

KEEP YOURSELF HEALTHY IN THE NEW YEAR



The country is entering its fourth calendar year of the coronavirus outbreak along with new challenges in public health.

As many as 23 million Americans infected with COVID-19 have developed long-haul symptoms, according to the U.S. Department of Health and Human Services. This long-term effect is known by many names; long COVID, long-haul COVID, post-acute COVID-19, post-COVID conditions, and chronic COVID. Post-COVID conditions are found more often in people who had severe COVID-19 illness, but anyone who has been infected with the virus can experience post-COVID conditions. The Centers for Disease Control and Prevention, states even people with mild or asymptomatic COVID-19 infections have developed long COVID, which varies from person to person and can include fatigue, cognitive impairment or “brain fog,” muscle or joint pain, shortness of breath, headaches, heart palpitations, gastrointestinal issues, and mood changes.

There are hundreds of symptoms that can be debilitating and challenging to diagnose. There is no test to diagnose for post-COVID conditions. Your healthcare provider considers a diagnosis of post-COVID conditions based on your health history, including if you had a diagnosis of COVID-19 either by a positive test, by symptoms or exposure, as well as doing a health examination. If you think you may be experiencing post-COVID condition symptoms, contact your primary healthcare provider to schedule an appointment.

There are large numbers of people affected by this, and that number will only continue to grow as Covid-19 continues to circulate according to Texas HHS. People who are not vaccinated against COVID-19 and become infected might also be at higher risk of developing post-COVID conditions compared to people who were vaccinated and had breakthrough infections. The best to protect yourself and others from becoming infected is by getting vaccinated and staying up to date with vaccine boosters against COVID-19.



[ADA.gov](https://www.ada.gov)

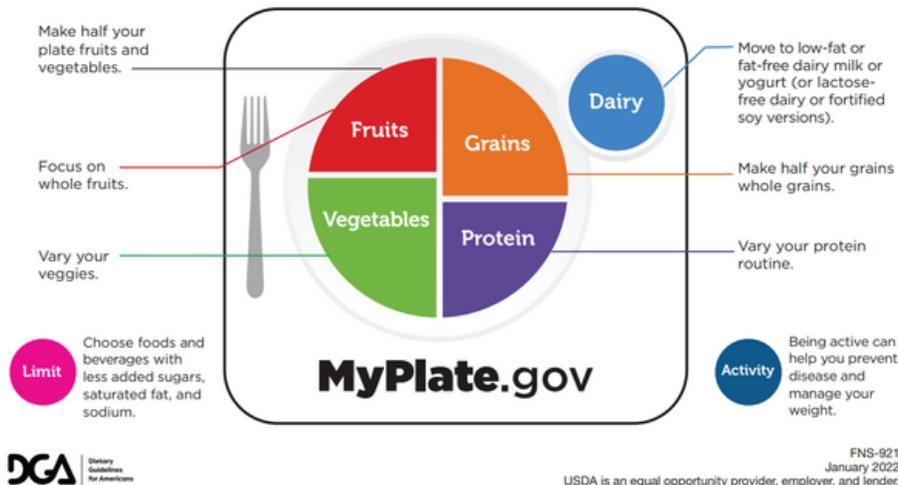
As of July 2021, long COVID can be considered a disability under the Americans with Disabilities Act (ADA).

New Year, New Plate

USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Start simple with MyPlate

Healthy eating is important at every life stage,
with benefits that add up over time, bite by bite. Small changes matter.



With the new year ahead, there is no better time to incorporate healthy habits into your lifestyle. If you are looking to make some healthier food choices, keep it simple with MyPlate.

What is MyPlate?

The [USDA Center for Nutrition Policy and Promotion](#) was established in 1994 to improve the nutrition and well-being of Americans. Their two primary objectives are to advance and promote dietary guidance for all Americans and Conduct applied research and analyses in nutrition and consumer economics. One of their core projects is the USDA Food Guidance System [MyPlate](#) which was created to empower people to make small changes that add up over time.

