

# Public Health Weekly



FEBRUARY 26, 2018

11660 Upper Gilchrist Rd  
Mount Vernon, OH  
740-392-2200



## **Community Health Focus Group, Wednesday, Feb 28 @ 1:30**

The Knox Health Planning Partnership (KHPP) is hosting a Community Focus Group at the Health Department to gather opinions from community members about health in Knox County as part of the 2018 Community Health Assessment. It's an informal, anonymous conversation to share opinions and concerns about health in our area. KHPP values the opinions of all our community members and we want to hear from you! Contact Carmen Barbuto by email at [cbarbuto@knoxhealth.com](mailto:cbarbuto@knoxhealth.com) or (740) 392-2200, ext. 2239 to RSVP. Refreshments will be provided.

## **Board of Health meets Wednesday**

The meeting starts at 6:30pm in the Health Department Conference Room. The agenda includes: approval of Creating Healthy Communities projects, an agreement between KCH and Community Health Center to provide continuity of care to CHC patients, new dental chairs, and various contract renewals. The meeting is open to the public.

## **CHC welcomes new Licensed Professional Clinical Counselor**

Melissa Valentine, LPCC, joins the Community Health Center staff this spring. She will be able to assess, diagnosis, and treat mental health disorders. Melissa joins the Mental Health Counseling and Treatment team at the CHC that also offers behavioral health counseling and tele-psychiatry. Call (740) 399-8008 to schedule an appointment today!

## **American Heart Month 2018**

Younger adults were the focus of 2018 American Heart Month. National trends show heart disease death rates increasing in adults ages 35 to 64. Not only are more younger adults dying, but their rates of risk factors, such as physical inactivity, tobacco use, and hypertension are also increasing. Call (740) 392-2200 or visit [www.knoxhealth.com](http://www.knoxhealth.com) to learn more about what KCHD can do to help you decrease your risk.

## **Spring time lice awareness**

Anybody can get head lice. Elementary students are particularly susceptible after breaks, such a Spring Break or Easter Break, from school. Lice will infect any type of hair and are difficult to get rid off. Contact Public Health Outreach at (740) 392-2200, ext. 2245 if you have questions or have come in contact with lice.

*"It's amazing what you can accomplish if you do not care who gets the credit"*

- Harry Truman



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