



Global Handwashing Day (GHD) is a global advocacy day dedicated to increasing awareness about the importance of hand hygiene and triggering lasting change from the policies to community-driven action.

What are the benefits of hand hygiene?

Proper hand hygiene has also been linked to benefits beyond disease reduction, such as reduced rates of school absenteeism and improvements in wellbeing, dignity, and productivity.

Handwashing with soap can reduce diarrheal diseases by 30%. Handwashing with soap can reduce acute respiratory infections by up to 20%. Handwashing plays an important role in reducing the transmission of disease outbreaks such as cholera, Ebola, shigellosis, SARS, hepatitis E, and COVID-19. Hand hygiene is protective against healthcare-associated infections and reduces the spread of antimicrobial resistance.

“Clean hands are within reach!”

Learn more at <https://globalhandwashing.org/wp-content/uploads/2023/08/GHD-2023-Fact-Sheet-English.pdf>

Health Literacy Month

October 1-31, 2023

Building Health Literacy Awareness Through Action

Health Literacy Month is an international observance when hospitals, health centers, literacy programs, libraries, social service agencies, businesses, professional associations, government agencies, consumer alliances, and many other groups work together to integrate and expand the mission of health literacy.

PSA TOOLS:

Personal Health Literacy

Communicate Better with Patients



NATIONAL ADHD AWARENESS MONTH

"MOVING
FORWARD WITH
ADHD"



The **mission** for ADHD Awareness Month is to spread reliable information about ADHD; bust myths, provide answers to questions, and share experiences

Self Screening Tool

TADD (Talk about **ADD**) talks are ADHD friendly presentations- only 9 short minutes- given every single day of October to discuss a variety of ADHD-related topics to help those struggling with ADHD.



ADDA ADHD Awareness October 2023

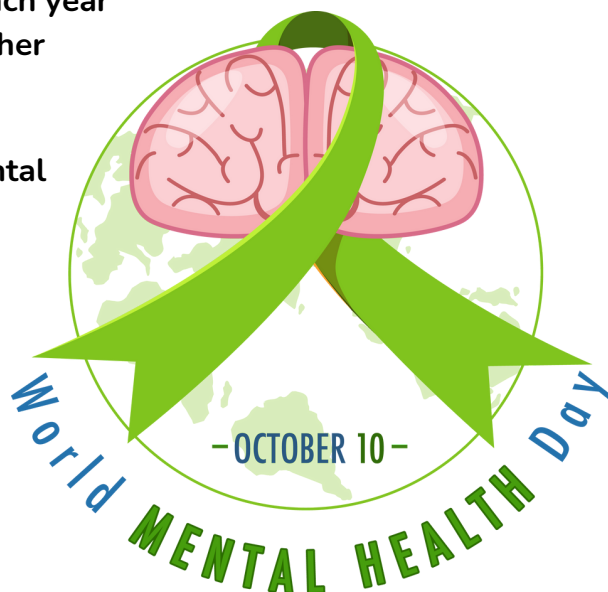
Mental health is a human universal right

World Mental Health Day is celebrated on October 10th each year and it is promoted by the World Health Organization and other partners.

The goal of this day is to bring awareness to protecting mental health, increasing knowledge and promoting improvements towards individuals' mental health.



1 in 5 adults experience a mental health illness each year



For more information visit [World Health Organization](https://www.who.int)

Active Aging Week, October 2-October 8



Let's celebrate and highlight the positive aspects of aging! The abilities of older adults should be showcased; their valuable contributions to society lead the way for most.

We challenge society's negative perceptions of aging by demonstrating that individuals over 50 can thrive in all aspects of life, including physical, social, spiritual, emotional, intellectual, vocational, and environmental domains, regardless of age or health status. The Bell County Public Health District encourages older adults to seek opportunities to engage in wellness activities and exercise in a safe, supportive environment. We hope the community continues to promote the benefits of healthy, active lifestyles throughout the lifespan.

Sudden Infant Death Syndrome (SIDS) Awareness Month

In 2020, there were about 1,389 deaths due to SIDS, about 1,062 deaths due to unknown causes, and about 905 deaths due to accidental suffocation and strangulation in bed.

What does a Safe Sleep Environment Look Like?



Room share:
Give babies their own sleep space in your room, separate from your bed.



Use a firm, flat, and level sleep surface, covered only by a fitted sheet.



Remove everything from baby's sleep area. No objects, toys or other items.



Use a wearable blanket to keep baby warm without blankets. Make sure baby's head and face stay uncovered.



Place babies on their backs to sleep, for naps and at night.



Couches and armchairs are not safe for baby to sleep on alone, with people, or with pets.



Keep baby's surroundings smoke/vape free.



