

KEEPIN' IT COOL IN JUNE

happy pride month

June is a distinguishable and celebratory month for many members of the LGBTQIA+ community. On June 28, 1970, in New York, Chicago, and Los Angeles organizers, participants, and the public gathered to commemorate the Stonewall riots (June 1969) and demonstrate their civil rights. Pride month was recognized on a national level by President Bill Clinton in 1999 and 2000. During President Barack Obama's term the month of June was declared as LGBT Pride Month.

TEXAS GAY AND QUEER HISTORY

In June 1976, Austin Mayor Jeff Friedman declared a Gay Pride Celebration Week. Dallas hosted its first official Pride parade in 1980. Governor Rick Perry signed the James Byrd Jr. Hate Crimes Act in 2001; this increased the penalties associated with crimes motivated by a person's traits including sexual orientation. Lubbock began hosting annual Pride events in 2012 and the city of Beaumont had its first Pride parade in 2014. The cities of Austin, San Antonio, Dallas, and El Paso passed discrimination ordinances based on sexual orientation and gender identity in 2019. The Williams Institute found the Austin-Round Rock metro area had one of the largest LGBTQ+ populations (March 2021) in the United States, ranking below the San Francisco-Bay Area (California) and Portland (Oregon).

San Francisco artist, Gilbert Baker designed the first symbol of the LGBT community - he linked art and social justice with the iconic colors of the flag. Its debut was in 1978 at the San Francisco's Gay Freedom Day Parade. In the original design there were 8 colored stripes, and each had a meaning:

- Pink = sex
- Red = life
- Orange = healing
- Yellow = the sun
- Green = nature
- Turquoise = art and magic
- Blue = serenity
- Purple = the spirit



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Caribbean American Heritage Month



Haitian, **Jean Baptiste Point du Sable**, founded Chicago

Celebrating Caribbean American heritage fosters unity and understanding of cultural diversity within communities. When recognizing and appreciating unique contributions of a group's heritage and ethnic background we promote a strong nation and more inclusive society.



Alexander Hamilton, born in Charlestown, the British island of Nevis was a founding father of the United States

Millions of people living in the United States are of Caribbean origin; there is no single Caribbean American identity because of the mix of cultures, languages, and religions. It truly reflects the diversity of the United States and the islands. They have overcome colonialism, slavery, and charted new opportunities across the ocean, borders, and generations. Caribbean Americans have vibrantly shaped the nation's economic and cultural landscape with music, food, athletics, and traditions. Infectious rhythms of calypso, reggae, and soca influence American music and popular dances. Bright flavors of jerk chicken, roti, and plantains are culinary delights enjoyed by all.



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In the United States, men die nearly 6 years earlier than women and have a higher risk for many diseases including heart disease, lung cancer, injuries and HIV/AIDS. Their average life expectancy is 76.1 years in comparison to women at 81.1 years. Men can experience unique health problems that will not affect women such as prostate cancer. According to Men's Health Network they are 4 times more likely to die by suicide. And unfortunately, they are less likely to visit a healthcare provider for exams and preventative care.



The United States Public Health Service regards prevention as the best way to ensure health. Prioritizing routine physicals or medical check-ups can detect health problems early enough for treatment to be effective. For men, specifically, regular screenings find high blood pressure, cholesterol, diabetes, colon cancer, prostate cancer, and lung cancer - allowing conditions to be treated in a timely manner to produce the best health outcomes. Men should be encouraged to visit their doctor for a full check-up at their earliest convenience.

Social determinants of health like economic stability and educational access and quality, can increase their risk for poor health outcomes. Providing quality, equitable, and respectful care and services that are culturally competent creates healthier outcomes for individuals, their families, and their communities. When health care is responsive to diverse religious beliefs, preferred languages, economic and environmental circumstances, and improving health literacy levels - patients are receiving quality care.

Health literacy refers to one's ability to find, understand, and use information and services to make informed health-related decisions and take deliberate actions for themselves and others.

Men's health is celebrated once a year, but it is always the right time for them to take care of themselves. Young men make take their health for granted because of the disguise of youthfulness, however, many diseases and chronic conditions can be prevented if caught earlier in life. A prevention-first attitude is becoming a staple in the field of public health and professionals are working towards it being adopted in the medical field as well. Men's health is not just a man's issue, their health impacts all spouses, parents, children, siblings, and friends.

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Happy FATHER'S DAY

Bell County Public Health District wishes all dads a wonderful weekend. We hope they can relax, celebrate with their loved ones, and feel extra appreciated for everything they do.

