....	0

Adult Immunizations

Hepatitis A	0
Hepatitis B	0
Flu	16
Men. B	0
Meningitis	0
MMR.....	0
Pneumonia 23	0
TD.....	0
Tdap	5
Typhoid.....	0
Varicella.....	0
Yellow Fever	0
Prevnar 20	0
Shingrix.....	2
RSV.....	2
COVID-19.....	0

Maternal Child Health (MCH)

Maternal Health Encounters	431
WIC Caseload	1,164
WIC Clients receiving Education..	150
WSSM / WIC Education	33
Internet WIC Education	3
Individual WIC Education	19
Phone Education	95
Lead.....	30
Hemoglobins	82
ASQ Developmental Screenings	61
Depression Screenings	48
EPSDT'S.....	44
Flouride Varnish (Oral Health).....	40
Number of Vision Tested	0
Number of Hearing Tested	1
Pregnancy Tests.....	0

Family Case Management

APORS Investigations	4
Healthworks Caseload.....	70

Communicable Disease Investigations

Animal Bites.....	3
Chickenpox	0
Cryptosporidiosis	0
Hepatitis B	0
Hepatitis C	1
Histoplasmosis	0
HIV/AIDS Cases Investigated	0
HIV Test.....	3
Salmonellosis.....	2
Streptococcal Infections (Group A) .	0
Whooping Cough (Pertussis).....	2

Sexually Transmitted Disease

Chlamydia	9
Gonorrhea	3
Syphilis.....	2

TB (Tuberculosis)

Tests Administered.....	5
New LTBI.....	0
New Suspect TB Investigations.	0
New Active Cases.....	0

Lab Draws

Private Pay	
Salem Office	46
Centralia Office	23
Total Private Pay Lab Draws	69

Environmental Health

Food	
Routine Inspections.....	13
Follow-up Inspections	1
Complaint Inspections	1
Temporary Inspections	0
Pre-Operational Inspections	1
Emergency Incident Inspections	0
Number of Permits Issued	13
Cottage Food Permits Issued	0
Sewage	
Routine Inspections.....	0
Complaint Inspections	0
Realty Inspections	0
Sewage Systems Installed.....	0
Number of Permits Issued	4
Water	
New System Inspections.....	0
Existing Water Well Inspections.....	0
Realty Inspections	0
Complaint Inspections	0
Water Wells Sealed	0
Number of Permits Issued.....	0
Closed Loop Wells	
Closed Loop Well Inspections	0
Systems Installed	0
Number of Permits Issued	0
Tanning	
Routine Inspections.....	1
Follow-up Inspections	0
Complaint Inspections	0
Body Art	
Routine Inspections.....	0
Follow-up Inspections	0
Complaint Inspections	0

FIT Test

Female.....	0	Male.....	0
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