October is Breast Cancer Awareness Month. Some warning signs of breast cancer are:

- New lump in the breast or underarm (armpit).
- Thickening or swelling of part of the breast.
- Irritation or dimpling of breast skin.
- Redness or flaky skin in the nipple area or the breast.
- Pulling in of the nipple or pain in the nipple area.
- Nipple discharge other than breast milk, including blood.
- Any change in the size or the shape of the breast.
- Pain in any area of the breast.

It is important to self-examine your breasts and to talk to your doctor about any changes you notice. It is also recommended to start yearly mammogram screening at 45 years of age. For more information on breast cancer visit the [CDC](https://www.cdc.gov).

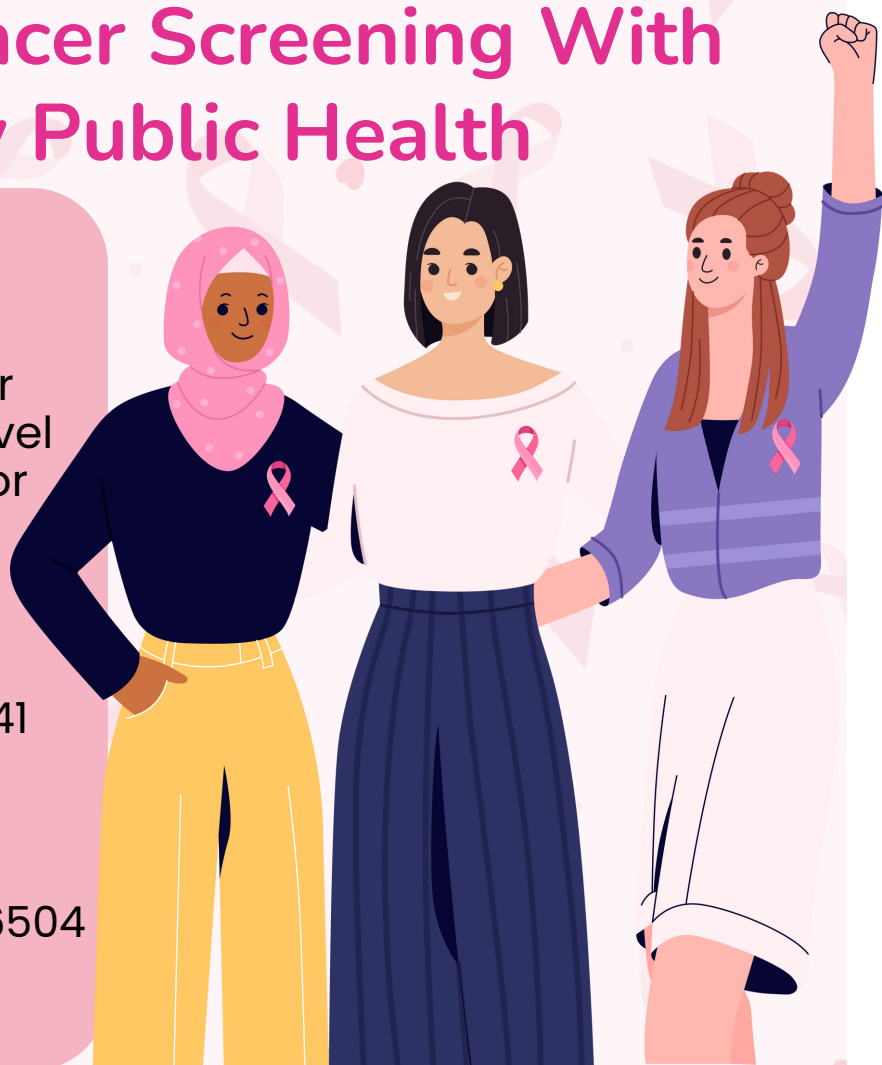
FREE Breast Cancer Screening With Bell County Public Health

QUALIFICATIONS:

- Live in Texas
- Have a household income at or below 200% Federal Poverty Level
- Do not have health insurance or have a large insurance deductible

Killeen Clinic
309 North 2nd St Killeen, TX 76541
Phone: 254-526-8371

Temple Clinic
820 North 31st Street Temple, TX 76504
Phone: 254-778-4766



FALL IN LOVE WITH ROOT VEGETABLES

Root vegetables grow into the ground from the base of the plant stem. They anchor the plant, absorb water and nutrients, and store energy. Roots are some of the most nutrient-dense vegetables in the world. Root vegetables are versatile and full of health benefits! They're nutrition powerhouses loaded with fiber, antioxidants, key vitamins, and minerals! They can also add beautiful color to your plate!

Lots of Variety!

They come in many different shapes, sizes, and flavors! Can be prepared sweet, savory, hot or cold via a variety of cooking methods!

FIBER!