Start Simple With Myplate

- Make half your plate fruits and vegetables by focusing on whole fruits
- Make half your grains whole grains
- Vary your protein options
- Move to low-fat or fat free dairy milk or yogurt (or lactose-free dairy or fortified soy versions)

Make 2023 the year you add small changes, bite by bite, that lead to a healthier you.

New Year, New SMART goals

With the New Year comes New Year's Resolutions and goals. Most of New Year's resolutions revolve around improving health and wellness. While most people start strong, the momentum typically fades quickly down and by mid-February there is peak abandonment of the resolutions. It is easy to give up on goals when there is not an established plan for success. So instead of giving up on yours – try something different this year by turning your goal into a SMART goal! The next page has a SMART goal template so you can start planning your own SMART goals!!



S- Specific- Make sure your goal is specific to what you want to achieve for the year.

M- Measurable- What will you use to measure how you meet your goal? To measure progress, start out by setting tasks on a timeline for what you want to accomplish and when.

A- Achievable- What can you do to make your goal attainable? How can you work towards the goal that you have set?

R- Realistic- Can the goal realistically be achieved? Do you believe that you will be able to reach the goal you set for yourself?

T- Timely- Make a start and finish date for your goal. Making a timeline will give you the motivation to accomplish the goal.

SMART GOALS

WHEN SETTING GOALS, MAKE SURE IT FOLLOWS THE SMART STRUCTURE. USE THE QUESTIONS BELOW TO CREATE YOUR GOALS.

S	<p><u>SPECIFIC</u></p> <p>WHAT DO I WANT TO ACCOMPLISH?</p>	
M	<p><u>MEASURABLE</u></p> <p>HOW WILL I KNOW WHEN IT IS ACCOMPLISHED?</p>	
A	<p><u>ACHIEVABLE</u></p> <p>HOW CAN THE GOAL BE ACCOMPLISHED?</p>	
R	<p><u>RELEVANT</u></p> <p>DOES THIS SEEM WORTHWHILE?</p>	
T	<p><u>TIME BOUND</u></p> <p>WHEN CAN I ACCOMPLISH THIS GOAL?</p>	



Focus on You this Year with Self-Care



As we kick off the new year, it is important to remember mental health includes emotional, psychological, and social well-being. It affects how we think, feel, act, and make choices related to everyday tasks. Self-care plays a role in maintaining your mental health and your overall quality of life.

What is Self-Care?

Self-care is defined as the practice of establishing behaviors that ensure an active role in protecting one's own health and well-being during periods of stress. This could look like doing things that help you live well and improve your physical and mental health. Even small acts of self-care in your daily life can have a big impact.

Ideas for Self-care

1. Make sleep part of your self-care routine.
2. Boost endorphins with exercise.
3. Engage in healthier eating habits.
4. Take a self-care break by getting outside.
5. Find a healthy outlet for stress.
6. Unplug and take a social media break.
7. Make moments for your mental health.
8. Set boundaries.
9. Find a hobby.
10. Give back!

Holiday Highs and Lows

Whether you are experiencing any level of alcohol misuse or looking for a “New Year, New You” mental or physical health challenge, taking a break is one of the top resolutions. Dry January® is a public health campaign celebrated in January every year to stop drinking alcohol for a month to bring awareness of drinking habits, manage your alcohol consumption, and feel more in control of your alcohol intake to develop a healthier relationship with it.

Are you in? 31 days alcohol-free, for a break and a total reset for the body and mind. Studies show it can help you sleep better and have more energy, improve your mental health and concentration, get brighter skin, save money, and feel an amazing sense of achievement. It’s about you are living better, feeling better, and giving yourself a fresh start.



If you are concerned about yourself or a loved one, call the Substance Abuse and Mental Health Services Administration's (SAMHSA) National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service for individuals and families facing mental and/or substance use disorders. **(800)662-4357**

Holiday Sustainability

Did you break ornaments this year? Turn it into community craft work! Have you heard about the non-profit group Killeen Creators? This organization accepts donations of broken ornaments, shattered flowerpots, broken dishes etc. to create beautiful mosaics with classes for their community members.

Killeen Creators:
701 N. 10th Street, Killeen TX website:
www.killeencreators.com



Experienced gardeners know the value of worm composting. Turn your food materials such as kitchen scraps, veggies, fruits, eggshells, coffee grounds, paper, and cardboard into organic vermicomposting for your yard or garden.

