

Your Health Matters

ACTIVE CARE THROUGHOUT LIFE

From the day she was born, the Health Department has played an active role in Kenda's life. We printed her birth certificate. We made sure her car seat was installed safely. We supported her mom with breastfeeding and provided supplemental nutritious foods through WIC. We offered immunizations to protect her from 14 childhood diseases. We ensured safe air, safe water, and safe food in her community. And we will continue to actively protect Kenda as she grows.



We'll ensure her childcare center is a safe and healthy facility. We'll teach her about toothbrushing. We'll help her mom achieve nutrition goals for her. We'll work with her school to ensure she has opportunities for physical activity and healthy food choices. When she is old enough, we can talk to her about her sexual health and the importance of avoiding sexually transmitted diseases.

But our role in her life won't stop when she becomes an adult. As a woman, we'll offer her mammograms, blood pressure checks, immunizations and other health services. We hope she never starts smoking, but if she does, we'll help her quit. We'll provide information on pregnancy, childbirth, and breastfeeding as she plans a family of her own. We'll encourage her to make healthy lifestyle choices to prevent disease and help her live a longer, healthier life.

As she ages, we'll offer assistance with managing any chronic diseases, like diabetes or high blood pressure. If she is hospitalized, we will offer her home health care on her release. We will provide physical therapy to aid her healing. We'll also offer counseling to keep her mind as healthy as her body.

Throughout Kenda's life we'll continue to encourage her to live a healthy lifestyle – exercising daily, eating healthy foods and getting plenty of sleep. Our role in her life may change over time, but we'll always be there for her – and we'll always be there for you, too.

Public health means caring for the needs of our whole community. We are working every day to protect, promote and improve health in our community. We play an active role in the life of every single person who lives in Montgomery County.

The Montgomery County Health Department loves taking care of your family, and works every day to protect, promote and improve health in our community. To learn more, call 573-564-2495 or visit us online at www.montgomerycountyhealth.org or on Facebook or Twitter @healthymoco. ■

Linda Harman