Fiber supports digestive health! Many varieties contain prebiotic fiber which aid in the growth of healthy gut bacteria.

ANTIOXIDANTS!

Antioxidants have many health benefits and can help fight inflammation! May also enhance muscle repair, improve cell health, and support cardiovascular health.

NUTRIENTS!

Diversifying the kinds of root vegetables eaten can increase nutrient variety in the diet. Great sources of B vitamins, vitamins' C, A, K, E, iron, calcium, potassium, and manganese!



ROASTED AUTUMN VEGGIE SOUP

Ingredients

- 4 medium sweet potatoes (~ 2lbs)
- 8 large carrots (~ 2lbs)
- 6 medium parsnips (~ 1-1/2lbs)
- 2 large onions, quartered
- 6 garlic cloves, peeled
- 1/4 cup canola oil
- 32 ounces chicken broth
- 1 cup milk of choice
- 1 teaspoon salt
- 1/2 teaspoon pepper



Directions

- Preheat oven to 400°
- Peel and cut sweet potatoes, onions, carrots, and parsnips into 1-1/2-in. pieces; place in a large bowl. Add garlic cloves; drizzle with oil and toss to coat.
- Divide mixture on greased baking pans. Roast 40-50 minutes or until tender, stirring occasionally.
- Transfer vegetables to a pot on the stove. Add broth, milk, salt and pepper. Bring to a boil; simmer, uncovered, 10-15 minutes to allow flavors to blend.
- Puree soup using a blender; return to pot and heat.
- Optional: Sprinkle servings with minced herbs.



DOMESTIC VIOLENCE AWARENESS MONTH

Health Equity Matters: Making Connections Through Experiences

What Is Domestic Violence?

It is a pattern of abusive behavior in any relationship that is used by one partner to gain or maintain power and control over another intimate partner. Domestic violence can be physical, sexual, emotional, economic, psychological, or technological actions or threats of actions or other patterns of coercive behavior that influence another person within an intimate partner relationship. Engaging in behaviors that intimidate, manipulate, humiliate, isolate, frighten, terrorize, coerce, threaten, blame, hurt, injure, or wound someone are considered to be acts of domestic violence.

The Domestic Violence Awareness Project chose this year's theme to promote health equity, foster healthy relationships and communities; specifically for Black youth. Their efforts to prevent youth relationship violence and promote healthy relationships and communities will prove beneficial and that real social change is possible.

To become involved in their mission or to be made more aware of what is going on check out their website:
<https://www.dvawareness.org/tdvam>

2023#:~:text=Our%202023%20theme%2C%20Health%20Equity,upcoming%20National%20Prevention%20Youth%20Summit.

DOMESTIC VIOLENCE IMPACTS THE ENTIRE FAMILY



30-60%
of Intimate Partner Violence
cases also include child abuse.

Children's Hospital of Philadelphia Research Institute
American Academy of Pediatrics

275 MILLION CHILDREN
are currently exposed to domestic
violence world-wide.

UNICEF - "Behind Closed Doors: The Impact of Domestic Violence on Children"



To receive free, confidential, and 24/7 help please
go to [https://www.thehotline.org/?](https://www.thehotline.org/?utm_source=youtube&utm_medium=organic&utm_campaign=domestic_violence)
[utm_source=youtube&utm_medium=organic&utm](https://www.thehotline.org/?utm_source=youtube&utm_medium=organic&utm_campaign=domestic_violence)
[_campaign=domestic_violence](https://www.thehotline.org/?utm_source=youtube&utm_medium=organic&utm_campaign=domestic_violence)

One may call 1.800.799.7233, chat live on their
website, or text "START" to 88788





Community Calendar

October 2023



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|--|--|---|---|---|
| 1 | 2 | 3 National Night Out | 4 | 5 | 6 Temple Community Summit- Sante Fe Depot 5pm Killeen Farmer's Market - Downtown 6pm | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 Killeen Farmer's Market - Downtown 6pm | 14 Killeen Fire Department Open House - Killeen Central Fire Station 4pm |
| 15 | 16 | 17 Greater Killeen Clinic Mammogram Event 9am | 18 | 19 Family Lego Night - Temple Library 5:30pm | 20 Killeen Farmer's Market - Downtown 6pm | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 Killeen Farmer's Market - Downtown 6pm | 28 Killeen Fall Fest- Stonetree Golf Course 5pm |
| 29 | 30 | 31 Halloween  |  | | | |





Environmental Health Office
4236 Lowes Dr. Temple, TX 76502
Monday–Thursday 8:00am–5:00pm
Friday 8:00am – 11:30pm
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

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 Clinic
820 North 31st Street Temple, TX 76504
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

Killeen WIC
116 E Avenue D, Killeen, TX 76551
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

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

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