Sunday, 6/16

Fathers have a pivotal role in every child's life; their presence can have a large impact on the person a child will become. Like mothers, fathers are important beings in the development of a child's emotional well-being. Research demonstrates that when fathers are affectionate and supportive, their children have increased self-confidence and an aptitude for healthy relationships with others.



WEDNESDAY, 6/19

Juneteenth is a federal holiday recognized to commemorate the emancipation of enslaved people in the United States. All enslaved people were declared free under the 1863 Emancipation Proclamation. Word of this proclamation did not reach slaves until 2.5 years later. In Galveston, Texas on June 19, 1865, Maj. Gen. Gordon Granger enforced the freedom proclamation by announcing the Union army's victory. Slavery was abolished within the U.S. by the end of the Civil War in April 1865 and the passage of the reconstruction amendments. The 13th Amendment ended slavery, the 14th yields citizenship, due process, and equal protection; and the 15th provides the opportunity to vote and hold office. This day is a time to reflect on freedom being

conditional and how it is something that people continuously strive and fight for. June 19th is a day to relish in the strength of a people whose ancestors and families in present time face the challenges of racism and oppression. Juneteenth is the affirmation that people of African descent are here and will continue to be here. Their struggles were not in vain and Black Americans will flourish forever and always.



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WORLD FOOD SAFETY DAY 6/7

The 2024 theme is “Food Safety: Prepare for the Unexpected.” Its purpose is to draw attention to the importance of being prepared for sudden food safety incidents, no matter how severe they can be. A food safety incident are situations where a potential or confirmed health risk is associated with food consumption. A food incident may happen if there is accidental contamination, inadequate food processing controls, extreme weather events, or natural disasters. Dedicated efforts from policymakers, food safety authority agencies, farmers, food business operators, and consumers are necessary to ensure safe food consumption.

Increased frequency, intensity, and extent of weather events/natural disasters hinders how we protect food and water. For example, power outages and floods disrupt consumers’ travel for local food shopping and deliveries. The Federal Drug Administration (FDA) wants consumers to know how to protect their food and water during hurricanes and other storms via assembling emergency food supplies that don’t require refrigeration or cooking to be safe for consumption.



It is recommended that when putting together an emergency food supply kit, you consider:

- storing at least a several-day supply of nonperishable foods
- choosing foods your family will eat
- remembering any special dietary restrictions

Below is a suggested items list:

- ready to eat canned meats, fruits, vegetables, and a can opener
- protein and/or fruit bars
- dry cereal or granola and nonperishable pasteurized milk
- peanut butter
- dried fruit
- canned juices
- food for your infant(s)
- comfort/stress foods

For more information, go to www.ready.gov/food

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COMMUNITY HEALTH IMPROVEMENT WEEK 6/10-14

Bell County Public Health District works diligently to improve individuals' health, well-being, and advance health equity in the communities of Bell County. This week highlights the efforts of local agencies, non-profit organizations, and hospitals working to enhance the qualities of lives and healthcare in the cities of Bell County. Throughout the year these organizations engage with the residents in awareness building by hosting educational events, health fairs, forums, and sharing information about their specialty services.

Community-based organizations, health departments, and other local partners work in collaboration to help families have the opportunities and support they need to thrive. All of their work advances the missions of each agency to address the communities' needs in Bell County. These partnerships bridge care and community to further advance efforts

that allows residents to lead healthier and happier lives. Community health improvement aims to identify and understand health disparities, social determinants of health, disease trends, and environmental conditions that affect overall health.

The communities served in Bell County require a proactive and holistic approach when addressing public health issues. A zip code should not be a determinant of a person's or group's health outcomes. We recognize the dedication, courage, and kindness of public health workers, healthcare professionals, humanitarians, and more whose service helps the community lead healthier lives.

We are Better Together!



**BELL COUNTY
PUBLIC HEALTH**

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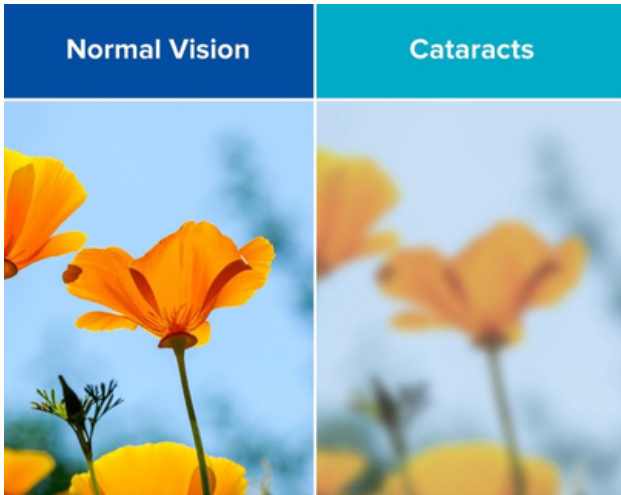
Cataract Awareness Month

In most cases, a cataract occurs as part of the natural aging process when cells in the lens begin to clump together more and more. Over time this becomes a significant visual impairment.

