

Three Rivers Health District Newsletter



Heart Health

February is American Heart Month! Heart Disease is the leading cause of death for both men and women in the United States. Most middle-aged and young adults have one or more risk factors for heart disease, such as diabetes, high blood pressure, high cholesterol, or being a smoker or overweight. Having multiple risk factors increases your risk for heart disease.

Feeling connected with others and having positive, close relationships benefit our overall health, including our blood pressure and weight. Having people in our lives who motivate and care for us helps, as do feelings of closeness and companionship.

You don't have to make big changes all at once. Small steps will get you where you want to go. Resources are also available at nimh.nih.gov/health/find-help.



Cancer Prevention Month

Did you know that cancer is now the second leading cause of death worldwide?

[Up to half of cancer cases are preventable](#), making cancer prevention measures a cost-effective means to reduce cancer incidence and mortality.

Addressing key risk factors, such as tobacco smoke, alcohol, occupational carcinogens, radiation, overweight and obesity and other factors can help prevent cancer



Source: <https://www.uicc.org/prevention>

Clinic Schedule

FAMILY PLANNING

- ESSEX - 2/13 AND 2/27
- GLOUCESTER - 2/6 AND 2/19
- KING & QUEEN - 2/12
- KING WILLIAM - 2/12
- LANCASTER - 2/4 AND 2/20
- MATHEWS - 2/25
- MIDDLESEX - 2/25
- NORTHUMBERLAND - 2/11
- RICHMOND CO - 2/11
- WESTMORELAND - 2/5 AND 2/26

IMMUNIZATION

- ESSEX - 2/3
- GLOUCESTER - 2/14, 2/21 AND 2/28
- KING & QUEEN - 2/4 AND 2/28
- KING WILLIAM - 2/5 AND 2/26
- LANCASTER - 2/18
- MATHEWS - 2/11 AND 2/25
- MIDDLESEX - 2/10 AND 2/25
- NORTHUMBERLAND - 2/11 AND 2/25
- RICHMOND CO - 2/11 AND 2/25
- WESTMORELAND - 2/10 AND 2/24

WOMEN, INFANT AND CHILDREN (WIC)

IN-PERSON CLINICS

- ESSEX - 2/4, 2/7, 2/11, 2/14, 2/18, 2/21, 2/25, 2/28
- GLOUCESTER - 2/3, 2/4, 2/7, 2/10, 2/11, 2/14, 2/18, 2/21, 2/24, 2/25, 2/28
- KING WILLIAM - 2/6, 2/13, 2/20, 2/27
- LANCASTER - 2/5, 2/12, 2/19, 2/26
- MIDDLESEX - 2/6, 2/13, 2/20, 2/27
- NORTHUMBERLAND - 2/3, 2/10, 2/24
- RICHMOND CO - 2/5, 2/12, 2/19, 2/26
- WESTMORELAND - 2/3, 2/4, 2/10, 2/11, 2/18, 2/24, 2/25

World Cancer Day



World Cancer Day is February 4th. Cancer is the second leading cause of death worldwide. Over 10 million people die from cancer every year. More than 40% of cancer-related death could be preventable. You can lower your risk of getting cancer by making healthy choices like:

- Avoiding tobacco—Lung cancer is the leading cause of cancer death, and cigarette smoking is the number one risk factor for lung cancer.
- Protecting your skin—Skin cancer is the most common cancer in the United States. To help prevent skin cancer protect yourself by staying in the shade, applying sunscreen, and wearing sun protective clothing, a hat, and sunglasses.
- Limiting the amount of alcohol you drink—Drinking alcohol raises your risk of getting six kinds of cancer. The less alcohol you drink, the lower your risk for cancer.
- Keeping a healthy weight—Being overweight or having obesity are linked with a higher risk of getting 13 types of cancer. These cancers make up 40% of all cancers diagnosed in the United States each year.

Resource Mothers Program

Three Rivers Resource Mothers provides education and social support for pregnant and parenting teens. The Resource Mothers Program will serve teens through the age of 19 in all ten counties until their child reaches one year old. Program goals are:

- Promote and encourage early prenatal care.
- Nutrition education during pregnancy to enhance healthy babies that are born with a normal birth weight
- Family Planning/prevention to delay repeat pregnancy
- Breastfeeding education, encouragement, and counseling
- Completion of High School or GED/Adult Education.
- Connect to Resources available for community assistance including WIC, Medicaid, TANF, and or other applicable services
- Provide information about child development and child safety for a stable and nurturing home environment for a healthy, happy baby.
- Reduce the incidence of infant mortality and low birthweight babies.
- Developmental screening of infants using the Ages & Stages Developmental Screen and early referral to appropriate services if needed.
- Work with mom to ensure her baby has immunizations

The Resource Mother will provide transportation to doctor appointments if needed and assist with needed baby supplies.

Come Work With Us!

Please join the Three Rivers Health District in working to make Virginia the healthiest state in the nation and to protect the environment of the Middle Peninsula and Northern Neck. To view jobs with the Three Rivers Health District & Virginia Department of Health, please see [Virginia Department of Health Jobs](#).



Contact Us



Three Rivers Health District

www.vdh.virginia.gov/three-rivers/

(804) 758-2381

<https://www.vdh.virginia.gov/three-rivers/health-departments/>