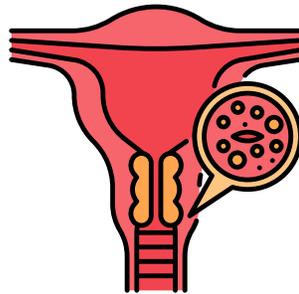
To learn more about composting visit:
www.epa.gov/recycle/composting-home

Cervical Cancer Awareness Month



What is Cervical Cancer?

Cervical cancer is a disease where abnormal cells grow in or on the cervix. The cervix is the lower portion of the uterus, otherwise known as the womb. This cancer usually grows slowly. If the abnormal cells are not removed, they can become cancer that spreads further into the cervix and other organs.



Prevention

Women 35–54 years old are most at risk for developing cervical cancer; however, it is important to note all women are at risk. Routine health screenings can lead to better health outcomes with early diagnoses. Pap smear tests can detect changes in the cervix before cancer grows. When cancerous cells are detected early, cervical cancer becomes easier to treat and cure. There are ways to lower the risk of developing this disease; stop smoking, have safe sex, get the HPV vaccine, and most importantly, early screening.

Free Cervical Screenings

Bell County Public Health District Clinics offer free cervical screenings for those that:

- Live in Texas
- Do not have insurance or have a high deductible
- Make below the 200% poverty level

Temple Clinic

820 North 31st Street Temple, TX 76504
 Monday- Thursday 7:00am – 4:30pm
 Friday 7:00am – 11:00am
 Phone: 254-778-4766

Killeen Clinic

309 North 2nd St Killeen, TX 76541
 Monday- Thursday 7:00am – 4:30pm
 Friday 7:00am – 11:00am
 Phone: 254-526-8371



National Birth Defects Awareness and Prevention Month

Birth defects are common



Every 4½ minutes, a baby is born with a birth defect in the United States.

Birth defects affect

1 in every 33

babies born in the United States each year.

That translates into about 120,000 babies.



January is National Birth Defects Awareness Month. This month is all about raising awareness about birth defects and highlight efforts to improve the health of people living with these conditions across their lifespan.

Awareness of birth defects across the lifespan helps provide individuals, parents, and families affected by birth defects the information they need to seek proper care and ways in which they can empower themselves and families. Although not all birth defects can be prevented, people can increase their chances of having a healthy baby by managing health conditions and adopting healthy behaviors before becoming pregnant.

NATIONAL
BIRTH DEFECTS
PREVENTION MONTH
• JANUARY •



Source: CDC

January is National Blood Donor Month

On December 31, 1969 – the president of the United States signed a proclamation designating January as National Blood Donor Month (NBDM). This observance is to honor voluntary blood donors and to encourage more people to give blood at a time when more blood is needed.

Blood Donation FAQ:

Am I Eligible to Donate:

- Be at least 17 years old (there is no maximum age limit)
- Have a form of picture identification such as a driver's license or an employee badge
- Eat a good meal and drink plenty of water prior to donation
- The day of your donation vitals must meet the following guidelines:
 - Blood Pressure—Systolic blood pressure must be less than 180 and greater than 90; diastolic blood pressure must be less than 100 and greater than 50
 - Temperature—Less than 99.5
 - Hematocrit—At least 38% for women and at least 39% for men
 - Pulse—50 – 100 bpm
 - Weight—Between 110 – 350 pounds

How Long Will the Donation Process Take?

- In total the whole process is an average of 30-45 minutes which includes registration, mini physical, interview and the donation. The actual donation only takes an average of 5-10 minutes.

How Much Blood is Taken?

- 475 mL. or 1 pint. This is 8-10% of the total in your system.

How Will I Feel After?

- Most people feel fine after donating. It is important to follow the instructions given to you to eat well, drink plenty of fluids and not over-exert yourself. Donors should not do heavy lifting or strenuous exercise, fly in airplanes or go scuba diving for a couple of days.

Is Blood Donation Safe?