Cataracts are the global leading cause of blindness and the leading cause of vision loss in the United States. Significant improvements in quality of life are associated with cataract surgery and its ability to restore vision.

The risk factors for cataracts, such as:

- Age
- Intense heat or long-term exposure to UV rays from the sun
- Certain diseases, such as diabetes
- Inflammation in the eye
- Hereditary influences
- Events before birth, such as German measles in the mother
- Long-term steroid use
- Eye injuries
- Eye diseases
- Smoking



CHILD VISION AWARENESS MONTH

Healthy vision is critical for children's physical and intellectual well-being. Impaired vision may be particularly hard to detect in children because a child may not know they are seeing the world differently than anyone else. It is recommended that infants and children should have eye exams to check if they can see both near and far away, that their eyes work together to focus on a single object, and that the eyes do not have any deformities. Studies have shown infants with vision loss can have delayed language development because they cannot pick up social cues such as body language and facial expressions. If properly diagnosed, glasses can correct many challenges like trouble learning to read/write or keeping letters and numbers in focus long enough to process them. There are times where vision therapy is needed so the muscles around the eyes can be strengthened.

Vision impairment is associated with clinically identified deficits in cognitive and visual-motor functions that may, in turn, have a negative impact on school readiness for children.



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A hand holding a lit sparkler against a sunset background. The sparkler is bright and glowing, with many sparks flying out. The background is a soft, warm gradient of orange and yellow, suggesting a sunset or sunrise over a body of water.

Firework Eye Safety Month

Research shows almost all fireworks injuries happen between mid-June and mid-July. Most fireworks-related injuries and deaths result from unsafe handling, but correct use can also cause fatalities. People do not realize that fireworks can misfire, discharge in the wrong direction, or ignite simultaneously in an uncontrolled explosion. Simple mistakes can and do happen to well-meaning and safety-minded people. Holding a firework at a wrong angle or shooting an explosive in an unexpected direction can kill or severely injure users and bystanders. The Consumer Product Safety Commission found that children and young adults are frequent victims of fireworks injuries. Teens 15 to 19 years old were more likely to require emergency care for injuries than any other age group. Their report states that 16% of related injuries were eye injuries. The most severe cases involved rupturing of the globe of the eye, chemical and thermal burns, corneal abrasions, and retinal detachment (all can cause permanent damage to the eye and vision loss). It is important to remember fireworks can malfunction despite proper handling. The best way to avoid a fireworks-related injury is by attending a professional, public show rather than purchasing fireworks for home use. Remember, fireworks are illegal in most Texas cities so check before you buy.

Bell County Examiner



Environmental Health Office

4236 Lowes Dr. Temple, TX 76502
Monday-Thursday 8:00am-5:00pm
Friday 8:00am - 11:30pm
Phone: 254-532-9800

Immunizations Office

1605 North Main Street Belton TX 76513
Monday- Thursday 7:00am – 4:30pm
Friday 7:00am – 11:00am
Phone: 254-532-9800

Temple WIC

201 N 8th St. Temple TX 76501
Monday- Thursday 7:00am - 5:30pm
Phone: 254-532-9800

Fort Cavazos WIC

36000 Shoemaker Lane Fort Cavazos,
TX 76544
Monday- Thursday 7:00am – 4:30pm
Friday 8:00am – 12:00pm
Phone: 254-532-9800

BCPH Admin Office

4236 Lowes Dr. Temple, TX 76502
Monday- Thursday 7:00am - 5:30pm
Phone: 254-532-9800

Killeen Clinic

309 North 2nd St Killeen, TX 76541
Monday- Thursday 7:00am – 4:30pm
Friday 7:00am – 11:00am
Phone: 254-532-9800

Temple Clinic

820 North 31st Street Temple, TX 76504
Monday- Thursday 7:00am – 4:30pm
Friday 7:00am – 11:00am
Phone: 254-532-9800

Killeen WIC

116 E Avenue D, Killeen, TX 76551
Monday- Thursday 7:00am - 5:30pm
Phone: 254-532-9800

Copperas Cove WIC

213 W Avenue D, Copperas Cove, TX
76522
Monday- Thursday 7:00am – 5:30pm
Phone: 254-532-9800

Community Health Division

4236 Lowes Dr. Temple, TX 76502
Monday- Thursday 7:00am - 5:30pm
Phone: 254-532-9800