- Blood donation is a safe, FDA regulated activity. A person cannot contract HIV/AIDS from donating blood. Sterile, disposable needles and supplies are used only once and safely discarded after each donation.

Why Should I Donate?

- According to the Red Cross:
 - approximately 29,000 units of red blood cells are needed every day in the U. S.
 - Every 2 seconds someone in the U.S. needs blood and or platelets.
 - A single car accident victim can require as many as 100 units of blood.

Where Can I Donate?

- View the calendar to see where mobile blood drives are being held.
- Baylor Scott & White Temple Blood Donation Center at 2401 South 31st Street, Temple, TX, 76508 is open Monday and Tuesday from 11:00am-7:00pm and Wednesday-Friday from 7:00am-4:00pm and Friday.

January Blood Donation Calendar

JANUARY 2023

SUN	MON	TUE	WED	THU	FRI	SAT
25	26	27	28	29	30	31
1	2	3	4 3300 E. Central Texas Expy, Killeen, TX, 76543 10:00am-2:00pm	5	6	7
8	9	10	11	12 100 E. Central Texas Expy, Killeen, TX, 76541 10:30am-2:30pm	13 3000 Pegasus Drive, Temple, TX, 76503 8:00am-12:00pm	14
15	16	17	18	19 1901 SW HK Dodgen Loop, Temple, TX, 76501 9:00am-2:00pm	20 1 Eagle Drive, Rogers, TX, 76569 9:00am-3:00pm	21
22	23	24 901 King Street, Belton, TX, 76513 10:00am-2:00pm	25 901 King Street, Belton, TX, 76513 10:00am-2:00pm	26	27	28
29	30 5700 E. Central Texas Expy, Killeen, TX, 76543 9:00am-1:00pm	31 3801 Scott & White Drive, Killeen, TX, 76543 9:00am-3:00pm	1	2	3	4

SUPER PUBLIC HEALTH HEROES

JANUARY 2023



I am George Highsmith, the Environmental Health Division's Retail Food Sanitation Director and have been part of the Environmental Health Division for over 30 years. My aspiration for impact on the community is through my division's regulation to protect public health through food safety rules and requirements. Prevention of foodborne illness and injury, regulations of other health and safety code concerns that may be avenues for disease transmission and other impactful processes are what we strive to achieve toward that goal. I have seen the Bell County Community as a whole and retail food safety and sanitation evolve and grow to a very decent state and feel that in some small measure, I have been part of that transition. I enjoy what I do because of that progress, not because of anything I may have done, but of what the Health District as a group has accomplished. I see great things for the future of our health district and am happy to be part of that vision.

George A. Highsmith, R.S., B.S., MHSM
Director, Retail Food Division
Bell County Public Health District





Bell County Public Health District
PROMOTE • PREVENT • PROTECT

Health District Locations

Administration/WIC

201 N 8th St. Temple TX 76501

Monday- Thursday 7:00am - 5:30pm

Phone: 254-773-4457

Immunizations Office

1605 North Main Street Belton TX 76513

Monday- Thursday 7:00am - 4:30pm

Friday 7:00am - 11:00am

Phone: 254-939-2091

Temple Clinic

820 North 31st Street Temple, TX 76504

Monday- Thursday 7:00am - 4:30pm

Friday 7:00am - 11:00am

Phone: 254-778-4766

Killeen Clinic

309 North 2nd St Killeen, TX 76541

Monday- Thursday 7:00am - 4:30pm

Friday 7:00am - 11:00am

Phone: 254-526-8371



Bell County Public Health District
PROMOTE • PREVENT • PROTECT

WIC Clinic Locations

Killeen WIC

116 E Avenue D, Killeen, TX 76551
Monday- Thursday 7:00am - 5:30pm
Phone: 254-526-2033

Fort Hood WIC

36000 Darnall Loop (2nd FL) Fort Hood, TX 76544
Monday- Thursday 7:00am - 4:30pm
Friday 8:00am - 12:00pm
Phone: 254-532-8680

Copperas Cove WIC

213 W Avenue D, Copperas Cove, TX 76522
Monday- Thursday 7:00am - 4:30pm
Phone: 254-547-9571